



*What's in your
Winter CSA share:*

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

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


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

Golden Beets—Store in plastic bag in fridge for up to 3 months.

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

Daikon Radish—Store in plastic bag in fridge for up to 2-4 weeks.

Spaghetti Squash— Store at cool room temperature (50-60) for up to 2-4 weeks. Check weekly for signs of decay (soft spots). Tan mottling on skin is normal.



RIPLEY FARM
Eugene and Mary Margaret Ripley
62 Merrills Mills Road
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

February 6, 2013

Dear Members,

There are some new vegetables in the share this week. The golden beets are similar to red beets, but have a distinct flavor. Their taste is sweeter and milder than a red beet, without the earthy undertones. They cook very similarly to red beets. You'll find a recipe for Golden Beet and Sausage Mash on our website that was passed along to us from a caterer friend of ours who says it's very popular.

We like to make a cold salad out of cooked golden beets. Peel and chop them into ½ cubes, and either roast or boil the beets until tender. Then chill them and dress with oil, vinegar, salt, walnuts and a soft cheese like chevre (goat cheese). They are also great roasted with other root vegetables.

There's also spaghetti squash in your boxes this week. When cooked this squash forms long strands similar to spaghetti. In fact, one of the best uses of spaghetti squash is to top the strands with butter, a tomato meat sauce, and grated cheese. It's also good in a casserole, again pairing well with tomatoes and any kind of meat or cheese. We cut these squashes in half and bake them face down in a 1/4" of water at 400 degrees until tender, about one hour. Then scrape the strands out of the shell with a fork and serve.

The long white root in your boxes is daikon radish, a type commonly used in Asian cuisines. Unlike the small, fast-growing summer radishes, daikons store very well. They can be used in any way you would use a regular radish, although we generally peel the skin on the daikons. The larger storage radishes are also commonly cooked; see the simple recipe below for one example of this. Cooking mellows out the radish-y bite, and daikons make a great addition to a stir-fry or soup. They would pair well with the carrots or kohlrabi in this week's share.

They are also a classic ingredient in Korean fermented kimchi, similar to a spicy version of sauerkraut and one of favorite foods! If you have any interest in learning how to ferment vegetables, we're teaching a class in Dover on April 4th through the Piscataquis Valley Adult Education Cooperative. Contact them at PVAEC.org to register.

Kohlrabi is in the share again this week. You got it once back in December, but just as a refresher, it's really good raw, either grated as part of a salad, or as veggie sticks with a dip. It's also traditionally simmered in cream sauce until tender. A German friend of ours also likes to make it by gently sautéing it in butter with salt and pepper.

Unfortunately, we had trouble with our onion storage this year, due to the presence of a nematode, a small soil organism that can compromise the storage life of the onions, causing the onions to decay prematurely. As a result, we're sorry to say that onions are one vegetable that we won't have in the share from here on out. But they'll be replaced with an ample diversity of other veggies!

Have a good couple weeks, and we'll see you on February 20th!

Daikon Stir-fry

- 3 TBLS cooking oil
- 2 tsp ginger root, minced
- 2 cloves garlic, minced
- 1 cup thinly sliced daikon radish
- 1 cup thinly sliced carrots
- 2 TBLS naturally fermented soy sauce
- 2 TBLS white wine
- 4-6 TBLS water

Heat oil in a large, heavy-bottomed skillet over medium heat. Add the ginger, garlic, daikon, and carrots and sauté for 3-4 minutes, stirring. Add the soy sauce, wine, and 4 TBLS of water, cover and steam the vegetables until carrots are soft, about 10 minutes. Add additional water if necessary to keep from sticking. Serves 2-4.