

# Joan Palmer's Glorious Gazpacho

## A refreshing cold summer soup

4 to 5 cups of tomato juice or thin tomato purée  
3 tomatoes, chopped  
2 cloves garlic, minced\*  
1 medium green pepper, chopped  
1 teaspoon honey  
1 cucumber, deseeded and chopped  
1 onion, chopped  
1/4 cup lemon juice  
2 tablespoons balsamic vinegar  
2 tablespoons finely chopped parsley  
1 teaspoon chopped tarragon  
olive oil  
salt & pepper to taste

Wash and chop all the ingredients; small dice is best. Mix all ingredients in a beautiful pitcher and chill. Before serving, taste and then balance the sweet to acid by adding very small increments of honey or lemon juice. Drizzle with a little olive oil and add salt and pepper or additional herbs to taste. Serve garnished with parsley or edible flowers from the garden.

*\*Let garlic stand for 10 minutes after chopping or mincing to bring out the medicinal qualities.*

**Variations:** Use the fresh vegetables or herbs you have on hand: shredded and chopped zucchini, for instance, instead of cucumber; basil or mint or dill or fennel tops or all parsley instead of tarragon if tarragon is hard to find. In the cooler months of no local tomatoes, make a hot tomato soup instead along the same lines using your canned tomato juice and purée or a tasty commercial brand, maybe adding some beans to go in the direction of minestrone.

Remember: You can pay the farmer now or the doctor later  
because real food matters.

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