

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

Ingredients

- 1/4 cup vegetable oil
- 1 onion
- 2 carrots
- 3 celery stalks
- 2 jalapeno peppers
- 2 roma tomatoes
- 1 leek (medium size)
- 1 garlic (whole head)
- 1 ginger (small piece roughly 1" length)
- 4 sprigs of fresh thyme
- fresh parsley (small bunch)



Ever-amazing community supporters, Chef Thess (right) and Frances Wood (left) serve up food greatness at SOUTHERN ACCENT. www.southernaccent.com

Directions

1. Heat oven to 400°F.
2. After rinsing the carrots, celery, leek and jalapeno peppers, chop them roughly to 1" - 2" thickness. Place them in a large bowl.
3. Add the roughly chopped onion, garlic (cut in half), tomatoes (cut in quarters). Place in the bowl with the rest of the veggies.
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.
7. After roasting, add the veggies to the boiling water. Simmer for 2 hours. Add more water as needed!
8. After 2 hours, remove the pot from the stove and allow it to cool for 30-40 minutes. 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!

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

Kick-off the 2021 Food Gardening Season and try these great recipes for an exciting SOUP-er BOWL weekend.

Southern Accent's
Butternut Shrimp Bisque

Southern Accent's
Cajun Pistou Soup

Foodies on Foot's
Cauliflower,
Spinach & Chickpea
Garam Masala with Papri

Fully Nourished By
Marni Wasserman's
Carrot Ginger Apple Soup

Christine's Vegan Kitchen
Curried Roasted Pear &
Parsnip Soup

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

Luciano Shipano's
Hippocrate Soup

Utopia Hall's
Potato Onion Soup

Mantracker Sidekick
Phil Lemieux's
Prey Soup

The Annex HodgePodge's
Red Velvet Soup

Alphonsa's
Sweet Potato Pumpkin Soup

Christine's Vegan Kitchen
Tomato Barley with
Smoked Paprika

Andria Barrett's
Vegetable Soup with Quinoa

Which Soup do you Grow?

**We'd love to hear from you.
Send us your favourite veggie recipe or
story about your food garden along with
your mailing address. All entries
received by February 22nd will be entered
into a draw for one of five cookbooks from
SOUTHERN ACCENT.**

Email us at jim@compost.org

HOW DOES YOUR EDIBLE GARDEN GROW?

growarow.org

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



- SUN?** VEGGIES NEED AT LEAST 6 HOURS OF DIRECT SUNLIGHT EACH DAY.
- WATER?** A RAIN BARREL CAN SUPPLEMENT RAINY DAYS AND TAP WATER.
- SPACE?** CONSIDER CONTAINER OR VERTICAL GARDENING TO ADD EXTRA SPACE.
- 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.

COMPOST!



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 and conservation. www.relishyomama.org



The Compost Council of Canada • 16 Northumberland Street • Toronto ON M6H 1P7 • www.compost.org • www.growarow.org
For more info, please contact Susan Antler, executive director, or Danielle Buklis, programs manager @ 877 571 GROW(4769)

