Nature's Wisdom Magazine
natural health, spirituality, & environmental awareness

Natural Bistro - Soups

Who says "health food" isn't delicious? Discover recipes that give you the benefit of whole nutrition, good health and good taste.

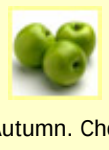
At last the heat of Summer begins to ebb and cooler Autumn days usher in vibrant foliage and farm stands that are brimming with the harvest. Now comes the time to draw hearth-side with a tray of delicious Autumnal fare. Prepare this soup and these scones as an Equinox Feast, or as a hearty meal anytime this season. Enjoy with a mug or fresh pressed apple cider, either cool or warm.

Note: The recipes this issue, contain dairy and *are not vegan.* They are, however, flexible and delightful seasonal dishes. Non-vegan items may be omitted however, and all dairy ingredients may be substituted.

Recipes this issue have been chosen for their seasonal, historical and healing significance. Look for these ingredients and herbs:

Historical Ingredients

Squash Once carved as early jack-o-lanterns, revered as one of the three "sisters" by Native Americans and a well known staple of New York State, butternut squash conjures images of the season as perhaps no other vegetable can.



Apple orchards are almost synonymous with New York State. Bushels grace markets and farm-stands, heralding the arrival of Autumn. Choose locally grown, pick your own if you can, and try for organic, of course.

Healing Ingredients

Sage Salvia officinalis Small blue flowers and a velvety texture characterize this healing herb, which lends a distinct scent to the garden. In the garden, it naturally repels pests; in our bodies it delivers powerful phytochemical action. Loaded with beta-carotene, tannins, calcium, potassium, selenium and B-vitamins, sage is a healthy and aromatic addition.

Squash and Apple Soup with Brie Nutritional Information (per 1 cup serving):

Calories:	300
Calories From Fat:	45
Total Fat:	56
Cholesterol:	20 mg
Sodium	460 mg
Total Carbohydrate	29 g
Dietary Fiber	3 g
Sugars	16 g
Protein	9 g
Vitamin A	180%
Vitamin C	30%
Calcium	25%
Iron	8%

Cornmeal Sage Scones, Nutritional Information (per serving=1 scone):

Calories:	170
Calories From Fat:	60
Total fat	7 g
Cholesterol	3 mg
Sodium	490 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Sugars	1 g
Protein	5 g
Vitamin A	6%
Vitamin C	0%
Calcium	15%
Iron	8%

Squash and Apple Soup with Brie

1 cup apple cider or juice
1 (1 1/2 lb.) butternut or buttercup squash
1 medium onion, thinly sliced
1 tart baking apple, cored, cut in half crosswise
1 1/2 cups vegetable or chicken broth
1 cup skim milk or plain soy milk
1/4 tsp. sea salt
1/8 tsp. ground nutmeg
3 oz. Brie cheese, rind removed, diced (1/2 cup)*
1/4 cup sour cream, if desired
1 large apple, peeled, cored and diced

Heat oven to 350 °F. Place apple cider in 13x9" pan. Wash and rinse shell of squash; cut in half and remove seeds. Place, cut side down, in pan with cider. Add onion; cover with foil. Bake at 350F for 40 minutes.

Place apple halves, cut side down, in pan with squash; cover. Bake an additional 20 to 25 minutes or until squash and apple are tender. Uncover and let stand 10 minutes to cool.

Remove peel from squash and apple; discard. Place cooked squash and apple pulp in food processor or blender. Add cider and onion from pan; add 1 cup of broth. Process until smooth.

Pour squash mixture into large saucepan. Add remaining 3/4 cup broth, milk, salt and nutmeg; mix well. Cook and stir over medium heat for 5 to 10 minutes. Add cheese and stir until melted.

To serve, spoon soup into six individual soup bowls. Top each with diced uncooked apple.

** Brie may be omitted.*

Makes 6 1-cup servings

Cornmeal Sage Scones

1 1/2 cup all purpose flour
1/2 cup yellow cornmeal
1/4 cup grated hard cheese (Parmesan or Romano work well)
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 tsp. dried sage leaves, crumbled
1/2 cup butter
3/4 cup buttermilk

Heat oven to 425°F. Spray cookie sheet with nonstick cooking spray. Lightly spoon flour into measuring cup and level off. In large bowl, combine flour, cornmeal, cheese, baking powder, baking soda, salt and sage. Mix well.

Using pastry blender or fork, cut in butter until mixture resembles coarse crumbs. Add buttermilk; stir just until dry ingredients are moistened.

On lightly floured surface, gently knead dough 10 times. Place on sprayed cookie sheet; roll or pat dough into 6 1/2" circle. Cut into 8 wedges; do not separate.

Bake at 425F for 20 to 25 minutes or until light golden brown. Cool 5 minutes. Cut into wedges and serve warm, alongside a steaming bowl of Squash and Apple Soup.

Makes 8 Scones

As Publisher of Nature's Wisdom Magazine, **Jo Lynne Gianvecchio-Valerie, BA, CH, CHA** combines her training as journalist, herbalist and holistic aromatherapist. She is founder and Board Chair of the Natural Food Cupboard in her native Rochester, New York, where she resides with her husband, three children and Siberian Husky.

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