

EWG's Tip:

When adding the ¼ cup of water to the soup, be sure you are using filtered water! Consult our Water Filter Buying Guide (page 213) to help determine the best water filter for your family's needs.



Chilled Peach Soup with Fresh Goat Cheese

3 cups peaches, peeled and sliced (about 4 peaches)

¼ cup seedless cucumber, peeled and finely diced, plus thin slices for garnish

¼ cup finely diced yellow bell pepper, plus thin slices for garnish

¼ cup dried apricots, diced

2 tbsp honey

3 tbsp crumbled fresh goat cheese, plus more for garnish

¼ cup white balsamic vinegar, plus more for seasoning

¼ cup + 2 tbsp extra virgin olive oil, plus more for drizzling

1 ½ tsp kosher salt

1 large garlic clove

Basil leaves, for garnish

Black pepper, freshly ground

In a bowl, toss the peaches, diced cucumber, yellow pepper and apricots. Add the honey, 3 tablespoons of goat cheese, ¼ cup of balsamic vinegar and 2 tablespoons of the olive oil. Stir in the salt. Add the garlic. **Cover and refrigerate overnight.**

Discard the garlic. Transfer the contents of the bowl to a blender and puree. Add ¼ cup of water, and puree until very smooth and creamy – add more water if the soup seems too thick. Season with salt and vinegar. Refrigerate the soup until very cold, about 1 hour.

Pour the peach soup into shallow bowls and garnish with the sliced cucumber, goat cheese and basil. Drizzle lightly with olive oil, season with black pepper and serve.

Serves 4



Robin Emmons is an advocate, activist, humanitarian and farmer dedicated to eliminating systemic barriers in the food system that disproportionately affect the working poor and underserved populations. In 2008, Emmons dug up her entire backyard, and sowed the seeds for the nonprofit, Sow Much Good, Inc.

Recipe adapted from Chef Jason Franey's Peach Chilled Soup, Canlis, Seattle, Wash. Permission granted by Robin Emmons.