



What's in your CSA farm share:

Red Cabbage—Store in fridge 2-4 weeks. If cut, make sure to cover cut side with plastic to prevent drying out. Then use quickly.

Leeks—Store in plastic bag in fridge for up to 2 weeks. Try in soups in place of onions. Clean well before use.

'Detroit Dark Red'

Heirloom Beets—Store in plastic bag in fridge for 2-4 weeks. Boil, roast, grate into salad or even ferment (see recipe)!

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

Frost Sweetened

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

'Purple Viking'

Potatoes—Store in paper 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.

Pickled Beets (Lacto-Fermented)

1-1.5 cups beets, peeled and sliced very thinly
¼ cup cabbage (red or green is okay), shredded
¼ cup onion or leek, sliced very thinly
¼ tsp rosemary (or other dried herb of choice)
2 tsp salt
1 cup water



RIPLEY FARM

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Please
return
your box!

December 13, 2017—Winter pick-up 4 of 10

Dear Members,

Many will not agree, but I just love winter! Winter just got better as our first snow fell this weekend and more since. Snow is pretty; snow is festive; snow is fun to play in; but best of all snow is good for the farm. If nothing else, I hope you will take solace in that. Snow covers up our precious soil and holds the moisture that we get through the winter in the right place until spring when it melts slowly down in to feed the farm all summer. That's the ideal situation that we hope for every year!

We are excited to have fresh greens again. It was a close call as the temperatures have been much cooler and the days less sunny recently. We hope you enjoy what will be the last greens of the Winter CSA season. Yesterday just after harvesting the last of the spinach, Gene and Sam cut the plastic off of the big hoop house while singing, "Let it snow, let it snow, let it snow..."

What?? This is not routine practice for us as we usually keep the plastic on all winter and hope for mild conditions to get greens for the last Winter CSA share in March. Many of the Summer CSA members will recall our difficulty with this season's hoop house tomato crop. A mineral salt buildup in the hoop house negatively affected the tomatoes, which can be solved by letting the natural rains in to leach out the salts. Hence the "let it snow" tunes. The other benefit is that Gene and employees don't have to shovel and plow around the hoop house to prevent it from collapsing from snow. Gene remembers not so fondly having to shovel around it 8 times in 7 days last winter due to very deep snowfalls...

I asked my mother-in-law what she would do with a red cabbage if she got one on Wednesday. She said slaw! What will you do with yours?? We've got some great ideas on the website for red cabbage, from cooked to raw. Borscht anyone? Or try your own no-recipe slaw of shredded red cabbage, spinach, carrots, apples, etc. with a vinaigrette dressing. Mmmm... We plan to make Red Cabbage Slaw with Raisins.

First beets of the winter season. Harriet had some cold boiled beets with a light dressing on them for lunch today. She loves beets! We do, too, and we almost always boil them whole, slip off the skins, and eat them cold as a salad. But, there are so many other ways to enjoy beets, too. Let us know your favorites or see our website for ours!

Also, don't forget about fermenting your veggies to use up extras. Check out the recent article about our fermenting habit: bangordailynews.com/2017/12/11/homestead/how-to-reduce-waste-with-fermented-vegetables/

See you in *three* weeks on January 3, 2018! Yes, there is an intentional three week gap between this pickup and next one for everyone to enjoy their holidays wherever they may be. Happy holidays and thank you for a great 2017!

Combine beets, cabbage, onion or leek, and rosemary. Toss well. Stuff into a pint jar leaving about 1 inch of head room. Combine salt and water and mix until dissolved. Pour over veggies until covered. Do not fill it all the way to the top with liquid. Cap. Leave at room temperature to ferment for at least 5 days. Release pressure from lid daily and check taste for progress. Refrigerate when you like it!