



Community Growing Project Newsletter September 2014

Horshader Community Growing Project Shortlisted for SURF Award

Some fantastic news to open this month's newsletter: the Community Growing Project has been shortlisted for the 2014 SURF Awards for Best Practice in Community Regeneration. SURF is Scotland's Independent Regeneration Network, and the awards are open to all community regeneration projects in Scotland that are currently open or within two years of completion. Here at the Community Growing Project we are very honoured to have been shortlisted from such a wide field of competition! For more information about SURF and the awards, see www.scotregen.co.uk.



17th September Cookery Demonstration

Rupa Frain from Spotlight Foods, caterers to Katie Morag cast and crew, came to Ionad na Seann Sgoil on Wednesday 17th September and put on a fantastic cookery demonstration for the Community Growing Project. The focus of the demonstration was on the use of seasonal fruit and vegetables, many of which were grown in our own polytunnels. In two hours she showed the audience how to cook fresh pea and ham soup, smoked salmon and beetroot roulade, stuffed cabbage leaves, rhubarb tarte tatin, and roasted tomato soup. The demonstration was well-attended and really informative, with tastings of the dishes confirming that they were every bit as delicious as they looked!



If you enjoyed this event, or wanted to attend but were unable to make it this time, please note that we will be holding our next cookery demonstration in December – details below.

Dates for your Diary

We are now holding an Outreach Event every month, with the calendar of events for the remainder of 2014 as follows:
October (date and time to be confirmed): Hands-on composting demonstration at the Shawbost polytunnels.

November 29th 2-5pm: Community market event at Ionad na Seann Sgoil, Shawbost. We still have some table-top stalls available at £10 for the afternoon, so if you would like to sell crafts or bric-a-brac just get in touch with us using the contact details at the end of the newsletter and we will book you a space.

December 11th 7pm: Cookery demonstration with Alasdair MacLeod at Ionad na Seann Sgoil, Shawbost featuring lots of ideas on how to cook festive goodies using seasonal produce.



P.T.O





Reminder: Design a Sign and Win a Book Token!

The closing date for our competition to create a sign for the entrance to our Shawbost polytunnel site is November 26th, so don't forget to start designing if you'd like the chance to see your artwork up in public and to win a £25 book token. The design must clearly show that it is for the Horshader Community Growing Project, and it must be suitable for carving into or printing onto wood. Other than that, you're free to be as creative as you like! Entries should be sent by email to meg@horshader.com or by post to Ionad na Seann Sgoil, Shawbost, Isle of Lewis HS2 9BQ, with the winning submission announced at our 29th November Community Market Event.

Glut-Busting Chocolate and Courgette Cake



Thanks to Horshader Finance Officer Jim McCartney for this ingenious and delicious way to deal with a seasonal glut of courgettes!

Ingredients: 350g self-raising flour; 50g cocoa powder; 1 tsp salt; 1 level tsp mixed spice; 175ml extra-virgin olive oil; 375g golden caster sugar; 3 eggs; 2 tsp vanilla extract; 500ml peeled and grated courgettes (measure by volume in a measuring jug, but it's about 2 medium courgettes; if using 1 overgrown one, take out seeds); 140g toasted hazelnuts, roughly chopped (optional); 150ml whipping cream; 2 tbsp icing sugar; 100g dark chocolate, chopped; 100ml double cream

Note: Courgettes can hold quite a lot of water, which can affect the finished texture of your cake. If your grated courgettes seem watery, place them into a clean cloth and wring out some of the liquid into a bowl. Then add the courgettes to the cake mixture as normal.

Method: Heat oven to 180C/160C fan/gas 4. In a large bowl, combine the flour, cocoa powder, mixed spice and 1 tsp salt. In another bowl, combine the olive oil, sugar, eggs, vanilla essence and grated courgette. Mix the dry and wet mixture until just combined, then fold in the toasted hazelnuts. Line 2 7inch cake tins with greaseproof paper, then pour in your mixture evenly between both. Bake for about 30-40 mins, or until a knife inserted into the middle comes out clean. Cool in the tin for 10 mins, then turn out onto a wire rack and leave to cool. To make the filling, pour whipping cream into a bowl and whisk until it forms soft peaks. Add the icing sugar and gently stir in. Sandwich the cream between the sponges. To make the topping, place the chocolate in a bowl and bring cream to the boil in a saucepan. Pour the hot cream over the chocolate and stir until completely smooth and melted. Leave the icing to cool slightly and thicken, then spread it over the cake so it's covered and the icing starts to drip down the sides.

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

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