

## Common Soil Recipes for September/October:

Our wonderful Common Soil veggie boxes seem to be filling up with pumpkins/squashes/green leafy veggies/carrots and delicious root veggies including beetroot, kohlrabi, radishes and mooli. Some of these veggies are more challenging to cook with. I tend to have a reluctance to cook pumpkins and squashes. Not because I don't like their delicious taste but simply because I find cutting them up hard work!! Much to my happiness I have found a much simpler way of preparing them so am sharing this with you too.

### Mooli/Daikon radish:

**White daikon/mooli radish has many nutritional values. It has a very high water content, about 94%, plus high in dietary fibre, calcium, phosphorus, iron, potassium, vitamin C and folic acid. Daikon is a "natural digestive agent" which always makes me super happy. It contains various digestive enzymes, which help break down starch and fat in food, promote food digestion, relieves chest tightness, and inhibits hyperacidity. It also helps your stomach to churn which helps metabolism and increases nutrient absorption and detoxification. It can be eaten cooked or raw.**

### White radish and tofu soup:

1 x diced and peeled Common Soil mooli or white radish  
1 x block semi firm tofu – cubed  
3 mugs water with added veggie bouillon/veggie stock  
Half an onion – diced  
Ginger root – depends how you like ginger. I love it so I would probably peel and then thinly slice about a thumb size of ginger. If you don't like this much just change to suit you.  
1 x teaspoon white miso paste  
2 spring onions  
A small handful of shredded green leaves – chard/cavolo/cabbage/kale/chard/whatever leaves we have  
**To begin, dice the peeled radish and semi-firm tofu. Put to one side.**

In a saucepan add 3 mugs of water and 1 cup of vegetable stock into the pot together with the teaspoon of white miso paste. Add the

chopped onion, ginger and the shredded cabbage/chard or whatever leafy greens we have received in our box. Let everything simmer for about 10 minutes before adding the daikon and tofu. After the radish turns translucent, serve the soup with spring onions on top. Add more water for a thinner soup if you prefer

You can adapt this so many ways – add rice noodles or ramen noodles to “beef” it up and turn into a substantial dinner, add additional chilli, lemongrass, pak/bok choi and coconut milk with Thai green curry paste for an Asian curry or even marinade and sauté firm tofu beforehand to make it crispy and change the texture.

### Kohlrabi:

**Kohlrabi is also called German turnip or turnip cabbage and looks rather like something from outer space. It is part of the BRASSICA family so not a turnip at all (like cabbage, broccoli, cauliflower, kale, Brussels sprouts, collard greens and Savoy cabbage). All parts of the kohlrabi can be eaten, both raw and cooked. It is delicious steamed, sautéed, roasted, stuffed, creamed, in soup or stew, and eaten raw. Smaller kohlrabi tends to taste sweeter; the vegetable develops a sharper, more radish-like flavour as it matures. Nutritionally it is full of fibre and vitamin C, (think collagen synthesis, iron absorption, and immune health). It's a good source of vitamin B6 (immunity, protein metabolism, and red blood cell production) and finally potassium, a mineral and**

**electrolyte that's important for heart health and fluid balance.**



**Kohlrabi Slaw** - This recipe is open to experimentation – why not replace some of the ingredients with broccoli, cauliflower, Brussel sprouts, beetroot, mooli or radish?

1 large Common Soil kohlrabi, peeled, stems trimmed off, grated  
¼ head purple or green cabbage, shredded  
2 medium carrots, peeled and grated  
½ red onion, grated  
4 tablespoons chopped fresh herbs – any you like  
1 x dessertspoon vegan yoghurt or vegan mayonnaise  
1 x tablespoon “mother” apple cider vinegar  
1 teaspoon maple syrup or stevia (optional)  
Combine the kohlrabi, cabbage, carrots, onion, herbs and raisins (if using) in a large bowl. Whisk together the mayonnaise, cider vinegar, sugar, and salt. Pour the dressing over the slaw, and mix until fully coated. Chill for several hours before serving. Makes a great side dish or part of a salad lunch.

#### **Greens and Protein:**

**This takes less than 15 minutes to cook and is very tasty plus it's filled with nutrients and protein. Eat for lunch or supper or even brunch! Experiment with veggies too.**

1 x egg  
1 tablespoon oil  
A sprinkle of chilli flakes (optional)  
Salt and pepper

A dribble of water  
Dessertspoon mixed nuts ( I used walnuts, almonds, Brazils and cashews)  
1 teaspoon Ras El hanout  
1 teaspoon ground paprika  
Grating of nutmeg – about a teaspoon  
1-2 handfuls of fresh Common Soil greens – I used chard and cavolo nero– washed and chopped  
Kohlrabi – although you can skin the kohlrabi I didn't. I simply prepared it by using my mandolin. I used the mandolin's thickest setting but if you don't own one then use your potato peeler to obtain ribbons of kohlrabi instead. I used about a quarter of it  
A dessertspoon of “vegan bacon lardons”  
Balsamic glaze (optional) and a squeeze of lemon juice

Use a wok or a frying pan which has a lid. Begin by adding oil and gently warm over a hob. Once warmed add the teaspoon of paprika, vegan bacon lardons and kohlrabi. Gently sauté until the kohlrabi becomes transparent and the lardons begin to brown (only a few minutes). Now add the greens, mixed nuts and the ras el hanout plus salt and pepper. Gently stir. The greens should begin to wilt, adding a little water to stop them from sticking or burning and the nuts turn colour. Add a sprinkle of chilli flakes and the nutmeg. Stir again. Now break the egg into the centre of the wok/frying pan. Watch as the egg white begins to change colour. Once this starts place the lid over the frying pan, turn the heat down to a low and wait until the egg is ready. I actually used an egg timer at this point and it seemed to work perfectly. Your dinner should be ready when the egg timer ends – unless you like your eggs hard or are using a large or goose egg! I served this dish with a twist of balsamic glaze over my egg and a squeeze of lemon juice over the veg. Delicious.

#### **Kohlrabi Soup (sourced from [yupitsvegan.com](http://yupitsvegan.com))**

2 tbsp good quality oil or vegan butter  
1 yellow or white onion diced  
3 cloves garlic minced

¼ tsp ground black pepper  
¼ red pepper flakes or chilli flakes  
8 oz Common Soil potatoes peeled and cubed (or other waxy potatoes)  
1 Common Soil kohlrabi peeled and cubed  
4 cups low-sodium vegetable broth  
1 bay leaf  
fresh herbs (optional, for serving)

In a stockpot, heat the olive oil. Add the onion and a pinch of salt, and cook with occasional stirring until the onion is softened but not browning, 4 to 5 minutes. Add the garlic, black pepper, and red pepper flakes, and cook for another 60 seconds or until the garlic is fragrant.

Add the cubed potatoes and kohlrabi, stirring to combine, and cook for about 1 minute. Add the vegetable broth and bay leaf. Bring the mixture to a boil, then reduce it to a simmer. Continue to cook, stirring occasionally, until the kohlrabi and potatoes are tender, about 20-25 minutes.

Remove the bay leaf. Use an immersion blender to puree the soup until smooth; or transfer to a blender or food processor and puree in batches. Season to taste with additional salt, pepper, and olive oil; serve warm.

**KOHLRABI GREENS:** Wash the greens well and cut them into bite-sized pieces. Preheat the oven to 180. Dry the greens, toss them with a very light coating of oil and bake them on a baking sheet until crisp and lightly browned, about 6-10 minutes (timing will vary).

**Pumpkin and squashes:** You know Samhain/Halloween is just around the corner when pumpkins and squashes appear. Obviously we can all make beautiful lanterns out of them but eating them is really good for us too. Just one serving of pumpkin/squash supplies 59% of our daily Vitamin A requirements! They are loaded with vitamin E, iron, folate, Vitamin C, fibre, B vitamins, potassium so can be classed as a super food for autumn. Did you know we need vitamin A for our eyesight, to boost immunity, for our reproductive systems, and to help heart, lungs, kidneys, and other organs stay healthy.

Studies show that higher potassium levels can lower your risk of stroke, kidney stones, and type 2 diabetes and may help increase bone mineral density too.

Unsalted pumpkin seeds are also crammed with minerals and plant sterols that raise HDL cholesterol levels (the “good” kind) and help keep blood pressure down too. Pumpkin seeds also contain tryptophan, an amino acid that helps make serotonin. Serotonin is the “feel good, happy hormone” and is a key player in promoting good sleep.

**Nutty Gardener’s Lunch** - makes at least 2-3 servings (this is my adaptation from a recipe I have had for years but I think it originates from Hugh Fearnley Whittingstall).

1 x tin green lentils, black beans or white butter beans – drained and rinsed  
1 tablespoon vegan butter  
Glug of oil  
Sea salt and fresh ground pepper  
1 diced onion  
2 diced carrots  
Half a diced common Soil squash or pumpkin or sweet potato  
Large mug of veggie bouillon  
Teaspoon cumin seeds  
Handful chopped fresh sage leaves or Common Soil herb selection  
Dessertspoon chopped nuts and seeds (I used walnuts, cashews, Brazils, almonds and an additional teaspoon of mixed seeds (pumpkin, linseeds, sesame, sunflower, chia) because I am greedy!!!

Heat the butter and oil together then add onion, carrots, pumpkin/squash or sweet potato with the cumin seeds. Sizzle for about 5 minutes moving them around to stop them sticking. Add the stock early if this happens. Now add the lentils and stir. Place the lid on and allow the mixture to simmer gently for about 10 minutes or until everything is soft. Add the nuts for the last 5 minutes and the sage leaves. A simple meal and easy to digest but keep your eye on it so it doesn’t burn!

Serve on its own for a simple lighter meal or with some brown rice and any Common Soil green veggies (I used broccoli) for a larger meal.

**Note: One of the easiest ways to cook any form of squash or pumpkin is simply to cut in half or quarters, remove seeds, turn skin side up and bake in the oven with a little oil for around 30-45 minutes. Once baked you can skin easily and either make soups or fill with other delicious things like chilli con carne or ricotta and spinach for a sumptuous meal!**

### Easy Roasted Pumpkin Seeds

**Season pumpkin seeds with almost anything from your spice cabinet. Boiling the seeds in a little salted water for 5 minutes before roasting helps to clean them but is not essential. Before baking, pat the boiled seeds very dry otherwise they will not brown or crisp.**

Your pumpkin seeds

1 teaspoon fine sea salt, plus more for serving  
2 teaspoons olive oil, melted coconut oil or nut oil like walnut

2 teaspoons a spice blend such as curry powder, harissa or chili powder

Heat the oven to 180c. Line a baking sheet with parchment paper.

Fill a medium saucepan with about 2 cups of water and season with 2 teaspoons salt. Bring to a boil.

Scoop the seeds from your pumpkin. Add the pumpkin seeds to a bowl filled with cold water and swish them around until the seeds float and are mostly clean.

Add cleaned seeds to the boiling salted water. Simmer for 5 minutes. Drain and pull away any remaining pumpkin attached to the seeds.

Scatter the seeds onto clean dishcloths and pat them very dry. Mound the dried seeds onto the prepared baking sheet. Add the oil and any spices on top then toss until well coated. Spread the seeds into one layer. Bake, stirring the seeds at least once, until fragrant and golden around the edges, 10 to 25

minutes, depending on how large the seeds are.

### Beetroot Hummus

1 tablespoon cumin seeds

200-300 g cooked beetroot

1-2 large clove garlic, peeled and crushed

1 heaped tablespoon tahini

Juice of a lemon

Salt and black pepper

Toast the cumin seeds in a dry frying pan over a medium heat, shaking the pan constantly until the darken and smell delicious. This will only take a minute. Then crush the seeds in a pestle and mortar or whizz in your blender for a few seconds. Add the rest of the ingredients to the blender and blend to a thick paste. An amazing lunch dish with crudités or added to millet salad or a wrap. To super charge your energy, digestion and health add a dollop of pickled kohlrabi to your beetroot hummus and voila you will be super charged!

### Pumpkin spice granola (serves 4) from college of naturopathic medicine

A sweet recipe to finish off.

2 tbsp soft coconut oil

135 grams jumbo oats

190 grams roughly chopped pecans

1 heaped teaspoon of ground cinnamon

1 heaped teaspoon of ground ginger

65 grams roughly chopped walnuts

75 grams pumpkin seeds

80 grams chia seeds

75 grams baked and

mashed/puréed common Soil pumpkin or squash

80 grams maple syrup (or use yacon which is a sweetener suitable for diabetics)

1/8 tsp ground cloves

A pinch of sea salt

1/4 tsp ground mace

Preheat the oven to 160 degrees for conventional or 140 degrees for fan assisted oven, and line a shallow oven tray with baking paper. Add the oats, nuts and seeds to a large mixing bowl and mix well to combine. Add the ginger, cinnamon, mace, salt and cloves to the

bowl. Toss the mixture to distribute the seasonings evenly.

Add the coconut oil, sweet potato purée and maple syrup to a small pan over a gentle heat. Stir together until the oil has melted and the mixture is fully combined.

Pour the wet mixture over the dry ingredients, stirring well to ensure the mixture is evenly coated in the liquid.

Now tip the mixture out onto the lined oven tray and spread it evenly. Bake in the oven for approximately 30-35 minutes, turning frequently and breaking up any large clumps.

The granola should be golden brown and

fragrant. Allow to cool completely before serving with nut or plant milk.

**Justine Evans ND is a Naturopath and Nutritional Therapist living in Stroud. She is passionate about seasonal living and runs 4 online cleanses per year following the seasons. Her upcoming cleanse focuses on spleen health for 10 days mid-October. Please visit her website for more information [justineevans.co.uk](http://justineevans.co.uk)**