



## What's in your CSA farm share!

**Fresh Spinach**—Store in plastic bag in fridge for 1-2 weeks.

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

**Baby Salad Mix**—Store in plastic bag in fridge for 1+ weeks.

**'Sunshine' Kabocha Winter Squash**—Store at cool room temperature for 2-4 weeks. Check weekly for signs of decay and consume quickly if found.

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

**Red Russian Baby Kale**—Store in plastic bag in fridge for 1+ weeks. It is very tender and is completely edible.

**Red Onions**—Store at cool room temperature for 2 weeks.

**Green Cabbage**—Store in plastic bag in fridge for 2+ weeks. Soup, stew, braise, sauté, slaw, roast and more!



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!

December 4, 2024—Winter CSA pick-up 3 of 10

Dear Members,

Finally winter is here! Last week, we got about a foot of heavy wet snow plus a power outage to kick off winter on the farm! How about you? Hope your Thanksgiving was a good one! Our farm takes off a week at Thanksgiving and it is very welcome for everyone who works here after a long season! We're now back at it and raring to go for your third Winter CSA harvest!

And thanks to some sunshine and warm-enough temperatures we've got greens for you again this first week of December. Of course, you know I'm loving my salads! Salads can come in all kinds of ways from super loaded up to make a one bowl meal to simple greens and salad dressing. What is your style? If you're into loading your salads, this week has great options for that including carrots (shredded or sliced), red onions (sliced or minced), spinach, lettuce, kale, and shredded cabbage. You could even put some garlic into your homemade salad dressing! Or give a go to the feature recipe below with your cabbage and red onions. It's so good that we've made it three times so far and run us out of cranberries!

First week of green cabbage! Besides the below slaw, I love green cabbage in soups. My favorite is Sausage and Cabbage soup (recipe found on the website). If you're worried about cabbage and not into soups as much as me (what?!) check out the recipes on the website (1) for roasting cabbage (so good!), (2) for "Vegetable Pancakes" (amazing, kids love them!), and (3) for Unstuffed Cabbage Rolls (easy to make and easy to reheat and easy to love!). Cabbage is a workhorse in the local foods kitchen in Maine, so please make sure to check our website for ideas! If you don't use all of your cabbage at once, put the remainder in a plastic bag in the fridge to prevent drying out.

New this week is the large bright orange winter squash in your share. It's called 'Sunshine' and is an orange kabocha-type winter squash with very smooth, dense, sweet flesh that is not overly dry but not too moist. It's probably my favorite squash ever, only recently surpassing my old standby favorite of Delicata. While it is not a pie pumpkin, it is delicious in pies and the flecks of red skin don't show. It's so good in soup. My personal recent favorite recipe that I used it in is the Creamy Pumpkin Soup recipe on my most recent blog post! And it also can be roasted and stuffed. The basic roasting process is as follows: cut the squash in half lengthwise, remove seeds, place face down on roasting pan, roast at 400 until tender, about one hour. Scoop out flesh, discarding skin, and use in your recipe of choice.

Enjoy the veggies and see you in two weeks on December 18.

### Thanksgiving Slaw with Cranberries

6-8 cups green cabbage, shredded  
½ cup parsley, chopped, optional  
1 cup almonds, toasted, sliced  
1 cup dried cranberries  
Salt and pepper to taste

½ cup red onion, minced  
1/3 cup olive oil  
¼ cup apple cider vinegar  
2 TBLS maple syrup  
4 tsp Dijon mustard  
Salt, to taste

Toss veggies with the following dressing whisked together: