



What's in your CSA farm share:

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

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

Fresh Spinach—Store in plastic bag in fridge for 1 week.

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

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

Parsley Root—Store in a plastic bag in fridge for 2+ weeks. Soups, salads, roasted, try it!



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.

Parsley Root Soup

- 1 medium onion (or leeks), chopped
- Cooking oil
- ¾ pound parsley root, peeled and chopped
- ½ pound potatoes, peeled and chopped
- 1 quart broth (chicken or vegetable)
- ½ cup milk or cream (dairy or non-dairy), or to taste
- Nutmeg, parsley, 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

Return
your box
next week

March 6, 2019—Winter pick-up 9 of 10

Dear Members,

March is here and so is the time to sign up for the 2019 Summer CSA. We've been steadily selling shares and we will sell out completely soon. We don't want you to miss the chance, so please sign up online today at www.ripleyorganicfarm.com/csa.

We had friends over for breakfast this weekend, and one suggested that all I needed to write in the CSA newsletter was: "Just roast it," she said, "that's what I do with everything!" How about that? Should I stop here? Haha, but seriously if you haven't tried roasting your Winter CSA veggies you are most certainly missing out! 😊 And it's true that pretty much everything you've got this week is delicious roasted!

Are you psyched to see GREEN in their Winter CSA farm share?? We've had our hiatus over the past two months and have made it out to the other side. To March. You and I may still believe it is winter outside, what with the snow storms coming every other day, it seems. However, inside our hoopouses, the plants have begun to come back to life. And here is your very first taste of 2019: freshly picked super sweet overwintered spinach! Enjoy! (Do you really need a recipe here? I just chopped mine and topped it with a homemade ranch dressing and a hardboiled egg! A great lunch!)

Carrots are my favorite veggies and they are especially good this time of year. If your supply is backing up and you don't know where to turn for ideas to use them up, check out my recent blog post on the topic: <https://www.ripleyorganicfarm.com/why-do-these-carrots-taste-so-good>. Or make the 'Carrot Hummus' recipe on our website under 'Carrots'. It was a favorite at our recent brunch with friends.

Red cabbage is back! I made a really easy new recipe this weekend called 'Roasted Red Cabbage' which is now on the website. If you're stumped, try this super basic and delicious recipe that can use up a whole red cabbage at once! As one of our friends remarked, red cabbage really has such a different flavor than green cabbage, especially when you roast it, that it's "almost like a completely different vegetable"!

And we've got parsley root! Or did you even realize it was different from parsnips? A CSA member posted the parsley root soup recipe below. Easy and delicious! Or try roasting yours in a medley of other root veggies. A member favorite!

And as far as potatoes goes, one thing that I did recently with leftover cooked haddock and potatoes is make a hash! Chop up onions, sauté, add chopped potatoes, sauté, and then add fish to warm through. It's up on the website under 'Potatoes'!

Next time is the very last Winter CSA pickup date. So please remember to bring a bag or cooler with you to transfer the veggies into and leave the box with us. Thank you for a great winter season! See you March 20!

Heat oil in pot on medium. Add onions and cook stirring until translucent, but not browning. Add parsley root and stir for another 2 minutes. Add potatoes and broth. Bring to a boil and reduce to a simmer until all veggies are tender. Puree. Add milk to taste. Season with nutmeg, salt and pepper to taste. Top with parsley (optional). Serve warm.