
August

The mellow days of late summer are both blessed and cursed with the fruits of the harvest. On the one hand, we are eating our fill of delicious home-grown veggies. On the other, we may be deluged by lush vegetation which must be either pickled, frozen, given away or left to rot. As Barbara Kingsolver laments in *Animal, Vegetable, Miracle* (a truly great book everyone should read!), with three hundred pounds of ripe tomatoes to process for the family's winter consumption, she barely leaves her kitchen all August.

One of the best resources for aspiring food-hoarders is *Putting Food By*: a step-by-step guide to all forms of food preservation, from pickling, to blanching and freezing, to drying and curing. Battered and held together only by duct-tape, my copy has been on the family shelf for thirty years and truly comes its own this month.

Since the onslaught of August zucchini is infamous, let me offer you a recipe I invented to keep ahead of it (though nothing can stop the drive-by zucchini bombings by crazed gardening friends).

Desperation Soup

In a saucepan, cover 3 cut-up potatoes, one chopped onion and a tsp. of salt with water & boil until the potatoes feel tender when poked.

If you have a vegetable or chicken bouillon cube, you can add that, too. Now add to the pot one medium-sized zucchini, cut into chunks.

Boil some more until zucchini is translucent.

Transfer pot contents to a blender, add 1/2 c. of shredded hard cheese (gouda, old cheddar or parmesan work well) and a handful of whatever fresh herbs you have – parsley, basil & chives are recommended. Blend until smooth.

You may need to add a bit more water or milk if it's too thick. Serve immediately with a dollop of butter on top.

