



What's in your CSA farm share:

Kohlrabi—Store in fridge for 2+ weeks. Make sure to peel well all the way down to the white flesh. Discard root end.

Beets—Store in fridge in plastic bag for 2+ weeks.

Purple Top Turnips—Store in plastic bag in fridge for 2+ weeks. Roast or put into soups or stews!

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

Yellow & Red Onions—Store at cool room temperature for up to 2 weeks.

German Red Garlic—Store at cool room temperature for 1-2 weeks.

Parsley Root—Store in plastic 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.

Stewed Kohlrabi

1 teaspoon cumin seeds or ground cumin
2-4 garlic cloves, peeled and chopped
red chili flakes, to taste
1 medium winter kohlrabi, 2-3 lbs., peeled, end discarded, and chopped into ¾ dice
12-16 oz chopped tomatoes, including juices (canned is fine)
water or chicken broth
½ teaspoon turmeric



RIPLEY FARM

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Return
your box
next week

February 1, 2017—Winter pick-up 7 of 10

Dear Members,

Happy February everyone! In this short month we plan for the long months of summer ahead. Thanks to many of you, our 2017 Summer CSA is starting to fill up. Office worker Gene reports that we are over one-third full already. With your support on our side, we are able to start dreaming veggies in February!

During this month we plan exactly how many beds of every crop we will be planting, which varieties, when and how many times we will plant each crop, and expected harvest dates. Believe it or not, your farmers spend quite a bit of time in front of a computer this time of year searching for seed varieties, supplies, and using Microsoft Excel spreadsheets... Wish us luck in planning our 9th season as Ripley Farm!

I told Gene today at lunch that he has really given you members a challenge with this week's Winter CSA farm share! Turnips and parsley root in the same share! (Plus hard ones like beets and kohlrabi!?) Wham bam! Here you go folks with some new and fun stuff to spice it up. ☺

Parsley root is just what it sounds like it is: the root of parsley. But, it is a specific variety bred for its mild, tasty, parsley-flavored white roots instead of its top. It stores well, making it a nice addition to winter soups, stews, or grated in salads. A new trial crop a couple of years back, parsley root has been met with appreciation from Winter CSA members. If it is new to you, let us know what you think! PS: We'll know you didn't read the newsletter if you come next time saying you liked the "parsnips"....

Purple Top turnips are a storage vegetable that we grow for the Winter CSA and for wholesale to the Crown of Maine Organic Cooperative. These spherical roots are the quintessential turnip with bright purple on top and milky white on bottom giving way to pure white flesh inside. Don't dismiss the turnip right away! There are those people who love turnips. And there are those people who... don't. If you are in the latter category we have a couple of great recipes on our website that dress up turnips beyond the mashed with butter, sautéed in butter, or chopped and roasted options that many of us love. Check out "Moroccan Spiced Turnips" or "Turnips in Yogurt Sauce". One of these recipes just might turn it all around for you! I personally love it when I get the time to make one of these, and the leftovers get snapped right up at our house.

Kohlrabi is back for a second and final round in the Winter CSA. What did you do with it? I love kohlrabi roasted in a medley of veggies, say around a roast chicken. I also like it raw, either grated into a salad or in a cut vegetable platter around a dip. It is also a nice "low-carb" replacement for potatoes, boiled and mashed with butter.

Happy eating and we'll see you in two weeks on February 15th!

salt to taste
sugar or maple syrup, optional, to taste

Heat oil over medium-high heat in large skillet. Add spices and sauté quickly for several seconds. Add kohlrabi and stir to coat. Add tomatoes, broth or water, turmeric, salt, and sweetener. Bring to boil, reduce heat, and simmer until kohlrabi is tender, about 30-45 minutes. Check seasonings and serve hot with rice.