



Community Growing Project Newsletter April 2015

Visits from young and old

We had a busy month with visits at the polycrub site. And what an exciting month to visit the site with fantastic growth of the plants sown in late January. Sharing the work of the project with groups from the wider community is key to sharing the outcomes of project. We had Clann an Latha an De, who aswell as visiting the site also enjoyed being the first passengers on board the new HCD minibus.



Clann an Latha an De (above)

Lews Castle College



We welcomed a group from Lews Castle College, who are interested in starting their own growing project and hope to construct their very own polycrub in the next few months. They enjoyed viewing the out of season growth made possible by the polycrubs and are looking forward to getting started on their own project.

Sgoil Breascleite (Below)

Sgoil Breascleite made a return visit to Shawbost, to visit the growing project, a follow up from their visit last month for the drama. The children were interested to learn more about the plant growing cycle as it forms part of their project for the new term. They are also hoping to have a growing project of their own in the near future.





Taste of India night

On a wild night, Monday 27th April, we had the privilege of hosting an Indian cookery demonstration with Manoj Sharma of the County Hotel. He showed us how to recreate a basic curry gravy to recreate many British favourites, also had a taster of some pakora including a locally inspired black pudding variation. The evening was well attended and everyone thoroughly enjoyed tucking into the dishes he had prepared. The Growing project team would like to thank Manoj for giving his time to put on the demonstration.



FUTURE EVENT -

Kitchen Canny Workshop



Reducing food waste is one of the outcomes of the growing project, to encourage this we are hosting a *Kitchen Canny Workshop* to help you start reducing household food waste, *Kitchen Canny* claim the workshop could help each household save £430*. Join us on Thursday 21st May, 7pm at Raebhat House and learn how to; plan and shop smarter, cook perfect portions, understand food labels, base meals around leftovers and begin adding up those savings. Everyone in attendance will receive a free Kitchen Canny Kit, courtesy of Horshader Community Growing Project, to help kick start your canny savings. **Limited spaces available so please contact the office to register interest to avoid disappointment.**

*Figure based on Kitchen Canny post-event phone survey, actual savings may differ

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 710245

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



COMHAIRLE NAN EILEAN SIAR