

RECIPES

Garden Vegetable Soup

4-6 servings

Adapted from *Twelve Months of Monastery Soups*

Cool weather always seems to say soup. Here is a very simple recipe that can easily take a wide variety of vegetables.

2 quarts water (or vegetable stock)
2 bouillon cubes (if stock not used)
1 onion
1 zucchini
1 carrot
1 celery stalk
3 swiss chard or cabbage leaves
½ cup pastina (small pasta)
Salt and pepper to taste
Grated Gruyere or parmesan cheese to garnish

Cut vegetables into small slices julienne style. Place water in a soup pot. Add bouillon cubes and vegetables and cook over medium heat for 40 minutes. Add pastina, salt and pepper and continue to cook for another 10 minutes. Serve hot with a sprinkle of cheese on top of each serving.



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Garden Tidbits

Compost

Your garden has been spending a lot of time feeding you, now it's time to feed it! Over the next few weeks, you will be receiving a bag of compost for each garden bed. We will leave them by your garden. This compost is food for your soil. After the first hard frost (sometime in October) many of your plants will die. At that point your job is to:

- Remove all weeds and dead plants except those that are still producing (root vegetables, kale, broccoli, lettuce)
- Remove decaying vegetables and fruits
- Using one bag of compost per bed, sprinkle a thin layer of compost on the soil and around the plants that are still producing. You do not need to work it in to the bed.

This will give your garden a good meal over the winter so that it's ready to plant in the early spring.