

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 Lettuce Mix—Store in plastic bag in fridge for 1-2 weeks. Wash again!

Green Curly Kale— Store in plastic bag in fridge for 1-2 weeks.

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

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

Parsley—Store in plastic bag in fridge for 1-2 weeks.

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

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

'Satina' Potatoes—Store at room temp in a dark place or in fridge. All purpose!

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
Eugene and Mary Margaret Ripley
62 Merrills Mills Road
Dover-Foxcroft, ME 04426
207-564-0563
www.ripleyorganicfarm.com
ripleyfarm@gmail.com

Thank you for your support!

November 4, 2026—Winter CSA pick-up 1 of 10

Dear Members,

Welcome to the 2026-27 Winter CSA! We are excited to start our 15th season of Winter CSA with YOU as part of a group of 160+ families in central Maine who care about where their food comes from. Our family is excited to share the winter with you!

The past couple weeks between the Summer and Winter CSAs have been a dream for your farmers. Mild, dry, and lots of sunshine has helped us both get our winter storage harvests out as well as proudly bring you many freshly harvested items straight from the field this week. Get ready for a winter of fresh 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, including lettuce for your salads. Can I recommend my kids' current favorite combo for salads? Its lettuce, feta cheese, dried cranberries, and chopped nuts. That is topped off with their absolute favorite (aka will not eat any substitute) salad dressing of: ½ cup olive oil, ¼ cup balsamic vinegar, ½ tsp Dijon mustard, 1 T maple syrup, ¼ tsp salt, and minced garlic to taste. Yum!

How nice to have so many cooking greens this week. If going above board is easy for your family, try pac choi, kale, and/or spinach in combo with your cauliflower, carrots, and garlic in a stir-fry! That's an easy way to use up veggies. Or in the family favorite curry recipe below. To hide greens, I often throw them into everything. Recently I put spinach into a sausage/mushroom breakfast casserole, a shepherd's pie, and chili. People never notice, yet they're eating it all the same! Or my friend freezes spinach raw and then puts it into smoothies that the kids never complain about, either!

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!

Enjoy the veggies! See you in two weeks on November 18.

Easy Veggie Coconut Curry

1 T coconut oil
1 cup onion, chopped
2 garlic cloves, minced
½ tsp fresh ginger, grated
½ tsp ground cumin
¼ tsp each coriander, turmeric, and cardamom (+ cayenne, opt.)
1 tsp salt
2 cups cubed winter squash
2 cups cauliflower florets
1 13.5 ounce can coconut milk
2 T lemon or lime juice
4-6 cups fresh spinach, kale, or other greens, chopped

Sauté onion in oil until tender, stirring, about 10 min. Add rest of ingredients and simmer until tender. Check seasonings and serve hot over rice.