

A Tribute to Chico....No, Not a Guy, But a Whole Town of Got-Their-Act-Together-People

I've just returned to Buffalo after having spent a fantastic weekend in Chico, California. There was a great turnout for my two-day, intensive seminar on homeopathy and I couldn't have asked for a more lively, warm

and welcoming bunch! There were mothers, grandmothers, chiropractors, nurses, farmers, a truck driver, teachers, and herbalists. The vendors were interesting and informed, and the food was out-of-this-world delicious.

My mouth is watering just remembering the beautiful cheesecake and acorn squash soup. All the foods were locally sourced, organically grown and true to Weston A. Price principles. I'd like to send a heartfelt "Thank You!" to Carol Chaffin Albrecht, the chapter leader for the WAPF chapter of Chico-Butte and all the wonderful folks who made my family and me feel welcom and appreciated.

And because I loved the meal so much, I thought I'd share a recipe I've found for the delicious cream of acorn squash soup. I can't say that it will be as good as what the talented volunteers prepared, but it's likely to come in a close second!

You'll need:

- 2 acorn squashes, halved and seeded • 1 medium onion, cut in half • 6 tbsp. unsalted butter • 1/4 c. flour (which can be coconut flour or gluten free, if necessary) • 5 c. bone stock • 1 c. raw heavy cream • Celtic Sea Salt to taste •

Freshly ground black pepper to taste •

Here's what you do: On a buttered surface of a Dutch oven , bake the squash and onion until soft. Scoop out the meat from the squash and discard the skin. Put the squash back in the Dutch oven, add the stock and bring to a boil. Reduce the heat and simmer for about 10 minutes. Add raw cream, and salt and pepper to taste. Continue stirring until just heated through.

Man, oh man.....Chico I'm coming back!