



Community Growing Project Newsletter August 2014

22nd August Market Stall

Due to increased demand for our produce we replaced our August veg box delivery with a market stall at Ionad na Seann Sgoil, Shawbost. As you can see from the photographs, the stall was very popular! All community members who had expressed interest in our veg boxes received a telephone call to notify them of the sale, with a small number of deliveries carried out for those less able to leave the house. We will be holding our next sale on **Friday 19th September, 3pm, Ionad na Seann Sgoil**, and recommend arriving as soon after 3pm as you can in order to avoid disappointment. We will also be delivering veg boxes on the afternoon of the 19th to elderly and disabled community members, so let us know by email, telephone, or post (contact details at the end of this newsletter) if you would like to buy our produce but find it difficult to make it out of the house and we will add you to our delivery list.



Calendar of Events – Including November Festive Community Market



We are currently in the process of finalising our calendar of events for the next few months, and are excited to announce that we will be holding an outreach event every month from now on. The first of these is going to be a cookery demonstration at the end of September, so look out for posters, Facebook updates, and radio announcements once we have the date and time confirmed.

We are also planning a festive community market at Ionad na Seann Sgoil on **Saturday 29th November**. As well as selling our own produce, we are offering a number of table-top stalls for people to sell bric-a-brac, crafts etc., at the rate of £10 for the afternoon. If you are interested in having a stall, simply complete the slip that is attached to this newsletter and return it with payment, remembering to include your contact details and some information about the nature of your intended stall. We will then be in touch with you a little nearer the time. Should you wish to sell cooked foods (such as home baking and preserves) please be aware that you will need to contact Environmental Health to obtain a hygiene certificate.

P.T.O.





Guess the Weight of the Marrow Competition

Thank you to everyone who took part in our Guess the Weight of the Marrow competition, and congratulations to Angus MacLeod, who won with a very close estimate of 3kg. The actual weight of the marrow was 3.1kg. Angus won a fabulous prize veg box containing strawberries, raspberries, and butternut squash - as well as the marrow!

Thank you, too, to everyone who completed our survey to let us know which varieties of fruit and veg you would like us to grow in the coming seasons. We had a good response, and are in the process of using the results to plan our growing calendar, but can confirm that we will be focusing our efforts on producing the following: tomatoes, carrots, cabbage, strawberries, turnips, onions and garlic, peas, lettuces, raspberries, potatoes, broccoli, cauliflower, courgettes, leeks, and rhubarb, with smaller quantities of apples, pears, chillies, plums, melons, asparagus, cucumber, and herbs.



Design Our Sign!

Calling all budding artists: this is your chance to enter our competition to design a sign for the entrance to our Shawbost site! The design must clearly show that it is for the **Horshader Community Growing Project**, and must be suitable to be carved into or printed onto wood. The prize for the winning entrant will be a £25 book token. Please send all entries by **12 noon on Wednesday 26th November at the latest** by email to meg@horshader.com or by post to Horshader Community Growing Project, Ionad na Seann Sgoil, Shawbost, Isle of Lewis, HS2 9BQ. The winner will be announced at our 29th November Community Market Event. Good luck!

Got a Glut?

A huge glut of tomatoes has got us all thinking of tasty ways to use them up, so instead of letting them languish, why not try making this easy tomato soup? Simply sweat 1 small chopped onion and 1 chopped clove of garlic per kg of tomatoes together with your choice of herbs, add the chopped tomatoes together with 2 tablespoons of tomato puree and 2 teaspoons of sugar per kg, season and cook for 5 minutes before adding one cup of stock per kg of tomatoes and simmering for a further 15 minutes. Leave to cool before blending and straining. Any leftover soup can then be frozen and reheated for a comforting, quick lunch on a cold day.

Get in Touch

- David Murdo MacKay, Gardener: davidm@horshader.com
- Meg MacDonald, Outreach Officer: meg@horshader.com; drop in sessions at Horshader Office Fridays 09.00-12.30
- Office: Horshader Community Growing Project, Ionad na Seann Sgoil, Shawbost HS2 9BQ - 01851 710241

Visit our Facebook page for regular news, updates, & pictures: www.facebook.com/HorshaderGrowing

