



## What's in your CSA farm share:

**Green Cabbage**— Store in fridge for up to 2-4 weeks.

**'Delicata' Winter Squash**—Store at cool room temp. for up to 2 weeks. Check weekly for signs of decay.

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

**'Purple Top' Turnips**—Store in fridge in plastic bag for 2-4 weeks.

**Shallots**—Store at cool room temperature for up to 2-4 weeks.

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

**Dried Cayenne Peppers**—Store at room temperature.



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.



February 19, 2014

Dear Members,

Snow, snow everywhere! Including inside the greenhouse! The plastic covering our greenhouse suffered damage during December's ice storm. The tears in the plastic reduce the greenhouse's ability to adequately shed snow, risking a collapse of the frame from too much heavy snow. Before the most recent string of snow storms, Gene and I elected to remove the plastic from the greenhouse and, it sure looks different now! We'll re-cover it in April in time for our tomato plants to live there this summer.

New this year, we have shallots for you in this week's winter CSA farm share. These may be a new vegetable for some of you. Although shallots are a member of the allium family, you'll find that they are not quite like onions or garlic. Shallots have a mild, delicate flavor and are used by breaking apart the cloves, peeling, and chopping or mincing finely. Shallots may be used minced up raw in salads, gently sautéed in butter and added to soups or sauces for pasta, or substituted for onions in any recipe. Also, try roasting them with other root vegetables for a delicious medley.

We love purple top turnips for their beautiful coloring and dependable storage qualities. Apparently we are not alone. Turnips are one of the world's oldest domesticated root crops, dating back at least 4000 years and are enjoyed widely throughout the globe. Turnips are delicious roasted, sautéed or glazed in butter, or put into soups or stews. I like making a creamy pureed turnip and carrot soup. When I'm in a pinch for a side dish, I welcome the quick cooking boiled, mashed and buttered turnip as my friend. Wash the roots well, snip off the ends, peel and chop. Or cut into wedges, toss with olive oil, dried thyme, salt and pepper and roast at 375 until tender, about 45 minutes. Whenever I roast a chicken, I always throw in some turnips and other veggies with the bird for a complete meal. Or try the delicious recipe below!

Do you remember the 'Delicata' squash from earlier this winter? These are my absolute favorite squashes of all time for their sweet and smooth flesh and ease of peeling. If you haven't already, you have to try our recipe for Curried Coconut Squash Soup on the website found in our Vegetable Gallery under 'Delicata'. It's a winner!

I love having green cabbage at my fingertips all winter long. My Dad has recently turned me onto roasting cabbage "steaks". Heavenly and easy! Also, we enjoy cabbage in soups like borscht or in casseroles or in stir-fries. Cabbage and carrots make a great winter coleslaw salad. Still stuck? Don't forget our wonderful online recipe resource which has many great cabbage ideas!

Warm up by throwing a whole dried pepper into your chili or stew. Or grind them up for a hot cayenne powder. See you March 5 for the ninth winter pickup!

### Turnips in Yogurt and Tomato Sauce

- 1 cup yogurt, plain
- 1 teaspoon salt
- 2 pounds turnips, peeled, and cut into 1.5" chunks
- 3 tablespoons oil
- ½ teaspoon cumin seeds
- 2 large shallots, peeled and thinly sliced
- 8 oz can of tomatoes in their juice
- 1/8 – ¼ teaspoon ground cayenne pepper

Pierce turnip chunks with fork & marinate in yogurt for 8 hours, in fridge. Drain, reserving yogurt. Stir-fry turnips over high heat in oil until browned, about 5 min. Remove turnips and reduce heat to medium. Stir-fry cumin seeds and shallots for 2 min. Add tomatoes, cayenne, turnips and reserved yogurt. Bring to boil, cover and simmer, stirring occasionally for 10 min. Uncover, lower heat to keep from sticking and boil all the yogurt-tomato mixture away forming a sauce.