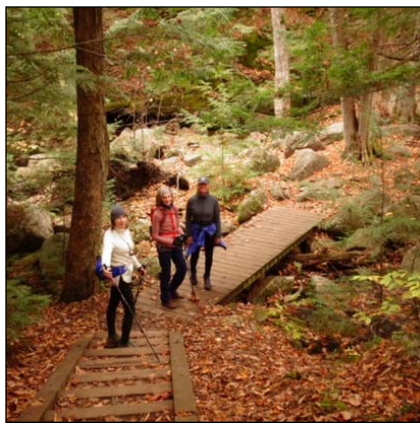




Canadian Federation of University Women – Ottawa

# Capital Carillon



An autumn walk around Lac Philippe (see page 10).

## November General Meeting

DATE and Monday, November 1, 2021

TIME: 7 p.m.

PLACE: By Zoom

SPEAKER: Lesley Anderson

TOPIC: Family History and DNA 101



What does genealogy research mean, what could you learn, and how can you get started? How does DNA testing work

and why do it? Lesley Anderson, professional genealogist and Canadian Spokesperson for Ancestry, the world's largest consumer database and leader in genomics, will provide us with some insights. How can you combine your knowledge of your own family history, information from Ancestry.ca and other available online databases, and DNA testing to tell your family story?

(see Meeting on next page)

## PRESIDENT'S MESSAGE

ELIZABETH (LIZZ) SLEITH WILFERT

*"Nothing is impossible to a determined woman."* – Louisa May Alcott

As I write this message, it is October and Women's History Month in Canada, which commemorates the work of the Famous Five and the passing of "The Person's Act," on October 18, 1929 (not to be confused with Women's History Month in the States, celebrated in March to align with International Women's Day). We have so many inspiring Canadian women! Dawn E. Munroe's Facebook page entitled Famous Canadian Women is worth checking out and following (<https://www.facebook.com/groups/27259974448>).

But we do not have to look back in history, or across the country, to find inspiring women...we just have to look at our own membership in our own club! What a remarkable group of gals you are!

Whether you have taken on a leadership role or work quietly behind the scenes as a volunteer for those much-needed but unpopular jobs, or contribute in so many other ways, you are a valuable and integral part of our organization. Thank you for being you!

As of October 15th, we have 378 full members, with the addition of nine dual members and one student. We welcome 34 new members and welcome back 10 returning members from their hiatus. We are delighted to have all 388 of you! If you know someone who is interested in joining,

it is not too late.

Many of our 50 Interest Groups have begun, either to make use of the beautiful fall weather outdoors or to get their exciting programs kick-started. BUT ... just because you might have missed the initial meeting or meetings, I know all groups will happily welcome you if you want to join in the next few days or weeks and

(see President's Message on next page)

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**Meeting** – continued

Lesley Anderson has worked for Ancestry.ca for over 14 years as their Canadian Spokesperson and has made numerous presentations at genealogy societies and conferences across Canada. She has also been on radio shows and made appearances on television.

She has been involved in the personal research of her family tree for over 50 years, specializing in Canadian, British, and Irish records. Leslie's passion for genealogy has branched out to DNA genetic genealogy, teaching classes, speaking at seminars and conferences, consulting, and doing research for others. For years she was well known for her computer and genealogy classes offered through the Ottawa Catholic Board Continuing Ed and her "field trips" to various archives and libraries.

Leslie was the Director of Education for BIFHSGO (British Isles Family History Society of Greater Ottawa) for many years and volunteered at the Ottawa Stake – LDS Family History Center. She gets great enjoyment out of helping new and experienced genealogists with their research.

The **Capital Carillon** is published monthly from October to May, except for January.

Suggestions and comments are always welcome.

Please send all material for the next issue to Moira Phillips, [newsletter@cfuw-ottawa.org](mailto:newsletter@cfuw-ottawa.org).

Next issue: December 2021; deadline for submissions: November 15

Previous issues are archived on the Club website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

**President's Message** – continued

in some cases, mid-season. It is never too late to be a part of our fantastic groups.

With the very disturbing events in Afghanistan over the summer, many of our UWHAW groups members never took time off. Not to be daunted by the upsetting restrictions on girls' education by the Taliban, UWHAW is taking a different but exciting new course of action within Canada, while never losing sight of helping Afghan women and never stopping to champion the rights and empowerment of these women and girls.

Sadly, once again this past year COVID has limited our ability to fundraise for women's and girls' education. Please consider making a tax-receipted donation to our Scholarship Trust Fund. For further enquiries, please contact the STF Chair or the Treasurer, at [donations@cfuw-ottawa.org](mailto:donations@cfuw-ottawa.org).

Our Ottawa Club has so much to offer...we advocate, educate, and have a terrific time doing it. We have a remarkable group of members. Don't keep a good thing to yourself...Invite a friend!



## Fascinating Talk by Dr Stephen Barr: The Barr Lab – Preventing Pandemics

At our first general meeting of the season, on October 4th, we were privileged to hear Dr. Stephen Barr of Western University speak about research into drugs and vaccines that could better defend us against viruses, in the hope that future pandemics might be prevented.

Dr. Barr spoke about the survival of viruses throughout history, how they latch onto cells and replicate themselves, and how they mutate into variants. It was fascinating and encouraging to hear how the scientists' understanding of these processes is accelerating the development of chemical mechanisms that can inhibit viruses from spreading and of vaccines that rapidly boost the body's natural immune system. Dr. Barr described

how the discovery of two novel antiviral proteins (called TRIM22 and HERC5) are capable of blocking steps of the life cycle of a variety of viruses and how this understanding is being utilized to develop promising treatments.

You can find Dr. Barr's power point presentation and the recording of his presentation on the CFUW-Ottawa website under the "Members Only" tab, "CFUW-Ottawa General Meetings and Speaker Series Presentations." Dr. Barr answered members' questions after his presentation and provided written answers to the questions that couldn't be taken during the meeting for lack of time. These can also be found on the website.

*Christine Rollo*

## Convenor of the Month – Karin Keyes Endemann

Ottawa native Karin became a member of CFUW in the fall of 2020, when the constraints of Covid initially halted her travels. Finding herself having to stay close to home, Karin took the opportunity to join the club. As a traveller, moss has never grown under her feet, so ever energetic, Karin jumped in as co-convenor of two new Interest Groups: Gardening and Travel. In addition to being part of these two groups, Karin is an active member of the Photography Club and the Crime Fiction Book Club. She also enjoys stretching her legs every week hiking with the Gatineau Trails gals. But, of course, that's not enough activity to keep her busy, so she's also joined the French and Spanish Conversation Groups. Karin has always been active.



Well before her retirement from the public service, six years ago, she was President of her local community association and established her community's award-winning newspaper. In addition,

she still volunteers with the Red Cross, helps qualified new Canadians navigate entry into the job market and teaches both Bridge and ESL. A few years ago, she co-sponsored a seven-member Syrian family, with whom she is still very much involved.

When she's not travelling, gardening, reading crime fiction, volunteering at the Red Cross or hiking the Gatineau Trails, Karin loves to paint, using both water colours and acrylics, and is a keen duplicate bridge player. Have I mentioned that she also enjoys playing pickleball and swimming?

## Gardening Tip for November

*Shelley Chambers and Karin Keyes Endemann*

Shortening days and falling temperatures mean it is time to get your garden ready for winter. November is your last chance to prepare your soil before winter sets in. Dig up any unwanted plants and turn over your soil while it still contains some summer heat. Protect any bare patches of soil with mulch, compost, leaf mould or even plastic sheeting as protection from the winter frost.

Remember, "digging in" compost is a thing of the past – all that disruption does not help the soil. Simply apply the compost to the surface of the soil and let the worms do the hard work of pulling it into the root zone.



Maplelawn Garden in Ottawa  
Photo courtesy of Shelley Chambers

## MARK YOUR CALENDARS!

### Events in 2021

**Monday, November 1, 7 p.m.** by ZOOM  
General Meeting: Family History and DNA 101

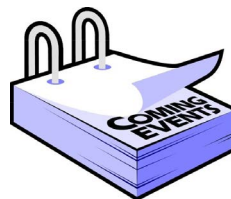
**Monday, December 6, 7 p.m.** by ZOOM  
Holiday Party

### Events in 2022

**Monday, January 10, 7 p.m.** by ZOOM  
General Meeting: Landscape Design in the Capital

**Monday, February 7, 7 p.m.** by ZOOM or at Riverside United Church  
General Meeting: Archaeology on NCC Lands

**Monday, March 7, 7 p.m.** at the Carleton Dominion Chalmers Centre  
Scholarship Trust Fund (STF) Awards evening





### In Memoriam – Doris Jelly



One of CFUW's members, Doris Jelly, passed away peacefully on September 11, 2021, in her 90th year. Doris graduated from Queen's University with a BA and went on to earn an MSc from Carleton a few years later. Doris taught in Switzerland for a while before taking a job with CRC where she worked on Canada's satellite program. She went on to become curator of the Space Exhibit at the Museum of Science and Technology and later wrote a book, *Canada: 25 Years in Space*. Doris was a paid-up member of CFUW until this year and was a member of Book Club VI.

### A Grove of Trees in Memory of Lynne Bond

Members of the Club's Environment Action group who have fond memories of Lynne wanted to do something meaningful to acknowledge her love of nature, so we did some research on planting a tree in her memory. We discovered that the Rideau Valley Conservation Foundation offers the opportunity to have multiple saplings planted, with a letter announcing this and sending a message of sympathy to the family. The total amount donated by our group was enough to purchase a "large grove" of 12 long-lived, native Canadian trees that will grow and thrive in the Rideau Valley in honour of Lynne.

CFUW-Ottawa has also created the *Lynne Bond Memorial Scholarship*, to be awarded to an undergraduate, registered as disabled and of good academic standing, studying at Carleton University.

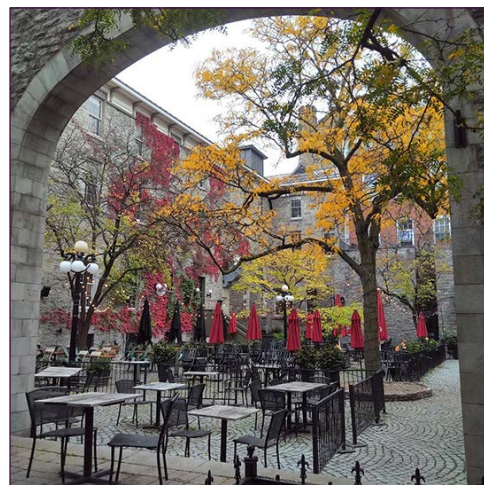
*Alison Hobbs*

### In Memoriam – Joyce Ireland



Joyce died peacefully in her sleep on Thursday, August 5, 2021, at the age of 94 years. A Toronto native, Joyce received a BA from the University of Toronto then moved with her husband to Ottawa in 1949. During her career as a front-line social worker, supervisor, manager and finally director at the Children's Aid Society of Ottawa from 1949 until her retirement in 1991, Joyce developed an innovative program, Parent Aid Resource (PAR), to provide more intensive help for high-risk families in order to prevent unnecessary admissions to care. Joyce was also a tireless volunteer, belonging to several volunteer organizations.

Throughout her life she was always open to new ideas and people, having visited many different countries over the years and forming lasting bonds. She opened her home to board international and Canadian students needing accommodation to attend local universities, bridging gaps of language and culture as a great ambassador for all the best of what Canada represents.



Courtyards between York Street and George Street in the Byward Market. Photo by Alison Hobbs.

## Environment Action in the Park

By Alison Hobbs

As a prelude to the new season, a few members of the Environment Action group plus a couple of neighbourhood friends spent an hour on September 17th cleaning up a green-space, Bordeleau Park in Lowertown, by the Rideau River. This activity was registered with the City of Ottawa's *Cleaning the Capital Program / Le Grand Ménage de la Capitale*.

Advised to avoid picking up any litter with our bare hands because it might be contaminated, we wore protective gloves. The City supplied us with these and with garbage bags; we also used our own collection of pick-up sticks, buckets, and rakes. At the end of the exercise we weighed what we had removed from the grass, from a children's playground, and from the river banks: 11 kg of garbage.

One of the virtues of such an activity is that curious passers-by stop



to ask questions: growing awareness is the key to dealing with waste. Many smokers, for instance, do not realize that cigarette butts can take 15 years

to decompose and contain acetates and microplastics that harm wildlife as they leach into water and soil. Each year in Canada, 8000 tons of cigarette butts are carelessly tossed away; our city's streets and parks are strewn with them. Beth Doubt told our group about the nationwide "Butt Blitz" in which she participated throughout September, organized by the volunteer association *A Greener Future*.

### Environment Action – Notice of Meeting

At Environment Action's November Zoom meeting, on Monday, November 8, at 1:30 p.m., Club members and their friends will have the opportunity to meet Dr. Nick Stow, who will describe initiatives to conserve and restore local woodlands and wetlands. Dr Stow is a Senior Planner in the Resiliency and Natural Systems Planning Unit at the City of Ottawa, helping to develop climate change and energy policies and working to protect the ecosystems and biodiversity of our region. His goal is to put Ottawa at the forefront of natural heritage planning, setting the standard for other municipalities in Canada, North America, and the world.

Please contact [environment@cfuw-ottawa.org](mailto:environment@cfuw-ottawa.org) if you would like to receive an invitation to this public presentation.





## Art Outdoors

At the end of September, members of the Gallery Group enjoyed a glorious fall day at the Humanics Sanctuary & Sculpture Park, located a short distance east of Cumberland. Developed and operated by the Humanics Institute, a federally registered NGO, the park focuses on promoting principles of non-violence, human development, justice, and

peace. In addition, it aims to advance the awareness of the following three essential values:

- Oneness of reality;
- That all human beings are responsible beings equal in dignity and rights;
- The intrinsic relationship between human beings and the natural and cosmic

environment.

We were guided by the Institute's president, Dr. Ranjit Perera, and – as expressed on the website – encouraged to “discover sculptures carefully placed in a natural setting [in the] nine-acre wooded ravine with walking trails and quaint bridges over a meandering creek.”

*Dierdre Abernethy*



## Diplomatic Hospitality Group Kicks Off the New Season

CFUW-Ottawa's Diplomatic Hospitality Group (DHG) launched its 2021-2022 season with a well-attended opening event on September 24th at the Rideau Sports Centre. Almost 50 people from over 20 countries attended the outdoor coffee reception and registered for DHG's Interest Groups.

DHG hosted a fun event for its Canadian and diplomat members on October 1st: a mini-golf outing.

Miniature golf is a great way to meet people and enjoy some fresh air. Mini Golf Gardens has two beautifully landscaped 18-hole courses, and the weather co-operated to make for a lovely fall morning. For one long-time diplomat member, it was particularly special. After five years in Ottawa, this was the last DHG event for Terry Koech and her husband before returning to Kenya – and Terry got a hole-in-one twice! New CFUW and

DHG member, Binda Amorim, kindly arranged for refreshments for participants on behalf of The Rockcliffe Retirement Residence, a strong supporter of DHG for the past few years.

The Diplomatic Hospitality Group will host an Autumn Adventure tour and wagon ride later in October, and it has more activities and outings planned for November and December!

*Lisa Haley*

## French Conversation Group



The French Conversation Group held its inaugural meeting on the evening of Tuesday, October 5th. The first meeting was primarily to introduce ourselves and to discuss the format of the group; however, there was also lively conversation, en français! The group has decided that for each meeting there

will be a predetermined topic of conversation, which allows each member the opportunity to prepare and learn new vocabulary ahead of time.

If you would like to join this interest group, please contact Deanna Vecchiarelli at [deanna.vecchiarelli@gmail.com](mailto:deanna.vecchiarelli@gmail.com) or by phone at 613-298-0505.

Please note that the group will be capped at ten members to allow lots of time for people to speak, but there is still space available. The next meeting will be held on Tuesday, November 2nd and the topic of discussion will be favourite vacation locations.

*Deanna Vecchiarelli*

## Scholarship Trust Fund Update

The CFUW-Ottawa Scholarship Trust Fund, which supports students pursuing post-secondary school education, began in 1983 with seed money of \$4,000. Last year, 30 awards were presented to students studying at Carleton University, the University of Ottawa, and Algonquin College, totalling \$86,000. Also, an annual donation of \$500 was presented to the Ottawa Little Theatre as the third-place prize in their play writing competition. In 2021, a new award was created to honour Lynne Bond, a

valued and active member of our club who died last spring.

Fundraising events are very important. Unfortunately, we have cancelled our two planned events for the remainder of this year – a lunch and games afternoon at the Royal Ottawa Golf Club and the annual holiday party. Sincere thanks to the Interest Groups and individual members who have donated to the fund over the past year, many at the time of registration. These donations are very much appreciated, especially this year. Tax receipts

are issued for donations over \$20.

The highlight of each year for the STF is the awards evening. Recipients of the music awards perform for us, and it is a wonderful opportunity to meet the students and their families at our reception. Mark your calendars for March 7th, 2022, at 7 p.m. The awards evening will be held at the Carleton Dominion Chalmers Centre on Cooper Street.

Thank you for your support!

Patricia Duffey  
Chair, STF

## The Petition in Support of Afghan Women: an Example of International Collaboration

*by Dorothy Phillips and Hally Siddons, CFUW-Ottawa*

As illustrated by our GWI Webinar in April and long before, many GWI members around the world have a deep interest in the perilous situation for women in Afghanistan. As the situation grew even more serious in the months that followed, NFAs worked in their own countries to do what they could. GWI then shared a letter of concern with all members in mid-August “to have Afghan women’s voices heard in the global space.” The Taliban had taken control of their country. We knew that women and girls had been denied access to education during the Taliban rule two decades earlier and, in the 20 years of relative peace, had shown themselves to be passionate about their own education and indeed their human rights. Was there anything we could do to support these brave women?

Several NFAs connected: Women Graduates USA, Canadian Federation of University Women, Turkish Association of University Women, Mexican Federation of University Women, Graduate Women New Zealand, Australian Graduate Women and The British Federation of Women Graduates. We needed global action.

Just before Labour Day Weekend, we heard that the United Nations Human Rights Council was to meet in Geneva on September 13 to consider the humanitarian problems in Afghanistan. Could we present a petition to that body, showing that the

women of the world were watching the Taliban and were concerned about these women?

Over that weekend, working with Stacy Dry Lara, our Executive Director in Geneva, we began to draft a petition. Emails went back and forth; within three days, the petition was ready to post. Using iPetitions software, it was easily done. As well, Stacy sent it to the office of the United Nations of Geneva Human Rights Council as a heads-up that it was being signed by women around the world. She also sent it to all seven NGO Committees on the UN Status of Women and shared it with the GWI UN Representatives in New York, Paris, Vienna, and Geneva.

By September 13 we had signatures from 40 countries. In its short life, the petition had literally reached around the world, including women from Europe and North America; from Japan, Singapore, Philippines, Indonesia, Australia, New Zealand; from Nigeria, Ghana, Togo, Mali, South Africa; from Turkey, Israel, the Russian Federation; from Panama, Bolivia, Chile, Columbia.

The petition was left for a few days after September 13 to raise awareness; before it was closed on September 20, it had gathered 1100 signatures.

Along with their signatures, many left comments. All comments supported the petition and the women of Afghanistan, and many were directed to the UN, urging them to speed up their work. Notable comments: “We need universal women’s rights!”, “Women of the world unite!”, “Women are the world’s largest untapped resource.” “For every woman subjected to persecution, there is a family destroyed.” “History shows us that the advancement of women directly correlates with the increase of a nation’s economic power,” and from Dr. Sima Samar of Afghanistan: “Thank you for the support.”

This is an example of how women from many places around the world can work together to accomplish goals. GWI gives us that network. This one was urgent and time limited, but the problem for the women of Afghanistan is ongoing—we need to continue raising our voices for their support.



### Let’s Have a Party!

Our annual in-person Holiday Party has once again been cancelled due to COVID-19. Last year we enjoyed a wonderful get together on ZOOM, and we would like to do so again this December. Volunteers are needed! Please contact Alice Bolt at [ianbolt@sympatico.ca](mailto:ianbolt@sympatico.ca) or Patricia Duffey at [pmduffey22@gmail.com](mailto:pmduffey22@gmail.com).



## Gatineau Trails Season Opening Hike and Party

CFUW's outdoor Interest Group, Gatineau Trails, started the season off with a bang on September 28th with a couple of great hikes beginning at P5 parking area in Gatineau Park. Fifty women (the max for the Quebec Covid rules at the time) showed up for the different hikes on a sunny, just a bit chilly, day.



After the hikes, everyone met in the Penguin Picnic area for goodies, coffee, and the first official meeting of the season. In view of the location, the conveners decided to take advantage of an obvious theme to create a positive (party) atmosphere. Everyone had been asked to wear black and white, if possible, and the area was decorated with 2-foot-high artificial penguins as well

as black and white balloons. The energy was palpable! It was the perfect time to recruit volunteers for the various activities during the year, and several members stepped up to the plate. Many thanks again to those volunteers and to the team of party organizers!

The stage is set for a wonderful season of fun, fitness, and friendship.

*Gatineau Trails Conveners*



## Cheers to the Inaugural Meeting of the Wine & Spirits Group



Photo courtesy of Judith Madill

What a fun meeting. Nine of us got together for an in person meeting at Moira Phillips' house. We learned a little bit about two kinds of red wine and the differences in the growing environment in the various countries of origin. We particularly enjoyed tasting four different red wines; the Chilean Cabernet Sauvignon was a clear favourite! What a pleasure it was to be able – finally – to get together in person, many of us meeting other CFUW members for the first time. We were a happy mixture of long-standing members and relative newcomers. We're already looking forward to next month's meeting!

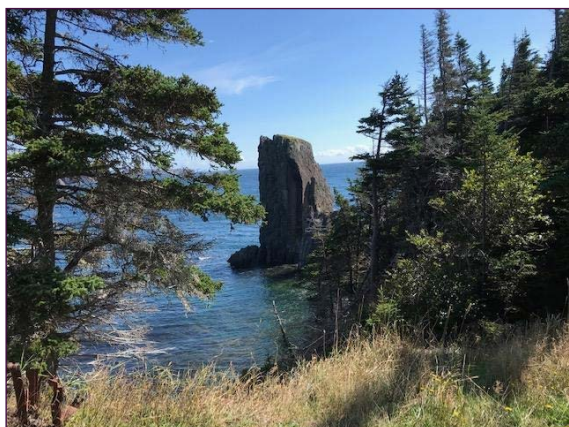
*Moira Phillips and Judith Madill*



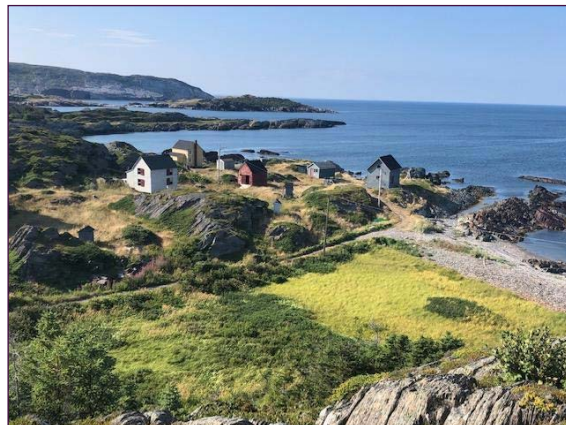
## Travellers' Corner

### Norma – Where Have You Been?

While many of us still haven't managed to travel overseas given the current constraints on travel, the interprovincial borders are open, and Norma Pike was able to spend several weeks this past summer in her native Newfoundland.



Camera ever at the ready, Norma lets us enjoy her beautiful province vicariously. Welcome back, Norma; how lovely that you managed to have the time away.



## Gatineau Trails – Autumn Walk Around Lac Philippe

Trail by the lake.



Photos courtesy of Joan Tyler.



## UWHAW Update: Stand with Afghan Women Walk

The appalling upheaval in Afghanistan that followed the lightning takeover by the Taliban has intensified UWHAW's connection with the country.

Working with us or with other external organizations has put a Taliban target on the backs of many Afghans, including those who were organizing the scholarships for girls at Gawharshad. These individuals were pivotal in the success of our scholarship program and are now in extreme danger, in hiding, moving from place to place, desperate to leave the country with their families. Several UWHAW members have contacted the immigration authorities here to plead their cases, and both the Ottawa Club and CFUW-National have written letters in support of their applications. Because Canadian Embassy staff left Kabul on August 15th, there is nobody in place who fully understands the plight of our friends and can cut the associated red tape.

Another case close to our hearts is that of Najiba, a prominent human rights advocate. She is the sister of Roya Gharji, an Afghan woman with twin three-year-old boys whom UWHAW members were able to help when she first arrived in Ottawa. She and her husband have become our knowledgeable friends. The Taliban made it clear that Roya's sister Najiba and her family were to be eliminated. After much tribulation, this family has found sanctuary in Pakistan. Najiba spoke from Islamabad on CBC Radio's Sunday Magazine on October 10th. Hearing her emotional broadcast made us all want to reach out to help.

The saddest part of the vast



Club members and friends at the Stand with Afghan Women walk.  
Photo courtesy of Nancy Stevenson

refugee movement is that Afghanistan is now losing its intellectual capital, much needed to form a functional, future government.

What is happening with the scholarships for the students we have been supporting at Gawharshad is unclear. The Chancellor and his deputies have resigned, but remaining staff have been able to reopen the university, albeit with Taliban rules in place. They report that courses in Human Rights and English have been cancelled; online learning continues. Classes and the campus are now divided by gender. Obviously, our fund for future scholarships for the Gawharshad girls is on hold but we shall continue to raise funds to help Afghan women and girls in any way we can.

UWHAW's advocacy work has grown, with group members publishing letters in the local and national

press and putting in great efforts to contact politicians at the federal level. We promoted a GWI petition to the United Nations — see page 8. A key request was that the Canadian government double the number of refugees to be accepted under the humanitarian refugee program; we were delighted when that number did double during the election campaign. UWHAW has reached out to our networks, particularly to former Ambassadors to Afghanistan, and is collaborating with other organizations to bring the anguish of these petitioners to the IRCC.

Together with Montreal Lakeshore and Edmonton CFUW Clubs, a large contingent of members and friends of UWHAW supported a "Stand with Afghan Women" walk on October 2nd by marching through Ottawa with the encouragement of Afghan diplomats and Afghan friends.



## Getting to the Root of It: Healthy Sweet Potato Soup

*Easy and delicious.*

Prep Time: 20 mins • Cook Time: 30 mins • Servings: 4 -6 people

### Ingredients

- 3 tablespoons butter or olive oil
- 1 large leek, white and light green parts only, chopped
- salt and freshly ground black pepper
- 2 garlic cloves, chopped
- ½ teaspoon cinnamon
- ¼ teaspoon chili powder
- pinch freshly grated nutmeg
- 1 bay leaf
- 2½ pounds sweet potatoes (2 large potatoes), peeled and chopped
- 3 cups chicken or vegetable broth
- 3 cups water



### Instructions

1. Melt the butter in a large pot over medium heat. Add the leek, and season with salt and pepper. Cook, stirring occasionally, until softened, about 3 minutes.
2. Stir in the garlic, cinnamon, chili powder, nutmeg and bay leaf. Cook, stirring, until fragrant, about 30 seconds. Slide in the sweet potatoes, and season with more salt and pepper. Stir the potatoes to coat in the spices. Pour in the broth and water. Bring to a boil, then reduce the heat to a simmer and cook until the sweet potatoes are tender, about 10 minutes.
3. Remove the bay leaf and puree the soup in a blender (or you can use a stick blender). Add more water or broth to reach the consistency you want (I like it thick, but still soup-like). Taste and season with additional salt, pepper and/or spices as needed.
4. If you'd like, drizzle a bit of heavy cream or coconut cream over the soup, and sprinkle with chopped pecans or pumpkin seeds.

**Make Ahead:** The soup can be refrigerated for up to 5 days or frozen for up to 2 months. If needed, thin it with water before serving.

### Tips:

- To puree the soup, you can use a regular blender, **Vitamix** or **stick blender**.
- Since this is such a simple soup, be sure to season it well with salt and pepper, which are critical to the soup's flavor. Feel free to add in more spices or to switch them up according to your tastes!
- You can swap out the sweet potatoes in this soup for cubed butternut squash instead.
- This soup (like most!) gets even better with time, so go ahead and make it in advance.
- If you want an even creamier soup, swap out 1 cup of the broth or water for coconut milk, regular milk or cream.

Author: [Nicki Sizemore/ Healthy Sweet Potato Soup \(the easiest soup recipe!\) | From Scratch Fast](#)