



Growing Times

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“AUTUMN RECIPE EDITION”

Hello Gardeners,

Cool weather makes Kate think about soup, so you'll find several soup recipes in this edition as well as a tasty dessert. We hope that your gardens have served you well and that you are still serving meals from them.

Cindy & Kate

Egg Drop Soup

This is a wonderful, comforting soup – great on a cool day when you have a few stray vegetables from the garden and you want something warm and nourishing to eat that's not too rich. Serves 6 as a first course. Adapted from The Boston Globe.

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| 1 quart chicken or vegetable broth | 1 small cucumber quartered, seeds removed, cut on a slant |
| 2 tablespoons vegetable oil | 1 ½ tablespoons cornstarch |
| Salt to taste | ¼ cup cold water |
| 1 tablespoon unpeeled chopped fresh ginger | 1 egg, lightly beaten with a pinch of salt |
| 1 scallion or 3 green leaves from an onion, finely chopped | Sesame oil (optional, for sprinkling) |
| 2 plum tomatoes, seeds removed and coarsely chopped | 6 sprigs fresh parsley or cilantro (for garnish) |

In a medium saucepan, heat the broth until boiling and reduce the heat to a simmer. Meanwhile, in a deep straight-sided skillet, heat the oil and salt on medium-high heat until the oil is shimmering. Add the ginger and half of the scallions. Cook for 20 seconds or until you can smell the ginger. Add the tomatoes and cook for 2 minutes, stirring, or until they are just soft. Slowly pour in the hot broth (stir carefully to make sure it doesn't boil over). Add the remaining scallions and the cucumber to the pan. Bring to a boil. Lower the heat so the mixture is still bubbling. In a small bowl mix the cornstarch and water. Stir it into the simmering soup. Season with salt and start stirring gently. Slowly pour in the egg while still stirring. Cook the soup for a few seconds or until the egg forms strands. Ladle into bowls and sprinkle with sesame oil. Add a sprig of parsley or cilantro to each bowl. Serve.

Vegetable Soup with Brown Rice

This soup is made with brown rice and tiny brown or green lentils. It can be cooked for 1 hour on the stovetop, in a pressure cooker for 20 minutes, or transferred to a slow cooker and cooked for 8 hours. Serves 6. Adapted from The Boston Globe

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| 2 tablespoons olive oil | 1 ½ cups chopped green or Savoy cabbage |
| 3 leeks (white parts only) or 1 onion halved lengthwise, and coarsely chopped | 2 stalks celery, chopped |
| 6 cloves garlic, chopped | 7 cups cold water, vegetable broth or chicken broth |
| 2 medium onions, cut into ½-inch slices | 1/3 cup uncooked brown rice |
| 1 bay leaf | 1/3 cup dried dark green or brown lentils |
| ½ teaspoon chopped fresh thyme | ½ teaspoon black pepper |
| 2 teaspoons kosher salt or 1½ teaspoons table salt | 3 tablespoons chopped fresh parsley or basil |
| 1 can (14 ounces) peeled tomatoes, crushed in a bowl | ½ cup grated Parmesan cheese |

In a heavy soup pot, heat the oil and cook the leeks (or onions), stirring often, for 5 minutes. Add the garlic and stir 30 seconds longer. Add the onions, bay leaf, thyme, salt, tomatoes, cabbage, celery, water or broth, brown rice, lentils and pepper. Bring to a boil, lower the heat, cover the pot, and simmer the soup for 1 hour stirring occasionally, or until the vegetables, rice and lentils are very tender. Taste for seasoning. Add, more salt and pepper, if you like, discard the bay leaf and ladle into bowls. Garnish with parsley or basil and sprinkle with cheese.

Apple Cranberry Crisp

Consider serving with vanilla ice cream or froze yogurt on top. If you don't have fresh cranberries, use another 1½ cups of apples. Yield: 10 servings (serving size: 1/2 cup) Courtesy of Cooking Light

3 cups apples, cut into 1-inch cubes
(about 1 pound – Granny Smiths are good for this)

2 cups fresh cranberries

1/2 cup sugar

Cooking spray

1/3 cup whole wheat or white flour

1 cup regular oats

1/2 cup packed brown sugar

1/4 cup canola oil

Preheat oven to 350°.

Combine the first 3 ingredients in a medium bowl; spoon into an 8 x 8-inch baking dish coated with cooking spray. Lightly spoon the flour into a dry

measuring cup, and level with a knife.

Combine flour, oats, sugar, and oil, stirring with a fork until crumbly. Sprinkle over the apple mixture. Bake 40 minutes or until bubbly.



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Beet and Fennel Soup with a Yogurt Swirl

Adapted from Judith Barrett's book "Saved by Soup". This is low-fat recipe serves 6.

3 medium-sized red beets, peeled and diced

1 medium-sized onion, diced

½ pound fresh fennel (about 1 bulb), tall stalks and leaves discarded, bulb cut into 1-inch pieces to yield about 2 cups

5 cups cold water

Salt

¼ cup nonfat plain yogurt

In a heavy 4-quart sauce pan, combine the beets, onion, and fennel with the water and salt over medium-high heat. Bring to a boil and reduce the heat to medium low, partially cover the pan, and simmer until the beets are tender and are easily pierced with a sharp knife.

Cool slightly, then use an immersion blender and process in the same pot until smooth, or process in batches in a blender. Scrape down the sides and process briefly (about 15 seconds longer) once more.

Reheat the soup gently before serving. Meanwhile, beat the yogurt with a wire whisk until smooth. Ladle the soup into bowls and drizzle the yogurt on top in a swirl pattern.

