



CSA Recipes - Week of September 17th

Half the Garden Soup
Crooked Fence Farm

Ingredients:

3 - 4 cloves garlic, peeled and minced
2 quarts stock (vegetable or chicken, would also work with miso broth)
Salt & pepper
A mix of fresh garden veggies - using this week's share we suggest:
 1 pint cherry tomatoes, cut in half
 A large bunch green beans, string end removed
 Bell or snack peppers, chopped into bite sized pieces
 Winter squash, peeled, seeded, and cubed
1 onion, minced
Olive Oil

Directions:

In a large pot, heat a tablespoon or 2 of olive oil over medium heat. Once the oil is shimmering, add the garlic and onions to sweat. Heat them through for about 2-3 minutes until translucent but not browned. Add a pinch of salt and grind of pepper at this stage. If you want more seasoning, cumin, paprika, or oregano would all work with this soup, add a large pinch at this stage.

Add the cubes of winter squash, and sauté for about 5 minutes to soften a bit. Add the chopped peppers and sauté for an additional 2 minutes. Pour in your stock and bring to a boil. Once a boil is reached, reduce to a simmer and cook until the squash softens all the way through (probably 15-20 minutes). Add the green beans and tomatoes, and simmer for 2-3 minutes to warm the beans and tomatoes. Taste the soup and add salt, pepper, and other seasonings as desired. A few teaspoons of vinegar (cider or white wine) can brighten up the flavors, or a pinch of chili flakes will add a kick.

With a base of olive oil, garlic, and onion, you can make Half the Garden soup with almost any veggies. Radishes, kale, cabbage, and summer squash all substitute in easily. Play around with your vegetables and eat the garden in a soup!