

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Kale, salad mix, spinach, radish or turnips, cilantro

Recipe of the week:

Kale and Potato Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion (or 3 or 4 green onions)
- 1 or 2 cloves of garlic
- 2 potatoes (or more, depending on size and preference)
- 4 or 5 kale leaves
- Salt, pepper to taste

Optional: you can add other vegetables like celery, carrots, zucchini, and you can omit the fresh onion and garlic if you have powder or dehydrated onions and garlic.

Directions

1. Wash/clean vegetables before using.
2. Mince the onion and garlic.
3. Peel and cut the potatoes in small cubes.
4. Cut the kale into thin strips.
5. Heat the oil in a pot.
6. Sauté the onion and garlic.
7. Add 4 to 6 cup of broth (any kind of your preference, or water if you don't have broth)
8. Add the potatoes
9. Heat until boiling. Turn down the heat and simmer until potatoes are cooked (12 to 20 minutes, depending on the kind of potato and when it was harvested).
10. Add the kale. Simmer for another 5 minutes.
11. Salt and pepper to taste. Now, serve and enjoy!

You can enjoy the soup as is, or blend it for a creamy texture.



Cooking around the World

If you cook with chard, spinach, watercress, chipilín (Central America), quintoniles (Mexico), paico (Andean region), or callaloo (Caribbean), you can use kale instead in most dishes - for example, in broths, scrambled eggs, quesadillas, tamales, or salads.



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM