

# HOW TO HOLD A DIGITAL SOUP SHARE



5-11 OCTOBER 2020

[schoolgardening.rhs.org.uk/bigsoupshare](https://schoolgardening.rhs.org.uk/bigsoupshare)

#bigsoupshare





# WELCOME TO THE BIG SOUP SHARE 2020!

Thank you so much for signing up for this year's Big Soup Share. If you've not signed up yet, you can [head here now](#) so you don't miss out on our exclusive content and freebies!

This year has been like no other and growing and sharing food has never been more important. People all across the UK have shown incredible community spirit by growing fresh food for local food banks and food parcels, to support others through the pandemic.

This year we want the Big Soup Share to be a celebration of everyone that worked so hard to support others and kept things going. It's also a chance for people to continue supporting others during this unprecedented time or reconnect over a hot meal made from freshly grown produce.

In this guide, you will find our tips and suggestions for hosting a Big Digital Soup Share that will support people in your community, from the comfort of your own home, school, office or wherever you are based! For example, you could invite your guests to join you on a video call and either deliver soup to their door or encourage everyone to make and share their best recipes.

We also have a guide on how to host a Big Soup Share in person that follows the UK Government guidelines, if you feel you are able to do so. This might be a more suitable for those taking part in their bubbles at school or if you have connections with a community café or food bank. [Click here to download the physical Soup Share guide.](#)

Please note: the content in this PDF has been written in line with Government guidelines as of September 2020. Please adapt as necessary if the Government makes changes to these guidelines, for example, in the event of a local lockdown and ensure you remain safe at all times.

# What's it all about?

---

Each year, thousands of people from schools, youth groups and community groups around the country join us to hold a Big Soup Share in October. Last year, over 173,000 people from 3,000 different groups took part and served up a whopping 167,181 portions of soup!

This year, we invite you to take part in the Big Soup Share, between Monday 5 and Sunday 11 October 2020, as a way of supporting or connecting with people in your community or group.

# Why go digital?

---

Following the UK Government's latest guidelines, there are restrictions on the number of people that can gather in one place. With this in mind, we've got everything you need to help bring your community together online, risk free!

Plus by going digital, you may reach a whole new audience. Not only those who are isolating but also individuals who might be looking for ways to connect with others during this time.

You can use any form of video calling that suits you but throughout this guide, we'll be recommending Zoom which is easy to use and can be accessed by anyone. Read on for tips and guidance for using Zoom.

# Your Soup Share, your way.

---

At the heart of the Big Soup Share is growing, cooking and sharing, but how you decide to do that is up to you. Just remember to stay safe.

Here are some of our ideas to get you started:

- Deliver soup bags\* containing key ingredients such as a few fresh veggies, a stock cube and a recipe card so that participants can make the soup themselves. Then set up a Zoom call to make your soup together, cook-off style!
- Deliver ready-made portions of soup to members of your community or group\* and invite everyone to join an online 'Soup and Slurp' to enjoy the soup together! Sharing the same flavour of soup can increase the feeling of togetherness and you could discuss the smells and taste together
- Reach out to individuals who may not normally be able to join in. Digital events can be more accessible to those who are vulnerable or housebound. Perhaps you could connect with a local charity that supports elderly people and share your soup online together while discussing everyone's favourite soup memories
- Host an online quiz or some fun games that can be easily played over a video call. Keep checking our website and social media channels for inspiration!
- If you work in an office or are working from home, you could organise a lunchtime Soup and Slurp to check in with your colleagues and boost morale. You could ask for donations to be made online to support a charity local to your organisation
- Send blank recipe card templates to participants via email or post to make a community soup cookbook after the event\*

\*These activities should be risk assessed and precautionary measures should be taken. Please see out physical Big Soup Share booklet for more information.





## This all sounds great but how do I Zoom?

If you're not too hot on tech or have no idea where to begin, the best thing to do is to team up with some tech-savvy members of the community to help set things up and provide advice for everyone joining in. This could even be a great way to involve more young people in your Soup Share or group.

There are also some great tutorial videos out there to help you get a video call set up. For instance, watch [this video](#) to get you Zooming!

Here are a few extra tips to make your digital Big Soup Share a success:

- When hosting a Zoom chat, if everyone talks at once it can be hard to hear what's going on. It might be helpful for participants to take it in turns to talk about their soup
- Alternatively, as the Zoom host you can mute the other participants, which could be particularly useful when entertaining much larger groups online or if you are hosting a quiz or game and they need to hear you clearly
- You might want to send out a few guidelines beforehand on how your guests can join the Soup Share and what equipment they might need e.g. a webcam
- Joining a large group online can be daunting for some so perhaps to help your guests feel less anxious, send a mini programme or agenda to your guests so they know what to expect
- Make it fun and get creative! Zoom allows you to use fun backgrounds or share your screen to play games and quizzes. On the next page we've got some additional resources to make your Big Soup Share even more soup-er!

# Make your Big Soup Share soup-er!

This is the fourth year of the Big Soup Share and the pack looks a little different this year, as we have made all of our resources downloadable, instead of sending out packs in the post.

To help you promote your digital Big Soup Share and make it a success, you'll find the following on our website to download:

- Tools for your Facebook and Instagram to promote your event
- Soup themed Zoom backgrounds
- Recipe cards filled with delicious inspiration
- A bunting template for you to design, cut out and string up
- A chef's hat template – great for kids (big and small)!
- A blank recipe template to note down your guests recipes
- A 'thank you' card template
- An A4 certificate

We'll also be sharing a host of brilliant videos from some brilliant people throughout the Big Soup Share week talking to use about other community sharing activities that have been supporting people through these past few months.



The Big Soup Share is all about...well, sharing! Use **#bigsoupshare** to send us the recipes you'll be cooking and give us a glimpse of how you're making our resources your own. During the Big Soup Share week, we'd love to see photos of how you decided to support people this year.

 @RHSGrow  @RHSSchools  RHSSchoolGardening  schoolgardening@rhs.org.uk



# Big Soup Share FAQs

---

*You might have some questions ahead of the Big Soup Share. Hopefully we've got most of it covered over the next few pages but if not, drop an email to [schoolgardening@rhs.org.uk](mailto:schoolgardening@rhs.org.uk) to let us know.*

## IS IT SAFE FOR US TO HOLD A BIG SOUP SHARE?

As you'll have read in this booklet, this year will need to be different and Big Soup Shares should not encourage gatherings, as per the Government ruling at the time of writing. However, you can use the Big Soup Share to support people in your community by using the correct channels or working with existing charities or organisations that have the appropriate set-up, such as community fridges, foodbanks or cafes. Read our [physical Soup Share guide here](#).

Without a doubt though, hosting a digital Big Soup Share is the safest way to participate this year! Just remember that if you choose to invite people to come and pick up soup prior to an online meeting and you think you might attract a queue, be sure to make ample space for the queue. Lay out markers at two meter intervals where people can stand and ask those waiting to wear their masks. If you are delivering soup, be sure to keep everything sanitized and wear a mask where appropriate.

## HOW DO I SET UP A VIDEO CALL FOR MY GUESTS TO JOIN?

Over lockdown, lots of us have been keeping in touch with friends and family using Zoom, but if you're new to video calling we recommend watching [this video](#). It will talk you through the basics of setting up a Zoom account and inviting all your guests along to join.

## HOW DO YOU MAKE SOUP?

Let's start with the basics. Not made soup before? Not a problem. We hope that the recipe cards available online will give you some inspiration and the 'build your own soup' chart on page 9 will also help you to combine your produce to make a tasty dish.

If you're already an experienced Soup Chef, please share your recipes online using [#bigsoupshare](#)

## WHAT IF WE DON'T HAVE ENOUGH PRODUCE?

Short on veg? We know you might not have been able to grow much this year, if lockdown restrictions and school closures kept you from your garden. This could be a great opportunity to approach local allotment groups, schools, parents, gardening clubs and even businesses to see whether they can contribute fresh produce. You could set up a drop off station for the veg to exchange the produce safely. If it's too late to grow some quick crops (see page 9) and you have lots of hungry mouths to feed, you could top up your crops by buying more from local growers. If you're sharing soup online, you may want to drop off ingredients to your participants so they can make their own ahead of the call.

## WHAT IF WE DON'T HAVE A KITCHEN?

If you're lacking space or facilities to cook for your Big Soup Share, see if you can link up with a local school, church, library, group or similar to borrow a kitchen. Many of these have set up community cafes to support people through the pandemic so you could link up with them to serve up your soup safely. You could even cook soup outside on gas stoves.

## IS IT EXPENSIVE TO RUN A BIG SOUP SHARE?

A Big Soup Share shouldn't have to be costly so long as you have some tasty produce, an enthusiastic team and enough space for small groups to prepare or cook, while still observing social distancing and hand washing guidelines. This year, you might want to consider purchasing hand sanitiser and masks for those distributing soup. You may also be able to find a local group to partner up with, or you could approach local companies to ask for any necessary donations. Your Big Soup Share could also be a great way of raising funds for your garden. You could ask for online donations towards soup or by hosting an online quiz.



## HOW SHOULD WE HOST A BIG SOUP SHARE AT SCHOOL?

Sharing soup at school is a different story this year! You shouldn't be inviting anyone into school.

You could however cook and share soup within your bubbles if your school guidance allows. It's a great way to open up a conversation between young people, bond new classmates and have a bit of fun! Just be sure to get permission with your Head or Leadership Team and ensure you have completed a risk assessment.

Find more information check out our physical Big Soup Share Guide on [our website](#).

## DO WE NEED A RISK ASSESSMENT?

For a digital event you won't need to write a risk assessment, however if you are including any in-person elements to your event (e.g. preparing soup together or delivering soup to your participants) you can find all the information you need in our [physical Big Soup Share Guide](#).



# Harvesting top tips

---

This is the perfect time of year to pull up lots of delicious autumnal veg, perfect for cooking into soup.

Here are our tips on how to harvest your veggies:

## POTATOES

- When harvesting potatoes use a fork and take care to loosen the soil around where the plants are/were (this will depend on whether you have first, second earlies or main crop potatoes).
- If the weather is nice leave your potatoes outside to dry for an hour or two, then put them in a hessian sack or paper bag for storing in a cool, dry and dark place. Make sure you don't leave them somewhere the sunshine can get to them as this can turn them green and makes them inedible.

## ALLIUMS (*onions, garlic, spring onions and leeks*)

- Harvest onions and garlic when the foliage turns yellow and starts to topple over. Carefully lift them by using a fork or hand fork to scoop them out of the soil. Once harvested place them on a sunny windowsill, put them in the sun or hang them in a dry shed or room and allow them to dry out for two to three weeks.
- Spring onions are best picked when the base has just started to develop a small bulb of 1-2.5cm and the leaves are about 15cm tall.
- Leeks are a great long lasting crop which can be left in the ground until you need to use them. They will still grow over winter but very slowly, so harvest these at any size and any time.

## ROOT VEGETABLES (*carrots, parsnips, radish and beetroot*)

- Carrots and parsnips lose their sweetness the larger they grow. Harvest by using a fork to gently move the soil either side of the long root to loosen it, then pull it up. Wetting the soil beforehand can make it easier to pull out the roots.
- Beetroot should be harvested when it is the size of a golf ball, up until it is the size of a cricket ball. If left to grow too much larger it can become very woody in texture and flavour.
- Radishes are best harvested young and small. They can be harvested weekly, taking every second or third radish, as this allows the ones left behind to fill out the space and grow wider. Don't leave them to grow very large or mature as they become woody and inedible.



# Supe up your soup!

If you've got a couple of weeks to go before the Big Soup Share, you can grow some tasty little micro-greens that can be used as finishing touches or garnishes for your soups. These are harvested when they have grown their first true leaves and are full of flavour.

## WHAT YOU NEED

- Radish, beetroot, basil, chard, coriander, parsley or pea seeds to use as micro-greens
- Pots, recycled containers or trays e.g. grape or mushroom boxes
- Compost. If you don't have compost, you can also use felt, cotton wool or kitchen roll
- Labels
- Scissors
- Water and watering can
- A tray with no holes in it

## STEP BY STEP

There are two methods to grow micro-greens. One uses compost and the other uses wet felt, cotton wool or kitchen roll. This step-by-step guide will help you grow your micro-greens.

1. Gather all your equipment together.
2. If you are using compost, fill your pots, containers or trays with compost. The best way to do this is to scoop up the compost so it makes a cupcake, tap the container on a table or hard surface to fill any gaps and then scrap the 'icing' (compost left on top) off.
3. If you are using felt, cotton wool or kitchen roll then cut enough to fill the bottom of the container. Having a few layers is helpful. Place them at the bottom of the container and soak with water until wet through.
4. Gently and evenly sow your chosen seeds or a mix of seeds on the top of your growing medium.
5. If using compost, sprinkle a small amount of compost over these seeds.
6. Label the containers with the names of the seeds you have sown.
7. Water well and then place on a sunny bright windowsill to grow.
8. In a couple of weeks your little seedlings will be ready to harvest. Do this by cutting them from their base with scissors. Wash thoroughly before sprinkling on top of your soup as a garnish or decorative finishing touch. Voila!





# Build your own soup

Follow steps 1-7 to help you build your own soup? You could either use this chart to plan your own soup recipes, or you could share it with guests at your Soup Share. Why not ask them to build a range of soups and create a community recipe book?

1	2	3	4	5	6	7
PICK A BASE (vegetables should be sautéed)	CHOOSE A HERB	CHOOSE A SPICE	CHOOSE THE MAIN FLAVOUR OF THE SOUP	PICK 2-3 ADDITIONAL FLAVOURS	BULK UP YOUR SOUP	ADD FINISHING TOUCHES OR TREATS
Vegetable stock	Basil	Cumin seeds	Butternut Squash	Peas or beans	Drained beans	Chopped fresh herbs
Beef stock	Thyme	Black pepper	Pumpkin or squashes	Spinach or kale	Torn-up bread	Yoghurt or cream
Chicken stock	Oregano	Chilli fresh or flakes	Carrots or parsnips	Carrots or parsnips	Lentils	Croutons
Pork stock	Mint	Mustard	Peppers	Sweetcorn	Noodles	Herb oil
Tomato puree	Chives	Paprika	Courgettes	Celery	Rice	Lemon juice
Vegan Bouillon powder/stock	Coriander leaves or seeds	Mixed or Italian herbs	Sweet or normal potatoes	Onions/spring onions or leeks	Small or crushed pasta	Fresh or roasted seeds
Garlic	Rosemary	Cardamom pods	Tomatoes	Chicken or turkey	Quinoa	Nasturtium flowers
Onions	Sage	Ginger	Swede	Beef/pork	Chickpeas	Micro-greens (see page 10)
Leek	Bay	Salt	Broccoli	Fish/seafood	Wheat	Pepper
Carrot	Parsley		Peas	Tofu/Quorn	Barley	Cheese
	Fennel		Beetroot	Apple/pears	Mushrooms	Pea shoots



**WE HOPE YOU  
MANAGE TO HAVE  
A SOUP-ER TIME!**

REMEMBER TO SHARE WITH US [#BIGSOUPSHARE](#)