

This soup has 40 grams of fiber to keep healthy guts.

Good afternoon,

Last few days I have been researching how much digestible fiber my organic farm produce has from various US government sources. I am surprised to learn that our aromatic Florence Fennel bulbs and stalks contains a whopping 40 grams of digestible fiber per 100grams of serving. This is exciting news. I went ahead and made my favorite tomato soup with the fennel. It was surprisingly delicious.



Fennel bulb/stalks with tomato soup

INGREDIENTS

2 tbsp. Australian extra virgin olive oil

1 clove garlic

1 lb fennel bulb + 6 stalks (chopped)

1 medium onion (chopped)

5 whole Romano tomatoes (boiled in 3 cups of water and peeled), thicken the liquid to 1 cup of tomato stock and set aside)

1 tbsp. chopped fresh rosemary (dried is better for intense flavor and herbal efficacy)

1/2 tsp. sea salt

1 tsp. fresh thyme (dried is better for intense flavor and herbal efficacy)

1 tbsp. orange zest

1 unsalted butter (organic/grass fed/free range)

Make the soup: Pour olive oil and 1/10 stick of butter in a large pan and heat over medium heat. Add the garlic and cook until softened -- about 2 minutes. Add the chopped fennel bulbs/stalks and onions and cook until onions are translucent -- about 5 more minutes. Add the cooked and peeled tomatoes, rosemary and cook for 5 minutes. Add the reserved tomato liquid, 2 cups of water, and salt (to taste). Reduce heat to low, cover, and simmer until fennel is very tender -- about 45 minutes.

Finish the soup: Transfer the soup to a blender or food processor and purée until smooth. When serving, add the thyme and orange zest and purée until smooth. Return the soup to

the large pan and stir in the butter to desire consistency. Ladle hot soup into bowl and serve.

Health benefits besides the minerals in all these ingredients:

Fennel bulbs/stalks contain about 40gms of dietary fiber per 100gm serving. We need minimum 38+ grams daily so we minimize the chance of leaky guts. Leaky guts cause much illness such as constipation, respiratory diseases, and cardio/vascular diseases. The high fiber also facilitates fat burning, increases bowel movement and liver detox.

A recent review published in LANCET goes on to show that diet rich in fiber reduces the risks of stroke, Type 2 diabetes and colon cancer by 30%.

Tomato cooked in oil releases four times more lycopene than eating tomato raw. Lycopene is a key intermediate in the biosynthesis of carotenoids, which in turn are very beneficial to eyes, prostate, and anti-aging (aging spots).

Rosemary, besides calcium, iron, it has plenty Vitamin B6. It has been used to relieve muscle pain and reduce inflammation, enhance immune system, and circulation and memory, and support hair growth. You can add more into the soup if you like the taste.

Thyme has great antiseptic properties. Chewing a sprig of thyme can help eliminate bad breath. Some even claims it is good for curing mouth sore. I have not try it because my digestion is good so no bad breath or mouth sore.

This is a soup perfect for all ages. You can order all these ingredients from us.

Kind regards,
Lam Andrew
Chief Farmer