



## What's in your CSA farm share!

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

**'Delicata' Winter Squash**—Store at cool room temperature for 2+ weeks. Skin is edible!

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

**Pac Choi (aka Bok Choy)**—Store in fridge in plastic bag for 1 week. Entirely edible!

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

**Green and Coloring-to-Red Sweet Peppers:** Store in crisper drawer in fridge for 1 week.

**Saladette + Slicing Tomatoes**—Store at room temperature for 1 week. Remove from plastic bag to reduce moisture on the fruits.

**'Tatsoi' Summer Spinach**—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 to remove any grit before enjoying.



## RIPLEY FARM

Eugene and Mary Margaret Ripley  
62 Merrills Mills Road  
Dover-Foxcroft, ME 04426  
207-564-0563  
www.ripleyorganicfarm.com  
ripleyfarm@gmail.com

Return  
your box  
next  
week!

October 3, 2018—Summer CSA pick-up 13 of 16

Dear Members,

October is here on the farm and with it comes peak foliage all of a sudden! Wow is it pretty working out in the fields this time of year! The bulk harvests of storage crops are steadily coming in with much, much more to go. Like every year, Gene has set an ambitious harvest schedule that we're trying our best to keep up with!

I want to invite you to our next upcoming free food class: Slice it, Salt it, Stomp it: how to make your own sauerkraut and kimchi. It's taking place at the South Sangerville Grange in Sangerville on Saturday October 13 at 2pm. It's free and you all are invited to join us in learning and making a jar to take home! Hope to see you there!

Speaking of bulk harvests: your winter squash this week is 'Delicata'. This delectable treat may be new to you, so listen up. They're super sweet personal sized squash with smooth flesh and edible skin! Check out the neat recipe below that we had for breakfast on Tuesday. Yum, yum, and yum! Or see our 'Delicata Squash' page on the Recipe Gallery for other favorites like Carmen's Delicata and Kale Salad (substitute spinach for kale in this one), Curried Coconut Squash Soup, and Winter Squash Mac and Cheese. Or simply cut them in half, scoop out the seeds, and roast at 400 until tender, topping with butter and maple syrup! Enjoy! Delicata is one of my favorites!

It's October and the cooler days and nights combined with the waning daylight has turned the tide away from summer crops, with frosts killing our outdoor tomatoes completely. Your tomatoes this week are from the hoop house, and believe it or not thanks to the row cover, the peppers are still hanging on in the field slowly ripening a few fruits. Let's all savor the last taste of the sweetness of summer this week!

The farm's CSA harvests have shifted back towards hardy favorites like pac choi and spinach that can withstand the cooler temperatures and frosts of October. Try pac choi in the Pac-Choi and Mushroom Stir-fry or in Fried Rice with Greens. And try your 'Tatsoi' spinach raw in salad, in an omelette, or in the recipe below! So delicious!

Parsley is just about the hardiest herb we grow. It's so hardy that it could even overwinter under the snow if the deer didn't like it so much to paw it up and devour it before it ever gets the chance. Try your parsley as a garnish in soup, or make a pesto, or try it in the frozen 'Flavor Bombs' that my dad loves to make, or simply freeze it in the awesome new method I wrote about in my latest blog post: How I Preserve The Garden Fresh Taste I Miss the Most. Find it at [www.ripleyorganicfarm.com/blog](http://www.ripleyorganicfarm.com/blog).

Have a great week!

### Delicata Skillet Meal

Cooking oil  
1 delicata squash, halved, seeded, sliced  
into ¼" slices  
2 bell peppers, diced (any color)  
½ cup onion, diced  
Chili flakes to taste  
½ TSP ground cumin, or to taste  
Salt and pepper, to taste  
2 cups spinach, chopped

2-3 eggs

Heat oil in large oven- safe skillet. Add squash, cover, and cook for 8 min, stirring. Remove cover, add peppers and onions. Sauté, stirring, 4 min. Add spices, salt and pepper. Stir in spinach to wilt. Make wells in veg mixture and crack an egg into each. Bake for 8-10 min at 375 until eggs are set.