



## What's in your CSA farm share:

### 'Katahdin' Potatoes—

Store in a cool dark place or in the fridge for 2+ weeks. All purpose!

**Beets**— Store in plastic bag in fridge for up to 2 weeks.

**Fresh Spinach**—Store in plastic bag in fridge for 1 week. Super frost-sweetened!

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

**Green Cabbage**—Store in the fridge for 2+ weeks. Cover cut side with plastic wrap to prevent drying out.

**Parsnips**—Store in plastic bag in fridge for 2+ weeks. Roast, soups, sautéed... so much yum!



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.

### Spinach Salad with Roasted Beets and Parsnips

- 1 pound beets, peeled and chopped into 1/2" cubes
- 1.5 pounds parsnips, peeled and chopped into 1/2" cubes
- 1/2 pound spinach, chopped
- 4-6 oz feta cheese or goat cheese, crumbled
- 1/2 cup olive oil + additional for roasting
- 1/4 cup balsamic vinegar
- Salt and pepper to taste



## RIPLEY FARM

Eugene and Mary Margaret Ripley  
 62 Merrills Mills Road  
 Dover-Foxcroft, ME 04426  
 207-564-0563  
 www.ripleyorganicfarm.com  
 ripleyfarm@gmail.com

Thank you  
 for a great  
 season!

March 20, 2019—Winter pick-up 10 of 10

Dear Members,

It is hard to believe that it is the end of the Winter CSA season! Thanks to ALL OF YOU for supporting our family farm this winter. It means a lot to us, especially in a year when we attempted an ambitious DOUBLING of the Winter CSA and achieved it!

And it's turned out to be a good one, don't you think? The storage veggies held out admirably AND the winter greens in the hoop house came back as early as they ever do, blessing us with two weeks in a row of GREEN BLISS! Can you believe that since November, you ate your way through a couple dozen kinds of veggies that you might not have tried otherwise? Pats on the back all around! Thanks for sticking with us this winter and eating local right through the darkness, cold, snow and wind.

Luckily for us, the end of winter is also today! And spring is really in the air at the farm. The sun is so strong this time of year that it penetrates through any cold March throws at it and is melting snow, making mud, and enlivening the steps of farmers! We're ready for spring and after today planning to throw our whole weight into getting ready to sow the first seeds of our 11<sup>th</sup> growing season at Ripley Farm.

For the first time in 10 weeks NOTHING is new this week! So you should all be pros at this Winter CSA thing, right? If not, here's some inspiration! Our potatoes have been going consistently into the 'Fish and Potato Hash' recipe I mentioned last week. I just can't get enough! Carrots? OMG I've either been making fresh carrot juice (luxury item) or simply carrot sticks. They go fast this way at our house! Plus, we've been chopping fresh spinach for a salad and grating carrots to go on top, with a basic homemade dressing. So simple and fresh! Recommended!

Green cabbage? Well if you didn't make a boiled dinner for St Patrick's Day, you could do that now! I'm late on the game (typical) and of course got my corned beef brisket brining too late for the actual day, but it's coming along and that's what I'm going to do with mine. Another awesome dish is 'Warm Cabbage Slaw with Orange', perfect for the days of early spring. Never had anything like it, so give that one a try!

Parsnips? I just cannot get over my standby, 'Roasted Parsnip Fries'. It's pretty much the only thing I do with them! And they're practically too sweet to eat at this stage in the game! Beets... I'm kinda in the mood for some 'Beet Hummus', but haven't made it yet. I just keep boiling or roasting beets and making a cold beet salad with feta cheese, chopped nuts, and a basic homemade salad dressing. It's just too easy!

Thanks again for a great season! We hope you'll join us for the 2019 Summer CSA program—spots are filling up fast so do it now! That way you'll get the chance to meet our new baby expected this summer! Happy Spring from your farmers!!!

Preheat oven to 400. Toss beets and parsnips with olive oil, salt, and pepper on a roasting tray. Roast until tender, about 45 min, stirring once halfway through. Meanwhile whisk together olive oil, balsamic vinegar, salt, and pepper. Put spinach in a bowl and top with roasted vegetables and cheese. Pour over the dressing and serve.