

LOVE SOUP

Recipe by Jae Steele "Ripe From Around Here"



INGREDIENTS

2 tbsp olive oil

1 medium onion, chopped

4 garlic cloves, minced

1/2 celeriac, peeled and chopped

1 tsp sea salt, or to taste

2 tbsp fresh basil (or 1 tbsp dried)

2 tsp paprika (you can use smoked)

1 tsp turmeric

1 tsp cinnamon

1/8 - 1/4 tsp cayenne, to taste (omit if using smoked paprika)

1 bay leaf

3 cups water or vegetable stock

1 honeynut squash, baked

2 medium tomatoes, chopped

1 medium bell pepper, chopped

1 1/2 cups cooked white beans or chickpeas (or 1 1/4 oz/398 ml can, drained and rinsed)

DIRECTIONS

1. Preheat the oven to 350°. Line a baking sheet with parchment paper or grease with butter. Cut squash in half lengthwise. Scoop out the seeds. Brush with olive oil and place, cut-side down, on baking sheet. Bake for about 25 to 30 minutes, or more depending on the size. Poke with a fork or use your finger to touch the squash. It should feel soft but not collapsed.
2. Heat oil in a large soup pot on medium. Add the onion, garlic, and celeriac and sauté until onions become translucent, about 10 minutes. Add the salt, spices and water or stock. Cover and simmer for 15 minutes.
3. Scoop squash flesh out of skin and add to soup pot, along with tomatoes, pepper, and chickpeas. Cover and simmer until vegetables are as tender as you like them.

CELERIAC - THE UNSUNG HERO OF THE VEGETABLE WORLD!



Although some may consider it homely, we here at HFFA love celeriac (pronounced sell-AIR-ee-ack); a variety of celery that's cultivated for its knobby, globular root, which has a celery-like flavour. Also known as celery knob, turnip rooted celery, or celery root, this bulbous beauty that only a Mother could love can be eaten raw or cooked. It's a great storage crop and can keep up to 8 months in the proper conditions. Wash and remove the thick outer skin with a good kitchen knife. Use the inner white flesh as you would green stalk celery.

LOVE SOUP



If the dreary days of November have put a damper on your spirits, have no fear, Love Soup is here! This beautiful meal in a bowl gets its name from the fact that it tastes a little different depending on who's making it. Many of us struggle to meet family and work demands, and as a result, meal preparation becomes a chore. We invite you to slow down and carve out some time to prepare this soup with love, attention and appreciation. Did you know that the hard work of more than 7 farmers and approximately 12 support staff went into growing the contents of this month's bag? Not to mention all the hands that went into sourcing, packing and distributing your local food pack. Much to savour and be grateful for. The **honeynut squash** and **celeriac** in your pack were grown by Fiddle Foot Farm in Mulmur. Your **garlic** is from Hidden Meadows Farm in Caledon, and the **tomatoes, pepper** and **onion** in your bag were grown in the Holland Marsh and were sourced for us by Foodland in Shelburne. Enjoy a mindful bowl of love soup with a hunk of **bread** from Amanda's Country Bakery, and a side salad of super nutritious **pea shoots** from Am Braigh Farm in Mono.



Honey I shrunk the squash!

Honeynut squash is a butternut squash cross that fits in the palm of your hand and has about ten times the sweetness and squash flavour of a regular butternut.

What Kids Can Do

Wash vegetables, scoop seeds from squash, peel skin off of garlic cloves and onion, measure spices. If old enough - chop vegetables or slice bread. To chop means to cut pieces similarly sized but irregular in shape.

Nutrition Report Card

A+

Vitamin A

Honeynut squash is high in vitamin A or retinol, which is essential for supporting vision, skin, healthy bone growth and your immune system.

A+

Vitamin C

Tomatoes, peppers, and celeriac are very high in vitamin C, which supports our immune system.

A

Vitamin K

Celeriac is very high in this vitamin that is required for bone remodelling/growth.

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Foodland Shelburne

foodland.ca

Am Braigh Farm

ambraighfarm.com

Hidden Meadows Farm

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