



## What's in your CSA farm share:

**Rutabaga**—Store in plastic bag in fridge for 2+ weeks. Make sure to peel well and remove any brown spots under flesh. Mash with butter or oven-roast. Yum!

**'Nicola' Potatoes**—Store in fridge or cool dark place for 2 weeks. Low glycemic-index potato. All purpose, but we love these as home fries...

**Green Cabbage**—Store in fridge for 2+ weeks. If you cut it, wrap with plastic to prevent drying out.

**'Bolero' Carrots**—Store in fridge in plastic bag for 2-4 weeks.

**Yellow and Red Onions**—Store at cool room temperature for up to 2 weeks.

**German Red Garlic**—Store at cool room temperature for 1-2 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 to remove any grit before enjoying.

### Thai Peanut Butter Carrot Soup

1-2 onions, peeled and chopped  
3-4 cloves garlic, minced  
2 lbs carrots, peeled and chopped  
chicken broth and/or coconut milk (approx 4-6 cups total)  
peanut butter to taste  
cayenne pepper or hot sauce to taste



## RIPLEY FARM

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Return  
your box  
next week

January 18, 2017—Winter pick-up 6 of 10

Dear Members,

We've hit the mid-January stride at Ripley Farm. Every week, we pack veggies for our Winter CSA or for our wholesale accounts, or both. We spend the rest of our work hours cleaning and organizing our farm buildings and working on our farm's financial plan for 2017.

Wintertime on the farm is also a time of contemplation and conversations over the evening glow of the woodstove. At the forefront of our minds is the financial planning process, as it is an essential part of our farm's success every year. It is just as vital as harvesting lettuce or peas at the right time. We are incredibly thankful to make a modest living on the farm, but we have to be careful that our financial year is well thought out to ensure that we'll be continuing on with our hands grasping the soil.

So, it is with hands grasping pen and paper (and a keyboard and mouse) that we tackle our financial plan. By the end of January, we will have created a farm budget for 2017, itemizing and economizing every possible expense for the season before we spend any money. Our CSA members, both Summer and Winter CSA, are the backbone of our farm's income plan. Well over half of our income comes in directly to our farm from customers like you in the early season when we spend money on the seeds and supplies that make our farm run. Thank you to everyone for your past and continued support of our family farm!

I have been a crazy fan of soups lately. I probably eat a homemade soup every day! Below is a latest favorite for carrots, suggested by Carmen. This ought to help you use up any lingering bags of carrots in your fridge...

Deep winter on the farm means cabbage and rutabaga time! Our first and foremost use of cabbage is sauerkraut. Salt, cabbage, a firm hand and a little love and you can make yourself a homemade batch in a jiffy. Check out our recipe for it on the website, along with 15+ other great ones. My long-standing go-to cabbage recipe is Unstuffed Cabbage Rolls which can simmer away on the stove for a hot meal and great leftovers. (Uses onions and garlic, too!) Oh! I recently made a minestrone soup that was sooooo good. I'm not exaggerating! It used pretty much everything in the share and then some: onions, garlic, carrots, cabbage, potatoes... I don't have this recipe listed yet, though can get it online soon. We hope you enjoy your cabbage!

Rutabaga: a relative of turnip, yes. A turnip, no. With yellow flesh and buttery flavor, rutabaga is one of my favorite veggies. My go-to recipe is to peel, chop, and boil it until tender, then mash with butter, salt and pepper. Love this! Rutabaga is also good roasted or sautéed until caramelize-y. Mmmmm! A feel good comfort food in my book. Happy eating, and we'll see you on February 1<sup>st</sup>!

Heat cooking oil in pan and sauté onions until softened, about 10 min, stirring. Add carrots, garlic, and chicken broth and/or coconut milk to cover and simmer until carrots are tender, about 20-30 min. Puree and add the rest of the ingredients. Check for salt and pepper and serve hot.