



Greenmarket Recipe Series

PUMPKIN SOUP

*BY CHEF SHAYAA MUHAMMAD, BIRD FIG-MODERN CARIBBEAN, BIRDFIG.COM
THIS AUTUMN SOUP COMES TOGETHER IN 1 HOUR.*

Ingredients:

- *4lb pumpkin
- *1/2 cup onion
- *1/2 cup celery
- *3 cloves garlic
- 1/4 tsp cinnamon
- 1/8 tsp clove
- *2 tbs maple candy
- 4 cups water
- sea salt and black pepper to taste
- *splash of milk or cream (optional)
- *smoked poultry for flavor (optional), we used chicken necks

**Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. Cut pumpkin into small cubes and boil with water for 40 minutes.
2. Finely chop onion, garlic, and celery. Add to pumpkin mixture and cook 15 more minutes.
3. Add maple candy, cinnamon, clove, and salt & black pepper to taste.
4. Cook for about 5 more minutes.
5. Pulse with hand blender and enjoy!

**If using, brown the smoked poultry or chicken necks in the hot pan before adding the pumpkin and water, and remove before blending. If desired, add the splash of dairy after blending, and swirl with a spoon.*

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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