



What's in your CSA farm share:

Lettuce—Store in plastic bag in fridge for up to 1-2 weeks.

Carrots—Store in plastic bag in fridge for 1-2 weeks.

Tomatoes—Store at room temperature for up to 1 week.

Bok Choy (Pac Choi)—Store in plastic bag in fridge for up to 1-2 weeks.

Delicata Winter Squash—Store at cool room temperature for up to 1 month. Check weekly for signs of decay and then use up.

Sweet Peppers—Store loose at cool room temperature or in the warmest part of your fridge for up to 1 week.

Onions—Store loose at cool room temperature for up to 1-2 weeks.

Potatoes—Store in plastic bag in fridge for up to 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 before enjoying.



RIPLEY FARM

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Return
your box
next
week!

September 27, 2013

Dear Members,

The summer is always a super busy season with very little time for anything but field work and harvesting. Nevertheless, Gene has been slowly picking away at an important farm infrastructure project over the past couple months. Wednesday, he put the last finishing touches (in this case spray foam ;) on our second walk-in cooler! This is very fortunate because yesterday marked the day when Ripley Farm started to hire additional fall help for our CSA and wholesale vegetable harvests. Thanks to our great crew, Jericho and Trisha, we harvested over 1300 pounds of 'Purple Haze' carrots and purple top turnips! More and more of the harvest will roll in over the coming weeks. Today, you'll find some of our dried red onions in your boxes. What a gorgeous color!

Tuesday Gene, Jericho and I brought out of the field most of our winter squash crop, which looks great this year! Do you like winter squash? You can order a bulk amount of winter squash for pick-up on the farm on Wednesdays with your CSA box. Winter squash, unlike most storage crops, does not like to be in cold storage. Instead, winter squash stores best at cool room temperature (55-60 degrees) right inside your house and should make for good eating well beyond the summer CSA season. Winter CSA members can look forward to winter squash that actually get sweeter as time goes by during the cold months! This year three kinds of winter squash will be available for bulk orders: Delicata, Sweet Dumpling, and Buttercup. Let us know if you are interested in ordering!

In your boxes today, you have our favorite winter squash called Delicata. This is a small, sweet, torpedo shaped squash with very smooth flesh and smaller seeds. And, last night we had our very first squash of 2013 for dinner! Yum! Delicata might be a new winter squash for some of you and the most basic way to cook it is to cut it in half, scoop out the seeds and roast it at 400 for about 45 minutes or until softened. Top with butter and optional maple syrup. Roasted squash is one of my favorite leftovers because it's so versatile. I like to put the leftovers into pureed soups or mashed, seasoned, and reheated as a side dish.

The cool temperatures and shorter days of fall make for good greens weather! This week you have Pac choi, aka Bok choy, in your box which means 'green vegetable' and is ubiquitous in Asian cuisine. The entire plant is edible, crisp and tasty and usually eaten in quick stir-fries. Or you can eat it raw in a salad or roasted whole. The possibilities are endless with this crunchy and refreshing fall treat!

Have a great week!

Pac Choi and Mushroom Stir-fry

½ cup thinly sliced onion
2-3 heads pac choi, chopped
8 oz. mushrooms, sliced
1 tablespoon cooking oil
1 tablespoon minced garlic
1 tablespoon soy sauce

Heat oil in skillet to medium hot. Add onion and stir-fry until softening, about 5 minutes, stirring constantly. Add garlic and stir-fry for 30 seconds, stirring. Add pac choi and mushrooms and stir-fry for 2-3 minutes, stirring. Add soy sauce and serve immediately.