



# Community Growing Project Newsletter

## March 2015



On Thursday the 12<sup>th</sup>, a wet wild and windy day, we had Ashleigh Macaskill, a Specialist Dietitian from NHS Western Isles give a talk on how to choose a healthy diet. Ashleigh who works closely with the British Heart Foundation Nurses at the Western Isles Hospital, focussed on the dangers of cardiovascular diseases, and how we can make dietary changes to prevent the development of such conditions. We were also challenged to make small changes to our dietary habits that will have huge benefits. We hope to run an evening session in the near future.

### Dietitian

### EcoDrama

The Magic Van (running on refined chippy oil) brought the Eco Drama team to Ionad na Seann Sgoil this month to put on a performance of “*The Worm: An Underground Adventure*” a drama telling the story of worms and their importance in the eco-system. Many thanks to Alastair and Caroline for their engaging performance. The local schools were invited to attend and we were delighted that Sgoil Bhreascleit were able to join us in the busy last week of term. The theme of the drama links in with the project topic for the coming term. They will be returning to Horshader to visit the growing project after the Easter holidays.



### Local Volunteer: Profile



COMHAIRLE NAN EILEAN SIAR



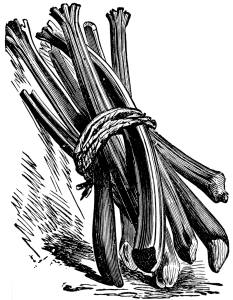


I'm Laura, and have just started volunteering at the Horshader Growing Project. I recently moved up to North Shawbost from Edinburgh, and our baby (Finn) was born at the start of January. After Finn was born, I was going a bit insane in the house and felt the poly tunnel project would be a great way to get out the house with Finn and do something local and constructive and also hopefully meet some of the community. I also used to work in renewables and was really keen in to see community benefit too. At the moment, I help David with airing the tunnels, watering, weeding, digging and planting, it's already rewarding to see this year's crop growing so quickly!

If you would like to volunteer with the project contact us at the office. It could be as little as opening & closing windows to help ventilation, to getting your hands dirty!

## Cookery Demonstration

The next cookery demonstration will take place on Monday 27<sup>th</sup> April at Raebhat House, in the Community Room, at 7pm. We will be having a 'Taste of India' night with Manoj Sharma, Chef at the County Hotel, Stornoway, who will guide us through the spices of different regions, and show us how to cook authentic Indian cuisine using fresh produce. It is sure to be a very interesting night, so don't miss out.



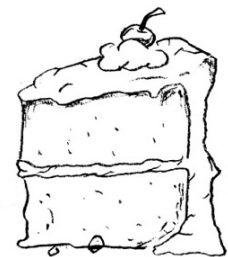
We are looking for donations of rhubarb crown's, plants that are at least a year old, as we hope to have a harvest this year. Any donations will be gladly accepted just drop them off at the polytunnels in Shawbost or at our new office at Raebhat House.

## Hints and Tips

How to have your cake and eat it.

To freeze sliced up cake put greaseproof paper between each slice, this allows you to remove a few slices at a time rather than thaw the whole cake.

For more great recipes ideas and hints and tips on reducing food waste why not visit the Love Food Hate Waste website [lovefoodhatewaste.com](http://lovefoodhatewaste.com)



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The Scottish Government  
Riaghaltas na h-Alba



**Date for you diary: The first Farmers Market of the year will take place on Saturday 9<sup>th</sup> May, look out for more details to follow shortly.**

## **Get in Touch**

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