



## What's in your CSA farm share!

**Broccoli**—Store in plastic bag in fridge for up to 1 week.

**Leeks**—Store in the fridge for 2 weeks. Make sure to clean well to remove dirt!

**Red Leaf Lettuce**—Store in plastic bag in fridge for 1 week.

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

**Green Cabbage**—Store in refrigerator for 1+ weeks.

**Swiss Chard (in a bag)**—Store in plastic bag in refrigerator for 1 week.

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

**Delicata Squash**—Store at room temp for 1+ weeks. Inspect weekly for signs of decay and cook promptly.

**'German Red' Garlic**—Store at cool room temp for 1+ weeks.



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 5, 2016—Summer pick-up 14 of 16

Dear Members,

The fall harvest season is here with the start of October. We are working to bring in over 20,000 pounds of root veggies this month for our Winter CSA members and wholesales to the Crown of Maine Cooperative. It is a great feeling to get a “big crew” together (aka 3-5 people on our small farm) and harvest all day! Last week we got into our first of three plantings of fall carrots, and they're looking good!

Come share in the harvest-time glory with your farmers! Join us for our Second Annual Community Carrot Harvest this year on the last CSA pickup day, Wednesday, October 19 at 3pm. Last year CSA and community members of all ages gathered here to help us harvest, wash, and package a bed of carrots we grew for donation to local food pantries. We're doing it again this year, and we need your help to get it done! Bring gloves, boots, smiles and pretty quickly we'll have a few hundred pounds of squeaky clean carrots for families in need. All are welcome, and we hope to see you here!

We've officially had a hard frost. You might lament the death of your tomato plants and the reduced state of your garden. But, remember that cooler temperatures make fall veggies taste even better! Cool weather-loving veggies like cabbage, carrots, leeks, and Swiss chard all get sweeter after a frost. We grabbed the last of the little Mountain Magic tomatoes for you before the plants turned to mush. Here you go!

The long shanks with blue-green fans on top are leeks. Relatives of onions, they are often used in soups. I made a pureed curried carrot, leek, and apple soup this week which was delicious! The flavor of leeks is reminiscent of onions with a nutty taste, but the preparation differs in that you must clean them before using. Slice the edible part of the leek (the shank) lengthwise. Rinse under running water to remove any dirt lurking inside the rings. Then slice and sauté gently in butter, steam for a side dish, or grill them whole. If you haven't had leeks before give them a try this week!

Delicata squash is our favorite winter squash! This personal-sized, sweet, dense-fleshed veggie is excellent sliced in half with the seeds removed and roasted at 400 degrees until tender. Top with butter and optional maple syrup. Sure to delight!

Sara is excited about making the Baked Greens and Feta Balls recipe again that we gave earlier this summer with the Swiss chard this week. I plan to steam all of it and then reheat it for meals through the week by sautéing it gently in butter with garlic.

Have a great week! PS: Thank you to everyone for doing such a good job returning your CSA boxes week-to-week. We have an excellent return rate so far this year, and we appreciate it!

### Basic Leeks and Cabbage

1 bunch of leeks, cleaned and sliced thinly  
½ to 1 head cabbage, cored and shredded  
2-4+ TBLS butter  
1-3 garlic cloves, minced  
salt and pepper to taste  
optional: crumbled bacon, blue cheese, minced  
apple, ground cumin and/or other  
dried/fresh herbs to taste

Bring large pot of water to boil. Add leeks and cabbage and bring to boil. Simmer 3 minutes. Drain well. Rinse in cold water. Drain again. Heat butter in large skillet on medium. Sauté garlic briefly, stirring. Add cabbage, leeks, & optional apple. Sauté 5-10 minutes until tender and hot though. Season to taste with salt and pepper and optional additional flavorings/ingredients.