



What's in your CSA farm share!

'Dolciva' Carrots—Store in plastic bag in fridge for 2+ weeks.

Spinach—Store in plastic bag in fridge for 1+ weeks. Rinse before eating. Tender and sweet!

'Chieftain' Red

Potatoes—Store in plastic bag in fridge for 2+ weeks. Great for roasting!

Baby Kale—Store in plastic bag in fridge for 1+ week. Rinse before eating. Salads, stir-fries, soups, oh my, this stuff is sweet!

'Detroit Dark Red'

Heirloom Beets—Store in plastic bag in fridge for 2+ weeks. Cube and roast or boil whole and slip off the skins.

Mixed Baby Lettuce

Greens—Store in fridge in crisper drawer for 1+ weeks. Rinse and spin dry before eating. Salads, anyone?



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.



April 1, 2020—Spring CSA pick-up 1 of 6

Dear Members,

Welcome to the first pickup of our NEW Spring CSA! We're so excited to be able to finally offer veggies year-round from our Central Maine farm and especially excited that YOU are part of it! Thanks so much for supporting our farm always and especially during this time of uncertainty and challenges. We are doing our best to continue our farm's production to what we had planned for the season and are so grateful to have such a supportive community within which to live and farm.

Speaking of *trying* to continue as planned, Gene has been in and out of the office the past couple of weeks working on getting our farm's seeds and supply orders in route as soon as possible. We're almost there to being all stocked up for the season and not vulnerable to shipping delays or supply shortages! Let the season proceed!

And proceed it is doing!!! The greens that overwintered in the high tunnels are bursting with freshness and deliciousness for you this week. Enjoy three kinds of greens, spinach, baby kale, and baby lettuce greens! I will admit: I've been gorging on salads nearly every day because I'm spoiled and Gene can bring me unlimited lettuce and baby kale upon request! ☺ What do you like to put on your salads? I've been adding feta cheese and sometimes nuts and hardboiled egg to make it a meal. YUM!

If kale is iffy for you, try it in a stir-fry with other veggies or roasted quickly as those are great ways to get started loving kale. Also try my current favorite recipe 'Lemony Kale Salad' found on our website's Vegetable Gallery of Recipes under Kale along with a dozen+ other recipes for the Big K.

Spinach is a hardy green that can be enjoyed raw or cooked. Raw it is great in a salad or in a taco or shredded and added to an omelet. Hannah likes to put hers into a spinach quiche. Or others like to throw spinach or baby kale into a green smoothie. If we have leftover cooked greens and roasted veggies at the same time in the fridge, Gene sometimes likes to make his popular 'Gene's Greens n' Roots Hash' found under Spinach on our website's Vegetable Gallery of Recipes.

Speaking of... if you are new to our CSA programs, please BE SURE to check out this free resource on our website found at: www.ripleyorganicfarm.com/vegetable-gallery. There we have compiled over 300 of our favorite recipes for the seasonal veggies that we grow, including all of the veggies in this CSA share. This resource is used and loved by so many CSA members!

Enjoy the veggies and we'll see you in two weeks on April 15.

Individual Carrot Souffles

- 1 pound carrots, peeled and sliced
- 1 egg
- 2 TBLS bread crumbs
- 2 TBLS onion or leek or green onion,
Minced
- 1/8 tsp cumin
- Salt and pepper to taste

Boil carrots until tender. Drain. Puree carrots in food processor until smooth. Add the rest of the ingredients. Pulse until combined. Spread mixture into greased custard cups and bake 40 minutes, or until tops are brown and crispy. Serve hot.