

**News from the farm:** The last few days have been an exercise in 'you get what you ask for'. I've been fretting about how unusual it is that we haven't had a hard frost--and it IS unusual--but now that it's here IT IS COLD! And uncomfortable.

Imagine being outside all day and submerging your hands alternately in cold, wet soil then cold, wet water. Throw a little stainless steel in the mix and it's the perfect recipe for total discomfort. I have to give a huge round of applause and gratitude to our brave, relentless, hard-as nails, sweet-as honey field crew--with Geoff at the helm of course. They work so very hard in sometimes awful weather and obnoxious hours that would make a corporate exec look like a slacker. At times I wonder why they keep coming back. But that thought crops up only after the 8 1/2 hour long days of solid rain and sideways wind.

**Here's what's in your box:** Delicata Squash, Garlic, Banana Fingerlings, Braising Mix, Daikon Radish, Red Onions, Turnips, Sweet Potatoes, & Red Beets

I think there's a notion of glamour, in a shabby chic sense, about farming--'the easy life' as I've heard it referred. Erase that thought from your mind. It's not easy (in fact it's quite difficult), not simple (in fact it's quite stressful), and profits margins are next to nil due to the structure of the farm bill, international food trade, commodity pricing, and industrialized food production.

Wait...this is not my dark and sinister side speaking. This is my reality check side. This is very difficult, complex work that involves many variables that are out of our control. Please go hug a farmer today. Any farmer will do. Let em know you care and that you will continue to support local ag so that one day soon we will see major reform.

Let's stop the fast food madness. Get rid of cheap, junky food. End cross-continental shipment of food. Make do with what we can grow right here. Eat well so that we feel well. And last and most importantly, please consider the quote in the header. It is an exact financial reality of farming. We realize you have many food choices before you and we are so grateful for local food champions and supporters like you.

The farmer is the only man in our economy who buys everything at retail, sells everything at wholesale, and pays the freight both ways.

~John F. Kennedy

### What am I going to do with daikon radishes?

If you find yourself asking this question, [click here now.](#)

### RECIPE: MASHED TURNIPS

#### INGREDIENTS:

1 large turnip, peeled      3/4 teaspoon salt  
and cubed                      1/4 teaspoon pepper

3 white potatoes, peeled  
and cubed

1/4 cup milk

3 tablespoons unsalted  
butter

#### DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain.
3. Mix milk, 2 tablespoons butter with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.
4. Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

**Did you know?** I enjoy what I do immensely and I think it's important to be honest, genuine, and share with you all the sides of our work. Even the less attractive sides. The world of food and farming are in desperate need of reform and I'm really feeling it today.