

spring activities



seasonal soup celeriac, leek and parsnip soup

I like to be prepared and ready when I make soup.
So before you start make sure you have the following ready:

- 1 whole peeled and cubed celeriac
- 2 parsnips peeled and chopped
- 2 leeks
- 1 large onion chopped
- Set aside 1 litre of vegetable stock or bouillon powder

In a large saucepan sauté 2 leeks and 1 large onion with rapeseed oil and a tablespoon of butter until translucent. If you want a vegan option, omit the butter.

Slowly add vegetable stock to leeks and onions, simmer only, make sure that it does not get too hot to a full boil. Add the celeriac and parsnips and cover for 25 minutes.

Use white pepper and be mindful that salt is to taste given use of vegetable stock, mindful one does not want their soup too salty.

The use of herbs is a personal preference, the use of dry herbs versus fresh I would suggest tarragon or thyme. I have fresh thyme that survived the winter and I always have fresh parsley on hand. Tarragon is not in season, as this is the time of year we are starting it from seed. So dry tarragon would be used.

Once all the vegetables are nice and soft, blend the soup.
Top with creme fraiche, garnish with croutons and serve with bread.



for more seasonal soup ingredient ideas see which vegetables are in season in Spring...

in season in march	in season in april	in season in may
brussel sprouts		
cabbage	cabbage	cabbage
cauliflower	cauliflower	
celeriac	celeriac	
chicory		chervil
jerusalem artichoke		lambs lettuce
leek		lettuce
lemon		mint
onion	onion	onion
	new potatoes	new potatoes
pak choi	pak choi	pak choi
parsnip	parsnip	peas
pepper	pepper	pepper
purple sprouting broccoli	purple sprouting broccoli	
	potato	potato
radicchio	radicchio	radicchio
spring onion		radish
sweet potato		
	sorrel	sorrel
	spinach	spinach
	spring greens	spring greens
	spring onion	spring onion
	watercress	watercress

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by our
volunteer
Amy Banks

