Greetings Fresh Food Fans,

With the onset of cooler days and chilly nights, I instinctively start thinking about making soups and stews, and Farmers Markets are the perfect place to pick up ingredients for those satisfying and savory bowls.

The beauty of soup is that it's really hard to mess up. Unlike baking, which requires precise measurements to get the food chemistry right, any combination of hearty vegetables and seasoning is apt to be delicious. And if it's not, it can be corrected on the fly.



This Thursday:

- Purchase pasta, carrots, celery, parsley, dried herbs and chicken and you've got the basics for a delicious homemade chicken noodle soup.

- Load up on flavorful late season carrots, onions, and garlic to make a rich carrot ginger soup.

- Take home eggplants, tomatoes, zucchini, and herbs for a hearty minestrone soup.

Here are two of my favorite soup recipes.

Greek chicken orzo. The acidity from the lemon mixed with the egg gives this soup a surprising creamy texture.

Carrot Ginger Soup The combination of carrot, ginger, orange zest and coconut milk seems odd, but this soup delivers.

See ya Thursday!

Amy