



## Spring Soups

Written by Jill Grunewald and published in part in *tastebud* magazine, Apr. 2008

### tastebud

I love spring. The air is filled with a new spark and power and the sun seems to shine even brighter than when it's reflecting off of winter's white blanket. Spring is truly nature's birthing season and it's a great time for creation, both in our gardens and in our minds.

According to Dr. Elson Haas, author of *Staying Healthy With the Seasons*, "That which is found within us in winter surfaces and wants to come forth in the full bloom of spring to be later nourished by the summer sun and bring the fruits of autumn."

Greens and other early-season vegetables are often forefront in people's minds when they think of spring meals and salads are a much-welcome antidote to winter's heavier foods. Your farmers' market will be chock full of beautiful, cleansing spring harvests. (For more information on a detoxifying, spring diet, get your hands on my March *tastebud* article, *Spring Into Cleansing*.)

However during this time of year, our warmer days can quickly turn to cooler evenings, and people often look to lighter but warming options for dinner. Spring soups are the perfect answer.

### Spring Detox Soup

1 tsp olive oil

8-10 pearl onions, peeled and trimmed (antioxidant, anti-inflammatory)

½ cup chopped celery (cleanses blood, enhances blood flow)

5 cups water

1 cup peeled, chopped beet (purifies blood)

½ cup chopped carrot (tones kidneys)

1 tbsp minced ginger (stimulates circulation)

1 cup chopped asparagus (woody bases removed, tips left whole) (antibacterial)

3 tbsp miso of choice (cleanses environmental toxins)

1/4 cup minced Italian parsley (cleanses kidneys)

Salt to taste

1. Heat the oil in a 3-quart pot over medium-high heat. Add the onion and sauté for a few minutes until the onion begins to brown. Add the celery and sauté for another minute.
2. Add the water, beet, carrot, and ginger and increase the heat to high. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 to 15 minutes. Add the asparagus and cook for another 5 minutes. Remove from the heat.
3. Ladle 1/3 cup of the broth into a small cup and combine with the miso until smooth. Add this to the soup and stir through. Ladle into bowls and serve.

(source – Wai Lana Yoga)

# HEALTHFUL ELEMENTS



## **Avocado-Cucumber Soup**

1 avocado (blood-builder)

2 spring onions (antioxidant, anti-inflammatory)

½ red or green pepper (cleanses kidneys)

1 cucumber (reduces acid, cleanses blood)

2 handfuls of spinach (supports liver and stomach)

½ clove of garlic (antibacterial, antifungal)

Bragg Liquid Aminos™ to taste

100ml of light vegetable Bouillon (yeast free)

Juice of 1 lemon or lime

Optional: coriander (promotes kidney and liver function), parsley (anticarcinogen), or cumin (promotes circulation)

Blend the avocado and stock to form a light paste, and then add the other ingredients and mix until the consistency is neither too thick nor too thin. Heat slowly on your range-top burner to preserve the most nutrients.

(source – unknown)