



*What's in your  
Winter CSA share:*

**Broccoli**—Store in plastic bag in fridge for up to 2-3 weeks.

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

**Red Onions**—Store at room temperature for up to 1 week or in crisper drawer in fridge for up to 2-3 weeks.

**Red Potatoes**—Store in plastic bag in fridge for up to 2-4 weeks.

**Carrots**—Store in plastic bag in fridge for up to 3 months.

**Chinese Cabbage (Napa Cabbage)**—Store in plastic bag in fridge for up to 2-4 weeks. Black freckles on leaves is normal.

**Chinese Cabbage Stir-fry**

- 2-3 tbsp cooking oil
- ½ cup onion, thinly sliced
- 2-inch piece of ginger, minced
- 4 garlic cloves, minced
- ½ head Chinese cabbage, thinly sliced
- 1 cup carrots, grated
- Salt
- 1/8 tsp cayenne pepper
- 1 tbsp vinegar (cider or rice wine)

Heat oil over medium heat in skillet. Add onion, ginger, garlic stirring often for 2 minutes. Add cabbage, carrots, salt, cayenne and stir-fry about 5 minutes or until Chinese cabbage has softened. Add vinegar and mix. Remove from heat and serve. Serves 2-4.

**Cabbage Pickle (Korean Kimchi)**

- 1 head Chinese Cabbage (about 2 pounds), thinly sliced
- 1 cup carrots, grated
- ½ cup onion, minced
- 1 tbsp ginger, minced
- 3 cloves garlic, minced
- 1 tsp red chili flakes
- 1 tbsp salt

Combine ingredients in large bowl. Massage with clean hands, or stir, until juicy. Pack into a quart jar or other glass container leaving at least 1 inch of head room to the top of the jar. Press down with spoon until you see juices around the top of the veggies. Cap lid tightly and leave at room temperature for 2-3 days. Store in fridge and enjoy for months. Makes approx. 1 quart.

**RIPLEY FARM**

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Dear Members,

We love the coming of November, as it means that we've gotten all of our crops out the ground and into our root cellar ready for winter storage. November is also the month that we often take a vacation. We just got back from a week long trip to California to visit family and friends. We had a great time, and now that we're back we'll begin planning our next growing season in the coming weeks.

This late fall still brings us broccoli and spinach from the greenhouse and outside. We especially welcome these fresh green treats as we know that soon it will be much too cold for them and we'll turn entirely to our root cellar for the winter's produce.

This week your farm share also contains Chinese cabbage, sometimes called Napa cabbage, which may be a new vegetable for some of you. Chinese cabbage is a very light green or blanched crinkly-leaved cabbage head that is commonly used in Asian cuisines. In storage it can acquire black freckles on the leaves. This is normal and need not be trimmed away. Chinese cabbage can be used in place of green cabbage in recipes, although it is much more tender so it may not need as much cooking time as regular green cabbage.

We have two favorite ways to enjoy the juicy, tender leaves of Chinese cabbage. It's great in an Asian stir-fry as in the below recipe. The other way that we love to use Chinese cabbage is to make a cabbage pickle condiment, also known as Korean Kimchi. We usually grow a lot of Chinese cabbage in the fall and make a big crock full of this pickle. This pickle naturally ferments mixed with other vegetables, salt and spices. When it's ready, we enjoy the spicy, delicious leaves of Chinese cabbage all winter as an accompaniment to eggs, stir-fries, or roasted meats with vegetables.

Happy Thanksgiving! See you on December 5<sup>th</sup> for the next CSA pick-up!