



Community Growing Project Newsletter September 2015

Health and Wellbeing Evening

We had a fantastic evening and varied program with Ashleigh Macaskill, NHS Dietitian and Lucy Harness, Westside Yoga. Ashleigh shared how to achieve a healthy balanced diet and also how to reduce waste by storing food correctly, and discussing the importance of reading labelling. Lucy then led a Yoga taster session to help us calm and relax. Many thanks to Ashleigh and Lucy for making the evening a great success.



Food Waste Reduction

Local mother Ann Marie Macdonald has kindly agreed to write a blog following her experiences of using a Kitchen Canny Kit, provided by HCD, to reduce household food waste. Follow her progress on our facebook page

www.facebook.com/HorshaderGrowing

Also look out for hints and tips to help you reduce your food waste.

Did you know food waste costs each household £470 a year!



Shawbost School Visit

We had a visit from both Primary 1 - 3 Classes this month, the children came to learn more about where their food comes from and were able to get involved in the growing process. They got their hands dirty planting potatoes and harvesting a variety of vegetables. The children were also introduced to the rainwater harvesting and composting that happens on site. Also the nourishment of the soil by spreading seaweed over the surface. We look forward to seeing them again and getting them involved in more seed sowing!



COMHAIRLE NAN EILEAN SIAR





Potato Peel Soup

Recipe found at lovefoodhatewaste.com

Ingredients

- 20g Butter or sunflower oil
- 1 large onion, diced
- 1 bay leaf
- 200g potato peelings
- 500ml whole milk
- 500ml chicken or veg stock
- 2 tbsp finely chopped parsley leaves (optional)
- Salt and ground black pepper

Method

Heat the butter or oil in a medium saucepan over a medium-low heat and add the onions, bay leaf and a good pinch of salt. Sauté gently, until the onion are soft but haven't taken on much colour, about 10 minutes.

Add the Potato peelings and give everything a very good stir for a minute

Pour in the milk and stock, season well with salt and pepper and bring to the boil. Reduce the heat and simmer gently until the peels are tender- another 10 minutes or so.

Remove from the heat and cool slightly, then puree in a food processor, blender or using a stick blender until very smooth.

Return the soup to the pan and reheat gently. Season well with salt and pepper and stir in the chopped parsley (optional)

Dates for your diary!

Thursday 22nd October: 7pm Cookery Demonstration, Raebhat House

Join us for another one of our popular cookery demonstrations, Marcin Juszcak (Head Chef, an Lanntair) will be with us sharing his knowledge, skills and a few tasty samples. Limited spaces please get in touch to register interest.

Thursday 12th November: 7pm Cookery Demonstration, Raebhat House

Maggie Mackenzie and Alasdair Macleod, local food Guru's, will join us and share more delicious recipe ideas. Limited spaces available please get in touch to register interest.

Saturday 5th December: 11am-3pm Market Stall event, Ionad na Seann Sgoil

Following from the success of last year's event we will host another Market stall event, with a variety of craft, local food producers and bric-a-brac stalls, with light refreshments provided. We will then have the switching on of the Christmas lights and Santa's grotto at Raebhat House from 5pm with light refreshments available. So join us for a day of festive cheer! To enquire about booking a stall please contact finlay@horshader.com for more information.

Get in Touch

- David Murdo MacKay, Gardener: davidm@horshader.com
- Finlay J. MacLennan, Outreach Officer: finlay@horshader.com, 07444 148836
- Office: Horshader Community Growing Project, Raebhat House, Shawbost HS2 9BD - 01851 701225

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



COMHAIRLE NAN EILEAN SIAR

