

RECIPE FOR A STONE SOUP EVENT

Stone Soup is a folk tale told all over the world and is a parable about the sharing of resources, particularly in times of scarcity. In the tale, a community who think they have no food to spare when strangers enter the village asking for a meal, create a nourishing soup by unwittingly working together. They each contribute an invaluable ingredient after being asked to help add a little something to improve the flavour of a soup that the strangers are preparing, using only boiling water and a simple stone. Before long, a delicious pot of soup has been made, to feed villagers and strangers alike. In the story, the stone serves as a tool to bring people together but it could also be an axe, button, nail, shoe or other inedible material that you might carry about with you.

Why not make a stone soup in your community? This is a recipe which describes how, as artists, we have gone about it. It is a guide - a starting point - but each event will be completely different from the last.

INGREDIENTS

- An interest in gathering people together, connecting those with have a common cause, finding common ground in communities divided, acting in solidarity with people in times of struggle.
- A desire to source what is local, make use of leftovers, be inventive, learn about different cultural ingredients.
- Equal participation. This is not just about giving, it is a conversation. A bowl of soup as a universal dish connecting people together.
- A space that will inspire and intrigue people. Neutral ground if needs be. It could be someone's kitchen, a garden, the main street, a gallery, an orchard, in a van etc.
- On a practical level you need: clean water source for hand washing, vegetable preparation and washing up, basic equipment of a chopping board, knife, tin opener, big pot and spoon and few staple ingredients donated in advance - oil, stock, seasoning – and a source of heat – fire, camping stove.



METHODS

- Find a time that enables people to fit it into their routine, which might be just after the school drop off, during lunch hour, during a festival or special feast day.
- It might be possible to use social media or put up posters but it might also need one-to-one conversations, personal invites for people to feel welcome.
- Ask people to bring a story with their ingredient to share with everyone. The ingredient could be a spark for a tale about family, culture, community, land etc.
- The setting is important, make it cosy and welcoming but think about what atmosphere you want to create - lively, calm etc. Dress up the space so people think about it differently, bunting and tablecloths are effective.
- Think about how best to facilitate conversation with the set up. Are people sitting around tables or on picnic rugs? You could cover the table with paper and ask people to write on it as everyone eats and talks so everyone can contribute to the conversation.
- It helps to have some bread to go with the soup. You could ask people to bring their dough and bake it together, or everyone brings the dry ends of their bread and makes croutons.



You are invited to join us for
Stone Soup

When

Where

The soup may need a little extra added to it so please bring an ingredient with you. Perhaps the tin of kidney beans long forgotten at the back of the cupboard, or the glut of apples from your tree, or the bag of potatoes that are about to start sprouting if you don't use them soon. Perhaps you have a herb or spice that you use in all your cooking...

