

No Soup for You!! Unless it's Cold.

Onions, onions, and more onions. Picking onions, pulling onions, drying onions, wrapping onions, and hanging onions have all taken place this week and



none of it would have been possible without our wonderful service volunteers. At the beginning of our season, we planted around 5,000 pencil-sized onions and when we finally pulled them out of their underground havens, they were no longer pencil-sized. They were positively opulent, robust and quite aromatic. We still cannot

get the smell off of

our hands... Ryan claims this was the best batch of onions that he has ever grown. But that is not all that has taken place this week. This is our second week of service learners and we are keeping them busy. On Monday, our eager learners got to pick tomatoes, squash, zucchini, green beans and onions. The kids got to take the green beans back into the barn and got to snappin 'em right quick. All of the learners on Tuesday also got the privilege of picking the magnificent beet. While some of them helped clean and wash the beets, other assisted in thinning out the quick-growing okra. On Wednesday, a group that

Fun Facts about Onions:

Alexander the Great ordered his troops to eat onions to improve their vitality

Americans consume 21 pounds of onions per person/year

New York City was called the Big Onion before it was named the Big Apple, because you could peel off layer after layer without reaching the core.

Saltibarščiai Lithuanian Cold Beet Soup

2-3 medium to large red beets (about 1 pound)
2 medium cucumbers
2 scallions or chives
2 hard-boiled eggs
1 cup sour cream

fresh dill
4 cups buttermilk
water
salt

Clean, trim and peel beets, cover with water and boil until tender. Peel cucumbers and chop into small cubes (about 1/2 inch); peel shells from hard-boiled eggs and separate the whites from the yolks. Chop the whites very finely. Chop the scallions and mash with egg yolks and 1/4 teaspoon salt to release the onion flavor. When the beets have finished boiling, remove them from the water and reserve the liquid. Cool the boiled beets under cold running water (or pop them into the refrigerator to cool for about an hour). When beets have cooled, grate them coarsely. In large mixing bowl, add buttermilk to the beet water and blend in sour cream; then add beets, cucumbers, egg whites, egg yolks and onions. Stir until well blended. Place in refrigerator to chill. Serve with chopped dill as garnish.



Cold Onion Soup

3 lg. zucchini, sliced
4 c. chicken stock
1/2 tsp. fresh dill, finely chopped (or 1/4 tsp. dried dill)
1/2 tsp. dried mint leaves
Salt & pepper to taste

3/4 c. onion, chopped
2 tbsp. parsley, finely chopped
1 c. sour cream or plain yogurt

Place zucchini in saucepan. Add onion, parsley, dill, mint and chicken stock. Simmer, covered, for 20 minutes or until vegetables are cooked. Cool slightly. Place cooked vegetables, stock and sour cream in blender or food processor. Puree until smooth. (May have to be done in batches.) Pour into large bowl. Season to taste. Chill several hours. Serve in long stemmed goblets, garnished with chopped dill or parsley. Serves 6.

GAZPACHO--COLD TOMATO SOUP

.1 lb. ripe tomatoes or 1 lg. can tomatoes	1 med. onion, peeled
1 cucumber, peeled, halved and seeded	1/2 lg. green pepper, seeded
1 clove garlic, seeded and crushed	1 c. tomato juice
2 tbsp. lemon juice	1/4 c. olive oil
Salt	Pepper
Cayenne pepper	

Cut tomatoes, onions, cucumbers, green pepper into chunks. Put in blender or food processor with garlic and tomato juice a portion at a time. Add lemon juice, oil, salt, pepper and cayenne pepper to taste. Stir. Add 4 ice cubes to chill down or refrigerate until chilled. Serve.

Cold Lettuce Soup

4 c Boston or Bibb lettuce, torn	2 c baby spinach, stemmed
1 c fresh parsley chopped	1/3 c shallot, onion, and/or garlic,
3/4 c yogurt	2 T lemon juice
2 c vegetable stock	Salt
Pepper	
optional garnish: very thin slices of radish, carrot, and/or cucumber	

Place everything except garnish in the blender and process until smooth. Refrigerate at least three hours, until just before serving. Taste and adjust seasonings.

Any and all recipe suggestions are welcome at CSA@heifer.org