



NEWSLETTER

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Farm Update

The FarmWorks team focused their attention on transplanting and bed making this week. The team has now finished our entire half acre, which has been divided into four quadrants with approximately 120 four by forty foot beds!

Next week we will be focusing on raking out and seeding the remainder beds. We have lots of sprouts coming up already in addition to our transplanted produce! These include:

- ✓ Arugula
- ✓ Mustard Greens
- ✓ Lettuce
- ✓ Spinach
- ✓ Cabbage
- ✓ Radishes
- ✓ Turnips
- ✓ Carrots
- ✓ Dill
- ✓ Basil
- ✓ Kale
- ✓ Coriander
- ✓ Peppers
- ✓ Tomatoes
- ✓ Onions
- ✓ And More!!!

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RECIPE!

CARMELIZED TOKYO TURNIPS

INGREDIENTS

- ✓ 1 bunch Tokyo turnips
- ✓ 1 tablespoon butter or neutral oil
- ✓ ½ tablespoon sugar
- ✓ Salt and Pepper to taste
- ✓ Some water

DIRECTIONS

Peel the turnips (or not if the skin is tender) and cut into pieces ¾" at the wide end. In a sauté pan just big enough to hold the turnips, bring enough water to cover the turnips to a boil. Add a large pinch of salt.

Add the turnips, lower the heat to a simmer and cook the turnips just until they are no longer raw and have softened just enough so a sharp knife can just poke in. Drain the turnips, discard the water, and return the turnips to the pan.

Place the pan back over the heat, bring heat to medium, and sprinkle the sugar evenly over all. Allow the sugar to begin to caramelize. It will start to turn brown, and you will smell it. (If it smells like it might be burning remove from heat immediately.)

Add the butter, and swirl around, tossing to coat evenly.

Reduce heat to low and cook slowly, tossing to allow the turnips to develop crisp surfaces. Taste occasionally to be sure they are not overcooked- they will turn mushy and bitter.

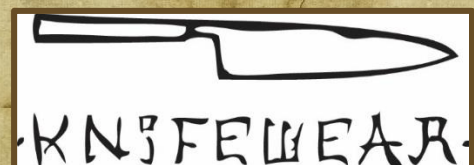
Once the turnips are universally-colored and glazed, they are ready to serve.

Featured Produce Tokyo Market Turnip



Tokyo market turnips originated in Japan. They are small round turnips with slightly flattened tops, which have tender white flesh. These turnips are so sweet they can be eaten raw. They are excellent sliced raw into salads or chopped and tossed with a vinaigrette!

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MEET YOUR FARMERS!

NICK MCLAUGHLIN

If you are speaking with Nick about small scale organic agriculture, you would never guess that this is only his third season farming! Nick had his first experiences with farming when he began to volunteer with the FarmWorks program in 2013. Last year Nick worked as a FarmWorks Peer Leader and shared the knowledge he had gained previously with the farm crew.

This year Nick is back as the FarmWorks Farmer! You can find him on the field in the early mornings before any of the crew arrives and he leaves long after the crew is finished. From weeding to crop planning to teaching, Nick really does do it all!

THANK YOU NICK!



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