

Springhurst Elementary School Celebrates the 5th Annual Harvest Soup Day

On Thursday, October 3rd the bounty harvested from the Outdoor Classroom garden was served to students at lunch time in a sumptuous harvest Soup. Twenty-two raised beds in the garden were planted in the Spring by Springhurst classes. They planted and harvested carrots, Swiss chard, potatoes, tomatoes, onions and butternut squash for the soup.

On Wednesday morning, a group of nutrition-minded parent volunteers came in to help prep for the cooking. They chopped mushrooms, onions, carrots, celery, chard, potatoes and squash for the rich minestrone harvest soup.

The soup was served by parents and teachers during the students' regular lunch periods in the cafeteria. It was a delicious way to celebrate the bountiful harvest of the Outdoor Classroom Garden and discover the mouth-watering flavor of the garden vegetables. Here's what the students said about the soup:

“This soup reminds me of grandma.”
“Best ever.”
“Could we have soup every week?”
“Magical.”
“100 thumbs up!”

“I ate something green and it was fantastic.”
“Amazing.”
“Delicious.”
“I ate the whole thing!”
“Seconds please.”

Here's the recipe if you'd like to prepare this soup at home for your family.

Springhurst Elementary School Outdoor Classroom Garden Autumn Harvest Soup Recipe

Ingredients:

10 oz portabella mushrooms, chopped
2 yellow onions, peeled and chopped
4 carrots, peeled and chopped
2 celery stalks, chopped
½ cup olive oil
2 bunches Swiss chard, tough stems removed, leaves chopped
6 potatoes, peeled and chopped
2 cups corn, sliced from cob

3 cups butternut squash, peeled, seeded and diced
1 28 oz can plum tomatoes, chopped
4 cups of cooked beans (red kidney, black, cannellini)
16 cups vegetable broth
1 piece Parmigiano-Reggiano cheese with rind (optional)
½ lb pasta, any shape, cooked
Salt and pepper to taste
Chopped parsley
Parmigiano-Reggiano cheese for garnish

Instructions:

1. Heat oil in large stock pot.
2. Add onions, carrots, and celery. Sauté 10 minutes until soft.
3. Add mushrooms, Swiss chard, potatoes, corn, butternut squash, tomatoes, beans and cheese rind. Add enough vegetable broth to cover vegetables.
4. Bring to a boil.
5. Cover and simmer 1 ½ to 2 hours. Add more broth or water as needed.
6. Add salt and pepper to taste.
7. Add cooked pasta. Cook 10 more minutes.
8. Serve with extra grated cheese as garnish if desired.

