

## SUMMER SOUPS

### Corn Soup

¼ onion, minced (optional)  
½ teaspoon ginger, grated  
1 teaspoon sesame oil (optional)  
1 3-inch piece of kombu  
Kernels from 6 ears of corn  
6 cups of water  
1 teaspoon sea salt  
½ cup oatmeal pureed in ½ cup water  
2 tablespoons tahini  
2 tablespoons croutons

- Saute onion and ginger for 5 minutes.
- Add kombu, corn, water, and salt.
- Bring to scald. Reduce heat. Simmer 20 minutes.
- Add oat mixture and salt. Simmer 15 minutes more.
- Add tahini at end of cooking.
- Remove kombu.
- Garnish with croutons.
- Serves 6.

### Chilled Cucumber Soup

4 cups cucumber, chopped  
2 cups water or broth  
1 cup oatmeal yogurt\*  
1 clove garlic (optional)  
Several fresh mint leaves

- ½ teaspoon sea salt  
¼ teaspoon dill weed
- Puree everything in the blender.
  - Serve chilled.
  - Serves 4-6

### \*Oat yogurt

1 cup rolled oats or whole oats, coarsely ground  
1 cup water or rejuvelac  
½ teaspoon unpasteurized soy sauce or miso (when not using rejuvelac)

- Blend oats at high speed. Slowly pour in the rejuvelac or water and

- soy sauce or miso and blend until creamy.
- Add some previously made oat yogurt to speed fermentation
  - Set in warm place and cover. Do not seal.
  - Let ferment 6-10 hours to desired sourness. Then refrigerate.

### Jade Green Soup

½ cup tofu, diced  
2 cups leafy greens, chopped  
¼ teaspoon sea salt  
½ teaspoon oil (optional)  
3 cups broth  
½ tablespoon kuzu dissolved in 2 tablespoons water

- Saute or steam tofu 5 minutes. Add salt.

- Add greens. Saute 2 minutes.
- Add broth and simmer until greens are bright-coloured.
- Add kuzu mixture and simmer until thickened.
- Serves 3-4.