

The
BIG
Soup Share

8 - 14 October 2018

RHS CAMPAIGN FOR
SCHOOL
GARDENING



schoolgardening.rhs.org.uk/bigsoupshare | #soupshare

Thank you for signing up to take part in the Big Soup Share!

From Monday 8 through to Sunday 14 October 2018, schools and groups all across the UK (like you) will be holding their own **Big Soup Share** events to celebrate the amazing work they do in the garden.

In this pack you'll find a selection of resources to make your Big Soup Share celebration super:

- Two delicious soup recipe ideas
- A poster to advertise your Big Soup Share celebration
- A poster to let guests know what's on the menu
- Stickers for your pupils and helpers
- Sharon McMaster's top tips for making soup

Head to our website and you'll also find a great selection of downloadable resources:

- Soup labels to inform your guests what's in the pot
- A bunting template for your pupils to design, cut out and string up
- An invitation to send out to your chosen guests
- Tips and advice on letting your local press know about your event
- Thank you cards that you can hand out to guests
- A template to make your very own soup chef hats!



Pupil making bread at Colerne
C of E Primary School / © Ruth Fry



The largest bowl of soup prepared was **26,658 litres in volume!** It was a vegetable soup cooked in Poeldijk, Netherlands in 2009. It contained around 48,000 tomatoes, amongst other vegetables.



Sharon's Top Tips

Sharon McMaster is a parent volunteer at Ballycarrickmaddy Primary School in Northern Ireland. At school, Sharon runs regular soup days to share their produce with the rest of the school and to raise extra funds for the school garden. We asked Sharon for her top tips on running a Big Soup Share.

Safety first!

- Check the Food Standard Agency's website to make sure you are preparing your soup in a safe and hygienic way. Your school chefs may also be able to offer guidance.
- Think about what it is that you want the children to do with safety in mind:

Safe for children of all ages and abilities

- Picking vegetables and herbs
- Washing vegetables
- Setting out tables
- Pouring drinks of water or juice
- Handing out cutlery, napkins etc.

Risky. Should only be carried out by older children or adults

- Chopping vegetables
- Cooking soup
- Working with boiling water
- Serving soup

Serving your soup

- Once cooked, keep your soup warm in a soup kettle or by placing a lid over your pot.
- For younger children, I recommend portions of 225ml and for older children and adults, 340ml should do the trick. They can always come back for seconds!
- Serve your soup in insulated cups or use bowls from your school canteen. Avoid using cheap polystyrene cups as they can topple over easily which could be dangerous.



Perfect Pumpkin Soup

A great way to use your giant (or regular sized) pumpkins and always a crowd pleaser!

Makes around 8 portions, but you can double (or even triple) the quantities to feed a larger crowd or to use up the pumpkins you've grown

Ingredients

- 1.5kg pumpkin, cut in half, seeds removed and chopped into chunks
- Olive or vegetable oil
- Salt and pepper
- 1 large onion, peeled and finely chopped
- 2 garlic cloves, crushed
- 1 carrot, peeled and finely diced
- 2 celery sticks, washed and finely diced
- 3 teaspoons of curry powder or garam masala
- A thumb-sized piece of root ginger, peeled and grated
- 1 (400g) tin chopped tomatoes
- 200g red lentils, rinsed
- 2 sweet potatoes OR 1/2 a butternut squash, peeled and diced into 2cm cubes
- 2 litres vegetable stock

Equipment

- A large pan or pot that holds 8-10 litres
- Vegetable peeler
- Chopping knife
- Tin opener
- Wooden spoon
- Blender
- Ladle

Method

1. Cut the skin off the pumpkin chunks with a small paring knife.
2. (Optional) Roast the pumpkin by placing the chunks on an oven tray and covering with olive oil. Sprinkle with salt and pepper and place in a hot oven (200°C) for 15 minutes. This will bring out more flavour but you can skip this step and add the chunks of uncooked pumpkin directly to the soup if you wish.
3. In a large pot, heat a few tablespoons of oil. Add the onion, garlic, carrot and celery and gently cook for a few minutes until softened.
4. Add the spices ginger, tomatoes, lentils, pumpkin and sweet potato or butternut squash.
5. Add enough of the stock so that the vegetables are still poking out of the top of the water. You can add more liquid later if you prefer a thinner soup.
6. Bring to the boil and simmer for 15-20 minutes, stirring occasionally.
7. Allow the soup to cool slightly then blend until smooth.

Tip: Top with croutons or roasted pumpkin seeds, or serve with homemade bread



Comforting Courgette and Root Vegetable Soup

A tasty, cheap soup to make from the very easily grown courgette!

Makes around 30 portions

Ingredients

- 20 average sized courgettes (about 4kg), topped and tailed, washed and sliced
- A selection of root vegetables such as carrots, parsnips or turnips (we recommend choosing two or three and using 200g-400g of each, roughly chopped)
- Vegetable stock
- Salt and pepper
- 100g parmesan cheese, grated (optional)

Equipment

- A large pan or pot that holds 8-10 litres
- Vegetable peeler
- Chopping knife
- Tin opener
- Wooden spoon
- Blender
- Ladle

Method

1. Add the sliced courgettes and chopped root vegetables to your pan.
2. Add stock or water until the pan is about three quarters full, leaving some courgettes and vegetables poking out of the top of the water.
3. Bring to the boil and simmer for 20 minutes.
4. Once the soup has cooled slightly, blend it with a hand blender until smooth and add your seasoning.
5. Taste your soup and adjust seasoning if necessary.
6. Stir in some cream and parmesan if using, and serve!

Tip: Serve with crunchy croutons or wholemeal crusty bread



Involving your local community

For the Big Soup Share 2017, many schools and groups decided to involve their local community in their events. Sharon was involved in several Big Soup Share events last year, including one at Friends' Prep School and another with Maghberry Community Garden.

Friends' Prep School raised money by selling soup in reusable tubs, along with homemade bread. Parents cooked the soup and pupils labelled the tubs ready to sell at the school gate.

Maghberry Community Garden was set up by volunteers at the village community centre to offer growing space to local residents. They decided to host a Big Soup Share to entice people to their project by offering a free lunch! They served some of their soup hot and sold the rest to passers-by, along with some of their homemade pickles and jams. The profits from the day were a great way to boost the community group's funds and went towards their seeds and compost for the year ahead.

Pupils at **Colerne C of E Primary School** in Wiltshire, together with Colerne Gardening Club, made a delicious homegrown leek and potato soup. The school invited the Colerne Luncheon Club to the school to share it with them, accompanied by bread the children had made. Everyone loved taking part, so the school is hoping to repeat the experience this year.

Other ways you could involve the local community in your Big Soup Share

- Team up with another local school, group or nursery
- Make soup and deliver it to a local care home
- Invite your friends and family to a work party in the garden and thank them for their help with a free lunch



Making the most of your event

As well as celebrating all your hard work outdoors, you can use your Big Soup Share event to achieve even more for your school garden:

- Encourage other local schools and groups to take part with you – why not host your event in a larger venue, like a community centre?
- Find new volunteers willing to help with your garden, and thank those that already do!
- Promote your school garden to the rest of your school, group or community
- Promote healthy eating to others
- Raise funds by asking for donations towards the soup, or by selling plants or other food items as well
- Raise funds by holding a raffle or a 'guess the weight of the pumpkin' competition
- Gain press coverage by inviting your local paper or radio station along to your event



Further Resources

For more recipe ideas and resources to make your Soup Share celebration event even better, head to: schoolgardening.rhs.org.uk/bigsoupshare

Share with us

Make sure you show off your Soup Share photos and videos by tweeting us! **@RHSSchools #SoupShare**

You can also share pictures of your event on Facebook or email them to schoolgardening@rhs.org.uk



Inspiring everyone to grow

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