



## What's in your CSA farm share:

**Beets**— Store in plastic bag in fridge for 2+ weeks. Boil or roast whole then peel and make a cold salad or soup. Check out my favorite recipes on our website's veggie gallery.

**Shallots**—Store at cool room temperature for 2 weeks. Can use like onions.

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

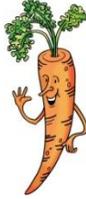
**'Kennebec' Potatoes**— Store in fridge or a cool dark place for 2 weeks.

**Parsley Root**—Store in plastic bag in fridge for 2 weeks. Roast me, grate me into a salad, add me to a soup!

**Purple Top Turnips** — Store in a plastic bag in fridge for 2 weeks. We've got great recipes online for PT turnips- Check it out!



Ripley Farm is a MOFGA Certified Organic farm and we spray no chemicals. Although we wash all our produce, we still recommend rinsing it before enjoying.



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Dear Members,

On the surface there's nothing really different about March versus February on the farm. We still shovel snow to keep the greenhouse from collapsing. We still crowd around the computer finalizing what, when, where we'll be growing once spring comes. We still prepare 35 Winter CSA shares worth of our organic vegetables for our stalwart members to enjoy for the next two weeks.

Once the calendar flips to March, everything inside my heart and mind feels different. It's not exactly panic, but March gets the blood flowing, pumping a sense of urgency inside us as farmers, replacing the comfortable feeling of complacency that permeates during February. Thump Thump...This is the last month of winter...Thump Thump... And you better be ready for spring!

To see us through the end of winter, we require faith that spring will indeed come again. Our CSA members share this same faith in the coming of spring. Your signups encourage us to believe in and prepare for our farm's ability to once again rebound out of the cold and colorless winter and bring forth the vibrancy of the earth. We attended Bangor's annual CSA Fair this Sunday and met potential members who might pickup our CSA shares that we drop off into downtown. We are starting to fill up our summer CSA slots. In fact, we are about 80% full as of today, so if you are still considering signing up for this summer, we would encourage you to do so soon!

Today is the second to last Winter CSA farm share distribution date. In two weeks, March 18 is the last hooray until the first of July. Many of you have asked us about getting a little extra to carry you into the spring on that last pickup day. We will have an "End of the Season Sale" on March 18 where you can pick up any additional carrots, potatoes, etc that you order ahead of time at the same time as you get your last Winter CSA here at the farm. We will send out our availability to everyone soon.

The Winter CSA's vegetables represent stored energy in so many ways. The energy of the summer is contained in these vegetables. I like to think that the summer sun's powerful stored energy is released when you eat a sweet winter root deep into the winter months. New this week is shallots. Shallots taste like milder, nuttier onions and can be used in place of them in recipes. Typically they are used in smaller amounts than onions and in combination with other vegetables rather than on their own.

I am excited to share with you the recipe for a Potato Frittata that I made for brunch yesterday. This is the kind of thing I love to order in restaurants and it is even better made at home! Use your shallots and potatoes in this week's share for this recipe. Now that's my kind of comfort food! See you on March 18 for the last CSA.

### Potato Frittata

- 4-5 tablespoons oil or butter
- 1/2 cup shallot (or onion) sliced
- 1 pound potatoes, peeled and very thinly sliced
- Salt and pepper
- 7-8 eggs, beaten
- 2 tablespoons milk
- 1 teaspoon dried thyme or any minced fresh herbs like chives or parsley

Sauté shallots in 1-2 tablespoons oil until tender, about 5-10 minutes. Combine with potatoes, oil, salt and pepper. Roast at 400 until tender, 20-30 minutes. Whisk eggs, milk & herbs together, season with salt and pepper. In oven safe skillet, pour eggs over potatoes and bake at 350 for 20-30 minutes. Serve with salsa!