

Spring is at hand. We should rejoice, yet a nasty bug seems to have taken over the world. Caution is the order of the day, but let's remember that caution can, and must, coexist with comfort. We are at our best and strongest when we are gentle with ourselves. Prepare a wholesome meal. Take time to sit and experience every bite.

Try this extra tasty and healthy soup from Jenn's kitchen!

FARRO BRUSSELS SPROUTS SOUP

INGREDIENTS -

| | |
|---|--------------------------------|
| 1/2 C farro | 1/4 C oil |
| 2 large shallots chopped | 1 tsp dried thyme |
| 6 cloves garlic smashed | 3 TBS Worcestershire sauce |
| 1-inch fresh turmeric, peeled and grated | 2 TBS Soy sauce |
| 3 West Farm Carrots, peeled and cut into half moons | 8 C or 2 Quarts stock or broth |
| 20 Brussels sprouts, shredded | 1 can white beans, rinsed |
| 1 zucchini, cubed | 4 Cups spinach chiffonade, cut |
| 1/2 LB of oyster mushrooms, sliced | 1/2 tsp of red pepper flakes |
| | Salt and Pepper to taste |

Sauté the shallots and garlic in olive oil until soft. Add the thyme, red pepper flakes and carrots stirring and coating with oil.

As the carrots begin to turn soft add brussels sprouts, zucchini and mushrooms.

Add the Worcestershire and soy, coat vegetables. Add broth, farro and beans and let simmer.

After your farro is cooked through put your prepared spinach in soup and stir adding salt and pepper to taste.

Adjust any seasoning you may want more of and enjoy with a chunk of bread.



Did You Know?

Brussels Sprouts were cultivated in Ancient Rome but were first described in writing in the late 1500's. French settlers brought them to Louisiana in the 18th century. This miniature cabbage is part of the mustard family and it is a true powerhouse of nutrition. It is an excellent source of vitamin C, B6, B2, A, niacin, calcium, magnesium, zinc, potassium, phosphorus and even omega-3 fatty acids.

A Message From Jenn...

Don't forget... For your convenience, we are currently accepting phone orders (with credit card) for all your grocery needs. And we'll bring your provisions out to your car. If you do come in, know that we are taking every precaution to keep The Farm Store a healthy place to be. Stay well!

(802) 644-9463 - thefarmstorevt@gmail.com

Open 7 Days Monday to Friday 9:00 – 6:00 | Sat 9:00 – 5:00 | Sun 9:00 – 5:00