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## Forager's Soup

Makes 4-6 servings

**Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.**

4 tablespoons unsalted butter  
1 cup onion  
1 medium yellow potato  
Salt and freshly ground black pepper  
2 cups chicken or vegetable stock, or hot water  
1 1/2 cups milk  
1/4 cup heavy cream  
About 8 ounces (4 cups) assorted spring greens( see list below)  
2 Tbs fresh tarragon leaves (or 3 tsp dried)  
Kosher salt, ground pepper  
Wild garlic or chive flowers (optional).

Foraged greens, edible flowers, and herbs

The list below are foraged greens that I have on my property, your list may be different. The list will also differ on when in the season you are foraging. For a more complete list of greens to forage, go here:  
<https://www.growforagecookferment.com/forage>

- Dandelion, sorrel, arugula, garlic mustard,

Farmstand or grocery store greens and herbs:

- Baby arugula, baby spinach, watercress, dandelion, sorrel

### Equipment for class

Cutting board  
Chef's knife, sharpened  
Heavy bottomed soup pot



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4 tablespoons unsalted butter  
1 cup onion, diced  
1 medium yellow potato, diced  
Salt and freshly ground black pepper  
2 cups chicken or vegetable stock, or hot water  
1 1/2 cups milk  
1/4 cup heavy cream  
About 8 ounces (4 cups) assorted chopped spring greens( see list below)  
2 Tbs fresh tarragon leaves (or 3 tsp dried), chopped  
Kosher salt, ground pepper  
Wild garlic or chive flowers (optional).

Foraged greens, edible flowers, and herbs

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- Dandelion, sorrel, arugula, garlic mustard,

Farmstand or grocery store greens and herbs:

- Baby arugula, baby spinach, watercress, dandelion, sorrel

1. Melt butter in a heavy bottomed pot over medium heat. When it foams, add onion and potato and stir to coat. Reduce heat to very low, cover with lid and cook gently 10 minutes, until vegetables are soft.
2. Add the stock (or water), milk and cream to vegetables and simmer until potatoes and onions are fully cooked, 5 to 10 minutes more.
3. Add greens and simmer uncovered 2 to 3 minutes until greens are just cooked through (do not cover pot or overcook, or else bright green color will be lost.)
4. In a blender or with an immersion blender, purée until smooth. Season with salt and pepper to taste. Serve hot or cold. Garnish with edible flowers.