

### News from the farm:

Welcome to the very beginning of harvest season at Osprey Hill Farm! We're so glad you've joined us. Your participation in CSA is the beginning of a journey in eating locally and seasonally--a road seldom traveled in the face of being able to choose any food crop from any part of the world at any given time of year at the grocery store. Since local farmer's products are not often featured in large chain stores, it's no wonder, as a culture, we've forgotten the rhythms and yields of our PNW seasons.

As a CSA member, you also play a key role in helping us begin our season. Financially, it's an uphill battle to afford the upfront costs of beginning the season. Last year, I tracked the sale of a product 9 months after the time I purchased the supplies to start, transplant, grow, cultivate, harvest, wash, pack, & deliver it. Most businesses would use a loan to patch them thru thin cash flow, but federal farm policy has distorted the cost of food to the point that profit margins are typically under 10% in a well-managed farm business. If you included loan interest, most farmers could never break even in that scenario. Your member fees help provide the financial stimulus that we need to get a jump start on the season and from the bottom of our ears, we thank you!

**Here's what's in your box:** golden raspberries, zucchini squash, garlic scapes, hakuri turnips, mini red romaine lettuce, & sunchokes

**Smaller box?** Yes, for those of you who have participated in our CSA program in the past, you'll notice that our boxes have less content this season. Based on customer feedback, most people would rather be left wanting rather than wasting food and so the box price went down too. During the peak of summer, we will be offering bulk purchases of certain veggies for canning, freezing, or over-indulging! Keep an eye out for our emails.

### Quote:

"As the world becomes more homogenized, food is one of the last and most important artifacts of authenticity. We are, in so many senses, what we eat."

Michael Caruso, EIC, Smithsonian

### Recipe: Glazed Hakuri Turnips

Hakurei turnips are a small, delicately flavored Japanese variety that will win over even the harshest turnip critic. The whole turnip, from bitter, leafy-green tops to sweet roots can be cooked. This variety is also excellent for eating raw.

### Ingredients

- 3 bunches baby hakurei turnips, baby turnips, or red radishes (about 2 pounds), trimmed, greens reserved
- 1/4 cup (1/2 stick) unsalted butter
- 3 tablespoons sugar
- Kosher salt

### Preparation

1. Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (if turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.) Do Ahead: Can be made 4 hours ahead. Let stand at room temperature. Re-warm before continuing.
2. Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.