



## Horshader Grow Your Own Project

### July 2016 Newsletter

#### Baking Workshop with Cathie Mary

Our first cookery workshop had a baking theme and it sure was a treat for the taste buds! Cathie Mary had us baking classic Victoria Sponge, delicious Millionaire's Shortbread and an Apricot and Parmesan Crumble. As you can see from the picture nothing was wasted.



#### August Cookery Workshop Sign-up now!

Our next series of Cookery Workshops will be led by Allan MacRitchie, Head Chef, Borve Country House Hotel and begin on Monday 22<sup>nd</sup> August 7pm-9pm, Home Economics Room, Shawbost Primary School.

Spaces are limited to book your space get in touch to avoid disappointment

Phone| 701 225 email| finlay@horshader.com



#### More Walks in August

Following on from the success of our Big Fit Walk in June, with our local trained walking guides we have arranged series of community walks. Although the first one was rained off we are remaining optimistic that we will have a later summer!

**Tuesday 16<sup>th</sup> Aug - Walk out the moor road by Shawbost River**

**Tuesday 30<sup>th</sup> Aug - Walk out the moor road past Grinnivat Road**

Suitable clothing and footwear is advised.



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## Gardening Workshops

Our series of Gardening Workshop's continued throughout July we were extremely fortunate to have a variety of local experienced gardeners sharing their knowledge and experience, inspiring new and novice gardeners with tips on how to achieve a better harvest. We covered a number of subject including soil preparation, natural sheltering, effective composting and homemade liquid plant feed. We also visited the Leathad Ard garden in Carloway and had a tour with Staurt Oakley. Many thanks to all our session leaders Kirsty MacDonald, Stuart Oakley, Peter Harlington, Barry Shelby.

### Farmers Market

Saturday 20<sup>th</sup> Aug

11am Raebhat House

Don't miss out

Get in Touch

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Visit our Facebook page for regular news, updates, & pictures:

[www.facebook.com/HorshaderGrowing](https://www.facebook.com/HorshaderGrowing)

### Leftover potatoes

We all love our potatoes here in Horshader, potato salad is a great way to use leftovers, if there is any! Why not try a tasty potato salad for lunch the next day?

Ingredients: 400g potatoes, 4 dollops mayonnaise, 50g bell peppers, 20g ham, 50ml semi-skimmed milk, 1 garlic clove, thyme, chives

Mehtod: 1. Cook the potatoes in boiling water for 20 minutes, then drain.

2. Mix the milk, the mayonnaise and the ham together.

3. Add the potatoes, and the other ingredients and mix well. Stir to create a creamy mixture

4. Add a pinch of pepper



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