



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 1-2 weeks.

Green Swiss Chard—Store in plastic bag in fridge for 1-2 weeks.

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

'Hakurei' Japanese Salad Turnips—Store in plastic bag in fridge for 1-2 weeks. Raw or cooked!

Cilantro—Store in plastic bag in fridge for 1 week.

Delicata Winter Squash—Store at room temperature for 2 weeks. Check weekly for signs of decay and if found eat up quickly.

Pac Choi (aka Bok Choy)—Store in plastic bag in fridge for 1 week. Entirely edible!

Tomatoes—Store at room temp OUT of plastic bag and eat up quickly!



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!

November 5, 2025—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2025-26 Winter CSA! We are excited to start our 14th season of Winter CSA with YOU as part of a group of 150+ families in central Maine who care about where their food comes from. Our family is excited to spend winter with you!

After a dry summer, we continue to have dry and mild conditions on the farm. But that's been good for both getting our winter storage harvests out as well as proudly bringing you many freshly harvested items straight from the field this week. Our high tunnels (aka unheated greenhouses) are chock full of greens stockpiled to be harvested for you in November and December and beyond, weather permitting. Get ready for a winter of fresh and fun new things to try.

Speaking of new things, are you wondering how you'll know what they are and how to use them? We've got you covered! First, please take the time to read through the newsletters that come in every farm share. That is where you can find out what is in your share, how to store it (see sidebar), and recipes and other cooking/eating ideas for your veggies. Next, be sure to check out our online recipe gallery for over 400 recipes for the veggies you get from our farm. These are all recipes we've made ourselves over the years with many of them favorites of ours and contributed by CSA members. Here's the link: <https://ripleyorganicfarm.com/vegetable-gallery>

Lots of fall greens this week for both salads and cooking. Savor the very last tomatoes of the season on a fresh baby greens salad? Doesn't get better than that! Pac Choi, also known as Bok Choy, is a mild, sweet, tender, crunchy Asian green that is well loved in our veggie community. It is entirely edible, but needs to be rinsed well as dirt can linger at the base of the stems. Try it in a basic stir-fry or a simple miso soup. Spinach and Swiss chard can be used interchangeably and are both great steamed as a simple side dish with butter, salt, pepper, and of course the essential (at our house at least) balsamic vinegar topping. Or put them into a casserole or a soup or frittata.

Delicata squash is likely familiar to most of you by now, but if you are new, be sure to try these treats. They are so smooth and sweet that they're practically like dessert especially when roasted. To roast, halve lengthwise, remove seeds, and roast facedown until tender at 400 degrees. Top with butter and/or maple syrup. Yum!

Cilantro did really well this fall and is here again for you this week! Try it as a topping on salad, chili, eggs, with your tomatoes, or try the long time family favorite recipe below. It is so good that your guests will love it and ask for the recipe!

Enjoy the veggies! See you in two weeks on November 19.

Carrot and Cilantro Soup

1 onion, thinly sliced
3 TBLS butter
1 pound carrots, thinly sliced
1 qt chicken stock
1 bunch cilantro, chopped
¼ tsp cayenne pepper
Juice of 1 lime
Salt and pepper to taste

Sauté onion and carrots in butter until softening. Add chicken stock. Simmer until very soft. Add rest of ingredients and puree until smooth. Serve with an optional dollop of sour cream in each bowl.