



HOW TO MAKE YOUR EVENT SOUP-ER!

7-13 OCTOBER 2019

schoolgardening.rhs.org.uk/bigsoupshare
#soupshare





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Once your Big Soup Share is finished and the washing up is done, we would love to hear how it went! Let us know at schoolgardening.rhs.org.uk/bigsoupsharefeedback.

WELCOME TO THE BIG SOUP SHARE 2019

Thank you so much for signing up for this year's Big Soup Share!

We're very excited that you will be joining hundreds of schools, youth groups and community groups around the country to hold celebratory events from Monday 7 to Sunday 13 October. It's time to show off and share all of your amazing gardening achievements. We're looking forward to hearing what you do!

This is the third year of the Big Soup Share and the pack is even soup-er than ever before! Inside you'll find:

- Four recipe cards filled with delicious inspiration and a blank card for you to write out your own recipes
- A poster to advertise your Big Soup Share celebration
- A poster to let your guests know what's on the menu
- Stickers to share during your event
- A packet of carrot and coriander seeds to get you ready for 2020!

You can be as creative with your event as you like! Head to our website to find a selection of downloadable resources to use in any way you want including:

- The new Big Soup Share logo
- An invitation to send to your chosen guests
- A bunting template for you to design, cut out and string up
- A chef's hat template
- A soup label template
- A blank recipe template
- A 'thank you' card template
- An A4 certificate

The Big Soup Share is all about...well, sharing! Use #soupshare to send us the recipes you'll be using for your event and give us a glimpse of how you're using our resources. We'd love to see lots of photos of your Big Soup Share and the people you choose to enjoy it with.

 @RHSSchools  RHSSchoolGardening  schoolgardening@rhs.org.uk



How can I get involved?

So what is the Big Soup Share? The idea is simple. All you need to do is harvest your home grown produce, turn it into delicious soup and share it with others during the week of 7-13 October 2019. And this year we're inviting community groups to join in the fun!

You can run the show however you like, because at the end of the day the Big Soup Share is your event. We hope that you'll use our resources (and perhaps even create some of your own) to hold a fantastic, inclusive celebration of your garden or allotment to promote healthy eating and the many other benefits of gardening and growing your own.

It's completely up to you how you run your event but here are some past examples of how other groups have organised theirs plus some extra tips to get you going:

INVOLVE YOUR LOCAL COMMUNITY

Cambusbarron Playgroup made pumpkin soup, pumpkin seed rolls and pumpkin muffins. They invited their friends from a local Needle & Natter group to share everything with them and the soup got a big thumbs up!

Buckhurst Hill Community Primary School held their event at a local church hall, rather than their school, and raised £300 for their gardening club!

If you're bringing together groups who've never met before it could be good to prepare some kind of ice-breaker eg vote for your favourite soup, take our Celebrity Soup Share quiz (see back page) or encourage people to bring along their own favourite soup recipes. Later you could even use them to make a recipe book to sell!

TEAM UP WITH ANOTHER GROUP

St Leonards Junior School invited their local University's Transition staff and the University's Vegetarian Society who had helped them with their gardening and soup recipes.

A Soup Share is a great way to find new volunteers willing to help with your garden, or at least thank those that already do.

DELIVER YOUR SOUP TO SOMEONE ELSE

Both St Gregory's Catholic College and 18th Dover (Shepherdswell) Scout Group shared their soup through local Soup Kitchens.

A year 8 student from Tring School who is normally very nervous went and presented the head teacher in her office with some soup.

.....OR INVITE THEM IN!

Woodfield School invited a couple of elderly residents from next door who joined the pupils and staff for a sit down lunch.

Bredon Hill Academy had their international partner school from Austria visiting so made sure they were invited along to their Big Soup Share event.

Somerset Bridge Primary School served from a giant pumpkin soup that had been made from their giant pumpkin that they'd grown in their garden. They served the soup to pupils, staff and residents and carers from 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.

MAKE LEARNING MORE FUN

Petham Primary School had a whole week of making, serving and eating over 200 bowls of soup! All of the classes had a chance to make different soup, including a Greek soup to fit in with their studies of Greek culture.

Grange Community Primary School served Harvest Alphabet Soup. It was minestrone soup with home-grown vegetables and mini A-Z letter pasta shapes.

Holy Trinity First School used courgettes grown in their garden for their soup share. They used the vegetables to make Giuseppe Arcimboldo inspired artwork and re-wrote the story of the Enormous Turnip!

RAISE FUNDS

The Eco Group at Pershore High School served their soup to staff during the lunchtime and raised £42 for their gardening funds!

Holy Trinity First School prepared a cheese, leek and potato bake, a vegetable stew and scones served with school-made jam and sold them to others to raise money for their garden.

Broad Haven Primary School raised £122 for their school by asking for donations for their soup.

You could also hold a raffle or a 'guess the weight of the pumpkin' competition.

....OR ASK FOR OTHER KINDS OF DONATIONS

Wolviston Primary School pupils asked local companies to donate cups to serve their soup in and gave away soup to the local community, asking for donations for the local food bank in return.





Big Soup Share FAQs

You might have some questions ahead of running your 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 if there's anything else we can help with.

HOW DO YOU MAKE SOUP?

Let's start with the basics. Not made soup before? Not a problem. We hope that the recipe cards in this pack will give you some inspiration ahead of your event and the 'build your own soup' chart on p11 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 #soupshare so that others can give them a go.

WHO SHOULD WE INVITE?

Last year all sorts of people were invited to join in with the Big Soup Share - other pupils and group members, teachers and school staff, parents and carers, local community gardeners and other residents, allotment holders, homeless people, young volunteers and groups of home educating families...the list goes on! So, the short answer is, invite anyone you think would like to be involved. Let's make this year's Big Soup Share bigger than ever!

WHAT IF WE DON'T HAVE ENOUGH PRODUCE?

Short on veg? 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 and celebrate with you! If it's too late to grow some quick crops (see page 10) and you have lots of hungry mouths to feed, why not top up your crops by buying more from local growers?

WHAT IF WE DON'T HAVE A KITCHEN OR AN INDOOR SPACE TO HOST OUR EVENT?

If you're lacking space to cook for or host your Big Soup Share, see if you can link up with a local school, church, library or similar group to borrow a hall with a kitchen for your event. Last year some of our young soup chefs were very resourceful and cooked with suitable supervision over camping stoves and carefully managed camp fires. Flasks could also be an option. You could cook the food off site and keep it warm to bring in and share out. Or failing that, there's always gazpacho!

IS IT EXPENSIVE TO RUN AN EVENT?

Hosting a Big Soup Share shouldn't have to be costly so long as you have some tasty produce, an enthusiastic team and a space for everyone to come together. You may be able to find a local group to partner up with or you could approach local companies to ask for any necessary donations. Your event could also be a great way of raising funds for your garden. You could sell your soup and other homemade goods for a small donation, run a 'guess the size of the pumpkin' competition or sell herbs and other plants you've grown.

HOW SHOULD WE SPLIT TASKS BETWEEN PEOPLE OF DIFFERENT AGES AND ABILITIES?

If you plan to involve young people or anyone with additional needs in your Big Soup Share, keep safety in mind. There are always lots of jobs to do to prepare for an event (designing posters, sending invitations, etc.) but if you are involving them in the cooking stages, you might want to assign jobs dependant on age or ability:

Safe for people 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.

Should only be carried out by older children or adults:

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



HOW DO WE DO A RISK ASSESSMENT?

We recommend carrying out a risk assessment ahead of your event. If you need any help, there is a handy example for food prep and service from the Health and Safety Executive here: <http://www.hse.gov.uk/risk/casestudies/pdf/foodprep.pdf>

WHAT ABOUT ALLERGIES?

Before you make soup for the event check the dietary requirements of your guests and choose a suitable recipe. Alternatively, if this is not possible, have a list of all the ingredients in your soup on display so guests can ensure they don't eat something they are allergic to. Why not have a few different soups available or have additional sides such as salads or bread.

SHOULD WE INVOLVE THE LOCAL PRESS?

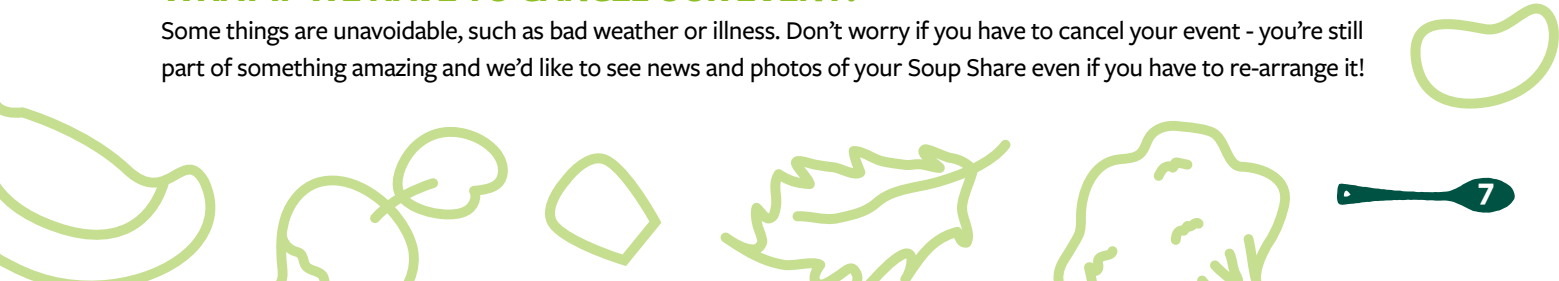
It's up to you whether you want to tell the local press about your Big Soup Share event. You might want to use your event to attract more attention to your garden or allotment, and perhaps encourage more volunteers or visitors.

HOW CAN WE MAKE OUR EVENT MORE ECO-FRIENDLY?

Ask visitors to walk or cycle to your Big Soup Share and reward their efforts with a delicious meal! Rather than serving soup in single-use cups or containers, why not invite everyone to bring a mug or bowl (and a spoon, of course!) along to the event, so they can be washed up and used again.

WHAT IF WE HAVE TO CANCEL OUR EVENT?

Some things are unavoidable, such as bad weather or illness. Don't worry if you have to cancel your event - you're still part of something amazing and we'd like to see news and photos of your Soup Share even if you have to re-arrange it!



Resources

Harvesting top tips

POTATOES

- When harvesting potatoes use a garden fork and take care to loosen the soil around where the plants are/were (this will depend on whether you have first earlies, second earlier 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 garden fork or hand fork to scoop them out of the soil. Once harvested place them on a sunny windowsill or hang 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 garden 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 between the size of a golf ball and 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.



HOW TO GROW QUICK MICRO-GREENS FOR YOUR SOUP

A couple of weeks 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. Sowing micro-greens could also be used as a fun growing activity for guests to do as part of your event.

Equipment

- 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 or 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, simply add enough water to give your desired consistency. You could either use this chart to plan your own soup recipes ahead of your event, 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





Celebrity Soup Share

We asked some celebrities and famous gardeners what their favourite plant-based soup is. Can you guess their answers?

Lee Mack

Prue Leith

Carol Klein

Chris Packham

Frances Tophill

Bill Bailey

Michaela Strachan

Jo Whiley

Watch our film here schoolgardening.rhs.org.uk/bigsoupshare to find out all the answers. Why not show it at your event and ask everyone to guess? (Or, if you can't wait to find out the answers they're at the bottom of the page)

Answers

Lee Mack Tomato, Prue Leith Vichyssoise, Carol Klein Leek and Potato, Chris Packham Carrot, Frances Tophill Stovie, Bill Bailey Broccoli and Stilton, Michaela Strachan Spinach and Coconut, Jo Whiley Parsnip.

Have a soup-er time!
#soupshare

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