

# Table of Contents

Introduction	2
The Greens	4
Lamb's Quarters	4
Nettle Leaf	6
Purslane	8
Miner's Lettuce	10
More Greens	12
Cleaning The Greens	13
Blanching Versus Boiling	14
Understanding The Spectrum of Flavors In Greens	15
Preserving The Greens	18
A Flavorful Soup Base	20
Enrich The Flavor Within In Your Soup	24
Fun Flavor Combinations	26
Greens Soup Recipes	27