



## What's in your CSA farm share:

### 'Katahdin' Potatoes—

Store in a cool dark place or in the fridge for 2+ weeks. All purpose!

**Leeks**— Store in fridge in plastic bag for up to 2 weeks. Nuttier than onions, though can substitute for. Clean well!

**Brussels Sprouts**—Snap sprouts off of stalk and store in plastic bag in fridge for up to 2 weeks. Trim bottom end and clean any bad leaves before eating!

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

**Baby Kale**—Store in a plastic bag in the fridge for up to 1-2 weeks.

**Delicata Winter Squash**— Store at cool room temp. for 2+ weeks. Skin is edible.



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.



December 5, 2018—Winter pick-up 3 of 10

Dear Members,

Phew! Finally made it! You might not feel that way, but on the farm, we LOVE December! It is full-out hectic up until Thanksgiving every year. When December rolls around, we relish the more relaxed pace while still getting the necessary work done. Nope, we don't take the winter off. We work through the winter—which you should be happy about since that means you get your Winter CSA shares regularly ;)

And can you believe that we're already three pickups into the Winter CSA?? I hardly can, it's gone by so fast! We've got another great late fall share for ya, with the last of the leeks and Brussels sprouts gracing us this week. How did those go for you last time? You don't still have any leeks lurking in your fridge, do you? If you're still stumped by leeks, make sure to check out my latest blog post on the website called What Do I Do With Leeks? [www.ripleyorganicfarm.com/what-do-i-do-leeks](http://www.ripleyorganicfarm.com/what-do-i-do-leeks)

Last time, Gene brought me down a big bag of the "seconds" leeks so I've been working my way through them and putting them in pretty much everything! It's been fun to experiment with them. My favorites were the Brussels Sprout Frittata made also with leeks and I threw them into a big pot of chili I made recently. Delicious!

And Brussels sprouts!? Does anyone have a story of conversion yet? I believe these things are amazingly delicious, especially roasted, and want to continue to encourage you to try them! Several members mentioned that their favorite way to use them is in combo with bacon! Try out the member-recommended recipe on our website Brussels Sprouts with Bacon. Hard to go wrong, I say!

Even though I am not so much involved on the "outdoor" and "field work" side of things now that I'm a farmer-mama, I can tell you just how good it feels to go out to the snow-surrounded hoop house, open the door, and find THIS bright green BABY KALE thriving away in there. Here ya go!!! Wait, kale? I know, some may be prejudiced against this innocent veggie, but this stuff is going to be the sweetest, best-tasting kale you've ever had. I promise! It's otherworldly this time of year, so give it a try, skeptics! And seriously, it's sweet and tender enough to just put into a salad like the recipe below or simply on its own with a dressing and maybe a few nuts, etc. sprinkled on top. Try it!

Delicata winter squash is one of my favorites! It's gaining popularity, so it may not be new to you... But if it is, let me tell you, you are in for a treat! Its dense, smooth flesh is so sweet and tasty you'll just love it simply roasted as a side dish. To roast, cut it in half lengthwise, remove seeds, and roast in a 400 degree oven until tender, approx., 30-45 minutes. Optionally, top with butter and maple syrup. Remember that the skin is edible, as in the recipe below! We'll see you in two weeks on December 19<sup>th</sup>!

**Roasted Delicata and Kale Salad with Blueberry Vinaigrette**  
1 bag baby kale, thinly sliced (or 1 bunch of kale, midribs removed)  
2 delicata squash, halved, seeded, & sliced crosswise into ½" pieces  
Salt and pepper to taste  
Drizzle of olive oil  
½ cup nuts or seeds of choice, toasted and chopped

Put squash slices on baking sheet, drizzle with olive oil to coat, add salt and pepper and roast at 400 until tender, turning over halfway through, about 20+ minutes. Toss together with kale, nuts and the following dressing blended together. Serve at room temperature.

DRESSING: ¼ cup olive oil, ¼ cup white wine vinegar, ½ cup blueberries (thawed or fresh), 1 TBS honey, salt and pepper to taste