



What's in your CSA farm share:

'Goldrush' Russet

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

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

Georgian Fire Garlic— Store at cool room temp for 2+ weeks.

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

Purple Top Turnips— Store in the fridge in a plastic bag for 2+ weeks.

Detroit Dark Red Heirloom Beets— Store in fridge in plastic bag for 2+ weeks.

Parsnips—Store in a 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.



February 20, 2019—Winter pick-up 8 of 10

Dear Members,

Do you ever feel a slump in Mid-February? Maybe that's why they have a February break in Maine for the schools? We've gotten through the holiday excitement, but it is still very much *winter*, right?!

Actually I kind of wish there *was* a dull moment on the farm, even in February! But, really the winter is so short that things don't really slow down for us much! It's now officially farm improvement project time! So if you stop by the farm this time of year you're likely to hear the tractor running or the banging of hammers or the whir of power tools! Yep, this time of year we're a gang of farmer-carpenters-mechanics!

Behind the scenes of growing tasty veggies, a massive overhaul of farm infrastructure and systems is underway as a part of participating in Maine Dept. of Ag's Farms for the Future program. We're officially moving "all farm operations" from our smaller barn which served our farm for the past 10 years, into the larger pre-existing barn that now houses our two large walk-in coolers. "Yeah, yeah, but what does all of this mean for me?" you ask. It means more consistent, beautiful produce produced on our farm *year round* by happier farmers because things will run more smoothly and efficiently for harvest, wash, pack and storage! Yay for (slowly) improving!!!

The new item this week is Purple Top Turnips. Not a turnip fan? I will admit that they can be a little bitter when served plain, but the trick is to combine them with other veggies to bring out their contrasting flavor. I really like the Caramelized Winter Roots recipe on our 'Turnip' page, which also uses carrots, potatoes, and onions. Or I also like them in the Red Lentil Vegetable soup recipe, also found under 'Turnips'. Yum!

Chantenay carrots are a new variety this week! These are the little blunt carrots that we have wholesaled to the Crown of Maine Organic Coop for years each winter. They have a little different taste than the other longer slimmer carrots you've been having so give 'em a try and see for yourself! They're especially good cooked so try them roasted in a medley of other root veggies from the CSA share, perhaps. Or in a creamy soup like Carrot and Parsnip Soup (on website under 'Carrots').

What about those beets last time? According to a poll in our CSA members private Facebook group, almost all of you LOVE beets!! That excites me, as these dark earthy tasting veggies have been known to scare members off! I just can't get enough of the beet salads we've been making (see several variations under 'Beets'), so if I sound like a broken record, forgive me! Other ways I enjoy beets are Beet and Potato Hash and Caramelized Beets and Onions. Plus I'll be making more Beet Kvass this week to satisfy my daughter's obsession with it! See you in two weeks on March 6th!

Balsamic-Glazed Turnips

1.5 lbs turnips, thinly sliced
4 TBLS butter
¼ cup water
¼ cup balsamic vinegar
Salt and pepper to taste

Heat butter in a heavy bottomed pan over medium heat. Add turnips and stir to coat. Add water, cover the pan, and turn heat down to maintain a simmer. Cook for 5-10 minutes until tender. Remove lid, add balsamic vinegar, salt, and pepper, and stir to coat. Cook, stirring occasionally, for 3-5 more minutes until vinegar forms a thick saucy glaze on the turnips. Serve hot.