



## What's in your Winter CSA share:

**Garlic**—Store at room temperature for 1-2 weeks, or in the fridge for several weeks.

**Potatoes**—Store in plastic bag in fridge for up to 2-4 weeks.

**Cabbage**—Store in fridge for up to 3 months.

**Carrots**—Store in plastic bag in fridge for up to 3 months.

**Parsnips**—Store in plastic bag in fridge for up to 3 months.

**Butternut Squash**—Store at cool room temperature (50-60) for up to 4 weeks. Check weekly for signs of decay.



## RIPLEY FARM

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Dear Members,

We've started receiving our vegetable seeds for this coming season! It makes me feel good to have our seeds in hand and know that one phase of planning for the season is completed. We're trialing a few new varieties and crops in 2013, and are excited to see how we like them.

In your share this week you'll find butternut squash. These are the best keepers of all the squash we grow. We commonly have several that store perfectly all the way through to mid summer. They are also one of our favorite squashes for eating. Their smooth flesh is great pureed in a soup, in a casserole, or in place of potatoes on a cottage pie.

They are also excellent simply roasted and served with butter, salt and a little sweetener if desired. We roast them cut in half, seeded, and face down in a ½" of water in a baking dish at 350 degrees for about an hour until tender. You can also cut them in half, seed them, peel them and cut into 1" slices or chunks and roast them on a baking sheet with some oil, salt, pepper and other spices like rosemary. They will roast quicker in these smaller pieces, and will probably be tender in 30-40 minutes at 350 degrees.

There are parsnips in the share this week. In addition to roasting them or mashing them with butter as I suggested last time, you can also sauté them in butter until the outsides crisp up and the interior is soft and tender. This fully brings out their extraordinary sweetness. I was once served a parsnip pie that was as sweet as a dessert pie, but contained no added sweetener at all! It had a bottom crust and was filled with sliced parsnips, some cream, and warm spices (like cinnamon, etc.). I don't remember that there was much else to it, and it was delicious!

Below is a recipe from one of our members for a really good cabbage casserole. Casseroles are one of our very favorite ways to use cabbage, especially during the cold winter months.

Have a good couple weeks, and we'll see you on March 6<sup>th</sup>!

## Stuffed Cabbage Casserole

3 Tbls cooking oil  
1 lb. ground beef  
1 large onion  
2 cloves garlic  
¾ cup rice (uncooked)  
½ tsp salt  
¼ tsp pepper  
1 can tomato sauce (28oz)  
¼ cup cider vinegar  
2 Tbls brown sugar  
1 Tbls dry mustard  
8 cups cabbage, coarsely chopped

Heat the oil in a large, heavy-bottomed skillet over medium heat. When hot, add the beef, onion and garlic and cook, stirring, until the meat is browned. Put this meat mixture into a bowl and add the rice, salt, and pepper. In a separate small bowl mix together the tomato sauce, vinegar, brown sugar, and dry mustard. Layer 1/3 of the cabbage into a deep, 3-quart capacity casserole. Then layer on ½ of the meat mixture. Add the next 1/3 of the cabbage, then the remaining meat, and finally the remaining cabbage. Pour the tomato sauce mixture over the top and let stand at room temp. for 20 minutes and do not stir. Meanwhile, pre-heat oven to 325. Bake for two hours without stirring. Serves 4.