

Gardening For Health Across South Dakota

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











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
- ½ cup chopped onions
- ½ 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 ½ Tablespoon dried)



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