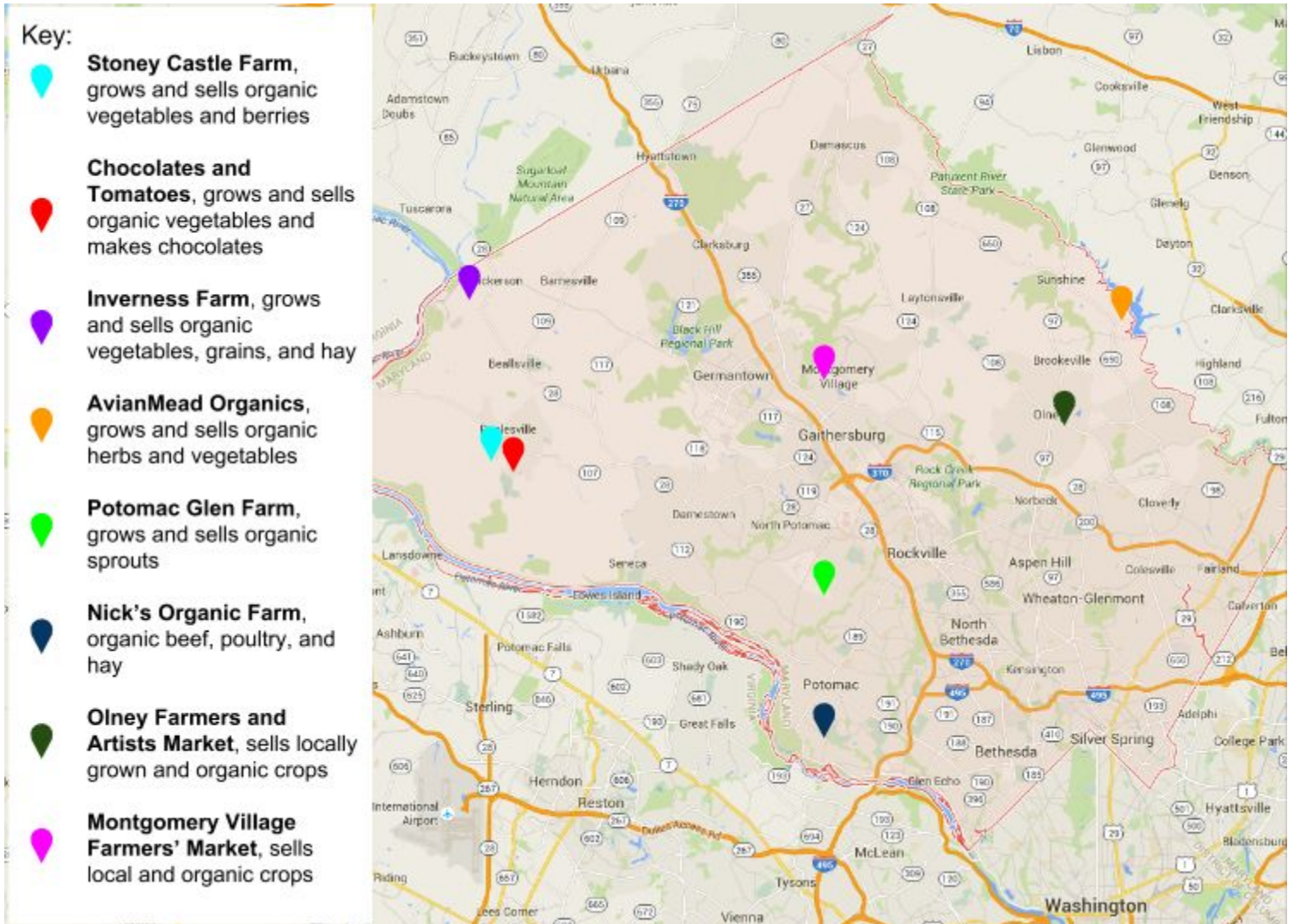


Lainey Reed, Jeeva Thaivalappil, Lindelwa Mamba, Aadya Bhaskaran  
Team Green Falcons  
[teamgreenfalcons@gmail.com](mailto:teamgreenfalcons@gmail.com)  
Poolesville High School

### Extra Credit: Organics



Link to farms (not all of them have websites):

Chocolates and Tomatoes: <http://www.chocolatesandtomatoes.com/>

Nick's Organic Farm: <http://www.nicksorganicfarm.com/>

Olney Farmers and Artists Market: <http://www.olneyfarmersmarket.org/>

Montgomery Village Farmers' Market: <http://mvfarmersmarket.com/index.html>

Our interview: <https://www.youtube.com/watch?v=uqEmGhtmfQI>

When we asked for a favorite recipe, we were told it's a secret ;)

But here's one we found and used for meatless monday! We made it using fresh local ingredients



Courtesy of: <http://localfoods.about.com/od/soups/r/squashsoup.htm>

## INGREDIENTS

- 2 large butternut squash (about 4 1/2 pounds) or 4 pounds peeled and cubed butternut squash
- 2 medium onions
- 3 cloves garlic (optional)
- 3 Tablespoons butter or vegetable oil

- 1/2 teaspoon fine sea salt plus more to taste
- 8 cups chicken or vegetable broth
  - Prep Time: 15 minutes
  - Cook Time: 35 minutes
  - Total Time: 50 minutes

## PREPARATION

1. Halve, seed, peel, and cube the [butternut squash](#). Set aside.
  2. Halve, peel, and [chop the onion](#). Mince the garlic, if you like.
  3. Heat a large pot over medium-high heat. Add the butter or oil and the chopped onion. Sprinkle with 1/2 teaspoon salt. Cook, stirring occasionally, until the onion is soft, about 3 minutes.
  4. Add the garlic and cook until fragrant, about 1 minute.
  5. Add the squash and the broth. Bring to a boil. Cover, reduce heat to a simmer, and cook until the squash is very tender, about 20 minutes.
1. Transfer small batches to a blender. Hold a kitchen towel over the top (to prevent burns) and whirl until completely and utterly smooth, 2 to 3 minutes per batch.
  2. Return the soup to the pot and add more salt to taste.

Makes 4 to 6 servings [Perfect Butternut Squash Soup](#).

### Garnishes & Variations

Classic garnishes for [Butternut Squash Soup](#) include a dollop of sour cream, [plain yogurt](#), or [creme fraiche](#). A sprinkle of minced cilantro or thyme is also tasty.

Creamy Add 1/3 to 1/2 cup [heavy cream](#) after blending and gently heat until warmed through.

Spicy Add 1 chopped [jalapeno chile](#) and 1/4 teaspoon cayenne with the garlic. Stir in up to 1/4 cup brown sugar at the end. If you like, cream is also a nice addition to this version.

Roasted Roasting concentrates the flavor of the vegetables. You can use this method with any of the other flavor combinations you like. Put halved and seeded squash cut-side-down in a large pan. Arrange halved, peeled onions and garlic around squash. Pour in 1 cup broth and roast in a 375°F oven until very tender, about 30 minutes. Let cool slightly. Scoop out [the squash flesh](#) from the peel and put it in a blender, along with the onions and garlic and remaining broth.

Gingery Add 1 tablespoon grated [fresh ginger](#) and 1 teaspoon ground ginger along with the garlic. Make it even gingery-er by melting 4 tablespoons butter in a small frying pan. Cook until it turns light brown and add 1 tablespoon grated fresh ginger. Swirl the ginger butter on top of each serving.

Warm Spices Add a combination of 1/4 teaspoon *each* ground cloves, cardamon, nutmeg, [ground ginger](#), cinnamon, and/or black pepper along with the garlic.

[Many Squash!](#) Switch out up to 2 pounds of the butternut [squash with sugar pumpkin](#) or [acorn squash](#).

Protein Packed Whirl up to 8 ounces of soft or [silken tofu](#) into the soup. Be sure to whirl it in a blender or food processor for a full minute or so to fully incorporate the tofu for a truly smooth and [creamy soup](#).