



What's in your CSA farm share!

Carrots—Store in plastic bag in fridge for 2+ weeks.

Claytonia (aka Miner's Lettuce)—Store in the fridge in plastic bag for 1 week. Use raw in salads, sandwiches, etc.

Fresh Spinach—Store in fridge in plastic bag for 1-2 weeks. Overwintered and frost sweetened!

Fresh Baby Kale— Store in plastic bag in fridge for 1-2 weeks. Tender! Raw or cooked!

Garlic—Store out of plastic bag at room temp for 2 weeks.

'Tetsukabuto' Winter Squash— Store at cool room temperature for 2+ weeks. Check often for soft spots and then consume shortly thereafter.

Yellow Onions—Store at cool room temperature NOT in a plastic bag for 2+ 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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Thank you
for your
support!

March 13, 2024—Winter CSA pick-up 10 of 10

Dear Members,

Today is the last Winter CSA farm share of the 2023-24 season at Ripley Farm! Thank you so much for participating with us this year! Together we can really celebrate the end of winter with gusto knowing that we all worked our way through hundreds of veggies that traveled no farther than from our small family farm in Dover-Foxcroft, Maine to your home somewhere in Central Maine. Congratulations on eating local and organic all winter long! ☺

This last share features a mix of some of the sweetest and most stalwart vegetables that can exist in Maine's long storage season: Carrots, onions and garlic. And also a relative newcomer for us, a winter squash that is able to stand up to longer term storage when it's cousins like Sunshine and Delicata fail to store much past December or January at tops. That's precisely why a few years ago we trialed this interesting cross between a butternut and kabocha squash that is billed as having long storage potential. And we've found that not only does it do that, but it also tastes pretty darn good, too!

There are a few options for cooking this unique and hard to find winter squash variety. You can cut it in half, remove the seeds, and roast it face down at 400 degrees until tender. Add butter, sweetener, and enjoy! Or getting fancier, stuff it with rice, onions, garlic, ground beef, nuts, dried fruit, and/or whatever you think sounds good! Or use the roasted flesh to make a pureed soup similar to my absolute favorite and go-to soup on our website (found under Delicata, but it is interchangeable with any kind of squash) Curried Coconut Squash Soup.

Then if you really want to get adventurous (like me!), I've included the below recipe for using it (or any other kind of winter squash) in a quiche. While the Tetsakabuto squash is not the most ideal squash for peeling, I'm still featuring it in the recipe below with the added tip here on how to most effectively peel it raw. Slice it in half lengthwise, remove the seeds, and cut a 1" wedge out of it lengthwise. Then hold one end, peel, and switch it around and hold the other end and peel until it's all peeled. Then chop! Voila! Not too bad, eh? This method works well for just about any squash. Once I discovered it, it's broadened my horizons on what recipes I'll attempt! ☺

See you in three weeks on April 3 for the first Spring CSA and/or July 3 for the first Summer CSA! (Or May 8 for perennials or May 22 for seedlings!!!) Happy Spring!

Squash and Breakfast Sausage Quiche

- 1 pie crust
- 3 cups, peeled and diced winter squash
- 2 TBLS cooking oil (divided)
- ½ pound breakfast sausage
- 1 cup onion, diced
- 1 tsp dried sage
- 4 eggs
- ¾ cup heavy cream
- 1/3 cup grated cheddar cheese
- Salt and pepper to taste

Pre-bake pie crust at 400 for 15 min. Drizzle squash with 1 TBLS oil and roast at 400 for 20 min. Cook breakfast sausage in 1 TBLS oil. Remove. Sauté onion, sage, salt, and pepper until softened, about 5 min. Whisk together eggs, cream, cheese, salt, pepper. Layer sausage, squash, and onions in pie crust. Pour over egg mixture. Bake until set, 35-45 min. Yum!