



What's in your CSA farm share:

Delicata Winter

Squash—Store at room temperature for up to 1-2 weeks. Can eat the skin!

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

Giant Storage

Kohlrabi—Store in fridge in plastic bag for 1-2 weeks. Trim and peel well!

Red Oak Leaf and Romaine Lettuces—

Store in plastic bag in fridge for 1 week.

Leeks—Store in plastic bag in fridge for 2 weeks. Remove tops (can use in stocks) and clean well!

Beets—Store in plastic bag in refrigerator for 2 weeks. Peel and chop to boil or roast. Or grate raw into salad.

Mixed Red Potatoes—Store in fridge in plastic bag for 1-2 weeks. Red skinned with white or pink flesh!



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 a great
season!

October 18, 2017—Summer pick-up 16 of 16

Dear Members,

It is the last Summer CSA! Thank you for your support of our farm! We hope you enjoyed your experience eating organic veggies grown on our farm for 16 weeks! How has it changed you? We'd love to hear from you about how it went. We have enjoyed being your farmers, thinking of everyone each week as we go out into the fields to pick out what is nice and ready to harvest. We have packed and sent out into Central Maine almost 2500 boxes of produce this year! Wow! It is a good feeling to be done, though we will miss the rush of weekly CSA harvest and distribution... until next year!

The Summer CSA is the biggest chunk of our income as a small family farm. We rely on our members to fund the costs of growing organic veggies for 145 families upfront in the beginning of the season. With hope and enthusiasm, we sow our first seeds into the ground in May. From that moment on, we do our very best to keep all of the plants under our care thriving right up to the point of harvest. Farming is hard work. And so is being a CSA member. It is a large commitment for you to take on a big box of fresh veggies that you didn't pick and make them into delicious food for your family week in and week out. From all of us, thank you for your dedication as eaters!

Speaking of dedication, you've got possibly your first dose of kohlrabi ever this week. Shaking in your bones? Not if you take my tips! Many members say they love kohlrabi after trying it in the CSA. You can, too. Find your kohlrabi's "butt" end. Cut off the bottom 1-2" +/- and discard it (can be tough and woody). Peel it right down to the inner white part. Yes, peel away any green skin you can find. Now you are ready to go. Raw options include: cut into sticks and eaten raw in salad or with a dip or make the member-contributed Kohlrabi and Apple Salad on the website. Or cube it and put salt and pepper along with other veggies and roast at 400 until tender, like I did this weekend. Mmmmm! We have 9 recipes for kohlrabi online so don't be shy!

Leeks may also be new for you. They are onion relatives with a nuttier taste and coarser texture. You have to clean them like this: cut off and discard the green leaves at the top. Then cut the stalk in half lengthwise and rinse under running water to remove small stones and grit. Then slice crosswise to sauté in a stir-fry or in soups. One classic is Potato Leek Soup, though they are also good in a squash soup or in the Curried Carrot Leek and Apple Soup (on website). I'm getting extra brownie points this week by making the Kohlrabi-Mushroom Soup recipe on the website (with leeks!) using some shitake mushrooms from our logs in the woods! Ooooooh!

Have a great winter! We'll be in touch with you in December when we open Summer CSA signup for 2018. You'll get first dibs. ☺ Thank you again everyone!

Fall Colors Slaw

2-3 cups kohlrabi, peeled and grated
1-2 cups beets, peeled and grated
1-2 cups carrots, peeled and grated
¼-½ cup minced onion or green onion (optional)
Roasted nuts to taste (almonds, pecans, walnuts...)

Combine above ingredients in large bowl.

Whisk together the following dressing and pour over slaw. Serve cold. Will keep in fridge a few days.
4-6 TBLS olive oil
2-3 TBLS vinegar (cider, balsamic, etc.)
maple syrup, honey, etc to taste
salt and pepper to taste