

# Blue House News



For the week of June 23, 2007

## In Your Box This Week

Beets (Red Ace or Chiogga)  
Chard  
Cauliflower or Cabbage  
Collard Greens  
Leeks  
Spinach  
Sweet Basil  
Strawberries  
Head Lettuce (Romaine)  
Sweet Onions (Walla Walla)  
Red Torpedo Onion  
Garlic (Spanish Roja)

## Onion Soup

3 cups of water or stock  
3-4 onions  
3 tablespoons of flour  
soy sauce  
oil  
salt, pepper

Slice the onions thinly and sauté them until they brown- about 15-20 minutes. Use butter or oil for frying. Sprinkle flour over the onions, mix it in, cover and steam for 5 to 10 minutes, opening to stir once or twice. (The flour will give added body.) Add to the heated water or stock. Scrape out the frying pan with some of the soup liquid and return it to the soup. Season with the salt and soy sauce, along with the pepper. Simmer for at least half of an hour to develop the flavor. Onions can be cooked and cooked. Correct the seasoning and serve. Some people feel this soup should be served the next day, then it's "even better."

Recipe from: *Tassajara Cooking* by Edward Espe Brown

[www.bluehousefarm.org](http://www.bluehousefarm.org)

*Sowing the seed,  
my hand is one with the earth.  
Wanting the seed to grow  
my mind is one with the light.  
Hoeing the crop,  
my mind is one with the rain.  
Having cared for the plants,  
my mind is one with the air.  
Hungry and trusting,  
my mind is one with the earth.  
Eating the fruit,  
my body is one with the earth.  
-Wendell Berry*

The summer solstice has come and gone. This longest of days reminds me of the season we are in and the abundance of vegetables we are enjoying. Being connected to what is in season and savoring the limited availability of some crops is really special for me. The ephemeral nature of local, seasonal food creates a richness and depth to my meals and my life.

During these past weeks of very long days, I have enjoyed walking out of the farm house at 9pm and having the last light of the day glow down the valley. The Band-Tailed Pigeons are finding their final roost in the Doug Firs up in Butano State Park and the swallows are making a ruckus as they settle down for the night. As I walk around the farm for one final check to see if the irrigation is off or that the greenhouse is closed for the night, I notice the family of skunks out for their evening patrol. We have one mother and two juvenile striped skunks that love our compost pile and anything else we leave out for the night. Our resident raccoons are usually out by then as well, and they've been known to cause trouble in our packing and washing area. Just past dusk the Great Horned Owl flies over the house and lands on the electric line, while insectivorous bats gorge themselves on our organic insects. The farm's night shift has arrived for work.

We spend a lot of time here at Blue House Farm studying the natural world around us. It's not only because my other job is as a naturalist educator, but also because we depend upon nature to give us clues on how we should be working the land. We pay attention to all life around us so we can design our farming system to best mimic nature. We aim to create a productive and appropriate farm ecosystem that blends with the greater ecology of the Little Butano Creek watershed. We strive to increase biodiversity and regenerate the system as a whole.

It's truly a pleasure and a dream realized to be here at the Blue House Farm. It's great to breathe new life into these old ranch buildings and to bring organic food to the coastside. Thanks to all of our members this year for your support in this community farm.

Enjoy your veggies,  
Ned

