



What's in your CSA farm share:

Red Cabbage— Store in crisper drawer in fridge for 2+ weeks. If you cut the cabbage, make sure to cover the remainder with plastic.

Parsley Root (aka Hamburg Parsley)— Store in plastic bag in fridge for 2 weeks.

Garlic— Store at cool room temperature for 2+ weeks.

'Bolero' Carrots— Store in fridge in plastic bag for 2-4 weeks.

'Kennebec' Potatoes— Store in the dark at cool room temp or in fridge for 2 weeks.

Red Onions—Store at cool room temperature for 1-2 weeks.

Rutabaga—Store in fridge in plastic bag for 2-4 weeks. Peel well and remove any brown spots! Roast, boil and mash, sauté, soup or stew!



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it before enjoying.



RIPLEY FARM

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Please
return
your box
next time!

January 7, 2015—Winter pick-up 5 of 10

Dear Members,

Happy New Year! Welcome to the first CSA farm share of 2015! The new year always brings us hope as it is a chance to start over again on the farm, incorporating new ideas and treasuring the oldies and goodies. This week's bitter temperatures have us excited about summer! We have opened up the sign-up for the Summer CSA farm shares and hope that everyone will join us for another round of the wonderful abundance that comes from a little bit of sun, rain, and hard work!

The recent cold has put an end, for now, to the spinach harvests from our unheated hoophouse. Thanks to a relatively mild December, we had greens in the share through the end of 2014 and are now hoping for regeneration later in the spring.

With a predicted low of minus 15 tonight and a wind chill down to minus 35 here, we are thankful for the storability of our late winter "green": cabbage. When you cut into this week's 'Ruby Perfection' cabbage you won't be able to ignore the striking beauty of its purple and white stripes. "Cabbage doesn't have to be boring," says the author of the recent Portland Press Herald article that featured my kimchi recipe and our website's Vegetable Gallery. <http://www.pressherald.com/2015/01/04/green-plate-special-cabbage-doesnt-have-to-be-boring/>

Cabbage is truly a versatile vegetable in the kitchen. It can be used raw in slaws and salads, fermented into kimchi, or used in a variety of cooked dishes often paired with apples, meats, and/or onions. Try my mom's favorite cabbage recipe, Sweet and Sour Red Cabbage, found on the website. The cranberry juice and red cabbage are delicious together and reheat beautifully for leftovers. Two nights ago I made a quick makeshift casserole with boiled red cabbage, garlic sausage, a little butter, cream, salt and pepper, topped with cheese. Delish and simple! Though red cabbage has a slightly different flavor than green, you may substitute red for green in many recipes including the 16 cabbage recipes I have accumulated on our website over the years. I'd love for you to share with me how you take the "boring" out of cabbage!

I said to Gene last night when we were making the recipe below for dinner, "Everyone who doesn't read the newsletter will think these are parsnips." While they are relatives of parsnips and carrots, the slender white roots in your share this week are neither. They're parsley roots! Bred specifically for their larger aromatic roots and delicate flavor, parsley roots can be boiled, steamed, roasted or added to soups or stews without overwhelming the taste. I'm making a chicken soup tonight with carrots, onions, rutabaga, and parsley roots! Try them also in a beef-vegetable or a barley stew! This bright white parsley variety is more common in Europe and is a brand new item exclusive to the Winter CSA this year. Let us know how you like them!

We wish you the very best this year, and we'll see you in two weeks on Jan 21st.

Mashed Potatoes with Parsley Roots

¾ lb. parsley root, cut into chunks
1.5 lbs. potatoes, peeled and cut into chunks
4 tablespoons butter
½ cup crème fraîche, cream or milk
1+ teaspoon salt, or to taste

Boil parsley root and potatoes together until very tender. Drain well. Mash together with butter, cream and salt. Taste and add more salt if necessary. Serve hot!