

Soupergirl flies in to deliver homemade soup

Forget about sitting in some souped-up office all day. D.C. native Sara Polon prefers to be in the kitchen, next to her mother, Marilyn Polon, chopping veggies and thinking up catchy names for their creations.

What they make is soup. Polon, 31, launched Soupergirl in November after finding inspiration in “Omnivore’s Dilemma,” Michael Pollan’s book about how food makes its way to the table.

“I really wanted to get involved in the local food movement, and I don’t know a thing about farming, and I didn’t really want to become a farmer,” said Polon, a Cleveland Park resident. “A friend of mine pointed out that both me and my mom make really good soups, and one thing led to another: a little research, a little late-night brainstorming ... and Soupergirl was born.”

During the summer and into the fall, Polon and her Soupermom — neither is a trained chef — created 85 recipes. They offer two new soups each week, one hearty, meal-type soup and a lighter option. Customers can have the soups delivered or pick them up.

Polon, who has 75 to 100 regular weekly customers, also bakes whole-wheat pita chips and sells My Sweet Dessert brownies. She donates leftovers to Martha’s Table, which serves at-risk children and adults.

True to her inspiration, Polon has partnered with area farms, including the Farm at Sunnyside in Virginia, Next Step Produce in

ON THE STREET

STEPHANIE KANOWITZ

Maryland, the Dupont Circle farmers market and Tuscarora Organic Growers Cooperative. All Soupergirl creations are vegetarian.

Polon is one of her product’s biggest fans: “I really believe every day is a great day for soup. ... There’s breakfast soups and dinner



Bill Petros/The Current

Cleveland Park’s Sara Polon is “Soupergirl” — the force behind a delivery soup business.

soups and lunch soups. More than any other type of food, soups have a way of giving you comfort.”

Soupergirl soups may also give you a chuckle. With names like “Soupdog Millionaire,” “The Curious Case of Lentil Apricot” and “The Economic Stimulus Carrot and Almond Soup,” there’s clearly a story behind these dishes.

For example, the first, a play on the movie “Slumdog Millionaire,” “tells the story of a pumpkin, Steve, who is from the wrong side of the tracks but dreams of finding wealth and the perfect spice combi-

nation in the streets of Mumbai,” according to thesoupergirl.com. “While working the overnight shift at the train station, he comes across ginger, curry powder and coconut milk. They quickly become best of friends and decide to start a band called Luscious Soup.”

“I love making people laugh,” said Polon, who did standup in New York City from 2001 to 2005. “Also, we’re a small company. I want people to feel like they know me. They aren’t buying a soup from some large anonymous company. They are buying soup from me — quirky, funny Soupergirl!”

Although she spends about 25 hours each week preparing and cooking soup, Polon is still happy to eat it. “You can get a ton of servings of fruits and vegetables, you can get a lot of fiber and protein all in one bowl of soup if you have a well-made bowl of soup,” Polon said. “Plus if you’re using fresh produce as opposed to canned stuff, your soup is going to taste great because ... using these fresh ingredients, they’re just going to glow in your bowl.”

Details are at thesoupergirl.com. Pickup locations include Mr. Yogato near Dupont Circle, Greater Goods on U Street, Potomac River Running in Cleveland Park, Balance Studio in Bethesda and the Fishbowl on the George Washington University campus. Pints cost about \$6.75, and a quart about \$12.75. Orders of \$14.50 or more are eligible for delivery, for \$1.85. Pita chips cost \$2.30, and brownies go for \$2 apiece.