Gardening For Health Across South Dakota

How gardens can change a community's self image and help people heal













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Extension

Pick it! Try it! Like it!

Fruit and vegetable information

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Potato Leek Soup

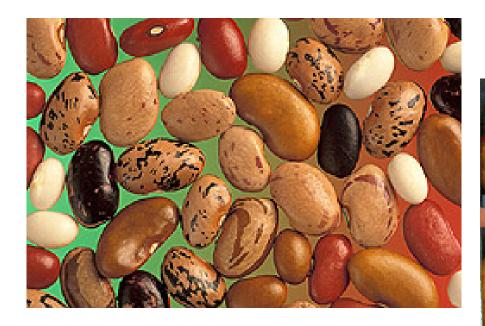
Recipe Ingredients

- · 1 Tablespoon butter
- ½ cup sliced leeks
- $\frac{1}{2}$ cup chopped onions
- $\frac{1}{2}$ cup +1/3 cup low sodium chicken broth
- · 2 cups skim milk
- ½ cup + 2 Tablespoons instant potato flakes
- ¼ teaspoon salt
- 1 Tablespoon chopped parsley (or $\frac{1}{2}$ Tablespoon dried)

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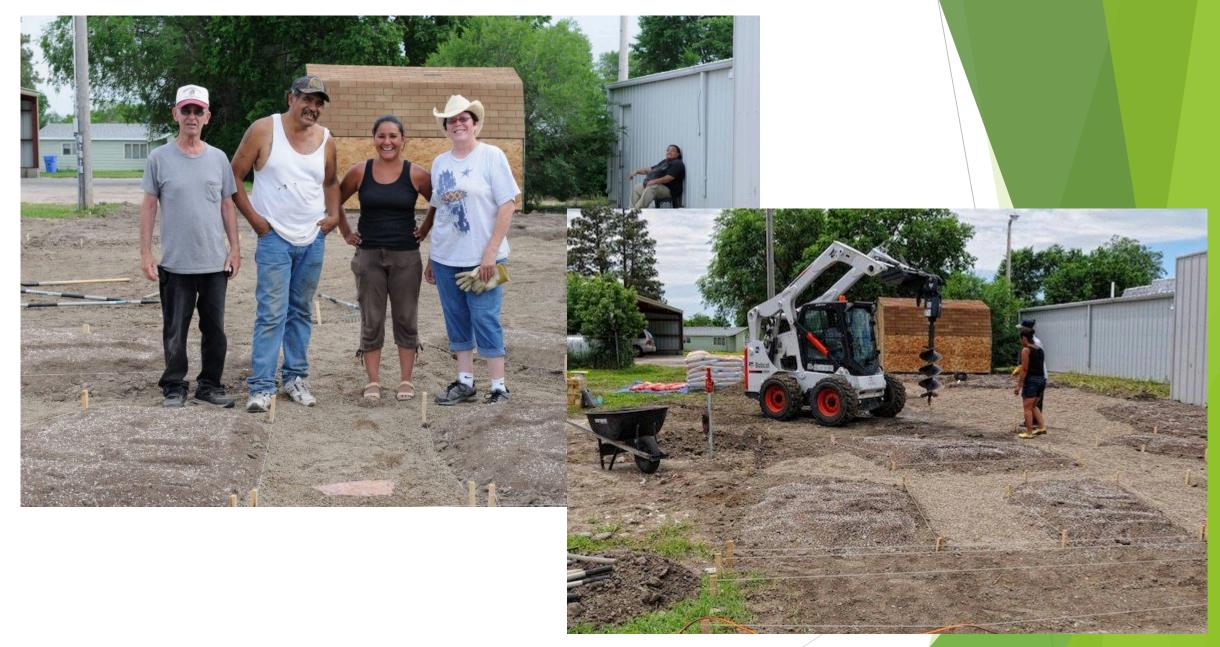








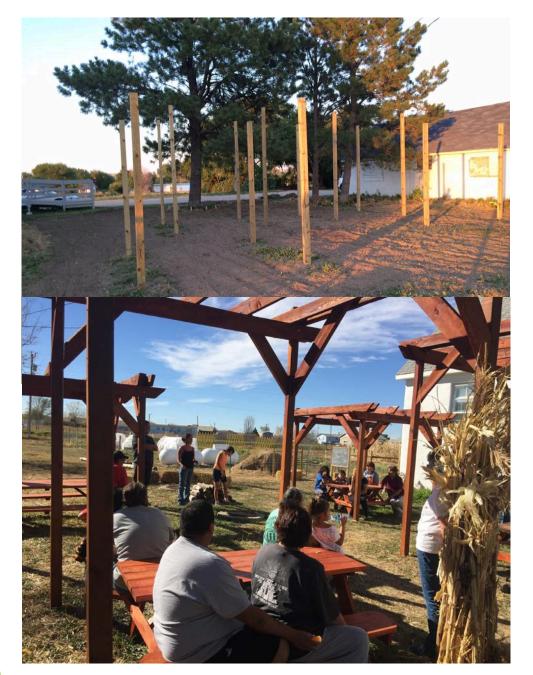




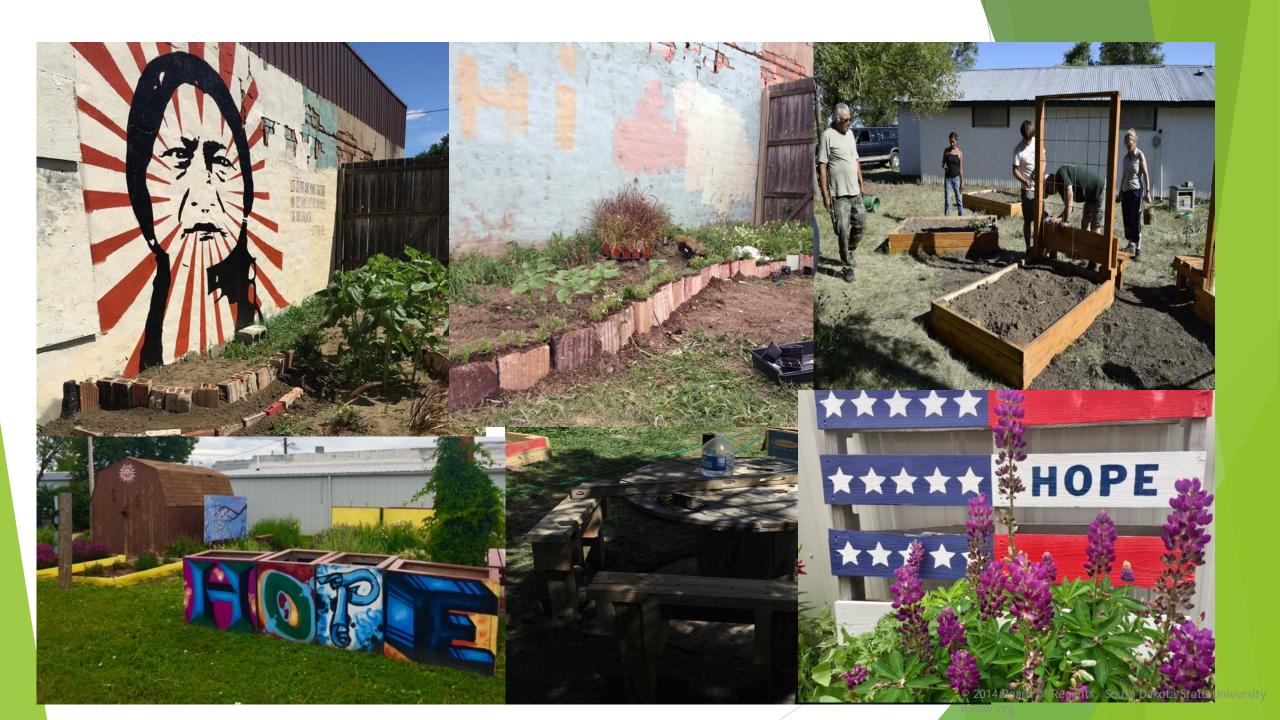


















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