



What's in your CSA farm share:

Garlic—Store in fridge or at room temperature for up to 2 weeks.

Sweet Dumpling Winter Squash—Store at cool room temp. for up to 2 weeks. Check weekly for signs of decay.

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

Heirloom 'Detroit Dark Red' Beets—Store in fridge in plastic bag for 2-4 weeks.

Red Onions—Store in fridge or at cool room temperature for up to 2-4 weeks.

'Kennebec' Potatoes—Store in dark or fridge for up to 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 before enjoying.



RIPLEY FARM

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Please
return
your
boxes!

February 5, 2014

Dear Members,

As I write this newsletter, the snow is coming down here on the farm and we've postponed the Winter CSA farm share pickup for the first time this season. Actually last winter we squeaked through the entire 10 pickups without a snow day at all!

Lately, we've been busier than usual working on our upcoming season planning because this winter we hired a consultant to help us delve deep into the financial part of our business. Though time consuming, it is a worthwhile exercise for sure!

At Ripley Farm every winter when we order our seeds, we decide which varieties and types of vegetables we'll grow for the coming year. If you have the chance to open a seed catalog you will find that there are so many different choices of colors, shapes and sizes of vegetables available! On our farm, we grow a mix of modern and heirloom vegetables throughout the season. Heirloom vegetables are older variations that have been maintained through the years by small farmers and gardeners for their great eating qualities. The heirlooms represent a great genetic diversity that is often especially suited to organic and sustainable farming practices. The beets and carrots in your box this week represent some of the heirloom vegetables that we grow.

In fact, the 'Detroit Dark Red' beets date back to 1892 and are still grown for their beautiful round roots with smooth texture. I love beets so much, especially roasted. The easiest and quickest way to roast beets is to peel and coarsely chop them and lay them in a single layer in a roasting pan. Drizzle olive oil over them, add salt and pepper and roast at 400 degrees for about an hour or until tender, stirring half way through to prevent sticking. From there the possibilities are endless! Use them plain as a side dish, put them into a soup, or toss them with other roasted veggies like potatoes, carrots, garlic, onions... basically this week's entire farm share! Roasted beets also make wonderful leftovers in a cold salad with some goat cheese, nuts, and a dressing. Or try the below recipe for beet hummus. Lately I've made this one and a carrot hummus. Delish and a great way to make eating more veggies interesting!

This week you have a beautiful cup-shaped winter squash called Sweet Dumpling. These have exceptionally sweet and smooth dark orange flesh and are delicious roasted and/or stuffed. The easiest way to do this is to cut them in half, scoop out the seeds, lay them facedown in about ½ inch of water and roast at 400 degrees until a knife pierces easily through the skin, about 45 minutes. During the long tenure of winter squash season October through the spring, I bake squash once a week in order to constantly have cooked squash leftovers in the fridge to make a quick soup or casserole or side dish mash anytime I want to.

Enjoy the hearty winter farm veggies and we'll see you on February 19!

Beet Hummus

½ to ¾ cup walnuts, toasted
1 tablespoon ground cumin
1 cup leftover cooked beets, chopped
1 tablespoon tahini or other nut butter of choice
1-2 cloves garlic, minced (or to taste)
1-2 tablespoons lemon juice (or to taste)
Olive oil, salt and pepper (or to taste)

Blend nuts in food processor to a fine crumble. Add the rest of the ingredients and blend until a smooth paste. Taste and add more of any of the ingredients as needed. Serve cold as a spread or dip and store in the refrigerator.