



What's in your CSA farm share:

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

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

Green Cabbage—Store in fridge for 2+ weeks. Make sure to cover cut edge with plastic to prevent drying out.

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

'Hakurei' Salad

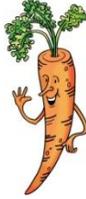
Turnips—Store in a plastic bag in the fridge for up to 1-2 weeks.

'Delicata' Winter Squash— Store at cool room temp. for 2+ weeks.

German Extra Hardy Garlic—Store at room temp 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.



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January 9, 2019—Winter pick-up 5 of 10

Dear Members,

Happy New Year! We “vegged out” at home during our holidays! Taking walks, naps, reading books... it was everything I hoped it would be! Hope yours was, too!

Welcome to the second half of the Winter CSA! The holidays mark the end of greens out of the high tunnel for a couple of months. Actually, nothing makes much growth at all this time of year. Why? Well, for one, because it is cold (duh!), but also because it is dark! When daylight is below 10 hours per day, as it is now, plants are not able to grow much at all. So, we’re ALL looking forward to the light returning soon!

New this week is the humble green cabbage. A staple at our house for raw, fermented, and cooked uses alike. We eat cabbage in some form nearly every day! In fact, we’ve got over 20 of our favorite recipes for cabbage on our website, so please check them out first! We recently made an impromptu coleslaw that was so good that Gene was eating it in our office at 9:30pm last night as a “snack”. Um, what? We both forgot how easy and delicious homemade coleslaw is. A big step above the premade grocery store stuff, that’s for sure... Find my recent coleslaw revival recipe below.

I’ve also been putting cabbage into another “impromptu” recipe, Cabbage and Meatball Soup. Pretty quick to make and leftovers reheat beautifully. I’ll put the flexible recipe online for you. Of course cabbage is also wonderful in stir-fries (see my recent blog post on [How to Make Stir-Fries More Interesting](http://www.ripleyorganicfarm.com/how-make-stir-fries-more-interesting) (www.ripleyorganicfarm.com/how-make-stir-fries-more-interesting) as well as fermented into Sauerkraut or Kimchi. Cabbage may be a tough one for you (if not, pat yourself on the back), but please do promise me you’ll give it a whirl!?

Salad Turnips are also new this week. Yep, the same little white uber-popular ones you get in the summer CSA. Now, if you’re new, you might say, “Turnips? I hate turnips!” Did I get you? If this is you, you’ll find yourself changing your tune about these little pearly whites. As indicated with the name “Salad Turnips”, these babies can be sliced and eaten raw in salads or with a dip or simply out of hand like an apple. Or try cooking yours! I have great options for cooking salad turnips on our website, including a family favorite for sweetness and ease, Roasted Hakurei Turnips!

As for potatoes... we’ve been lazy and making homemade Home Fries out of ours for breakfast with scrambled eggs, sour cream and ketchup. So good! And the carrots just haven’t been lasting at all since I’ve been making my Homemade Ranch Dip and Gene’s cutting up unlimited carrot sticks. For a New Year’s party I made a version of my Curried Coconut Squash Soup (under ‘Delicata’) to which I also added carrots. It was so much a hit that my friend asked for thirds! See you in two weeks on January 23!

Lemony Coleslaw

- 1 medium green cabbage, finely shredded, or minced
- 2 lbs carrots, peeled and grated
- ½ medium onion, minced
- ½ cup mayonnaise
- ½ cup sour cream
- 1 tsp lemon zest

- Juice of two lemons, or ¼ cup
- ¼ tsp celery seed
- Sweetener, salt and pepper to taste

Combine veggies in a large bowl. Whisk together the rest of the ingredients into a dressing and pour over veggies. Toss to combine. Check salt and refrigerate until serving.