



## What's in your CSA farm share?

**Beets**—Store in plastic bag in fridge for 2+ weeks. Boil and slip off the skins or roast these sweeties!

### 'Red Marble' Cippolini

**Onions**—Store at room temp for up to 2 weeks. Aka baby Italian onions. Roast, caramelize in butter, or use like regular onions/shallots.

### Purple Top Turnips—

Store in plastic bag in fridge for 2-3 weeks.

### 'Kennebec' Potatoes—

Store in the dark at cool room temperature for 2+ weeks. All purpose spuds!

**Parsley Root**—Store in fridge in plastic bag for 2-4 weeks. Use like parsley in soups, roasts, or even grated into a salad.

### 'Yellow Sun' Carrots—

Store in fridge in plastic bags for 2-4 weeks.



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



## RIPLEY FARM

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Return  
your box  
next time!

February 3, 2016—Winter pick-up 7 of 10

Dear Members,

Happy February! As Gene was just saying, the winter CSA seems to go by so fast! Here we are with only three pickups left after today for the winter season. Then we'll have to wait 'til the summer for more! That reminds me. Have you signed up yet for the Summer CSA? Thanks to the many of you who have already! If you haven't yet and would like to, we are approaching 50% full already, so don't miss out. Join us again in 2016 for another summer's amazing abundance grown on our farm!

As you may have noticed I've been writing all the CSA newsletters lately. Sorry to any fans of Gene's writing style out there. For better or worse, it's because I'm not doing any packing of veggies right now as I am in the home stretch of my pregnancy and getting big with baby. So a huge "thank you" goes out to Gene and Carmen for their dedication to getting your beautiful farm shares ready for everyone week-in and week-out while I get the cushy job of writing the newsletter inside while sipping hot tea! ☺

Your farm share this week is a mid-winter collection of hearty and delicious root veggies! New this week is purple top turnips. Turnips are a crop that people either love or ha—err, not the "H" word—I mean rather that they need some encouragement on the best ways to *enjoy* turnips. The worst way to serve them if you have a prejudice against their classic bitterness is to boil and serve plain. On the other hand, a great way to serve turnips is to add them to your roasted root veggie platter. Cube root veggies (carrots, beets, potatoes, turnips, etc.) toss with olive oil and salt and pepper and roast at 400 until tender. Delicious! My personal favorite way to use turnips is the below recipe for 'Moroccan Spiced Turnips.' SO GOOD! PS: You can also add chicken meat or chickpeas to make it an all-in-one dish. Check out our website for other *enjoyable* ideas on how to use purple top turnips.

To those who don't read their newsletters, they'll think that the white roots are parsnips because they look similar. But, actually these are parsley roots and are a different kind of vegetable all together, which received rave reviews from Winter CSA members last year after our trial. This year we started wholesaling it to the Crown of Maine (COMOC) for them to distribute around the region, and of course here it is in your Winter CSA farm share for the first time! Parsley root is a variety of parsley bred for its enlarged fleshy edible roots. You can use these anywhere you would like the snappy parsley flavor. I add them to a mixed platter of roasted veggies or to a hearty veggie soup possibly with beef or chicken. You can also grate them into a salad. One of our favorites is the mashed parsley root with potatoes (found on the website). Let us know how you like them, and we'll see you in two weeks on February 17!

### Moroccan Spiced Turnips

2-3 tablespoons oil  
1/2 cup shallots (or onions), sliced  
1 cup carrots, peeled and sliced  
1 pound turnips, peeled and chopped  
2 tablespoons tomato paste  
salt and pepper to taste  
3/4 teaspoon cumin

1/4 +/- teaspoon cayenne powder (to taste)  
1 cup chicken broth

Heat oil in large skillet. Add shallots and carrots and saute until beginning to soften, about 5-7 minutes, stirring. Add the rest of the ingredients and stir to mix the flavors around. Bring to a boil, reduce to a simmer and cook covered until turnips are tender, about 20 minutes. Check salt and serve hot!