



Grasmere  
Garden  
Village



January 2016

# Juicy January...



Happy New Year all! I hope you've all had a wonderful Christmas and a wild new year.. As some of you may know we were hit by the December floods and all of us here at the GGV would love to say a huge thank you for all your support and kindness!

I hope you've all been eating and drinking too much over the festive season, but its now for that January detox... lets start with 'the green goddess'... packed with Fibre , Vitamin C and lutein ( supposedly great for eyesight) its fab to get your year grooving!

## The Green Goddess

(the mother of all things healthy...)



- 130ml carrot or apple juice
- Flesh of 1/2 cantaloupe melon.

- 100ml cooled weak green tea
- 2 kiwi fruit, peeled

- A handful each of kale and spinach

- A good squeeze of lime juice

(don't be shy to funk it up with some other veggies or fruits!)

In your blender or with a food processor, whizz the carrot or apple juice with the flesh of half the cantaloupe melon, cooled weak green tea, kiwi fruit, kale and spinach, and a good squeeze of lime

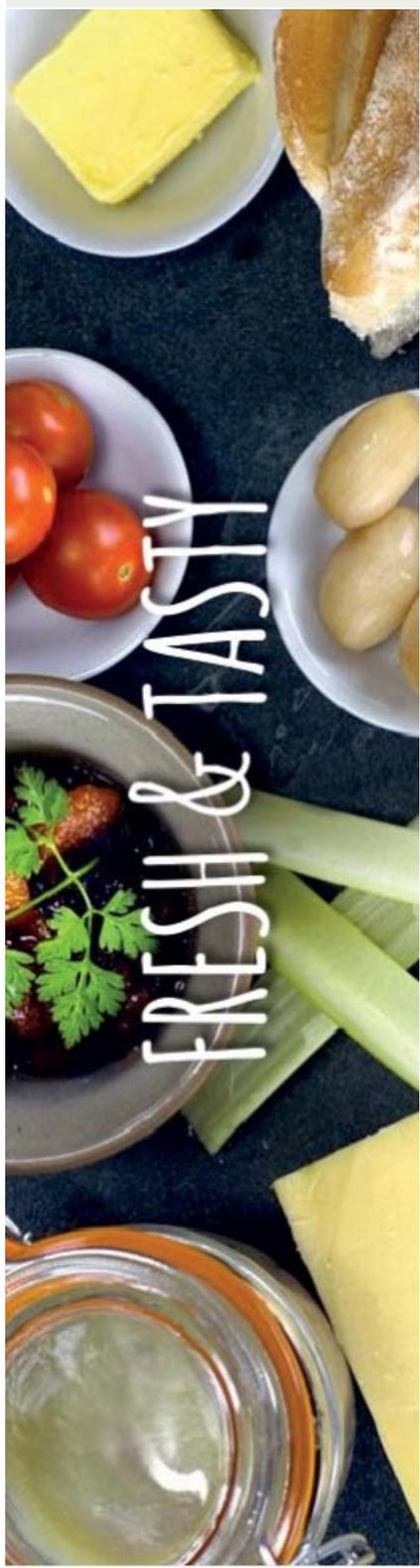
juice until smooth. Strain into glasses to serve. Maybe even add a cocktail umbrella to give it a more exotic feel!

## Crunchy Kale Crisps



Remove the ribs from the kale and chop into sections of about 1 1/2 inches. Toss in olive oil, sea salt and a squeeze of lemon juice. Now put onto a baking tray and cook in oven for 20

mins, after 10 mins turn the leaves over. Bake until crispy. And there you have a yummy, crunchy, healthy crisp alternative!



# Herbed Carrot Soup

2 lbs carrots  
1 medium potato  
1 tablespoon olive oil  
1 medium yellow onion  
1 clove garlic  
2 tablespoons fresh basil  
1 tablespoon fresh oregano  
1 tablespoon fresh thyme  
Juice of 1/2 lemon (1-2 tablespoons)  
Salt and pepper to taste



Peel and chop the carrots and potato into 1-inch chunks and place into a pot with 5-6 cups water. Bring to a boil over high heat, then reduce the heat to medium, cover and simmer for 20 or so minutes, until vegetables are tender and easily pierced with a fork. (For the oil-free version of this soup, if you wish, you could throw in the onions, garlic and herbs in at this point, too, instead of sauteeing them separately.) Remove from heat and set aside.

In a small saucepan, heat up the olive oil over medium heat and add onions. Saute for a few minutes, until soft and translucent. Add garlic and fresh herbs and continue cooking for another minute or so, stirring frequently, until garlic is fragrant and herbs are wilted.

Combine the veggies and cooking liquid, plus the onion mixture, plus the lemon juice, in a blender or food processor and blend until smooth. Season to taste with salt and pepper and return to the pot to reheat, stirring frequently, over medium heat. Serve hot, with freshly ground black pepper and additional fresh herbs sprinkled on top, if desired.

Do let us know what you've been up to via our  
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Until next time!