



**Growing Local is Going Local CIC**

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## 170- Late October 2016

An incredibly busy October has brought several hundred children to the Growing Local Garden for Harvest Cook and African Gardening sessions. These have run wonderfully smoothly under the watchful eye of our super duper cook and Educational Officer Louisa Foti; with the help of our amazing volunteers, Rosemary, Clare Yvette, Denise and Emily. Louisa will now move into the schools for cookery workshops and all of this has been made possible by The Big Lottery- Awards for All.

**THANK YOU BIG LOTTERY!**



We have also been out and about at the Leominster Apple Fair.. a wonderfully gothic affair in the Priory Church, Leominster.

Heather and Emily had a whale of a time in 'twin corner'- they are both twins as were the people manning the 2 stands either side of them!

Watch out for requests for help with our next funding bids- Aviva and



Big Lottery' The Peoples Project'. Both bids are to support our GROW-COOK-EAT educational work with schools and their communities. To help our Aviva bid we have made a film, which on October 21<sup>st</sup> will be available to view. We will be asking you to vote for our film- the more people vote- the more likely we are to be successful in our funding bid.



A seriously good recipe from Bridget and Michael.

## Aloo Gobi Saag

Two **potatoes** about the size of a hen's egg, well scrubbed, and cut into delicate-bite sized pieces. Cut up enough **cauliflower** to have the same number of pieces of about the same size, since they cook at the same rate. You can use ready cooked of both or either. Start cooking the raw one first if you do. Use a modest amount of local **rape seed oil** in a large frying pan. Put the veg in, and then scatter the spices on. That is, one flat teaspoon each of **ground coriander, cumin and garam masala**. (This spice mix is good for any veg curry) Cook the veg until more or less ready. Poke the cauli with a fork, if you can't see a change in colour where the prongs go in, it's done. It will be between 15 and 20 minutes. You then add **well drained spinach**, more than you would believe possible! Loosely packed, it fills a colander. You might want to salt it at this point. You can put a lid on if you like, the water in the spinach will make it steam rather than fry at this point anyway. But I didn't. After a couple of minutes, the spinach will have disappeared! Pile the lot into a warm bowl and scoff!



This quantity will be a **good side dish for 2/4** people depending on how many more dishes there are. You can use **Swiss chard** instead, which takes a little longer and doesn't collapse the same, so use less. And cut it up first. I'd never cooked spinach before, but I was impressed.

It's this time of the year!

## PUMPKINS

|        |       |
|--------|-------|
| Small  | £2    |
| Medium | £3.50 |
| Large  | £5    |

Available with fruit and veg bags for the next 2 deliveries- Until 3rd November- just let us know ...

