



## What's in your CSA farm share:

### 'Goldrush' Russet

**Potatoes**—Store in a cool dark place or in the fridge for 2+ weeks.

**Red Onions**— Store loose or in paper bag at cool room temp. for up to 2 weeks.

**Parsnips**—Store in fridge in plastic bag for 2+ weeks.

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

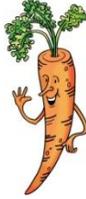
**Baby Beets**—Store in a plastic bag in the fridge for 2+ weeks. Can cook these tender babies whole!

### '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.



**RIPLEY FARM**  
Eugene and Mary Margaret Ripley  
62 Merrills Mills Road  
Dover-Foxcroft, ME 04426  
207-564-0563  
www.ripleyorganicfarm.com  
ripleyfarm@gmail.com



January 23, 2019—Winter pick-up 6 of 10

Dear Members,

Shivering, I sit in my office. Usually our downstairs woodstove has me sweltering, but today I've got our auxiliary heater cranking, layered on two sweatshirts and am drinking hot tea to write this newsletter. Brrr! I loved the snow we just got, but the wind and accompanying wind chills have been just brutal!

Winter in Maine is not without its bitter aspects, obviously, but here at the farm, we are incredibly thankful to be able to have fresh, delicious tasting, farm-fresh veggies despite the nasty winter weather! And this week is not without some fun new stuff for you! Can we say BEETS and PARSNIPS?! A roar goes up from the crowd!

Let's tackle parsnips first. Now, most people have had parsnips in their lives before, I believe. Maybe you've liked them, or maybe not so much. But, no matter your previous opinion of parsnips, I encourage you to try ours. As former Winter CSA member, Samantha, who moved out of state, recently said in an email, *"I miss your veggies soooooo much! Particularly the parsnips. They don't grow the same here."*

Our parsnips are like our carrots. They just taste so much better than most others out there. Why? We're not even really sure, but we always fall back on that they are just "grown with love" on our little farm! Samantha likes her parsnips best roasted into Parsnip Fries (as do we!). Another go-to for us is slicing them thin and sautéing them gently in butter until tender and starting to brown. So, so, so good and pretty easy! Or even try adding them to your homemade chicken soup like a CSA member shared recently in our private Facebook member-only group.

And on to beets. They are among our favorites, but that may not be true for you! If you've got a bias against beets, I challenge you to try *ours*. They have converted the hearts of more than one beet-skeptic CSA member in the past and we're looking for more converts! I've got a whole blog post dedicated to How To Love Beets:

[www.ripleyorganicfarm.com/three-easy-recipes-will-have-you-loving-beets](http://www.ripleyorganicfarm.com/three-easy-recipes-will-have-you-loving-beets). This has details on my two favorite ways to cook beets, either boiled whole or roasted. Check it out! And try our go-to recipe for beets which is Basic Cold Beet Salad, or any of the other beet salad recipes listed on our website. Yum, yum, and YUM! We love beets!

But, before I wrap up, what about red onions? What do I do with them besides raw in a salad, you ask? Consider branching out: Roast them with your parsnips or other veggies. Make caramelized red onions. Put them on homemade pizza. Or—avert your eyes, purists—use them anywhere you would regular onions, soups, stir-fries, etc!

See you in two weeks on February 6! Wow, almost February! Isn't winter going by so fast?! And crack, whoosh, just as I finish this newsletter, our frozen pipe thawed!

### Smashed Root Vegetables with Mustard Vinaigrette

2 lbs. mixed root veggies (beets, carrots, and parsnips), peeled and cut into sticks the size of index fingers

3 TBLS olive oil

Salt, to taste

1 TBLS Dijon mustard

1 TBLS vinegar (white-wine or cider)

Honey, to taste

Cayenne pepper, to taste

Drizzle veggies with 1 TBLS olive oil and salt on baking sheet and roast at 375 for 1-1.5 hrs or until tender. Meanwhile mix together dressing of 2 TBLS olive oil, mustard, vinegar, honey and cayenne until emulsified. Smash veggies with bottom of skillet and then add dressing. Serve warm or at room temperature.