



What's in your CSA farm share:

Rutabaga—Store in refrigerator in plastic bag for 2-4 weeks.

Red and Yellow Onions—Store at room temperature for up to 2 weeks.

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

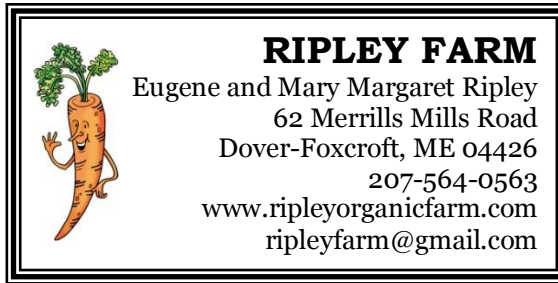
'Bolero' Carrots—Store in fridge in plastic bag for 2-4 weeks.

Baby Red Russian Kale—Store in fridge in plastic bag for 1 week.

'Satina' Potatoes—Store in paper bag in fridge or at cool room temperature 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.



November 29, 2017—Winter pick-up 3 of 10

Dear Members,

Hope everyone had a great Thanksgiving filled with good food and family! We sure did. My mother-in-law is a great cook and has mastered the art of an all-locally produced meal to a tee. We celebrated the end of our 9th farming season with delicious home-raised chicken supported by caramelized beets and onions, roasted carrots, onions, and potatoes, mashed rutabaga with butter, and a salad full of shredded Chinese leaf cabbage greens from our hoop house. Mmmm!

It is nice to take a little bit of time off to enjoy family and clear our minds for new ideas for the coming season. Our first seed catalogs have arrived on the farm, and we are getting excited about our "Planning Season" that is now upon us as we come back out of our mini-vacation over Thanksgiving. We are thrilled to announce that our farm was accepted into the Maine Department of Agriculture's Farms for the Future business planning support grant program for 2018. We are super excited to have a knowledgeable support network behind our farm as we continue to work positively towards our goals of healthy land, community, and family. We'll keep you posted on our progress this winter!

It may be the end of November, but thanks to some warm clothes and a little bit of sunshine we've still got a diversity of fresh organic veggies for our Winter CSA! We've got tender baby kale for you this week fresh harvested out of our hoop house. It is especially sweet due to the cold temperatures we've had in the past few weeks. I call it candy kale. Use it raw in a salad or quickly sauté it for a real late fall treat!

New this week is rutabaga. I was at Shaw's on Monday and noticed their rutabaga was labeled "Waxed Yellow Turnips." Do you know there is a difference between rutabaga and turnips? They are in the same family but are not the same vegetable. The taste is different and rutabaga has yellow flesh that is denser than its cousin the turnip's white flesh. We just loooooove rutabaga at our house. Our 1.5 year old daughter calls it "Ru-bae" and specifically requests it pretty much every day. The basic preparation for rutabaga includes peeling it well, making sure to remove any dark spots. Then chop, boil, and mash it with butter as we did for Thanksgiving. Or grate it and do a quick sauté with onions. Or chop it and roast it as we very often do. Check out the recipe below. This is our daughter's favorite way to have it. Cold or warm, she doesn't care! My dad is here visiting, and he can't believe that it is so sweet without any added sugar. Fresh organic veggies grown locally just taste so much better! And PS: We don't wax ours! See you in two weeks on December 13!

Harriet's Roasted Rutabaga Breakfast

Rutabaga, peeled well and cut into ¾" cubes
cooking oil
salt and pepper
thyme or other dried herb (optional)
more cooking oil (if re-heating)
eggs, cooked as desired (we like scrambled)

Preheat oven to 400 degrees. Spread rutabaga on baking sheet. Toss well to coat with oil, salt, pepper, and herb if using. Roast until tender, stirring a couple of times, approx 45 min-1 hr. Remove from oven and serve hot as a side dish with sour cream and/or ketchup. Or put in fridge for breakfasts all week to accompany eggs cooked as desired. To reheat rutabaga, heat oil in skillet. Add rutabaga and sauté until warmed through. Serve hot for breakfast!