



What's in your CSA farm share:

Brussels Sprouts—Store in refrigerator for up to 2 weeks. Snap sprouts off of stalks into plastic bag for better storage.

Leeks—Store in refrigerator in plastic bag for up to 2 weeks. Make sure to clean well!

Red Kuri Winter

Squash—Store at cool room temperature. Check for soft spots once a week and cook ASAP.

Rainbow Carrots—Store in fridge in plastic bag for 2-4 weeks.

Chinese Leaf Cabbage (Tokyo Bekana)—Store in fridge in plastic bag for 1 week. Eat raw or quickly cooked in stir-fry or soup.

Russet Potatoes—Store in plastic bag in fridge 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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Please
return
your box!

November 15, 2017—Winter pick-up 2 of 10

Dear Members,

From summer to winter just like that! In the past week we've had temperatures down into the teens and the ground is frozen up on the farm. That is okay, though, as we've gotten all of our crops out and have put insulating covers over the greens in our hoop house. Yay for yummy green stuff in mid-November this week!

To be exact, that green stuff is Chinese Leaf Cabbage (variety Tokyo Bekana). It is light green, very tender, and mild. Shred it up into a salad with apples, carrots, and a vinaigrette dressing. Or throw it in at the end of a stir-fry until just wilted. It cooks very quickly and is very tender. Almost like lettuce! We hope you like it as much as we do.

We just got back from a busy weekend in Bangor at the Maine Harvest Festival. We saw lots of CSA members, past and current, there as well as friends of the farm. Thank you to everyone who came out to support us. It was a successful weekend and rest assured many, many Ripley Farm rainbow carrots have gone to good homes!

We are super excited to share with you this week our very first harvest of Brussels sprouts! Here they are still on the stalk looking impressive. Snap them off trim off the bottom and peel back any leaves that need to be removed and you're ready to start a recipe! We are going to need your help to populate recipe ideas for Brussels sprouts as they are a new crop for us here on the farm. I have just added them to our online Vegetable Gallery recipe storehouse, and please let us know how you like yours!

We know that many of you have tried leeks before in our CSA. But if they are new to you, they are a member of the onion family with a nuttier flavor and a coarser texture. Clean them well by slicing them in half lengthwise and running under water to rinse out dirt. Slice them in soups or stews in place or in addition to onions. My favorite is Potato Leek Soup!

Next week is Thanksgiving, and we are excited to think that some Ripley Farm produce will make it onto your holiday tables! Thanksgiving means a lot to us as farmers not just in the traditional holiday sense of things, but also as a thanksgiving for the farming season that we have concluded. Along with multiple employees working on the farm, we are more than full-time right up until Thanksgiving, pushing as hard as we do in August to get everything done, cleaned up, and tidied away before frigid temperatures hit and snow flies. There is always a letdown feeling the week of Thanksgiving as it is the first week we've been able to take it a little slower since the beginning of April! So from your weary farmers, Happy Thanksgiving to all! We hope you will enjoy your holiday as much as we do! See you in two weeks on November 29!

Gene's Parmesan Brussels Sprouts

1 pound Brussels sprouts, washed
2-3 TBLS oil
1 cup mushrooms, sliced
1 cup leeks or onions, thinly sliced
¼ cup parmesan cheese, grated
1-2 TBLS lemon juice
salt and pepper to taste

Boil Brussels sprouts whole in 1" of water for 5 minutes. Run under cold water to cool and set aside. Sauté mushrooms and leeks in oil until tender, stirring to prevent sticking. Halve, quarter, or chop the cooked Brussels sprouts and add to skillet with mushrooms and leeks. Sauté 3-5 min longer until sprouts are browning. Toss with parmesan and lemon juice and serve hot.

Chef Gene special right there, folks! Enjoy!