



## Community Growing Project October Newsletter 2015

### Cookery Demonstration

Marcin Juszcak, Head Chef an Lanntair, led a very interesting cookery demonstration. Sharing two traditional Polish recipes which included an eye-catching whole baby beetroot soup! And pastry with a delicious potato, onion and cream cheese stuffing, everyone thoroughly enjoyed tasting new Polish delights. Great recipes for making the most of food available, why not try this delicious Baby Beetroot Soup!



#### Botwinka- whole young beetroot soup

(4 serves)

##### Ingredients:

- 2 bunches of baby beetroot with stems and leaves, chopped, small beets diced
- 2 stalks celery, diced
- 2 carrots, peeled and diced
- 1 parsnip, peeled and diced
- 3 potatoes, peeled and diced
- 750 ml chicken or vegetable stock
- 500 ml water
- 1 tablespoon oil
- 1/4 cup lemon juice
- 1 tablespoon sugar
- 3 tablespoons of sour cream
- salt and pepper to taste
- optional 2 hard-boiled eggs to serve



##### Preparation:

1. In a large pot heat the oil and add young beets (but not stems or leaves yet), potatoes, carrots, celery and cook until starting to brown.
2. Add the stock and water and bring to a boil. Cook about 15 minutes.
3. At this stage, add beetroot stems and leaves, season with lemon juice, sugar, pepper, and cook for further 10 minutes.
4. In a separate bowl, mix half a cup of hot soup with cream, and add to the pot. Stir to combine.
5. Serve with a side of boiled eggs.



## Ann Marie's Kitchen Canny Blog

Here Ann Marie looks back on using her food waste reduction kit, from Kitchen Canny!

Saving the planet, 1 bag of rubbish at a time!

This all started during a nutrition & wellbeing evening at Horshader Community Development HQ (aka Raebhat) where I was given a "Kitchen Canny" pack which included, 3 large brown rubbish bags, a magnetic shopping list with pen and tons of info about what exactly kitchen canny is. I registered online and read through the basic information, then got to work!

I understood the principles of what the aim of the pack was and kind of thought that the main aim (for me) is to reduce the weekly spend, or at least be able to buy more for our money. First thing I did was see exactly how much waste we had in one day, which actually surprised me, I thought we would have much more waste than we did, we only went through one bag in a week!

Next task was to sit down and plan our meals for the week, luckily enough I'm a bit weird like that so knowing exactly what I was doing for the week made me extremely happy!!

By week two I was getting more for my money in the supermarket, buying what is needed instead of randomly flinging bits into the trolley and we had definitely reduced our waste. I also think the impact of our shopping habits is making the difference to our health. Buying frozen fruit and veg instead of fresh and it wasting away or buying from Horshader community growing project and freezing the fruit and veg from fresh. Switching to products that I previously thought wouldn't taste so good but finding out that it tastes better...naivety is a ridiculous thing!

I really feel as if the pack has improved our health, wealth and household waste over the last couple of months and would urge others to take on the challenge of changing your habits! You can pick up a Kitchen Canny pack from the Horshader Community Development office at Raebhat House, go on what you got to lose?

**If you want your own Kitchen Canny Kit get in touch, start making positive changes and save some money!**

### **Dates for your diary!**

**Saturday 5<sup>th</sup> 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 5.45-8.00pm with light refreshments available. So join us for a day of festive cheer! Any locals looking for a bric-a-brac stall will be more than welcome, to book a stall please contact [finlay@horshader.com](mailto:finlay@horshader.com) for more information.

### **Get in Touch**

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