

Sip, Slurp and Savour ...

Grow Gardeners: Kid-Tested Gardening with Children Emma's Creamy Garden Vegetable Soup

Ingredients

- 1 lb potato, cut into large chunks
(leave on skin if using new potatoes)
- 1 lb zucchini, cut into large chunks
- 1½ cups milk (we use 2%)
- 2 cups water
- ½ cup table cream (10%)
- ¼ cup butter
- ½ tsp salt



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Method:

Put water and butter in pot and add vegetables and apple.

Simmer until soft. Sauté on med heat until the onion is golden and soft.

Puree mixture of liquid and cooked apples and vegetables in blender until smooth.

Stir in milk, cream and salt.

Garnish with fresh dill.

Recipe courtesy of Steven Biggs
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Bibliography:
No Guff Vegetable Gardening
Grow Figs Where You Think You Can't
Grow Gardeners: Kid-Tested Gardening with Children

For more information, visit www.soupalicious.ca