



Issue 1

October 2017

Autumn Moos

Welcome to our new seasonal newsletter! We love Autumn. It is a time for foraging blackberries, making jam, colour changes and piles of leaves for us to kick as we enjoy a Sunday stroll. We may even have a conker competition (we hear the older ones are the best).

So who are we? Ayrshire Food from Ayrshire Folk is the outreach stream of Crossroads Community Hub which is a Scottish Government lottery funded Charity and Development Trust.

Crossroads Community Hub is currently busy working on funding applications for the building planned at Crossroads site

on the A76. We will keep you updated as things progress.

The team is made up of Board members Wallace Hendrie, Isla Brown, Willie Campbell, Mary Drummond, Mary Laidlaw, Susan McDonald, Elena Whitham, Robert Ramsay and Iain Taylor. Staff wise we have Jan Hay, Project Manager and Louise Thompson, Community Food Worker.

Our aim is to bring together the community through the provision of our outreach by developing partnerships, networks and delivering activities across our area. Our focus is to help others to GROW, BUY and COOK local seasonal produce.

With seed sharing, edible beds, plant and produce shares and a new Darvel hub why don't you check out our Ayrshire Food from

Ayrshire Folk Facebook page and join our story.

What are we doing? We are building community through food.

See you in December

Jan & Louise



Newmilns Food Festival

A good time was had by all at the Newmilns Food Festival on 9th September 2017. Lindsay Guidi from the Home Cook School, Maybole worked alongside us to help showcase local produce and home cooking skills.

All of the recipes used local produce donated by many of the producers. Special thanks go to all and especially to GC Growers for their beautiful fresh vegetables donated for 2 hampers.



If you would like a copy of the recipes please email us at:

ayrshirefoodfromayrshirefolk@outlook.com

Love Food Hate Waste



Why is food waste such a big issue? In rural areas food is either eaten, turned into something else, frozen, composted, given away or fed to the dog.

If you are a family of four, you could be saving as much as £60 each month by getting creative. Think before you throw.

Keep an eye out for a viewing of *Wasted!: The Story of Food Waste*, which is being released on October 13. It's a documentary addressing the global food waste problem.

Here are 2 simple tips:

- Freeze the last drops of wine in ice cube trays and pop into stews.
- Don't throw out black bananas—liquidise and add cocoa then freeze for a simple ice cream.

Local Producer Spotlight

We are pleased to introduce CC's Chocolate Creations. Carol Cairns admits chocolate has taken over her life and the team here sympathise with her! One of her monthly chocolate subscriptions may help.

Carol is going to be working out of the kitchen in our Darvel Hub 2 days a week. We are delighted to be supporting a local business.

For more information please check out her website: www.ccschocolatecreations.co.uk



What's up in Farming?

Latest farm ramblings from Board member Willie Campbell.

“Weather wise, this has been far from an ideal year in farming. The relentless rain has made life for Ayrshire farmers and their stock extremely difficult. Most cattle which should be grazing in the autumn sunshine have had to be brought indoors due to the extremely wet grazing conditions.

This puts huge pressure on silage stocks which are very low, with thousands of acres still to be gathered in if and when the weather permits. The same is true of grain crops. If the weather doesn't improve soon,

the consequences are quite unthinkable. Putting it simply at present, there simply isn't enough fodder in store to feed our cattle through the long winter months. Let's just hope that the weather improves soon.

On a cheerier note, this is the time of year when hope springs eternal in the sheep fields. We are now entering “tupping time”.

A ewe mated now will lamb in 20-21 weeks' time, so in order to have lambs on the ground in March, we must introduce the tups or rams to the ewes fairly soon. Selecting the correct

tups to breed with the ewes is a complex process. The farmer must assess what qualities his ewes have, how capable they are of giving birth to big strong lambs, estimate what conformation of lamb his buyer desires and when he wishes to sell his next year's lamb crop. With all this information to hand, he must attend the annual ram sales and attempt to purchase the rams that best fit his criteria and, most importantly that he can afford. Yes, it is true that love is in the air in the sheep fields, but the farmer must use all his skills in genetics and finance to send cupid's arrow in the right direction!!”.

Project Guid Life

Community Food Worker Louise started looking at eating only local seasonal produce in June. What's been happening? Is she still eating kale, eggs, oatcakes and tatties? Here is the latest.

"Ayrshire is an area with a strong heritage for agriculture and we do have a great selection of tasty produce however I am finding that it is not the most accessible and not for anyone living on a tight budget. Or without access to a polytunnel. I am

spending a lot of time driving round rural farm shops and farmers markets which is added fuel costs. Add into this the costs of some of our niche products and we have a problem for the wider community.

Part of my role is to make tasty local food available for all. So how do we do that? I option is we grow it together, share excess and cook together. Another option is that we need to look at transferrable skills such as fermenting, baking, pickling, preserving and foraging

to allow people to be responsible for things themselves.

A global Slow Food campaign launches in October #50milemeal to encourage us to eat local produce. Can we eat at least one meal a week during October, sourcing all the ingredients from local producers within 50 miles?

We look forward to experimenting!"

Gardening World

We would like to welcome Doris Balmer as our volunteer seasonal garden expert.

"None of my family were gardeners. Growing up we lived in flats or gardens with slabbed yards. I got my 1st garden in 1986 when I moved to Scotland and bought a small flat in Newmilns. The 1st crop I grew was potatoes and although the slugs and wire worms made more holes in them than a swiss cheese, I had never tasted better. Here are 4 simple bits of advice:

- Grow what you like to eat.
- Sow little and often.
- Waste nothing. Soups are great.
- Your freezer is your friend".



Doris' seasonal musing. "There are several reasons that people give for not being able to grow fruit and veg. But the 2 main reasons are no space and no time. Both of these are valid points but not unsurmountable. I have been growing produce for my husband and I for more years than I care to remember; but this year I discovered 'Square Foot Gardening'. This is basically growing almost anything little, often and closer together in square foot spaces. Yes, you get smaller plants. But overall, the number of smaller plants, more than makes up in total volume. Think about it, 6 smaller cabbages, all ready at 5 day intervals over a month is much easier for most families to use themselves, than a full row of traditionally grown, large cabbages all ready at the same time. Better still, that could be 3 varieties of cabbage harvested alternately to give you variety at dinner time.

Growing in this way means that you can grow in a much smaller space and sowing a little and often means that problems 1 & 2 are resolved. Also, this method allows you to try lots of varieties in a small area and maybe find something new that you like or swap seeds with friends and family.

It's not too late to start either. I sow, transplant and harvest 12 months of the year. Growing and eating seasonally is not just for folk with big country houses and lots of time on their hands. It's for everyone. It also saves a fortune and tastes fantastic".

Edible Ayrshire

Edible Ayrshire sprouted in Spring this year to help support people and community groups to become closer to the food they eat by facilitating sites around East Ayrshire to establish edible beds.

Our first partnership is with Killie Can Cycle in Kilmarnock where we have 4 raised beds. We were delighted to be asked to work alongside them and are helping them create an edible garden then looking at ways to experiment with the produce. Kale crisps were a hit!



We are also keen to help get you sowing. There is a seed share currently held in Anna's Gift shop on West Main Street Darvel. Please help yourself and/or share some of your excess seeds or saved seeds from the garden. Seed saving is easy. If you need more information drop Louise an email (details below).

Events

All are welcome at our Crossroads Community Hub Open Meeting & AGM on 30th October 2017 being held at Craigie Village Hall, KA1 5LY at 7.30pm. Guest speakers include Stephen McCarron, Auchinleck Community Development Initiative Trust, and Alison Kerr, from Corton Plants/ The Coo Shed.

Seasonal Recipe Share

Garden Soup

2 onions
2 carrots
1 leek
Half a small turnip
5-6 kale leaves
Knob of butter or 2 teaspoons rapeseed oil
Fresh or dried thyme to taste, other dried or fresh herbs (optional)
1 tablespoon porridge oats
1 litre chicken or vegetable stock
Salt, black pepper

Peel and roughly chop the veg in large chunks
Heat the butter or oil in a large pan
Add the veg one by one - onions first
Stir well, add the herbs, then the oats
Add the stock
Simmer for 30 minutes
Season to taste
Enjoy with crusty bread

Different veg can be used, depending on what you have available at the time.

Volunteers

We are currently looking for volunteers to help us with our garden projects, media help and/or skill sharing if you have any skills you think may be helpful please come chat to us.

If interested phone or email Louise.

If you wish further information please contact:

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