



What's in your CSA farm share:

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

'Detroit Dark Red' Beets—Store in the fridge in a plastic bag for 2+ weeks.

Baby Kale—Store in plastic bag in fridge for 1 week. Raw or cooked!

Brussels Sprouts—Store in plastic bag in fridge for 1-2 weeks. Trim ends when preparing.

Leeks—Store in plastic bag or crisper drawer in fridge for 1-2 weeks. Clean well (see text for instructions) and use in baked dishes, soups, roasted, grilled, oh my!

'Red Wing' Onions—Store at cool room temperature for 2 weeks.

Sweet Potatoes—Store at cool room temperature away from light for 2+ weeks.

'Georgian Fire' Garlic—Store at cool room temperature OUT of plastic bag for 1-2 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!

November 20, 2019—Winter CSA pick-up 2 of 10

Dear Members,

A lot has happened in the past two weeks: we successfully got all of our crops out of the ground in time to sustain multiple nights down to single digits, 2-3" inches of snow, another wind storm... We are now ready for our Winter CSA farm shares today!

Come celebrate the end of the season at the Maine Harvest Festival this Sat. Nov. 23 and Sun. Nov. 24 10am-4pm at the Cross Insurance Center in Bangor. We're showcasing our fall harvests! We LOVE to see our customers there so much that, if you come by our stand to say 'hi' we'll give you a bag of rainbow carrots to take home free!

Our most exciting item for you this week is our first ever crop of Sweet Potatoes! And I've tried them: They're good in all their funky shape glory! I'm working on building up my recipes online and am taking your favorite ideas—so please share! Of course, there's the basic roasted method: prick the potatoes and then roast on a baking sheet at 400 until tender. Serve plain or with butter and enjoy! Or see below.

New also this week is Brussels sprouts! If you describe yourself as wary of Brussels sprouts, promise me you'll give these a try! After all we worked hard to grow them, right? Haha, no I'm serious. I've got a bunch of fun recipes online for our favorite ways to make them. Gene's go-to is Gene's Parmesan Brussels Sprouts, which I love (especially because he makes it! ☺). Also this week might be a good time for Roasted Leeks and Brussels Sprouts. And hey, if you convert to a Brussels sprout fan, let me know, okay? ☺ I love to hear that kinda thing!

And beets are new this week! Roasted beets are pretty much always a hit with my family, including my daughter. The basic way we like to cook them though, especially if I'm in pinch for time, is to simply boil them whole until tender enough to pierce through, then slip off the skins, and chop into a beet salad topped however strikes your fancy... Goat cheese, nuts, a little red onion, by chance? If you need other beet salad ideas, check out our website for our favorites! Don't miss the Beet and Kale Salad or Roasted Carrots and Beets ideas. Those would be good options with your other veggies this week. Enjoy these sweet gifts from the earth!

OMG are you stumped by red onions? Well first of all, don't be shy to use them where you would any other color onion. Also they're great on sandwiches, raw in salads, or even caramelized with your leeks or beets or simply alone. Enjoy the veggies!

Happy Thanksgiving and see you on December 4!

Coconut Curry Sweet Potato Soup

Cooking oil
1 medium red onion, chopped
1-2 cloves garlic, minced
½ tsp turmeric
½ tsp mustard powder
red curry paste or curry powder to taste
2-3 cups water/broth (more if needed)
1 lb sweet potatoes, peeled & chopped
1 can coconut milk
¼ cup peanut butter, or to taste

Juice of 1 lime, or more to taste
Salt to taste

Heat oil in pot. Sauté onions 5 min. Add garlic, spices, curry, liquid, sweet potatoes. Simmer until sweet potatoes are very soft. Add coconut milk, peanut butter, lime juice. Puree. Check salt. Serve hot and thin as needed with more liquid.