



## What's in your CSA farm share!

**Carrots**—Store in fridge in plastic bag for 2-3 weeks.

### 'Katahdin' Heirloom

**Potatoes**—Store at cool room temp for 2+ weeks.

### Red Kuri Winter

**Squash**—Store at cool room temperature 2+ weeks. You can even eat the skin!

**Radishes**—Store in fridge in plastic bag for 1 week. Separate greens from roots and store separately for best storage. Greens are edible, too!

### Red or Green Leaf

**Lettuce**—Store in plastic bag in fridge for 1 week.

**Baby Kale**—Store in plastic bag in fridge for 1 week. Raw, sautéed, soups, go wild!

**Garlic**—Store at cool room temperature for 2-4 weeks.

### Yellow and Red Onions—

Store at cool room temperature for 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.



## RIPLEY FARM

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Return  
your box  
next  
week!

October 17, 2018—Summer CSA pick-up 15 of 16

Dear Members,

In addition to normal things we do in October like harvest your CSA farm shares, bulk harvest for winter storage, and attempt to fend off foes like deer and frost, we had a little excitement on the farm last week. A film crew spent 24 hrs filming the workings of our family farm! Yep, it was a funny feeling being followed around with cameras, interviewed on camera, and even filmed in our office and in the kitchen! Kinda made it all feel extraordinary rather than the ho-hum of our day to day... We were approached by Maine Farmland Trust to be in one of a series of mini-documentaries (think 2 min long) on farming in Maine. We agreed! Watch for your farmers' time in the spotlight to debut sometime next summer. We'll keep ya posted!

Back to the benign news. Despite stardom, reality has us still pushing through the harvests trying to stay ahead of the deer (who apparently can't get enough of our purple carrots) and the freezes that are predicted for later this week. Our walk-in coolers are really filling up!

This week you've got Red Kuri Winter Squash which might be new to you. Red Kuri is a scarlet member of the hubbard family and one of our favorites! Basic cooking instructions are: cut in half lengthwise, scoop out seeds, lay face down in a baking dish with about ½" of water in the bottom, and roast at 400 until tender. We love Red Kuris for pies, soups, and other pureed applications as flecks of the red skin are not noticed if they get missed. Check out the two recipes on our website, Carmen's Farmer's Pie (a variation on Shepherd's pie) and Red Kuri Curry! Or try the simple Braised Red Kuri.

Do you throw away your radish greens? Don't feel too bad. Most people do... before they find out that they are totally edible! They can be used chopped into salads or stir-fries or pureed into Radish Top Pesto or try the recipe below! Yum!

Katadin potatoes are heirlooms dating back to the 1930's. I'm excited for you to try these all purpose taters perfect for cooler weather and fall soups! Or try them mashed with your baby kale and onions in our family favorite, Irish Colcannon. Enjoy!

And with lows predicted into the 20's later this week, try making yourself a carrot soup! Use your onions and garlic and make Thai Peanut Butter Carrot Soup or another one of the several favorites we have listed under Carrots on our website's recipe gallery. Mmmmm! Nothing better to me than warm soup on a cold day.

Next week is the last Summer CSA farm share of 2018. Hard to believe it! Here's a pro-tip: bring a cooler or bag with you next week to transfer your share into when you pick up and leave the box with us. Thank you! Have a great week!

### Radish Top Casserole

1 cup onion, chopped  
1 pound ground meat (beef, turkey, etc.)  
1 garlic clove, minced  
Salt and pepper to taste  
1 bunch radish tops, chopped  
Sweet pepper, chopped (if you don't have any leftover, sub in sliced radishes)  
8 beaten eggs, or to taste

Heat oil in skillet on medium. Add onions and meat and cook until browned. Stir in garlic, salt and pepper and cook 1 min more. Put meat mixture into a casserole dish. Top with radish greens and sweet pepper/radishes in a smooth layer. Pour eggs over and bake at 350 degrees until set. Serve warm or cold. Even freeze it!