



What's in your CSA farm share!

Salad Turnips—Store in plastic bag in fridge for up to 1 week. Greens are edible!

Beets—Store in the fridge in plastic bag for 2+ weeks. Roast, boil, grate into salad!

Romaine Lettuce—Store in plastic bag in fridge for 1 week.

The Last Tomatoes—Store at room temp. for up to one week. Remove from plastic bag.

Scallions aka Green

Onions—Store in refrigerator in plastic bag for 1 week. Entirely edible!

'Tatsoi' Asian Summer Spinach—Store in plastic bag in refrigerator for 1 week.

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

'Red Kuri' Squash—Store at room temp for 1+ weeks. Inspect weekly for signs of decay and cook promptly.



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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Return
your box
next
week!

October 12, 2016—Summer pick-up 15 of 16

Dear Members,

Is anyone else obsessed with the fall leaves? I find myself entranced with the fall colors that literally surround the farm fields this time of year. I may be annoying the crew often by likening them to the colors that we're harvesting: red, orange, yellow, green. But it is true! As the sun sets on the summer season here at the farm, the most vibrant colors are coming out of the ground. Our farm's "fall colors" are in your shares this week and next week!

This has been a stressful year for us, though amazingly we've pulled off a great number of very full farm shares for our members. Between the drought... wait, speaking of, did you know that southern Maine and New Hampshire counties qualify as officially drought affected enough to receive disaster assistance?? Eeek! I'm glad it hasn't been that bad here, but the sight of kicking up dust in mid-October strikes fear in my heart about next year. We had to forgo our last round of cover cropping for lack of moisture to germinate the seed. Now we can just hope for rain for next season...

You've got 'Red Kuri' (aka Hokkaido or baby red hubbard) winter squash this week! These Sugar maple-orange Japanese tear drop shaped fruits have wonderful dense, smooth flesh that is great in soups, purees, or pies. A simple side dish with Red Kuri is a puree: cut the squash in half, remove the seeds, place facedown on a baking dish with ½" water in the bottom, and roast at 350-400 degrees until a knife pierces through easily. Remove flesh and puree with butter, salt and pepper to taste. Easy, yummy, reheat-able, make-ahead-able. This is a winner with me right now!

'Tatsoi' Summer Spinach is a farmers market favorite for steaming, sautéing, salads, and so forth. We like it in omelets. Or we cook it down with turnip greens and scallions: sauté scallions in butter, add chopped greens (no turnip green stems, please) with optional minced garlic and a little water. Cover and cook, stirring occasionally, until very tender. Salt and pepper to taste. Can also be made ahead, wink wink.

And here are some fall beets for you. Having a bag of beets in my fridge makes me happy. Why? Right now I have so little time to cook. I'm not complaining! Just stating the obvious. So, the best foods for me are ones that I can cook ahead and then eat later at meal time. Here's where the beets come in. I basically make the same thing over and over again when I have beets. That's because it's just so easy and can be done in steps! Here's my recipe below: a cold beet salad, to which endless variations exist!

It is hard to believe we are already to the second to last 2016 Summer CSA. Please bring a bag or cooler next week to transfer your veggies into and leave the box with us! Have a great week!

Basic Cold Beet Salad

Beets, whole
scallions (or onion), minced
nuts or seeds of choice, chopped
grated or chopped cheese, optional
fresh herb, chopped, optional
oil and vinegar dressing
salt and pepper to taste

Boil beets whole until knife pierces through easily. Drain, cool, slip skins off. Refrigerate until ready to make salad (optional). Chop beets and combine with scallions and optional ingredients. Pour over dressing of 4 TBLS oil and 1 TBLS vinegar. Add salt and pepper to taste. Serve or refrigerate.