



THE OSPREY ORACLE

A Newsletter for the residents of Osprey Landing – April 2021

“A journey of a thousand miles begins with a single step”

Spring is in the Air!

Happy Spring! We are happy to see Spring finally arriving even if it is slow. The days are longer, and the sun is shining! This is the best time of year to enjoy the outdoors. Whether its watching plants reclaim their territory or listening to birds chirping, Spring offers a variety of beautiful opportunities. Soon we will be able to open the windows and sliders to let in the fresh air. As the stale air leaks out, inhale the sweet smell of the season. A wonderful April to everyone and have a Happy Easter!

~The Osprey Landing Team

Earth Day

April 22 marks the 51st anniversary of Earth Day. This year's theme is climate action. The website earthday.org has special projects and teaching toolkits for projects at home and in your community. Please do your part to help our own community by picking up your front and back yards of trash. Walk around and if you see trash please pick it up.

GET OUTDOORS: Local trails for all ages:

Great Bay National Estuarine Research Reserve:
<https://www.greatbay.org/>

Great Bay National Wild Refuge:
https://www.fws.gov/refuge/great_bay/

Urban Forestry Center Brook Trail:
<http://www.seacoastnh.com/urban-forestry-center/>

Little Harbor Loop Trail:
<https://wentworthcoolidge.org/visit/little-harbor-trail/>

Odiorne Point Loop Trail :
<https://www.nhstateparks.org/visit/state-parks/odiorne-point-state-park>

Fisherman's Walk, York ME:
<https://www.onlyinyourstate.com/maine/hike-fairytale-foot-bridge-me/>

Community Events

NHTP's Fifth Annual Storytelling Festival
Portsmouth, April 10

New Hampshire Theatre Project brings the Fifth Annual Storytelling Festival to The Music Hall's Historic Theater. Five captivating storytellers will

take to the stage to tell traditional and personal tales inspired by the MainStage theme, “What Are You Waiting For?” Featured artists include traditional tellers Diane Edgecomb and Simon Brooks, monologists Sharon Jones Jenkins and Pat Spalding, and spoken word artist Maya Williams. With stories of personal trials, overcoming adversity, and finding joy in even the darkest of times, the evening will be woven together by master storyteller Genevieve Aichele, and the music of Randy Armstrong, a musician with decades of experience in world fusion music. <https://www.themusichall.org/>

Art & Dance

The Block Collaborative is an art studio which is currently offering classes based in creative movement, contemporary dance, tumbling, stepping, and more. They offer classes for all age groups, — including children, teens, and adults. Much of the current content is dance and movement related. In the future, the studio hopes to bring in videographers, photographers and maybe even fitness classes.

New trimester runs April 12 – June 18 and class schedule along with recommended ages for each class can be found online:
<https://theblockcollaborative.com/>

The Block Collaborative
2800 Lafayette Rd., Portsmouth
(603) 912-0349

Celebrate National Poetry Month with Daily Writing Prompts

New Hampshire Poet Laureate Alexandria Peary has designed 30 poetry prompts for the month of April. Follow NH Magazine on social media ([Facebook](#), [Instagram](#)) and let your creativity shine!

About the prompts:

These prompts are meant to springboard you into invention. Try to record your response to the prompts without prematurely revising. I could imagine at least two ways of handling them: draft 3-5 lines to each day's prompt (returning later to complete the compelling ones) or sketch out a full rough draft to a select number. Of course, feel free to alter the prompts as you see fit! However, you decide to experiment, I hope you enjoy the creative process. – Alexandria Peary

At the conclusion of this year's National Poetry Month, you may submit your work for consideration in a follow-up anthology. The submission period will run from April 1, 2021 to May 15, 2021. Submissions must be from New Hampshire residents and must in some way address the COVID-19 pandemic. Participation in the workshopping sessions and use of the daily prompts are not required—nor are they a guarantee—for publication. You can find more information regarding poetry submissions here:

<https://www.hobblebush.com/national-poetry-month>



The first anthology of poetry, *COVID Spring* is available for purchase. To help support New Hampshire residents impacted by COVID-19, Hobblebush Books will donate \$2 to the New Hampshire Food Bank for every copy of *COVID Spring* sold.

<https://www.hobblebush.com/product-page/covid-spring>

Eat Out(side)

There's no reason to wait to take your meals outdoors. Whether you've decided to go on a picnic, light up the grill for the first time this year, or have brunch in your backyard—here are a couple recipes to take into the great outdoors. Roast some spring veggies and toss them into a grain bowl to take to the park or keep things simple with a fun take on crudités.



Ranch Fun-Dip

Guaranteed to make any raw vegetable taste good, and it will last for two weeks! The pistachios, nutritional yeast, and salt should be ground to the texture of coarse sand, so the dip easily clings to the cut sides of the vegetables—just like, well, Fun Dip candy.

Ingredients

- ¼ cup raw pistachios
- 2 Tbsp. nutritional yeast
- 2 tsp. Diamond Crystal or 1¼ tsp. Morton kosher salt
- 2 tsp. Aleppo-style pepper
- 2 tsp. dried dill
- 1 tsp. sugar
- 1 tsp. onion powder
- ½ tsp. garlic powder

Special Equipment: A spice mill or mortar and pestle

Preparation

Toast pistachios in a medium skillet over medium heat, shaking and tossing often, until golden brown, about 4 minutes. Transfer to spice mill or mortar and pestle and let cool.

Add nutritional yeast and salt to pistachios and grind or pound until the texture of coarse meal. Transfer to a small bowl and mix in Aleppo-style pepper, dill, sugar, onion powder, and garlic powder.

Serve dip with crudités (any kind of sliced, raw vegetables).

Black Lentil and Harissa-Roasted Veggie Bowl

This filling bowl is perfect with roasted sweet potatoes, but any hardy vegetable you have on hand would be just as delicious. Try delicata squash, cauliflower, or eggplant.

Ingredients

- 2 tsp. kosher salt, plus more
- 2 cups black beluga lentils, rinsed
- 1/2 tsp. ground coriander
- 7 Tbsp. extra-virgin olive oil, divided
- 2 Tbsp. harissa paste, divided
- 1/2 tsp. freshly ground black pepper, plus more
- 2 large sweet potatoes (about 1 1/2 lb.), scrubbed, cut into 1/2" pieces
- 2 pint cherry tomatoes, halved
- 3 Tbsp. red wine vinegar
- 1 Tbsp. honey
- 1/2 cup chopped cilantro

Preparation

Preheat oven to 425°F. Bring a medium saucepan of salted water to a boil; add lentils. Adjust heat and simmer until just cooked through, 25–30 minutes. Drain lentils and transfer to a large bowl; let cool slightly.

Meanwhile, whisk coriander, 3 Tbsp. oil, 1 Tbsp. harissa paste, 2 tsp. salt, and 1/2 tsp. pepper in a small bowl. Arrange sweet potatoes and tomatoes on a rimmed baking sheet and drizzle with harissa oil (reserve bowl for dressing). Roast, tossing once, until sweet potatoes are tender and browned on some sides and tomatoes burst, 25–30 minutes.

Whisk vinegar, honey, and remaining 1 Tbsp. harissa in reserved bowl. Stream in remaining 4 Tbsp. oil, whisking constantly until emulsified; season vinaigrette with salt.

Add half of vinaigrette to lentils and toss to combine. Taste and season with salt and pepper. Divide among bowls. Top with roasted vegetables and cilantro. Drizzle with remaining vinaigrette.

Do Ahead: Lentils can be cooked 3 days ahead. Let cool; cover and chill.