



## What's in your CSA farm share:

**Leeks**— Store in plastic bag in fridge for 1 week. These harbor dirt, so be sure to wash well (see how to in text). Use the blue-green tops in your stocks for great flavor!

### 'Tin Tin' Romaine

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

### 'Kennebec' Potatoes

Store at cool room temperature in the dark. All purpose!

**Shallots**—Store at cool room temperature.

### 'Red Kuri' Winter

**Squash**— Store at cool room temperature for 2+ weeks.

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

**Green Cabbage**—Store in fridge in plastic bag for 1-2 weeks.

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



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.



## RIPLEY FARM

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Return  
your box  
next  
week!

October 3, 2014—Week 14 of 16

Dear Members,

Yesterday I did our annual makeover of the downstairs of our big barn. All winter, spring, and summer it serves as workshop and farm supply storage depot. In late September, however, all that gets pushed aside, cleaned up, and transforms into a fall vegetable storage warehouse. With CSA and farmers' market still going strong and tying up space in our little walk-in cooler, our big barn is a haven for the bulky fall storage crops that we harvest this time of year. We already have pallets of potatoes and winter squash stashed in there with onions, shallots and cabbage soon to follow.

The very first of those shallots and cabbages are in your farm share today. Shallots are a member of the onion family, but are often segmented into 'cloves' more like garlic. Shallots also possess a milder, more delicate flavor than their stronger cousins, making them a perfect addition to salads or dressings minced or thinly sliced. Shallots are also excellent when gently sautéed either with other vegetables or as an addition to sauces. Because they store better than onions, we use them to replace onions in any recipes we make in the spring, and you can do the same with them now.

Green cabbage is one of our very favorite vegetables and one that we eat year round. We're never without some of it lacto-fermented as sauerkraut or kimchi, and we especially love it for hardy fall and winter casseroles. Our website has over a dozen of our favorite cabbage recipes, or try it in the delicious and very seasonal recipe below!

Leeks are a hardy fall vegetable with long slender shafts topped with blue-green fan-like leaves. When using leeks it is important to clean them properly, since their growth habit often leaves dirt lurking between their layers. Clean them by first cutting off the roots and leaves and discard. Then cut the edible stalk in half lengthwise and rinse under running water to flush out any hidden grit. Like shallots, leeks are a mild tasting member of the onion family. A classic use of leeks is in cream of potato-leek soup, or 'Vichyssoise', which can be found on our website. Or try sautéing them in butter until soft, adding cream, salt, and pepper and smothering chicken with this delicious sauce. Top it off with some of this week's fresh dill and it will be even better!

Your herb this week, dill, has an affinity for potatoes and carrots, and pairs very well with dairy products like yogurt or cream. A yogurt-dill salad dressing can be found on our website, or try topping a carrot soup or mashed potatoes with minced dill. Yum!

'Red Kuri' is a hubbard-type winter squash with striking orange-red skin and sweet, smooth flesh. It's especially good for pies and purees—a real seasonal treat! To cook, cut in half, remove the seeds, set upside down in baking dish in ½ inch water and bake at 350 degrees until tender, about 45 minutes to 1 hour. Have a great week!

### Cider-Braised Green Cabbage with Leeks

- 3 tablespoons oil
- 2 leeks, cleaned and sliced
- 4 tablespoons shallots, minced
- 2 lbs green cabbage, cored and thinly sliced
- 2 cups apple cider
- 2 tablespoons lemon juice
- 2 tablespoons fresh dill, minced

Sauté leeks and shallot in oil on medium heat. Add cabbage. Cook until it begins to brown (~15 min.) stirring. Add cider and simmer until most of cider has been evaporated. Top with lemon juice, dill, salt & pepper to taste.