

# Agriculture Adventure for Families

While soups are popular year-round, there’s something about having a bowl of hot soup during the cold winter months to make us feel good. January is National Soup Month and a great time to celebrate the ingredients our farmers provide that can be turned into a bowl of goodness. Chickens, beef, vegetables and grains are just a few of the commodities our farms produce every day enabling us to create soup recipes to please everyone.

Everyone has a favorite soup in America. Whether it’s the classic, homemade comfort of chicken noodle soup or a bowl of ramen, we love our soup in this country. In fact, Americans eat more than 10 billion bowls of soup every single year. So what soups do Americans really love? Here are some of the best selling soups in America?

1. Chicken Noodle Soup

There’s no surprise that chicken noodle soup tops the list of best-selling soups in America. Some of us grew up with our parents lovingly preparing a big bowl of chicken noodle soup to help us feel better on a bad day. The warm, comforting flavor brings us back to those simpler times and reminds us of home.


2. Tomato Soup

A bowl of tomato soup makes the perfect meal. Whether served warm with a crunchy grilled cheese during the winter or cold as a spicy gazpacho in the summer, there’s no surprise this garden fresh soup is America’s second favorite.


3. Clam Chowder

Clam chowder is a New England regional favorite that’s wonderful flavor has become so popular, it is now an American standard. No matter if you prefer a classic cream-based or the tomato-based clam chowders, topped with a handful of oyster crackers, this creamy soup is the perfect food to warm you up on a cold, rainy day no matter where you live.


4. Potato Soup

Potato soups are also incredibly versatile, so there’s no wondering why Americans love it. Potato and ham, potato and leek, and potato and beef stew are just some of our favorite go-to soups in America. No matter what savory flavor you crave, there’s a potato soup that’s a perfect match for your tastes.


5. Minestrone

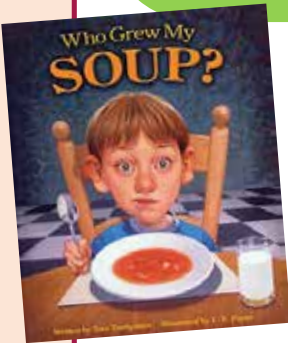
Hailing from Rome, Italy, Americans were quick to take on minestrone soup as one of their favorites. The flavorful mix of vegetables and beans in a tomato broth is incredibly filling and tastes fantastic. Minestrone is also a great healthy choice because it’s incredibly flexible and can be made no matter produce is in season.



Source: [www.solesoups.com/02/17/top-five-best-selling-soups-america/](http://www.solesoups.com/02/17/top-five-best-selling-soups-america/)

## Soup Fun Facts

- There are 32 feet of noodles inside each can of Campbell’s Chicken Noodle Soup
- Soup can be dated back to about 6000 B.C. and was first made of hippopotamus.
- Statistics show that women are fonder of soups than men, for their numerous benefits.
- There are different types of soup including: Bisque, Chowder, Stock/Broth, Bouillon, and Consomme.



Who Grew My Soup? tells the story of young Phineas Quinn and his questions about the vegetable soup his mom serves for lunch. Phin declares he won't slurp a single spoonful until he knows: Who grew my soup? Join Phin and the magical Mr. Mattoo as they fly

from farm to farm, learning about amazing vegetables and the farmers who grow them.



TRY OUR ARCHIVE RECIPE..

### CARROT SOUP

- |                     |                      |                          |
|---------------------|----------------------|--------------------------|
| 2 tbl. Margarine    | 1 C. Milk            | 3 c. Sliced Carrots      |
| 2 C. Water          | 1/8 tsp. Nutmeg      | 1 Chicken Bouillion Cube |
| 1 c. Diced Potatoes | 1 med. Onion Chopped | ¼ tsp. Salt              |

In med. suacepan, melt margarine, add onion and saute til tender. Pour in water and bring to boil – add carrots, potatoes and bouillion. Return to boil, reduce heat, cover and simmer until vegetables are tender. Remove from heat and cool slightly. Place mixture in blender and blend till smooth. Return to pan, stir in milk and seasonings, heat to boil. Serve hot – 4 servings.

## Make a Pot of MyPlate Soup



Choose your prize:

Choices include a \$25 Beggar’s Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR \*3 AMC Movie Tickets \*AMC Yellow tickets not valid in California, New York & New Jersey.

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau

Ag Adventures Word Search

6438 Joliet Rd

Countryside, IL 60525

Fax to: 708-579-6056

Email to: [FBCooperator@gmail.com](mailto:FBCooperator@gmail.com)

Complete and submit an entry every month all in 2020 and your name is automatically entered into an “End of Year” drawing for a gift basket full of ag themed goodies. Good luck!

## January Word Search

Bowl  
Broth  
Campbells  
Carrot  
Chicken  
Goodness  
Healthy  
Hot

Minestrone  
Noodle  
Potato  
Recipe  
Soup  
Tomato  
Vegetables  
Winter

V T B S O P Y C Z S T T M P F  
P N O N O H V A S E P I C E R  
K S N M T U N R B I N A M D R  
O L L L A O P R D E S L C Z E  
S T A L O T H O S I F Q S N T  
Z E A D E T O T C H I C K E N  
H M L T O B R B O W L S F C I  
L E X R O O P R U I S S D W W  
V B B V N P A M C H C E J T K  
T Y U E I I J L A Y Y N O V V  
E E H V H S H I R C H D H N B  
P S E L B A T E G E V O O O E  
F A S O R Z A Z L Z M O T R M  
P N G U N I I O U D D G R F Y  
U O Z J P G U S P M W M I H P

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Membership #: \_\_\_\_\_

(Membership # is located on front of paper)

If you were to win, check your preference:

\_\_\_\_Beggar’s Pizza GC \_\_\_\_HRI GC \_\_\_\_3 Movie Tix

(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

Last Month's Word  
Search Winner Is..  
Jeanette Schneidewent