



What's in your CSA farm share:

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

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

Tomatoes—Store at room temperature for up to 1 week.

Swiss Chard—Store in plastic bag in fridge for up to 2 weeks. Keep all the greens covered or they will wilt.

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

Kohlrabi—Store in plastic bag in fridge for up to 3 weeks. Peel tough skin before use!

Sweet Peppers—Store loose at cool room temperature or in the warmest part of your fridge for up to 1 week.

Hot Peppers—Store loose at cool room temperature for up to 1-2 weeks.

Potatoes—Store in plastic bag in fridge for up to 2 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 before enjoying.



RIPLEY FARM

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Return
your box
next
week!

September 20, 2013

Dear Members,

Our fall harvests are fully underway! On Monday we cut our winter squash off the vine and laid it out in windrows to cure in the field. And, we're sure lucky to have perfect curing weather this week with lots of sun and dry air. The winter squash is field curing this week to be ready for next week's share, but fun fall feasting begins today! Although potatoes are familiar to most everyone, leeks and kohlrabi may be new to some of you. Here's some ways to use these delicious seasonal vegetables.

Leeks are part of the onion family and instead of a round bulb, they show off with their long, slender white stalks and pretty green tops. The white stalk is edible and may be substituted in any recipe that requires cooking onions. Leeks have more of a nutty flavor than onions and are especially good in the classic Vichyssoise, or cream of potato leek soup, for which we have a recipe on our website. To prepare, remove the tops and roots, slice the stalks lengthwise, and rinse well to remove field debris and then slice for sautéing. Or try your leeks paired with kohlrabi as in the recipe below.

Kohlrabi is one of the most underrated vegetables that can be grown in this climate. Kohlrabi is a mild and delicious vegetable in the cabbage family. While it looks like a bulb or a root, kohlrabi is actually the swollen part of the stem and grows completely above ground. This popular new introduction in last year's winter CSA needs to have the tough skin peeled off and the root end removed before eating!

A traditional ingredient in Austrian, German and Eastern European soups and stews, kohlrabi is also used in Chinese dishes. The most basic way to cook it as a side dish is to shred it and sauté in butter, topping with parmesan cheese. Kohlrabi can also be boiled and mashed as you would potatoes adding butter, milk, salt, pepper and nutmeg. But, kohlrabi's secret is its sweet, mild, juicy crispiness when served raw sliced, cut into sticks, or grated into a salad! It reminds me of jicama or water chestnuts. You'll love it! Or try the versatile kohlrabi cut into a ¾ inch dice and roasted at 450 degrees for 30-45 minutes. Still stumped? We also have two delicious recipes for using kohlrabi on our website as well as another great option below!

Spring and fall are great weather for greens! This week's cooking green, swiss chard, is loving all the rain and cool weather. Basic preparation of swiss chard includes removing the midribs, steaming the leaves until tender, and serving with butter, salt, pepper and a dash of vinegar. Swiss chard can also be substituted for spinach in any cooked recipe and we especially like it in a quiche or frittata. Have a great week!

Kohlrabi-Mushroom Soup

3 tablespoons oil
2 medium leeks, cleaned and chopped
1 clove garlic, minced
½ lb. mushrooms, sliced
2 medium tomatoes, chopped
4 cups chicken stock
2-3 cups kohlrabi, peeled and sliced
Salt, pepper, and dill or other herb minced

Heat oil in skillet on medium-high and sauté leek, garlic, and mushrooms, stirring, about 5 minutes. Stir in tomato and cook another 5 minutes, stirring. Add stock, bring to boil, and add kohlrabi. Lower heat and simmer for 15-20 minutes or until tender. Season with salt, pepper, and fresh herb.