



What's in your CSA farm share:

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

Spinach—Store in plastic bag in fridge for 1+ weeks. Rinse before eating. Tender and sweet!

Parsnips—Store in plastic bag in fridge for 2+ weeks. Roast 'em, Soup 'em, Sauté 'em!

Baby Kale—Store in plastic bag in fridge for 1+ week. Salads, stir-fries, soups, oh my this stuff is sweet!

Rutabaga—Store in plastic bag in fridge for 2 weeks. Peel all the way down to the flesh under the skin, removing any brown spots you see.

Red Cabbage—Store in fridge in crisper drawer for 2+ weeks. Make sure to cover cut edge if you don't use it all in one go.



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

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Thank you
for a great
winter
season!

March 18, 2020—Winter CSA pick-up 10 of 10

Dear Members,

This is the LAST Winter CSA farm share of the year! 10 pickups, 5 months, you did it! We love to hear your new found favorites, your successes with formerly eschewed veggies, which new veggies were exciting, and the pictures and recipes you shared with us in person, over email, and in our CSA member Facebook group. Thanks!

Fresh greens are back! The winter is decidedly OVER in the high tunnels! With the warmer temperatures and the return of the daylight, the spinach and kale are busting forth with vigor, freshness and a sweetness that will surprise you! I'm planning many salads with mine... And Hannah is going to make a quiche with hers... Enjoy!

Red cabbage is also back and I've officially found my new favorite way to make it, Roasted Cabbage with Lemon, which I've put on our website for your reference. It's super easy (my daughter helped me with half of it, lol) and quick, and leftovers can even be eaten cold (or reheated) later. Can't beat that description, right? Check it out!

And it's a parsnip focus this week! We had such a good crop of parsnips, really the best one ever, that we've had more of them in the Winter CSA than ever before! So I'm going to focus on them here in case you are a little unsure how you like to use yours. Of course parsnips can be steamed or boiled like many other veggies, and doing it that way is the best way to make a parsnip mash. But if it is high sweet flavor you're after, I recommend you go with either roasting or sautéing your parsnips. The quickest, easiest method is to slice your parsnips into bite size pieces and sauté them gently in butter until tender, which happens surprisingly fast! See the specific recipe 'Sautéed Parsnips' on the website. Try adding ginger and maple syrup to that to liven it up further! Or cream to make the Pam's Curried Sautéed Parsnips recipe on the website. Roasting parsnips couldn't be easier either, though takes longer! Try them quartered if larger and sliced or even whole if smaller as in Eric's Everyday Roasted Parsnips. I've even heard of people making a parsnip pie or cake, though haven't tried it myself! They're certainly sweet enough! ☺ What's your favorite parsnip recipe?

Thank you to everyone who participated this year in our largest ever Winter CSA! We wish you health and safety in the coming months... and keep eating those immune-boosting veggies! As of now, there is still room for you to join us in our Summer CSA farm share program. Check out the info on our website about it at www.ripleyorganicfarm.com/csa-summer and sign up today to secure your share of our farm's harvests! You already know how good everything tastes! Happy spring!

Roasted Parsnip Hummus

- 1-1.5 pounds parsnips, peeled and sliced
- ¾ cup water
- 2 TBLS lemon juice
- Salt and pepper to taste
- 1 garlic clove, minced
- 1 tsp paprika
- ½ tsp ground coriander
- ½ tsp ground cumin
- 3 TBLS olive oil + extra for drizzling

¼ cup tahini

Drizzle parsnips with oil and roast at 400 until tender. Add them and the rest of the ingredients except olive oil and tahini to food processor. Process until smooth. Combine olive oil and tahini until smooth, then slowly blend into parsnip mixture.