

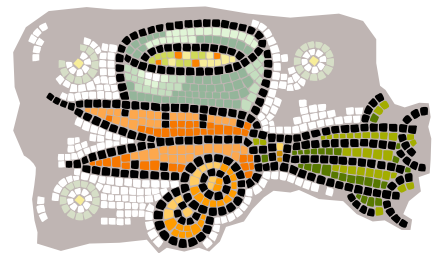
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## October's Tasty Recipe List

The theme for October is foliage. Since neither you nor I eat leaves, I used the color of the leaves as my inspiration for this month's recipes. Visit [www.take-it-outside.org](http://www.take-it-outside.org) for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

### Creamy Carrot and Fresh Ginger Soup

- 6 cups chicken *(vegans use vegetable)* stock
- 2 pounds fresh carrots, peeled
- 3 leeks, sliced in half lengthwise and thoroughly cleaned
- 4 stalks celery
- 4 tablespoons butter
- 1 (3-inch) piece fresh ginger root, peeled and grated
- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 pint heavy cream



In a large pot, bring stock to a boil. While stock is heating, chop all vegetables into small pieces (approximately 1/2-inch cubes).

In a sauté pan, over medium-high heat, melt half of the butter. Sauté vegetables with ginger and nutmeg for approximately 15 minutes, or until vegetables are browned. Add remaining butter as needed.

Add sautéed vegetables to stock, reduce heat, cover with a lid, and simmer for 30 minutes. Let cool to room temperature, add cream and then puree in a blender. Soup should be thick and smooth. If you like your soup velvety smooth, pour through a fine mesh strainer. Add salt and pepper.

To serve, reheat, ladle into bowls, then drizzle 1 tablespoon of cream into each bowl, or add a small dollop of sour cream.

*(This is a good Yankee way to get rid of a lot of root veggies, you can add turnips as well)*