



Growing Local is Going Local CIC

www.growinglocal.org.uk

TO ORDER CONTACT US ON

info@growinglocal.org.uk

07813622890

187-Late June/Early July 2017

Busy Busy Busy on the PLOT – this week children (yr 2) have been planting , making, tasting, cooking, washing, watering, picking, harvesting ,growing growing and



learning.. having a whale of a time at the Growing Local plot !



And these children can go back to school to help look after the chicken run hens and here are the next

batch of 'Chicken Run' hens raised and nurtured by Maddy at Home Farm.



We are very busy in the Growing Local garden with primary school groups right through until the end of term



Recipes, again, this week are inspired by our brilliant educational officer 'Louisa ' Eat your Veg' Foti' – Every so often Louisa runs her Freshh Stall (next outing Shobdon Food Festival 1st and 2nd July 2017



A tasty tasty seasonal starter/ nibbles/party food.

Broad Beans on toast - CROSTINI - toppings for toast

Pictured a broad bean dip on oven baked ciabatta or French bread, wit toppings of pan-fried chorizo, goats cheese and feta.

Method

To make the **broad bean dip**; Blend the cooked broad beans with olive oil (a good slug), lemon juice from 1 lemon, a handful of chopped fresh mint, a chopped fresh chilli or chilli flakes. Add salt and pepper to season.

The base- cut the baguette/ ciabatta into slices, brush with oil, plus salt and pepper and put in oven to toast.

Toppings- Pan fry chorizo, goats cheese or feta and lay on top.



SUMMER FRUIT BAGS

**Throughout July,
Strawberries, raspberries, blackcurrants, redcurrants,
tayberries, gooseberries, cherries
August**

**Strawberries, raspberries, blueberries, blackberries, tayberries,
blackcurrants and redcurrants, plums**

September and October

Strawberries, raspberries, Victoria plums, damsons and blackberries

Apples and Pears available from early September



ORDERS NOW BEING TAKEN

