

Three Sisters Soup

Makes 8 portions, 1.5 cups each

Prep and cook time: 70 minutes

Soup

2 Tbsp olive oil	1/4 tsp Oregano
1 yellow onion diced	1/4 tsp Cumin
2 clove garlic, minced	1/8 tsp Cayenne
1 small bunch kale, stems removed, chopped	1/4 Chipotle powder
1.5 quart of vegetable stock	1/4 tsp Garlic powder
3 cups cubed butternut squash	1/4 tsp Onion powder
6 small yukon gold potatoes, diced	1/4 tsp Italian seasoning
1.5 cups sweet corn	1 Tbsp dried Parsley
1.5 cups green beans (or a bean of choice)	Salt & pepper to taste
1 can (28 ounce) fire roasted tomatoes, diced	
1 small jalapeño pepper, diced (remove seeds)	
Lemon wedges or lemon zest	



1. Wash kale and chop into one-inch pieces.
2. In a Dutch oven or stock pot, add olive oil and sauté onion on medium heat until translucent. Add minced garlic and sauté for one minute.
3. Add chopped kale to pot and cook for 2 to 5 minutes Season with salt and pepper. Sauté kale until greens are tender.
4. Add vegetable stock to pot, diced squash, potatoes, corn, beans, tomatoes, jalapeño, and remaining seasonings. Simmer on medium heat for 25 to 30 minutes or until the potatoes and squash are fork-tender.
5. Serve with corn bread, toasted sourdough or crusty baguette. Garnish with lemon wedge or lemon zest. Vegetarian as presented, this three sisters soup is open to customization - substitutions and additions are encouraged. Enjoy with your favorite earthy and textured Fairsing Vineyard Pinot noir.

This hearty soup is a culinary homage to the companion plantings of Native peoples. The three sisters refers to the combination of corn, beans, and squash and the technique of growing the three crops together for better productivity, and sustainable land use. When planted as a group, the tall corn provides support for the bean vines to grow, the beans add nitrogen to the soil fertilizing the corn and squash, and the low-growing squash provides shade to keep the ground moist and prevent weeds. Corn, beans and squash have been staples in the diets of many tribes over the centuries and are a complete nutritional package with carbohydrates from the corn, protein from the beans, and essential vitamins and minerals from the squash.