

Starhawk's Cheap and Easy Sweet and Sour Winter Borscht

1 red onion

5-6 large beets

1 red cabbage

3 carrots

beet greens or other greens

water

up to 1 cup organic sugar, maple syrup or evaporated cane juice

up to 1 cup apple cider vinegar

optional—sour cream

fresh dill

Chop the onion, beets, carrots and cabbage. Cover with water and simmer until all vegetables are tender.

Add the greens (and really, you can throw in any leftover cooked veggies.) This is a great way to use a variety of winter greens from the garden, leaf stems from chard and collards, little bits of things that aren't enough to cook on their own.

Begin adding the vinegar and sugar, a little of each, tasting as you go—first enough vinegar to make it sour, then enough sugar to balance it out. You can make it sweeter or less sweet to taste. You can also substitute maple syrup, honey or other natural sweetener. I like rapadura or naturally evaporated can juice.

Simmer for another fifteen minutes or half an hour, until everything is tender. Serve hot or cold, with sour cream or a vegan substitute, and sprinkle with fresh dill if you can find it.

Leftovers taste even better the next day, when the flavors have time to set.

For *Permaculture: The Growing Edge* house parties – enjoy! www.belili.org