

Useful stuff

- Norwich market**— based by Gentlemans Walk.
You can see a list of stalls at www.norwich-market.co.uk
- Roys**— Bowthorpe Shopping Centre, Norwich, NR5 9HA,
Phone 01603 746622
- Golden Triangle Farmers Market**— takes place on the 2nd Sunday
of each month at Earlham House Shopping Centre from 10am-3pm
- Norwich Farmers Market**— takes place on the 1st and 3rd Sunday
of every month from 10am-4pm on Gentlemans Walk
- Paradise Organics**—Contact Roy or Tracey on 01603 469873
- HFG**—for details of farm shops and pick your own
call 01603 424608, visit www.h-f-g.co.uk,
email farmshop@h-f-g.co.uk
- Norwich City Council**— to find out more about and to apply for an
allotment phone 0344 9803333, visit www.norwich.gov.uk.
Or email info@norwich.gov.uk
- Sustainable Living Initiative**—visit www.grow-our-own.co.uk,
email sustainable@talktalk.net or write to 37 Buckingham Road,
Norwich, NR4 7DE
- Norfolk African Community Association**—Phone Dr Eshetu
Wondimagegne on 01603 625470
- BTCV Green Gym**—call Mark on 01603 767300,
email m.webster@btcv.org.uk or visit www2.btcv.org.uk

Fun with Autumn Fruits:-

Organised by



Educational Centres
Association



West Norwich
Partnership

Funded by



CAMPAIGN
FOR LEARNING
Campaign for
Learning



Educational Centres
Association

Cookery by



Cookery Club

Part of



The Learning
Revolution Festival

Fun With



Autumn Fruits

at the

Fourways Community Centre

Thursday 29th October

**Recipes
and
Information**

Breakfast pancakes with apple and blackberry sauce



For the pancakes (8-9 small ones)

Ingredients:

- 150 g self raising flour
- 30 g caster sugar
- 1 x egg
- 150 ml / 1/4 pint milk
- 1/2 teaspoon vanilla essence
- pinch cinnamon
- butter and oil to panfry

How to make it:

- In a large bowl whisk the flour and sugar together to break up any little lumps.
- Whisk in the egg followed directly by the milk, whisking until smooth.
- Mix in the vanilla and cinnamon, the batter will be firm and thick, just right for spooning.
- Spoon tablespoon amounts in to a buttered oiled hot pan and cook until golden on both sides.

For the apple and blackberry sauce (3-4 portions)

Ingredients:

- | | |
|--|--|
| Berries are high in Vitamin A and Vitamin C | 3 eating apples - cored, peeled and sliced |
| | 12 blackberries - fresh or frozen |
| | 1 tablespoon lemon juice |
| | 3 tablespoons water |
| | 1 tablespoon sugar |
| | pinch cinnamon |

How to make it:

- Simply add all the ingredients to a saucepan and simmer gently for 5 - 6 minutes until the apples have softened stirring occasionally and turning the heat up for the last minute until the sauce has thickened slightly.

There are over 7000 different types of apple in the world

Freecycle

You may be able to find free gardening equipment by joining Freecycle. Members give away unwanted items advertised online. It is free to join and everything offered is free, you just have to collect the item. Visit www.freecycle.org

Norwich LETS

LETS is a group of people who trade skills, services and goods without money. You earn credits for your time, skills and goods which you can use to buy something from another member. Why not trade some home grown fruit and veg for something you need like childcare or diy. Contact Mark on 01603 507509 or visit www.norlets.org.uk

Ooodles of noodles

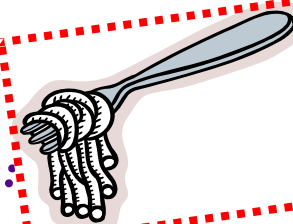
With chicken or vegetables

Ingredients:

- 1 tablespoon oil
- 1 small chicken breast - diced or
- 150 g vegetables cut into strips
- 3 spring onions - diced
- 1 small packet egg noodles - roughly broken
- 150 ml approx. water or stock
- 1/2 tin / approx 150 g sweetcorn
- 1 tablespoon light soya sauce to taste

How to make it:

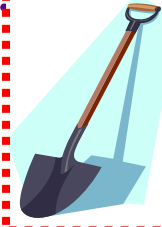
- Heat the oil in a large frying pan or a wok .
- Cook the chicken until white all over (if using)
- Add the vegetables and spring onions, cooking for a minute to soften.
- Add the noodles and stock to cover the ingredients, Put on a lid
- simmer for 6 - 8 minutes
- until the chicken is cooked and the noodles soft.
- Stir in the corn and soya - serve.



Fresh, frozen, chilled, canned and dried fruit and vegetables all count towards your 5-a-day

The longest carrot ever recorded was nearly 17 ft long, that's over 5 metres

Grow your own



Why not try growing your own fruit and veg at home or on an allotment. It needn't cost much and is a great way to get fresh food and keep fit.

At home:

You can grow vegetables, fruit and herbs at home.

They can be grown in window boxes, pots and growbags or you could make a veg plot in your garden.

You can use old plastic bottles, egg cartons and yoghurt pots to grow seeds in.

Allotments:

Norwich City Council has allotments to rent around the city including Bluebell North and Bluebell South on The Avenues, Bellacre and Woodlands on Dereham Road (near Sweet Briar Road) and Sycamore Crescent near Waterworks Road.

(people who have a Go 4 Less card can get a discount)

Sustainable Living Initiative

A grow your own scheme based at Bluebell South allotments offers practical help and advice on what to grow, when to grow it and provides tools, seeds and compost.

There is an information centre on site and 'old' growers are encouraged to help 'new' growers.

They also run growing at home and pick your own schemes.

Norfolk African Community Association

An organic and nature conservation project run from a community allotment on the Bluebell South Allotments.

People of any age are welcome to come and learn how to grow vegetables, fruit and flowers. There is also a wildlife area.

BTCV Green Gym

The BTCV Green Gym runs an allotment on Sycamore Crescent (near Waterworks Road). It aims to help you get fitter while helping the environment. It is free to attend and runs on most Sundays from 1-4pm.

Please see **back page** for further details

Buying local food in season is usually

- *Cheaper
- *Fresher
- *Kinder to the environment

Autumn fruit and vegetables

Autumn is a great time for fruit and vegetables. At this time of year you can find blackberries, plums, pears, pumpkins, sweetcorn and leeks as well as lots of others.

Places nearby where you can buy local and seasonal fruit and veg include:-

- Norwich Market**—lots of fruit and veg stalls including organic.
- Roys, Bowthorpe Shopping Centre**— lots of locally produced food.
- Golden Triangle Farmers Market**— At Earlham House Shops on the 2nd Sunday of each month.
- Norwich Farmers Market**—On Gentlemans Walk on the 1st and 3rd Sunday every month.
- Paradise Organics** —local organic fruit and veg delivered to your door.
- HFG**— Farm shop selling produce from local farmers.

Please see **back page** for further details and websites

Smoothies

Peach, orange and banana juice (2-3 portions)

Ingredients:

- 1 tin of peaches—in juice
- 2 bananas—sliced
- 50 ml / 1 small glass orange juice

How to make it:

Whiz all the ingredients together. Until smooth

Pear and berry smoothie (2-3 portions)

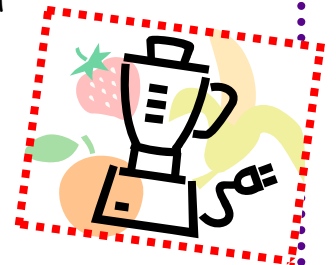
Ingredients:

- 2 pears—peeled, cored and chopped
- 1 punnet of berries
- Pint of any type of milk

How to make it:

Whiz all the ingredients together. Until smooth

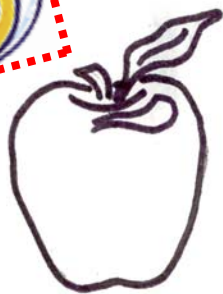
Pear trees can grow up to 60ft (18 metres) and may live to be 300 years old





5-a-Day

Colour me in



1 medium apple



7 strawberries



1 medium glass of orange juice



1 medium banana

Handfull



of blackberries



1 medium pear

Halloween finger biscuits



Ingredients (makes 12):

- 50 g butter - softened
- 100g caster sugar
- 1 medium egg yolk
- 1/2 teaspoon vanilla essence
- 1/2 tablespoon milk
- green food colouring if you fancy green ones! (Optional)
- 150 g plain flour or gluten free flour
- 50 g fine porridge oats
- 50 g ground almonds
- 12 sliced almonds - to decorate

How to make it:

- There are over 50 types of pumpkin. You can grow them all over the world—except in Antarctica**
- Preheat the oven gas 6 / 210°C.
 Cream the butter and sugar together in a large bowl, until light and paler in colour.
 Beat in the egg yolk followed by the vanilla and milk.
 Add a few drops of colouring (if you're using it) and mix well
 Stir in the flour, oats and almonds and mix to form a dough.

- Divide the mix in to 10 - 12 and with damp hands mould into finger, sausage shapes.
- Place on to a greased tray.
- Push a sliced almond in to one end to resemble a fingernail.
- Score in some knuckle lines to resemble finger joints!
- You could even add a sultana or two or some choc chips to resemble warts.
- Bake for 12 - 14 minutes until light golden and firm.

Pumpkins are a good source of Vitamin A, Vitamin C, Vitamin K and Vitamin E