

Give thanks for Pinto Gold Potatoes, Honey Nut Squash, Yellow and Red Onion, Garlic, Sunchoke and Parsnips! **THE WEST FARM** fills our winter vegetables display with bright and tasty delights. Not sure how to use these goodies? Ask us... and **HERE ARE TWO READY-TO-LOVE RECIPES**. Fill your winter with local goodness. Bon appétit!



### ROASTED GARLIC & PARSNIP WINTER SOUP

The name of this soup alone will bring you comfort during our frigid and icy Vermont winter days. It is well documented that garlic can help keep colds at bay, improve good cholesterol levels and reduce blood pressure. Make this awesome Winter Soup now! It serves 4.

#### INGREDIENTS

8 parsnips, washed and cut in ¾-inch chunks

10 cloves garlic, peeled

3 large onions, thinly sliced

1 lemon

1 TBSP dried rosemary

2 TBSP Vermont maple syrup

Vegetable oil for roasting

Salt and pepper to taste

6 1/4 Cups vegetable stock

#### INSTRUCTIONS

Preheat the oven to 350F.

Place the parsnip chunks and garlic cloves in a roasting pan. Toss with vegetable oil, maple syrup, rosemary, salt and pepper. Roast for 15 to 20 minutes.

Meanwhile, add sliced onion to a saucepan with oil. Cook on medium to caramelize, about 20 minutes. Stir occasionally.

Place caramelized onion and roasted parsnip and garlic in a blender. Add vegetable stock. Blend until smooth. Add water as desired.

Pour in a heavy bottom pan to keep warm. Squeeze in lemon juice. Season with salt and pepper. Serve and garnish with toasted seeds of choice and/or vegan cream.

### OVEN ROASTED JERUSALEM ARTICHOKE

Despite its name, the Jerusalem artichoke is native to North America and was first cultivated by Native Americans. It is also known as sunchoke, sun root and earth apple, and is related to the sunflower. It has a delightful savory and nutty taste and makes a sensational side dish or salad topping during the winter months. This easy recipe serves 4.

#### INGREDIENTS

2 LBS sunchoke, cut in 1-inch chunks

1 TBSP soy sauce

1 TBSP olive oil

Salt and pepper to taste

#### INSTRUCTIONS

Pre-heat the oven to 375F.

In a roasting pan, toss chopped sunchoke with soy sauce and olive oil until well coated.

Roast in the oven until lightly golden brown, but soft. Allow 35 minutes. Leave for 10 minutes more as needed.

Toss with salt and pepper taste before serving as a side dish or over a bed of greens.

### A Message from Jenn...

*Hey folks! I'm making **BONE BROTH** every week.*

*You can find it in the freezer. \$8/pint.*

*Make soup. Stay warm and healthy!*

**75¢  
OFF**

Any Purchase of  
**Parsnips or Sunchoke**

January 1 to 31