

## PRICING

QUANTITY	PRICE PER QT	DETAILS
SINGLE QT	\$10.00	ORDER ANYTIME!
QUARTER YEAR (8 QTS)	\$9.50	PRE-ORDER & PRE-PAY
HALF YEAR (16 QTS)	\$9.00	PRE-ORDER & PRE-PAY
FULL YEAR (35 QTS)	\$8.50	PRE-ORDER & PRE-PAY

### PICKING UP & PAYING FOR YOUR SOUP

#### Delivery

Free delivery is available when more than 5 quarts are delivered together. For fewer than 5 quarts, I will deliver in the immediate metro for a \$5 fee.

I'm also happy to freeze your soup and deliver to you every 5 weeks to meet the minimum for free delivery.

#### Porch Pick Up

Get your neighbors or co-workers in on the fun! Combining orders in a central delivery spot guarantees your free delivery. Ask about being a Birdsong "Porch Person" for a little extra discount!

#### Kitchen Pick Up

Limited arrangements can be made for pick up at our Midtown Global Market kitchen.

#### Payment

In order to receive the quarter, half and full year share discounts, I request payment in advance; cash, checks & credit cards accepted. Please note your preference when you order and I'll provide instructions for payment.



SOUPA STAR

I have been cooking professionally for more than 25 years, and running this little soup business for 11. I cook at Kitchen in the Market (a shared commercial kitchen) at Midtown Global Market on Lake St in Minneapolis. I make soups on Thursdays throughout the season and can usually be found chopping, stirring and potting up soups between 7am and 6pm if you'd like to take a peek at the soup fun.

My professional career has found me in kitchens throughout the world including London, India and Thailand, but some of my favorite cooking was done at Café Brenda here in the Twin Cities.

I live in South Minneapolis with my husband, rockstar son, and my vegetable loving cat Georgie.

PAM KNUTSON | CHEF/OWNER  
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Birdsong  
SOUPS

### COMMUNITY SUPPORTED SOUP

Welcome to this bubbling soup pot of mine! Twelve years ago, I came upon the idea of a weekly soup program to share my favorite soups with my friends & family...and, my how it's grown! As a chef & caterer, my job is to manage my time, ingredients and money well and still turn out the most healthy, delicious and beautiful food I can create. My CSS model enables me to do that.

Much like the CSA (Community Supported Agriculture) programs that help farmers and other growers plan their production and make the best use of their resources, this fun & innovative **CSS: Community Supported Soup** program now helps me spread this delicious creation to an even bigger, hungrier audience.

Birdsong Soups features healthy, filling soups made with a whole lot of love. My soups change each week, filling your fridge and freezer with great options for quick week-night dinners or to add to your next family meal.

I am currently still adding new CSS customers in the 2012-2013 season...and it's starting now! The kitchen starts steaming up the first week of October, so get your orders in soon and take advantage of the great CSS discounts available.

Soup's on! xoxo,  
Pam

# CSS: COMMUNITY SUPPORTED SOUP. GET YOUR SHARE.

## SOUP BASICS

All soups are **freshly made, all natural** and contain as many organic goodies as I can find each week...and trust me, I find a lot. Think: beans, carrots, squash, potatoes, herbs and more...

My soups are **all vegetarian**, and some are vegan and/or gluten-free. See the key below for details. (I can adjust most any soup to be dairy- or gluten-free for a small fee.) Most soups freeze beautifully.

Soups are **sold in quarts** (qt.) which typically feed 2-4 people, and start at \$10 each. When purchasing a "share" (8, 16 or 35 qts.) and paying in advance, generous discounts apply. See pricing chart for details.

There is a \$15 **one-time joiner's fee** each season if you purchase more than 4 quarts; this helps offset the cost of our hearty soup containers, labeling & ice.

**Bulk & wholesale orders** are also gladly accepted; please contact me directly for pricing and availability. These large volume sizes are great for potlucks, family get togethers, holidays and dinner parties.

## SOUP KEY

✓ - vegan

Ⓓ - contains dairy

G-F - gluten free

👑 - award winner!

🔥 - spicy

## 2012-2013 SOUP SCHEDULE

### October

- 10/6: Cream of Sweet Corn w/Chipotle & Lime  
Ⓓ G-F 🔥
- 10/13: Cream of Tomato & Basil Ⓓ G-F
- 10/20: Spiced East Indian Dal ✓ G-F 🔥
- 10/27: Gingered Squash w/Apple Ⓓ G-F

### November

- 11/3: Potato & Leek Ⓓ G-F
- 11/10: Chili ✓ 👑 🔥  
*(3rd place MGM Chili Cook Off!)*
- 11/17: Sweet Potato & Cranberry Ⓓ G-F
- 11/24: Greek Lentil & Rosemary ✓ G-F

### December

- 12/1: Thai Pumpkin & Coconut Ⓓ G-F 🔥 👑  
*(2nd place MGM Soup Cook Off!)*
- 12/8: Scottish Lentil & Veg ✓ G-F
- 12/15: Florentine White Bean & Veg Ⓓ G-F
- 12/22: Wild Rice & Mushroom Ⓓ
- 12/29: Happy Holidays! (no soup this week)

### January

- 1/5: Portuguese Potato & Kale ✓ G-F 🔥
- 1/12: Spicy Black Bean ✓ G-F 🔥
- 1/19: Cream of Broccoli & Cheddar Ⓓ G-F
- 1/26: Spiced Chickpea & Veg ✓ G-F

### February

- 2/2: Smoky White Bean Ⓓ G-F 🔥
- 2/9: Parsnip & Orange Ⓓ G-F
- 2/16: Vegetable Barley ✓ G-F
- 2/23: Hungarian Mushroom & Potato Ⓓ G-F

### March

- 3/2: Chili Crema Ⓓ 🔥
- 3/9: Cream of Tomato & Basil Ⓓ G-F
- 3/16: Thai Pumpkin & Coconut Ⓓ G-F 🔥 👑
- 3/23: Cream of Carrot & Thyme Ⓓ G-F
- 3/30: East Indian Black Bean & Cardamom Ⓓ G-F 🔥

### April

- 4/6: Spring Vegetable ✓ G-F
- 4/13: Sweet Corn Chowder Ⓓ
- 4/20: Green Pea Ⓓ G-F
- 4/27: Potato & Leek Ⓓ G-F

### May - Freezer Stock Up Month! \*

- 5/4: Thai Pumpkin & Coconut Ⓓ G-F 🔥 👑
- 5/11: East Indian Red Lentil Dal ✓ G-F 🔥
- 5/18: Cream of Tomato & Basil Ⓓ G-F
- 5/25: Spicy Black Bean ✓ G-F 🔥

### June

- 6/1: Chilled Cucumber & Dill Ⓓ G-F
- 6/8: Gazpacho ✓ G-F

\* In May, stock up on soups to carry you through summer! These soups also make excellent "bases" for quick & easy meals; see menu suggestions to make curries, wraps, rice dishes and more on my Facebook page.