

Winter Greens Soup



Make 4 cups vegetable stock

keeping warm over low heat

Heat 1 Tbsp olive oil in soup pot, add 3 cups sliced y. onion, $\frac{1}{2}$ tsp salt, several pinches pepper. Sauté med heat 5-7 min.

Add 4 chopped garlic cloves, 1 cup sliced chard stems, cup sliced potato, 1 cup sliced carrot, Sauté 5 min.

Add $\frac{1}{2}$ cup stock. Cover $\frac{1}{2}$ cook for 10 min. Once vegetables tender, add $\frac{1}{4}$ cup dry white wine. Simmer 1-2 min, until pan is nearly dry.

Stir in one bunch kale, stems removed one bunch chard stems removed. 1 tsp salt, pepper pinches & 3 cups stock.

Cover $\frac{1}{2}$ cook 10-15 min. Add 1 bunch spinach, stems removed. Cook 3-5 min.

Puree soup in blender til smooth.

Season 1 Tbsp lemon juice, $\frac{1}{2}$ p

Garnish w/ garlic croutons/parm



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Sesame Kale



Mince 2 garlic cloves.
Tear 1 bunch destemmed,
wet kale into small pieces
Heat 2 tsp sesame-seed
oil in skillet over med-low
heat. Add garlic & saute
20 seconds. Add kale &
2 TBSP water & cover,
stir kale after 1 min. Cover
1 min. Stir in 1 tsp soy sauce
& 2 tsp toasted sesame seeds



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Sucrine du Berry Soup



Gently Fry 1 Lge Onion
Add 2 cloves garlic &
1 chili & fry 1-2 min
Add 1 tsp herbs de
provence & half a
chopped sucrine du berry
squash.

Fry 5 minutes.

Add 2 cups carrot
juice & simmer 30 min



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Buttered Beets with Arugula

Add washed trimmed
Beets to cool water. Cook,
medium heat until tender,
Drain, cool, peel skin.

Slice $\frac{1}{4}$ inch thick.

In large pan, melt $\frac{1}{2}$ stick
unsalted butter.

Add Beets, saute till hot.

To serve, arrange arugula,

Top with beets, drizzle w/
with contents of pan.



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