



What's in your CSA farm share:

Spinach—Store in plastic bag in fridge for 1 week.

Red Russian Kale—Store in plastic bag in fridge. Make sure to keep leaves covered or they will wilt. Remove midrib before cooking.

'Satina' Potatoes—Store in fridge or cool dark place for 2 weeks. All purpose.

Red Kuri Winter Squash—Store at room temp for 2+ weeks. Check weekly for signs of decay!

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

Cilantro—Store in a plastic bag in fridge for up to 1 week.

Leeks—Store in the fridge for up to 2 weeks. Clean well!



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



November 2, 2016—Winter pick-up 1 of 10

Dear Members,

Welcome to the first week of the 2016-17 Winter CSA farm share program from Ripley Farm. You guys are the best members! No fair weather friends among you all. You are the ones who stick it out with us all the way through mid-March. The ones who experience what it is like to eat like a farmer during the “lean months” of winter!

I'm personally excited for the start of our farm's “off season.” Although we still have a ton of work to do around the farm getting veggies prepped for Winter CSAs and wholesale orders, maintaining our equipment and buildings, and planning for next year, we can finally take a sigh of relief. The season is over. We have picked the last carrot. Now we can enjoy soup. Carrot Cilantro Soup, anyone? ☺ (Yes, recipe is on website.)

A lot has changed since our last Winter CSA pickup on March 16, 2016. Then I was a couple of weeks away from having a baby, and we were trying to do everything we could to make our transition to parenthood as smooth as possible. Here we are on the other side of our first growing season as parents, not too worse for the wear! Thanks to the help from our awesome crew, we pulled off a successful eighth farming season and are ready with a full larder for our Winter CSA members!

We've had a remarkably warm fall so far with little cold damage to the leafy stuff. We're excited to have fresh picked kale from the fields for you this week. Kale tastes sweeter after repeated frosts, as freezing breaks down the fibers and brings out the sugar in the plant. We're happy to have finally gotten some temps down into the 20's, having just had our coldest night yet yesterday morning, down to 22 degrees.

Is kale a tough one for you? I hope not! Here's my go-to super easy way to deal with kale: cut away the tough inner midribs, steam the leaf portion until tender and then either make a “Kale Skeptics Salad” (on the website) or serve hot plain as a side dish with butter, salt and pepper, or even just refrigerate it until I've got time to eat! I did the latter option late last week, and we just finished up the last of it quickly sautéed in butter with garlic for breakfast this morning with our eggs. Try it!

You've got Red Kuri winter squash this week. I love red kuri for its relatively smooth skin making it easier to peel raw. I've gotten into cooking squash in a savory fashion as in the curry below inspired by my time studying abroad in Sri Lanka. It's true that I love the sweet taste of winter squash roasted with butter and maple syrup. (Cut in half, scoop out the seeds, place face down in ½ inch of water in baking dish and roast at 400* until knife sticks through easily.) But, sometimes I'm in the mood for a change.

Thanks again to everyone for signing up for another winter CSA season at Ripley Farm. We truly appreciate your support of our small family farm! Happy November, and we'll see you in two weeks on November 16!

Red Kuri Curry

Cooking oil

Leeks (or onions), cleaned and sliced thinly

Red Kuri winter squash, peeled, seeded, and chopped into 1" chunks

Spices to taste: curry powder, cayenne, turmeric, dry mustard, salt

Coconut milk

Cilantro leaves, chopped

Heat oil on medium and sauté leeks until softened, stirring

occasionally, about 10 min. Do not brown. Add squash chunks and spices. Stir to coat. Add coconut milk, enough to almost cover the squash. Bring to a boil and reduce heat to simmer. Cover and cook until squash is tender. Serve hot over rice. Garnish with cilantro.

Leftovers reheat well.