



# THE PRINCE'S FOUNDATION

You can adapt this recipe to use ANY vegetables you have at home - we have used vegetables that are in season in Scotland at this time of year. Eating seasonal food is a great way to look after our planet and support local farmers.

Make a pot of scrummy seasonal soup!



## Scottish winter soup ingredients:



500ml Water (stock cube optional)

## Things you will need:

- 1 pot with a lid
- 1 measuring jug
- 1 adult
- 1 chopping board
- 1 sharp knife (or scissors/peeler)

Stay safe and make sure you ask an adult to help. Remember, you're still head chef though!





Wash all the veg thoroughly in cold water. Make sure you wash off any soil! *Did you know there are **MORE microorganisms** in a handful of soil than there are people on earth?*



Peel the onion and remove the outer layer from the turnip. The skin can be left on the other veg - it is full of nutrients and reduces food waste. **Remember to get help from an adult.**



Carefully chop the vegetables into pieces making sure not to cut the veg too close to your fingers. Don't worry if they aren't all the same size.



You can grate the turnip/carrot/potato if it is easier for you. You could also use scissors to chop the leeks!



Use a measuring jug for the water and add to the pan with the chopped veg, and stock cube. Wait until it starts bubbling.



Put the lid on the pan and leave to cook for approx 30 minutes. We want the vegetables to be nice and soft!



The soup is now ready for you to enjoy. You can leave it as it is or use a blender to make it smooth. Either way, it's delicious!!

Season to taste and **ENJOY!**



The table shows what vegetables are in season throughout the year in the UK. Remember that weather and other factors can affect vegetables growing so timings won't be exactly the same throughout the country.

**Key:** **Darker shading:** produce available during that month

**Lighter shading:** produce is either coming in or going out of season that month

**No shading:** produce not available

## Challenge Time

Now you know how to make a pot of soup it's time to get creative and make a recipe for a pot of Birthday soup using seasonal ingredients - are you ready for the challenge?

1. Find out what vegetables are in season during your Birthday Month - you can use the table to help or do your own research online

2. Decide which seasonal vegetables you think would make a delicious soup - is there anything in the cupboard you would like to include...maybe some sweetcorn or lentils?

3. Create your recipe - you can do this on the computer or with paper and pens/pencils. Be as creative as you like, there is no right or wrong way to do it.

Good luck!



	January	February	March	April	May	June	July	August	September	October	November	December
Asparagus	J	F	M	A	M	J	J	A	S	O	N	D
Baby Leeks	J	F	M	A	M	J	J	A	S	O	N	D
Beetroot	J	F	M	A	M	J	J	A	S	O	N	D
Broad Beans	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli (Purple)	J	F	M	A	M	J	J	A	S	O	N	D
Brussell Sprouts	J	F	M	A	M	J	J	A	S	O	N	D
Cabbage	J	F	M	A	M	J	J	A	S	O	N	D
Carrots	J	F	M	A	M	J	J	A	S	O	N	D
Cauliflower	J	F	M	A	M	J	J	A	S	O	N	D
Celeriac	J	F	M	A	M	J	J	A	S	O	N	D
Celery	J	F	M	A	M	J	J	A	S	O	N	D
Chard	J	F	M	A	M	J	J	A	S	O	N	D
Chillies	J	F	M	A	M	J	J	A	S	O	N	D
Courgettes	J	F	M	A	M	J	J	A	S	O	N	D
Cucumber	J	F	M	A	M	J	J	A	S	O	N	D
Horse Radish	J	F	M	A	M	J	J	A	S	O	N	D
Artichoke	J	F	M	A	M	J	J	A	S	O	N	D
Kale	J	F	M	A	M	J	J	A	S	O	N	D
Leeks	J	F	M	A	M	J	J	A	S	O	N	D
Lettuce	J	F	M	A	M	J	J	A	S	O	N	D
Mangetout	J	F	M	A	M	J	J	A	S	O	N	D
Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Oats & Grains	J	F	M	A	M	J	J	A	S	O	N	D
Onions	J	F	M	A	M	J	J	A	S	O	N	D
Parsnips	J	F	M	A	M	J	J	A	S	O	N	D
Peas	J	F	M	A	M	J	J	A	S	O	N	D
Potatoes (Ware)	J	F	M	A	M	J	J	A	S	O	N	D
Pumpkin	J	F	M	A	M	J	J	A	S	O	N	D
Shallots	J	F	M	A	M	J	J	A	S	O	N	D
Spinach	J	F	M	A	M	J	J	A	S	O	N	D
Summer Squash	J	F	M	A	M	J	J	A	S	O	N	D
Swede	J	F	M	A	M	J	J	A	S	O	N	D
Turnips	J	F	M	A	M	J	J	A	S	O	N	D
Winter Squash	J	F	M	A	M	J	J	A	S	O	N	D