Grow · Cook Share & Relish



Upcoming SOUP-er BOWL Weekend to Help Kick-off 2021 Food Gardening Plans

The upcoming SOUP-er BOWL weekend is a perfect time to prepare a great pot of soup and think about your GROW YOUR SOUP gardening plans for the growing season ahead. With the usual SOUPALICIOUS events being put on hold for future times when folks can gather again,

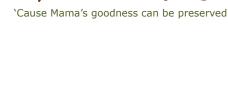
many of the chefs involved over the years of harvest celebrations have provided their go-to recipes for your own soup-erb preparations. Each recipe contains links to how-to-grow tips for each vegetable ingredient, helping you dig in to the

details of what will be involved to GROW YOUR SOUP. And to kick-off your preparations, Chef Thess and Frances Wood, co-owners of SOUTHERN ACCENT,

Toronto's "Cajun, Creole and Soul" restaurant which has now transformed itself to a pop-up and online restaurant are providing their secrets to a great veggie stock – the perfect start for soup-er results. From the "First Down" of garden plans and plantings to the Harvest "Touchdowns", it's going to be a

great food gardening season ahead.







Roasted Vegetable Stock

1 onion

Ingredients

2 carrots

• 1/4 cup vegetable oil

- 3 celery stalks
- 2 jalapeno peppers 2 roma tomatoes
- 1 garlic (whole head) • 1 ginger (small piece roughly 1" length)

• 1 **leek** (medium size)

- 4 sprigs of fresh thyme

• fresh **parsley** (small bunch)



2. After rinsing the carrots, celery, leek and jalapeno peppers, chop them roughly to 1" - 2" thickness. Place them in a large bowl.

Directions

3. Add the roughly chopped onion, garlic (cut in half), tomatoes (cut in quarters).

Add more water as needed!

Place in the bowl with the rest of the veggies.

1. Heat oven to 400°F.

- 4. Add oil to the veggies and toss well to coat. 5. In a large roasting pan, add the veggies and put in the oven for 30-40 minutes.
- Check every 10 minutes, turning them so they will roast evenly. 6. At the same time, get a large pot and add enough water to cover the vegetables and bring to a boil.
- Once the broth has cooled enough to handle, strain, pressing down to crush the veggies to get as much flavour in your stock as possible!

7. After roasting, add the veggies to the boiling water. Simmer for 2 hours.

Kick-off the 2021 Food Gardening Season

and try these great recipes for an exciting

SOUP-er BOWL weekend.

8. After 2 hours, remove the pot from the stove and allow it to cool for 30-40 minutes.

Southern Accent's Southern Accent's

Cajun Pistou Soup

Fully Nourished By Marni Wasserman's

Carrot Ginger Apple Soup

Don't forget to compost any of the veggie trimmings.

Garam Masala with Papri Grow Gardeners: Kid-Tested Christine's Vegan Kitchen Gardening with Children Curried Roasted Pear &

Butternut Shrimp Bisque

Foodies on Foot's

Cauliflower, Spinach & Chickpea

Parsnip Soup

luciano Shipano's

Hippocrate Soup

Mantracker Sidekick Phil Lemieux's Prey Soup

Alphonsa's

Sweet Potato Pumpkin Soup

Andria Barrett's

Vegetable Soup with Quinoa

We'd love to hear from you. Which Send us your favourite veggie recipe or story about your food garden along with

Emma's Creamy Garden Vegetable Soup

Utopia Hall's

Potato Onion Soup

The Annex HodgePodge's

Red Velvet Soup

Christine's Vegan Kitchen Tomato Barley with Smoked Paprika

received by February 22nd will be entered into a draw for one of five cookbooks from **SOUTHERN ACCENT.** Email us at jim@compost.org

growarow.org

your mailing address. All entries

SUN? VEGGIES NEED AT LEAST 6 HOURS OF DIRECT SUNLIGHT EACH DAY.

WATER? A RAIN BARREL CAN SUPPLEMENT RAINY DAYS AND TAP WATER.

VISIONS OF UTOPIA

Soup

do you

Grow?

SPACE? CONSIDER CONTAINER OR VERTICAL GARDENING TO ADD EXTRA ROOM.

HOW DOES YOUR EDIBLE GARDEN GROW?

IT ALL STARTS WITH A PLAN. WHERE'S THE...

AND THE SOIL QUALITY? FEED YOUR SOIL COMPOST FOR NUTRITION AND A GOOD ENVIRONMENT IN WHICH PLANTS CAN GROW. **PLANT • GROW • SHARE With Those in Need**

SAVE OUR SOIL

There are a lot of things that you just can't change. But one thing that is possible is improving how we care for our soils. And an easy first step is based on a simple equation: What you take out, you must put back in. Adding compost restores our soil's vitality, providing the texture, structure and nutrients needed for healthy plant growth.

SOMPO Conseil canadien du COMPOST QUALITY ALLIANCE **COMPOST**

Council of Canada

For more information, please visit www.compost.org

As part of your garden this year, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank. Help us help all those in need. www.growarow.org Relish Yo' Mama shares tried-and-true family recipes, passing them forward to follow the footsteps of our mamas and those before us. Relish Yo' Mama also refers to Mama Earth who not only gives her goodness

with the fruits and veggies of her bounty but who we are striving to protect through actions of preservation



Harrowsmith



NUTRIMENTS POUR LA VIE

and conservation. www.relishyomama.org







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