

edible [★] alchemy formulae

① Heat olive oil in the bottom of the pot. Add garlic, sauté for 1 min.
Add leeks and kale stems, sauté for 2 min.
Add potatoes, carrots, & kale leaves, sauté for 5 minutes. Season w/ salt & pepper.

② Add the vegetable stock. Cover, and allow to simmer for around half an hour. The potatoes and carrots should be soft and mashable!

③ Allow to cool for a few minutes. Mash the soup with a masher, or puree in a blender/food processor if you'd like really smooth soup (make sure it's cool though!)

④ Warm up again (if desired) and add in the milk/cream. Season to taste. Do not allow to boil again, as milk will begin to curdle.

⑤ Serve hot or cold, garnished with the chopped herbs and grainy bread for dipping. ☺

edible

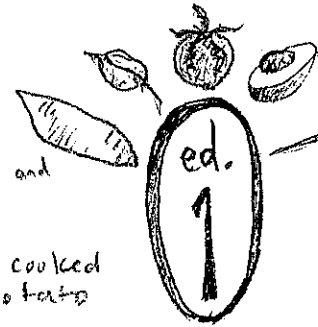


feel free to send comments, recipes, suggestions, or complaints to: cometogether86@hotmail.com

Andree

YAMS!

- great source of vitamin C & B and potassium.
- Yams can be cooked just like a potato (whole, mash, fries, chips...)
- Scrub well and eat the skin too.



or you can eat your tops!
Carrot tops can:

- be used as parsley!
- be eaten raw
- be steamed
- be put in soups/stews.
- be made into a tea to aid detox & digestion

(be well) (eat organic.) (sustain)

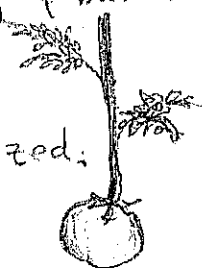
bruschetta

by Glenn

ingredients:

- 2 medium tomatoes, chopped.
- 4 T olive oil
- 2 T each of rosemary, thyme, & basil, fresh & chopped.
- 2 cloves of garlic, minced.
- 12-16 bread slices, baguette sized.
- salt
- pepper

feeds: 2-4
time: 20 min



- 1 Pre-heat oven (225°F), broiler (lo), or grill.
- 2 Combine tomato, herbs, & 1/2 of garlic & olive oil. Let sit to allow flavor to intensify. (The longer, the better!)
- 3 Brush bread with olive oil and spread on garlic. Grill until golden brown.
- 4 Top bread with tomato mixture, salt, and pepper. Serve immediately.

crunchy avocado mish-mush

- 1 Avocado
- 1 T sunflower seeds
- 1 T pumpkin seeds
- 2-3 T cashews
- 2 T raisins
- 1/3 C finely chopped kale & chard
- 1/3 C chopped tomatoes

by Carla

- * Mash together, add Bragg's to taste
- serve on salad, bread, crackers, or as a filling for maki rolls.

potato leek soup

by Andrea

Serves: 5-6
time: 1 1/2 hours

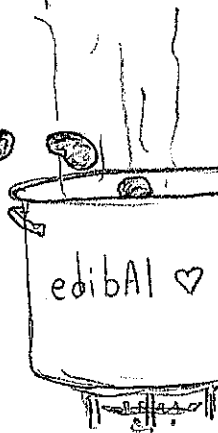
ingredients:

- 5 med potatoes, cubed. (skins optional)
- 2 leeks, chopped and rinsed
- 2 carrots, chopped.
- 1-2 c kale, leaves chopped stems diced
- 3 cloves garlic, crushed/minced/pressed.
- 4 c veggie stock
- 1 c milk/cream (cow, soy, hemp, oat)
- 2 T olive oil
- salt
- pepper

fresh herbs (parsley, chives, and/or carrot tops)
↑ chopped.

- A big soup pot with lid
- Spoon
- Masher / Food Processor

* to prep leeks, cut off roots & dark green bits, then halve & chop. Rinse in a colander afterwards. For kale, slice leafy part from the stem & chop separately.



continued!