

Quote:

*The most powerful force ever known on this planet is human cooperation - a force for construction and destruction.*

Jonathan Haid

Recipe:

**ROASTED MASHED ROOT VEGETABLES**

**Ingredients**

- 4 1/2 lbs root vegetables (use some combination of celeriac, potatoes, rutabagas, parsnips, carrots, Jerusalem artichokes)
- salt & freshly ground black pepper, to taste
- extra virgin olive oil or butter
- parsley or other fresh herb

**Directions**

1. Feel free to use any single vegetable or a mixture of your favorites.
2. Peel the root vegetables if you prefer, then chop into 2" cubes.
3. Place the cubed root vegetables in a baking dish, coat with vegetable oil, a sprinkle of salt, and roast at 425 for 45 minutes. Stir occasionally to prevent sticking.
4. Place the roasted vegetables into a sauce pan and mash them with the back side of a fork or a ricer.
5. You can mash them as smooth or as chunky as you like. Season with salt and pepper, then enrich the flavor with extra virgin oil or butter, or both, to taste. (I prefer using both olive oil and butter.)
6. Once cooked, the mashed vegetables can be kept warm in a bowl covered with kitchen foil over simmering water. This is handy when cooking for a dinner party.
7. Top with chopped parsley for a zest of color and a splash of flavor.

**News from the farm:** In like a lamb, and out like a lion indeed! November is always a changeable month, but this one has been so notably extreme. The town of Acme is a small dot on a map in the Nooksack River Valley. Currently, the dot is under water. It's impressive and it's hard not to stare, to gawk while taking it all in. Friday's rain flooded the town. Once it had subsided, I was able to drive around a bit and look at how the rest of the valley fared. There is no better way to emphasize the importance of wet lands than to watch water flow during a flooding rain. The oil streaked water, the debris, the mud--it all flows rapidly to holding spots in the low lands and relieves all other areas of deep, standing water. And it happens pretty quickly. On Friday at 3:30 pm, the Acme town center was 2 feet under water. Streams of water were running thru front yards and threatening houses. By 10 pm, like a miracle, it was gone because we have adequate wetlands in the valley. How and why we (collectively, as a species) think it's a decently good idea to construct building and contour the earth in a wetland is beyond me! We should try to remember that, even if we don't understand our surroundings or natural processes, we should trust that they are significant and that they have a purpose. A reminder to tread lightly. We could have all we need and more, if we just allow our environment to sustain us.

**Here's what's in your box:** rainbow carrots, Ozette fingerling potatoes, leeks, storage onions, kale, parsnips, garlic, mixed fresh herbs, and rootabagas.

**Did you know?** [A 2012 study](#) comparing the carbon-holding power of freshwater wetlands has produced measurements suggesting that wetlands in temperate regions are more valuable as carbon sinks than current policies imply. Comparing types of wetlands, the study showed that stagnant wetlands had the greatest ability to sequester carbon. Temperate freshwater wetlands may have a significant role in worldwide strategies to offset greenhouse gas emissions.