



Community Growing Project Newsletter October 2014

29th November Community Market

Don't miss our community market at Ionad na Seann Sgoil, Shawbost on **Saturday 29th November, 2-5pm.**

We still have a few stalls available at the price of £10 for the afternoon, so if you have arts and crafts to sell, or even just bric-a-brac, get in touch with the project team using the contact details at the end of this newsletter by **Friday 14th November.** If you don't have anything to sell and just want to do some Christmas shopping, here is a selection of what we will have on offer:

- Fresh fruit and veg from our own growing units
- Stalls selling arts, crafts, home baking, confectionary, bric-a-brac, plants, and more
- "Antiques Roadshow" stall - bring along your antiques and find out about their history and value
- Refreshments
- Admission free - everybody welcome!



We will also be announcing the winner of our competition to design a sign for our Shawbost polytunnel site, so make sure that you send your entries to us by **November 26th** for your chance to win a £25 book token.

Christmas Dates for your Diary...



- 6th December 2014, 4pm: Switching on the Christmas lights and carol singing at Raebhat House with Santa. Refreshments available - all welcome!
- 16th December 2014, 7pm: Christmas cookery workshop with Alasdair MacLeod
****please note change of date from 11th December****
- Also look out for details of upcoming events including an exercise activity taster day and a tour of the composting facilities at Creed Park



Car Sharing Scheme



Would you like to save money and help the environment? Why not try car sharing? You could save up to £1000 per year in fuel, maintenance, and wear and tear by sharing car journeys with a friend, relative, or colleague (figure from www.liftshare.co.uk). There is also a real benefit to the environment in reduced carbon emissions, and fewer cars on the road means less queueing and congestion. We are looking to pilot a community car-sharing scheme and would love to hear from individuals and groups who are interested in working with us to get such a scheme up and running. If this sounds interesting, just get in touch with us using the contact details at the end of this newsletter.

P.T.O.



Growing Project November Appeals

Would you like to get involved with the project, but don't know how? Here are just three ways that you can take part right now:

- We want to make the area around our growing units and allotments a beautiful space to spend some time. Do you have any unused seeds or spring bulbs that we could use?
- We are always on the lookout for gardening hints and tips, and recipes that use fresh fruit and veg.
- Autumn and winter are relatively quiet times in the allotments and growing units, but happily spring will be upon us before we know it! Would you like to become a volunteer and enjoy the great outdoors, make new friends, and share gardening know-how while helping out with watering, weeding, propagation, and harvesting?

If you would like to get involved in any of these ways, just get in touch with the project team using the contact details at the end of the newsletter.

Recipe: Marrow and Ginger Jam

If your courgettes have turned into marrows and you're wondering what to do with them, try this recipe for something delicious and just a little different. Thanks to Jane Grey for the inspiration!

Ingredients: 1kg marrow, 1kg jam sugar, 3cm piece of fresh root ginger, juice of a lemon.

Method:

- Peel the marrow and remove the seeds before cutting into chunks, and peel the root ginger.
- Place all of the ingredients into a blender and blend until the mixture is smooth.
- Place a large saucepan over a medium heat and cook the mixture, stirring occasionally, until all of the sugar has dissolved.
- Increase the temperature and boil the mixture for approximately 30 minutes until a thermometer reads 105c. If you do not have a thermometer to hand, you can test for the setting point instead. To do this, place a teaspoon of the jam onto a chilled plate, leave to cool a little, and run your finger across the surface of the jam. If it wrinkles, the setting point has been reached. Otherwise, continue cooking and test every few minutes.
- Place into heated, sterilised jars and seal.
- Reward your effort by enjoying with buttered scones!



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



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