

Italian Spring Zucchini Rustic "Ribollita" Bread Soup + Rustic Rosemary Olive Oil Croutons + Ooh-La-La Orange Rosemary Spritzer



spring zucchini rustic "ribollita" bread soup

pinch + chop + blend

Pinch off the leaves of **2 rosemary sprigs**, then pinch leaves into teeny tiny bits. Chop **1/2 an onion** into rustic pieces. Add **1 can whole tomatoes**, **2 peeled garlic cloves**, **2 T olive oil**, **rosemary**, **2 tsp sugar/honey**, and **1 tsp salt** to a blender and blend until smooth!

grate + saute

Grate **1 carrot** or chop into very tiny bits. Add **2 T olive oil** to a skillet and sauté carrots for about 3 minutes. Add tomato sauce and bring to a boil. Let simmer for 5-10 minutes.

chop + tear + simmer

Chop or grate **1 zucchini**. Add to the tomato sauce along with **2 1/2 C veggie broth** and **1 can drained white beans**. Tear **1 C spinach leaves** into small bits. Tear **2 slices of whole wheat/sourdough/gluten free bread** into rustic 1-inch pieces. Add torn spinach and bread to the skillet and stir until spinach is wilted. Taste and add more salt if needed. Ladle into bowls and top with **Rosemary Olive Oil Croutons**, **grated Parmesan cheese** and extra olive oil!

Family Fun Recipes

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rustic rosemary olive oil croutons

pinch + tear

Pinch the leaves from **1-2 rosemary sprigs**. Discard the stems and pinch the leaves into tiny bits. Tear **2 slices of whole wheat/sourdough/gluten free bread** into rustic 1-inch pieces. Add bread to a mixing bowl.

drizzle + toss + toast

Drizzle **3 T olive oil** over the bread. Add **1 whole peeled garlic clove**, **1/2 tsp salt** and **1/4 tsp ground black pepper**. Add the torn rosemary leaves. Toss the bread until it's evenly coated. Then heat a skillet and toast the bread until it's crispy and golden brown. Top each bowl of *Rustic Ribollita* with a few croutons and ENJOY!

oooh-la-la orange rosemary spritzer

slice + squeeze

Slice **2 oranges** in quarters, then squeeze the juices into a pitcher.

measure + steep + pour

Measure **1 C sparkling water** and pour into the pitcher. Add **1/4 C sugar** and **1 rosemary sprig** and stir until sugar dissolves. Let sit for 10 minutes so that the rosemary can steep. Then add **1 C ice** and another **2 C sparkling water**. Stir again, then pour into glasses. *Saluti!*

::continued::

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shopping list!

Italian Spring Zucchini Rustic "Ribollita"

- | | |
|---|--|
| <input type="checkbox"/> 1 rosemary sprig | <input type="checkbox"/> 1 tsp salt + more to taste |
| <input type="checkbox"/> 1/2 white or yellow onion | <input type="checkbox"/> 1/4 C olive oil + more to taste |
| <input type="checkbox"/> 1 14-oz can white beans | <input type="checkbox"/> 1 carrot |
| <input type="checkbox"/> 1 14-oz can plum or diced tomatoes | <input type="checkbox"/> 2 zucchini |
| <input type="checkbox"/> 2 garlic cloves | <input type="checkbox"/> 2 1/2 C veggie broth |
| <input type="checkbox"/> 1 can diced tomatoes | <input type="checkbox"/> 1 C fresh spinach leaves |
| <input type="checkbox"/> 2 tsp sugar/honey | <input type="checkbox"/> 2 slices sourdough/whole wheat/
GF bread |
| | <input type="checkbox"/> Grated parmesan cheese |

Rustic Rosemary Olive Oil Croutons

- | | |
|--|---|
| <input type="checkbox"/> 2 slices sourdough/whole wheat/
GF bread | <input type="checkbox"/> 3 T olive oil |
| <input type="checkbox"/> 1-2 sprigs fresh rosemary | <input type="checkbox"/> 1 garlic clove |
| | <input type="checkbox"/> 1/2 tsp salt + 1/4 tsp black
pepper |

Oooh-La-La Orange Rosemary Spritzer

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> 2 oranges | <input type="checkbox"/> 1 rosemary sprig |
| <input type="checkbox"/> 1/4 C sugar | <input type="checkbox"/> 3 C soda water |

::continued::



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Let's Learn about Rosemary!

The name of Rosemary originates from the Latin word *rosmarinus*, meaning “mist of the sea” or “dew of the sea”.

Rosemary is a type of herb that is commonly used to flavor foods.

Rosemary was brought to England by the Romans in the eighth century. This herb originally comes from the Mediterranean region - the sea cliffs of Italy, France, Greece, and Spain. Ancient Greeks and Romans used rosemary for medicine and cooking!

During the English Tudor era, Rosemary symbolized fidelity, and brides would give sprigs of Rosemary to bridegroom as a tradition. In certain parts of the world, bride, groom and their guests wear branches of rosemary during wedding ceremony.

In the old days, Rosemary has been used as an herbal medicine to stomachaches, toothache, headache and even baldness.

In ancient times, rosemary was used to prevent balding and as a hair conditioner!

Rosemary is also the “herb of memory;” the leaves were supposed to quicken the mind and prevent forgetfulness. Students would wear sprigs of rosemary in their hair while taking exams!

Let's Learn about Italy!

Italy only became a country in 1861, 150 years ago.

In the 1930s and 40s Mussolini tried to get rid of all foreign words from the Italian language. So what did he do? Well he changed them of course. In soccer, ‘goal’ became ‘meta’ and Donald Duck became ‘Paperino’. Mickey Mouse became ‘Topolino’ and Goofy became ‘Pippo’. Although they’re not banned anymore, these words have stuck. So if you’re going to Disneyland you’re going to see Topolino and Pippo!

Italy is often called the *Bel Paese*, which means beautiful.

Leonardo da Vinci was an Italian scientist and artist who was the first to prove the world is round and not flat. Italian inventions: the piano and the thermometer!

Time for a laugh!

This rosemary pun was a long thyme cumin!

Why doesn't bread like warm weather? **Things get Toasty!**

Why did Rosemary get kicked out of the spice rack? **She took too much Thyme!**

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