



A Taste of Spring

Cream of Fresh Spinach Soup

1 lb. fresh spinach, well washed, thick stems trimmed
3 - 4 scallions or spring onions, trimmed and roughly chopped
3 C. chicken or vegetable broth
small grating of nutmeg
salt and pepper to taste
1 C. heavy cream or half & half

- ~ Combine spinach, scallions and broth in a large saucepan or soup pot.
- ~ Bring to a boil, reduce heat to low and simmer until the spinach is very tender (about 10 minutes).
- ~ Turn off the heat and add the grating of nutmeg and a sprinkling of salt and pepper. Let cool for a few minutes.
- ~ Use an immersion blender to puree the soup. Alternatively; pour into a blender in batches, and puree until smooth.
- ~ Return to the pot and add the cream. Reheat gently; do not boil.
- ~ Adjust seasoning and serve warm or chill several hours and serve cold.
- ~ Serves 4

Recipe by Mark Bittman



Tait Farm Spring Salad with Ginger Shrub Vinaigrette

Tait Farm Spring greens

(choose from: spinach, baby lettuce mix, mesclun mix, baby kale, claytonia)

Additions - choose several:

red radishes or daikon radishes, sliced

scallions, sliced

cooked or raw beets, cubed or sliced

shredded carrots

orange, tangerine or mandarin segments

- ~ Layer your vegetable choices on a platter and drizzle with Ginger Shrub Vinaigrette (recipe below).

Ginger Shrub Vinaigrette

3 Tbs. Ginger Shrub

3 Tbs. tamari soy sauce

1/2 C. oil (such as sunflower or canola)

2 tsp. Dijon mustard

1 large clove of garlic, minced

(or 1/2 tsp. dried garlic granules)

1/4 tsp. black pepper

- ~ Whisk together all the dressing ingredients until smooth and creamy.