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First Ever 'Soup for Your Soul' Festival to Celebrate Local Cuisine and Community Unity

The inaugural Soup for Your Soul Festival on December 15 at Buddhoe Park will feature local soups, cultural dishes, live entertainment, and 20 vendors competing for the best soup title, celebrating Crucian culinary heritage and community spirit

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The inaugural Soup for Your Soul Festival, organized by House of Printing, is set to take place on Sunday, December 15, from 1:00 p.m. to 6:00 p.m. at Buddhoe Park in Frederiksted.

The free community event will be held alongside Kidsville, organized by West Gyal, and aims to highlight the rich culinary traditions of the Virgin Islands, featuring a diverse array of soups, local dishes, and entertainment.

According to the organizers, attendees will have the opportunity to indulge in an extensive selection of local and specialty soups, including favorites like Red Pea Soup, Kallaloo, Fish Soup, Conch Water, Sancocho, and Goat Water. For those who may not be soup enthusiasts, other local delicacies such as Sosue and Potato Salad, Crab and Rice, and traditional Crucian plates will also be available.

The festival was conceived to celebrate and revive the unique flavors and culinary heritage of the Crucian community. In addition to tasting soups, visitors can learn about the ingredients, preparation techniques, and cultural history behind these beloved dishes.

A total of 20 vendors will participate in the event, each competing for the coveted Best Soup title. Some of the vendors include Panchi, The Landing Beach Bar, Angel Charms, Gas Lamp, Ultra Lounge, Cruzan Beezy Bees, Cultured Delights, and Dennis Clarke Bar B Que.

The festival promises more than just food. Entertainment will keep the atmosphere lively, with performances from groups like the Sparkle Twirlers, Guardians of Culture, St. Patrick's Steel Orchestra, and Stanley and the Ten Sleepless Knights, among others.

The event's success is supported by generous sponsors, including House of Printing, Hop In Car Rentals, West Gyal, Budget, Neighborhood Pharmacy, Crucian Gold, Chicken Shack, Sonya's, Bates, VI Lottery, Caravelle, Falcon Gas Station, Plaza East, Crucian Rum, Cost U Less, Sparkle Twirlers, Malcolm Trucking, Le Jolie, Isle 95, Roe FM, Viya, Sonya's Quality Grocers, and Mutiny.