



What's in your CSA farm share:

'Katahdin' Heirloom

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.

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

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

Kohlrabi—Store in the fridge for 2+ weeks. To prepare: Cut away the bottom 1-2" and peel all the way down to the white flesh. Raw or cooked!

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

Parsley Root—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.

Tortilla Espanola (Spanish Frittata)

0.75 lb. parsley root, peeled and thinly sliced
1 lb. potatoes, peeled and thinly sliced
1 medium onion, thinly sliced
4-6 TBLS cooking oil
Salt and pepper to taste
8-10 eggs, beaten



RIPLEY FARM

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Return
your box
next week

February 6, 2019—Winter pick-up 7 of 10

Dear Members,

I'm still not adjusted to it being 2019 and here we are already a quarter of the way through the second month! With February here, we squarely look forward to the coming of another growing season! We have opened up sign up for the 2019 Summer CSA farm share program. We hope you'll join us for a summer filled with the freshest and best tasting veggies. CSA is a great way to guarantee that you'll eat more veggies. Just FYI, we're already half full on the Summer CSA so don't delay in signing yourself up!

Exciting news this week! Our second full time employee started work on Monday. We're excited to welcome Sabrina Beck to Ripley Farm. ::Applause:: She's a Maine-native with extensive farming experience as well as a graduate of the University of New Hampshire's Sustainable Agriculture program. She seals up a super rock solid team to grow your veggies this year, joining Assistant Manager, Robert, Farmer Gene, and me as the full timers behind your family farm. Now let's go! ☺

Okay, on to the veggies! The new thing this week is almost like a trick to see if you are reading the newsletter. "Oh, parsnips again," you might have said. Wrong! The white roots that look an awful lot *like* parsnips are actually parsley root. What, you've never heard of parsley root before? Well, don't be too skeptical before you try it! Yes, it is as it sounds, the root of a parsley plant. But we plant this variety specifically for its sweet white flesh that stores well into the winter. Just peel it and away you go putting it into raw salads or cooked dishes. Many CSA members like to mash parsley root in with potatoes. I also love chopping it into chicken soups or beef stews. Parsley root is a surprisingly mild and likeable veggie that is likely new to you if you're a first-time Winter CSA member. Try it and let me know what you think!

Okay kohlrabi again? Yep, and this will be it!!! So enjoy this one since we won't see any more of these buggers until next October or November. Recap on how to prepare it: Cut away and discard the bottom approx 1-2". Then with a knife peel all the way down to the white flesh underneath the green skin, discarding the skin. Then go from there with your recipe. Roasted is delicious. Or sautéed/stir-fried is also good. Or raw into sticks with a dip... Mmm can we say, "I wish I had this for game day??" Or make Harriet's favorite salad, Kohlslaw, found on the website under 'Kohlrabi'!

And two bulbs of garlic this week! If you're wondering what to do with all that garlic, try making Roasted Garlic (recipe on website) with yours. The flavor is incredible and you can use it in so many ways including in mashed potatoes, spread on toast, on pizza, in soups, oh my! It's one of Robert's favorite foods! See you in two weeks on February 20th.

Heat oil in large oven proof skillet on medium. Add parsley root, potatoes, and onions. Saute stirring until softened, but not browned, approx 20 minutes. Season to taste. Add eggs. Cook over medium-low until set around the edges. Place under the broiler until set in the middle, 3-4 minutes.