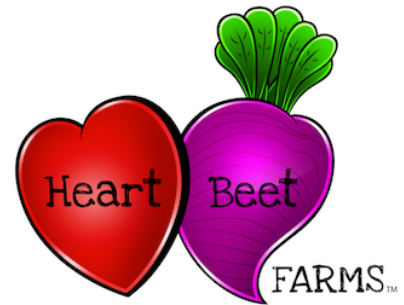


Week 10



We hope you enjoyed Week 9's CSA box & soup!

So why are soups so important to our family's healthy? Here are 3 quick reasons for families to eat soup:

- The high water content of soup means it can satisfy your appetite in a healthy and hydrating way. According to a study, people who are well hydrated with soups are more satisfied with their meals and less likely to consume unnecessary calories when they eat.
- A study out of the Netherlands found that toddlers who were given veggie and herb-packed soups for seven weeks showed an improved tolerance for vegetables of all kinds when compared with toddlers who didn't eat soup.
- Unlike other methods for cooking, soups retain the vitamins and minerals of cooked vegetables because you don't dispose of the water when you're done. That vitamin-packed water just becomes part of the savory and delicious broth.

Peace, Love & Enjoy Your Soup, Ann & Jen

Weekly Soup or Sauce: **Vegetable Soup**

Ingredients

- Eggplant
- Zucchini
- Tomatoes
- Pepper
- Kale
- Carrots
- Fresh Herbs
- Veggie Broth



*Recipe by Healthy Living Networking

What else is included in your box this week?

- Radishes
- Beets
- Tomatoes
- Peppers
- Eggplant
- Zucchini
- Lettuce
- Swiss Chard

Recipe Ideas

Quinoa Stuffed Peppers

Check out the recipe @
heartbeetfarms.com/blog

WHAT'S A SOUP CSA?

During the winter months we grow winter greens and some hardier, cold weather vegetables in our greenhouse. What better way to enjoy them but in soup!! We decided to create a Winter Greens & Soup CSA for everyone to enjoy 10-weeks of soups – 3 different kinds per week! Check out our website for more information!

heartbeetfarms.com

Link to our  **Pinterest** for recipes