



What's in your CSA farm share!

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

Salad Turnips—Store in the fridge in a plastic bag for 1 week. Separate greens from roots for best storage. Greens are edible in stir-fry, soup, or salad!

Green Romaine Lettuce—Store in plastic bag in fridge for 1 week.

Spinach—Store in plastic bag in fridge for 1 week.

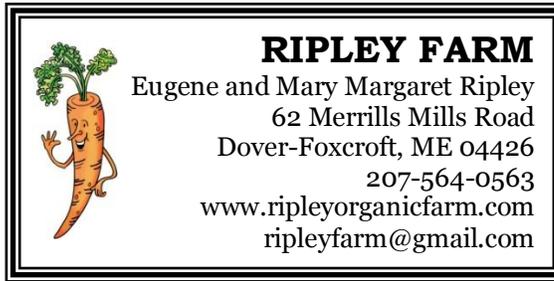
Leeks— Store in plastic bag or crisper drawer in fridge for 1-2 weeks. Clean well (see text for instructions) and use in baked dishes, soups, roasted, grilled, oh my!

Cauliflower—Store in plastic bag in fridge for 1 week.

'Satina' Potatoes—Store at cool room temperature away from light for 1-2 weeks. All purpose!



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.



October 16, 2019—Summer CSA pick-up 16 of 16

Dear Members,

Congratulations! You made it to the end of the 2019 Summer CSA farm share! How did it go? Thank you so much for your support of our small family farm. We truly appreciate it and would not be here without you!

And what about next year, you ask? If you are interested in participating in our farm share program again next year, here's what you need to know: We open the registration for the 2020 Summer CSA program around January 1, 2020, and YOU are the first to know about it. So watch for a mailing and email from us with info about it. As always, sign back up as soon as possible as we do and will sell it out.

New this week is leeks. Wow, they are HUGE and beautiful this year. Here's my easy way to prepare leeks to remove all the little grit that might reside between their many folds: chop off the dark green tops at the top of the shank. Reserve the top to make homemade broth. Cut and discard the roots. Then slice the leek lengthwise in half. Rinse under running water until clean between the folds. Slice as desired.

Leeks are a relative of onions, but their "nutty" taste and melty texture (when cooked) are distinct in the vegetable world. Leeks are often paired with potatoes in the classic Cream of Potato Leek Soup. Or try the improv recipe that my friend just raves about: layer in a casserole in this order, thinly sliced leeks, carrots, potatoes and apples on top (throw in thinly sliced fennel bulb if yours is still hanging around your fridge from a couple weeks ago). Bake until tender and sweetness has drizzled through. Top with a favorite grated hard cheese, melted for the last few minutes in the oven. Ooooooh! So seasonal! Or try the Melted Leeks from the website, which was a hit last year! Enjoy!

In a historic move, we have cauliflower in the Summer CSA farm shares for the first time in 9 years. Yay! To prepare, break off the outside florets. As you get closer to the center you'll have to use a paring knife to cut the florets away from the main stem. Make your "florets" all roughly the same size so they'll cook at the same speed. I recently made an Indian dish (Aloo Gobi) with cauliflower and potatoes, which I share with you below. I also put cauliflower into a mixed veggie soup. Cauliflower can be used to make low carb "rice" (see Mexican Cauliflower Rice) and even pizza crust (though I've not tried that yet!). Or roast it whole as we describe on the website in Whole Roasted Cauliflower with Spicy Marinade. Thank you and enjoy the veggies!

Indian-Style Cauliflower and Potatoes

Cooking oil

1 lb. potatoes, peeled and cut into 2x1x1" pieces

1.5 pounds cauliflower, cut into florets

1 TBLs minced ginger root

Salt, to taste

¼ tsp turmeric

¼ tsp cayenne powder

1 tsp ground cumin

1 tsp ground coriander

Optional toppings: cilantro, yogurt

Heat oil in large skillet. Add potatoes and stir-fry until golden brown, 10 min. Remove. Add cauliflower and stir-fry until golden brown, 5 min. Add back in potatoes as well as ginger and spices, toss to coat. Add ¼ - ½ cup water, cover, and simmer until all is tender. Top with optional ingredients.