

# Fiddle Head Soup



## Ingredients

- 2 tablespoons butter
- ½ large onion, diced
- 1 clove garlic, minced
- 1 tablespoon all-purpose flour
- 6 cups chicken stock, divided
- 2 cups chopped fiddlehead ferns
- 1 carrot, diced
- 1 potato, diced
- 2 cups heavy whipping cream
- 1 tablespoon Worcestershire sauce (optional)
- 1 tablespoon soy sauce (optional)
- salt and ground black pepper to taste
- 1 cup shredded Cheddar cheese

## Directions:

1. Melt butter in a large pot over medium-high heat until foamy, about 1 minute. Stir in onion and garlic; cook and stir until onion has softened and turned translucent, about 5 minutes. Stir in flour and cook, stirring constantly, for 2 minutes.
2. Pour 4 cups chicken stock into the onion mixture, and bring to a full boil; stir in fiddleheads, carrot, and potato. Reduce heat to medium-low, cover, and simmer until vegetables are tender, about 30 minutes
3. Blend soup until smooth with a hand blender. Stir in cream; cook and stir until heated through, about 5 minutes. Taste soup, and stir in Worcestershire sauce and soy sauce. If you prefer a thinner soup, add additional chicken stock up to 2 cups. Season with salt and pepper. Garnish with Cheddar cheese.

## DAILY QUARANTINE QUESTIONS

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN on or CONNECTING WITH today?
3. What expectations of “Normal” am I LETTING GO of today?
4. How am I EXERCISING or MOVING MY BODY today?
5. What BEAUTY am I CREATING, CULTIVATING, or INVITING in today?

### YOUR SASH TEAM

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*Yellow daffodils represent positivity and joy and are the most common bloom. Like the cheery sunflower, these colored flowers symbolize happiness and optimism and can be gifted to someone as a token to freshen their day!*

**Share a Rainbow!** Rainbows can motivate us to continue and endure through dark times. Rainbows provide us with hope and motivation and are a colorful a symbol for good luck. Windows around the world are now being decorated with rainbows and hearts to ‘spread the love, not the germs’ during the coronavirus stay-at-home isolation period. Some people are sharing rainbows for hope, essential workers, and for families taking walks. Side walk chalk drawings is another fun way to show your support for people in your community. Join the fun, spread hope, love, and motivation to those who matter most to you and the people who you have yet to meet.



**Go confidently in the direction of your dreams. Live the life you imagined.**  
~Henry David Thoreau~

### **April is Stress Awareness Month.**

Doing things you enjoy is a natural way to relieve stress and find your happy place. Even when you're down, you may find pleasure in simple things like going for a walk, catching up with a friend, or reading a good book. The key is to find your groove and make it a practice. You'll be amazed at how quickly you may start to feel better once you disrupt the cycle of stress. Try one of these ideas the next time you are feeling stressed:

- take a walk in nature    - listen to music    -call a friend
- meditate or practice deep breathing    - exercise or stretching or yoga
- journaling    -read a book    -play with your pet    -look at old photos



Spring is finally here and for the past few years, we have had our garden club get together and start seedlings. This year we are doing things a little differently. We

are putting the SASH staff's green thumbs to the test and they will start plants in there homes to share with residents once we have returned to the office! Stay tuned for the next SASH Flash and FaceBook for photos and updates!

### **POSITIVE THOUGHTS ~ Pass Them On!**

**You communicate with honesty and understanding**

**Every moment is a profound opportunity**

**Consider how very fortunate you are**

**Give yourself the gift of being joyfully you**

**Complain less, breathe more**

**Be part of life, not afraid of it**

**Make the choice to let go of negative thoughts**

**Let Be, Let Go, Let See, let Flow**

**You are a walking breathing wonder**

The following plants will be offered this year:

- ♦ Tomatoes
- ♦ Peppers
- ♦ Cucumbers
- ♦ Lettuces
- ♦ Carrots
- ♦ Green beans
- ♦ Spinach
- ♦ Basil
- ♦ Dill
- ♦ Chives

