



## Nutrition Tidbits

- **Most squash, including the butternut squash used in this recipe, are a good source of Vitamin A (healthy eyes, healthy growth) and dietary fiber (healthy guts).**
- **Kale is a nutrition superstar! It's a good source of Vitamin A, folate (healthy cells), iron (healthy blood), and dietary fiber.**
- **Canned beans are equal in nutrition to dried beans. Both types of beans are generally good sources of dietary fiber, protein (healthy hair, nails, skin and muscles) and B Vitamins (healthy cells)**
- **Small amounts of vinegar can support our stomachs to produce gastric acid (which breaks down food)**



## Kitchen Hacks

- **When slicing or mincing garlic, allow it to rest for at least 10 minutes before adding to heat. This will allow you to preserve the antibacterial properties of the vegetable.**
- **Make sure to rinse your canned beans thoroughly to remove excess sodium (salt) from the canning liquid.**
- **If you'd like to try making your own homemade stock, reserve and freeze the skins from your onions and garlic, and your vegetable trimmings in a freezer-safe bag. Use for stock within three months.**



## Juicy Chef Words

- **Garnish**: edible items added to a dish that provide added flavor or are used to decorate the dish
- **Mirepoix**: a French term for a combination of 1 part carrots, 1 part celery, and 2 parts onion. It is used for flavoring soups or as the base for braised meats, poultry and fish.
- **Translucent**: when referring to cooking onions, sweating or sautéing until tender and somewhat see-through
- **Simmer**: to cook in liquid that is heated until small bubbles form throughout the mixture and rise to the surface and break at the top.
- **Aromatics**: vegetables and herbs that add both flavor and aroma to a dish



## Kitchen Pharmacy.

- **Thyme: has antibacterial and antiseptic properties, can support reducing inflammation**
- **Bay leaf: beneficial for stomach and intestinal health**
- **Parsley: contains Vitamin A (antioxidant, healthy eyes), Vitamin K (healthy bones and heart), and can support gastrointestinal health**
- **Alliums: vegetables in this family, particularly onions and garlic, contain antibacterial and antiviral properties**
- **Vinegar "with the mother": vinegar that contains bacteria used in the production of vinegar. This bacteria is a source of probiotics, which promote gut health.**



**Today's episode is focused on preparing a delicious Harvest Squash Soup with White Beans and Kale. This simple to prepare soup can help support our immunity as we transition through the seasons.**

**Be prepared to take a picture or a screenshot of the recipe at the end of the episode!**