

Quote:

News from the farm: Oxymoron [ok-si-mawr-on] noun; A figure of speech in which words that apparently contradict one another appear in conjunction like 'the sound of silence' or 'frenemy'. Well, here's another one: 'wet drought'. It's a concept drenched in contradiction and irony but it aptly describes the trend in our weather.

In Western Washington, we had plenty of precipitation this winter--record-breaking rainfall as a matter of fact. Due to abnormally high temperatures, a lot of the water that fell on Washington's Olympic Mountains and other peaks throughout the West came not as snow but as rain. There wasn't a ski season to speak of, and by early spring the naked mountains looked eerie.

Here's what's in your box: Sprouting Broccoli, Tomatoes, Fresh Thyme, Yukon Gold Potatoes, Leeks, Red Kuri Winter Squash, Braising Mix, Hakuri Turnips, & Red Beets

Moisture that would usually stay trapped on frozen mountainsides, serving as a natural reservoir of fresh, cold melt-water, ran straight off to the Puget Sound and was gone. By August and September, when farmers and spawning salmon needed it most, that moisture was a memory.

My personal philosophy on change is that 'a penny saved is a penny earned'. To me, this saying goes beyond a financial realm and it means that small things really matter and they add up to something meaningful. So in that spirit, there are many ways to help reverse our weather trend. Some are direct actions you can like reducing your personal water usage. But, I think you can make a more profound impact on climate change by diverting your hard earned money away from industrial scale farms that tend to be wild offenders when it comes to wreckless consumption of our natural resources. Instead, continue to buy from your local farmers who are generally pretty darn hip to the idea of resource conservation and proud to be using sustainable practices in their businesses. I know that we sure are!

The food that enters the mind must be watched as closely as the food that enters the body.

~Pat Buchanan

Recipe: Red Kuri Soup

Ingredients

- 1 1/2 pounds red kuri peeled and cut into 1-inch cubes (3 cups)
- 1/2 medium onion, coarsely chopped
- 1 bay leaf
- 1 medium fennel bulb, cored and cut into thin wedges
- 1 tablespoon extra-virgin olive oil, plus more for drizzling
- Salt and freshly ground black pepper
- 1 tablespoon unsalted butter
- Chopped toasted pecans and small marjoram leaves, for garnish

Instructions

1. Preheat oven to 375°. In a large saucepan, combine cubed squash with the chopped onion, bay leaf and 3 cups of water and bring to a boil over high heat. Cover and simmer over low heat until the squash is tender, about 20 minutes.
2. Meanwhile, toss the fennel wedges with the 1 tbsp of olive oil. Season with salt and pepper and toss well. Roast for about 25 minutes, until fennel is tender and starting to brown.
3. Discard the bay leaf from the soup. Working in batches, puree the soup in a blender. Return the soup to the saucepan and warm over low heat. Stir in the butter and season the soup with salt and pepper.

Did you know? I love to share resources and this was just sent to me and I think you'll enjoy it. [The CSA Cookbook: No-Waste Recipes for Cooking Your Way Through a Community Supported Agriculture Box](#) is a terrific cookbook that specializes in no waste recipes that are wonderful. Written by Linda Ly, who is Garden Betty on her blog. Photos by Will Taylor look good enough to eat and he happens to be her hubby. Best cookbook I have seen since Nourishing Traditions. Great find. Thanks for the suggestion John!