



What's in your CSA farm share!

'Adirondack Red'

Potatoes—Store in the dark at cool room temperature or in fridge for 2 weeks.

Red Cabbage—Store in plastic bag in fridge for 2+ weeks.

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

Rutabaga—Store in the fridge in a plastic bag for 2+ weeks. Peel all the way down to yellow flesh inside.

Purple Daikon Radish—Store in plastic bag in fridge for 2+ weeks. Grate raw into salads, roast, stir-fry, or kimchi!

Red Onions—Store out of fridge at cool room temperature for 2+ weeks.

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

'Detroit Dark Red'

Heirloom Beets—Store in plastic bag in fridge for 2 weeks.

Spinach/Kale Greens

Mix—Store in plastic bag in fridge for 1+ 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 1, 2023—Winter CSA pick-up 9 of 10

Dear Members,

Happy March! Wow, that went fast! After this week there will be only ONE Winter CSA farm share left of the winter season. We optimistically tapped our maple trees a few weeks ago when it was warmer but we're still waiting for true sap/spring weather to arrive for good on the farm. Actually I'm amazed at the resilience of the plants in the winter high tunnels (which are unheated, by the way). On Sunday morning it was negative 10 on the farm. And thanks to a bit of sunshine and warmer than predicted temperatures early this week, the awesome farm crew pulled off a harvest of greens for you ANYWAY! So yay! Enjoy the precious green stuff.

Gonna miss the fresh sweet green stuff?? Don't forget to sign yourself up for a Spring CSA farm share and continue the goodness all the way until your garden starts cranking or you get your Summer CSA farm shares in July. We've still got space in both Bangor and for on farm pickup in Dover-Foxcroft. Join us! It's fun!

New this week is rutabaga. It's not a turnip but some people call it that. I love rutabaga for it's heartiness and versatility. It's great mashed with butter and sour cream, or roasted, or in a hearty mixed veggie soup/stew, or as a centerpiece in a pureed soup. The Rutabaga and Cheddar Soup with Sage recipe on our website is a good one, or find other good ideas on there like Baked Rutabaga Fries. But however you enjoy it: The Most Important Tip I have to impart to you is how to prepare rutabaga for success. You have to peel it down ALL THE WAY to the buttery yellow flesh inside, discarding the skin and any black spots you find as you begin to peel. That way you'll get the smooth stuff without any woody residuals from the peel. Enjoy!

I've been making my own homemade fresh soft cheese with milk from our cows so that's been a hit paired with roasted beets and a light vinaigrette dressing at our house. Add in fresh raw greens for an even better hit! You can use feta or chevre cheese if you don't make your own 😊

I've also been making huge pots of soup with pork stew meat from our pigs we raised on our farm veggie excess. I've been winging it with a base of broth with either lentils or dry beans and LOTS of hearty veggies like onions, garlic, potatoes, carrots, turnips/rutabaga, and cabbage, plus frozen veggies from last year's garden like summer squash, peppers, and celery. And dried herbs from the garden like basil and oregano. What is your go-to easy healthy winter food? Please share with me because I love new ideas and without them I get stuck making the same things over and over! Enjoy your veggies and see you in two weeks on March 15th!

Tropical Beet & Carrot Salad

2 cups grated carrots
1 cup grated beets
½ cup dried coconut flakes
4-6 dates, finely chopped
3-4 TBLS olive oil
1-2 TBLS lemon juice
1-2 tsp honey

Toss all ingredients together and let sit at least 15 minutes to meld flavors and draw out juices. Toss again and serve.