

GROW, COOK & EAT

LAWRENCE WESTON

2023



12 home grown, seasonal recipes
from our budding local community
gardeners and cooks



Grow, Cook and Eat
Lawrence Weston

Community
Climate Action



WELCOME

TO GROW, COOK & EAT LAWRENCE WESTON



Food (in)security is a huge issue for residents living in Lawrence Weston. It is also a major source of carbon emissions.

By regenerating local green spaces to maximise growing opportunities, and providing community-based training and skills sharing, we will give local people the opportunity and skills to grow and cook their own sustainable fruit and vegetables, which reduces food miles, enable access to lower cost/healthier food options, whilst also improving biodiversity.

Grow, Cook and Eat Lawrence Weston was launched in September 2022, and I can't believe that we are at the end of year one! This project has two ambitious workstreams: **Growing to reduce carbon emissions** and **reducing your carbon footprint in the kitchen**. Both will have an impact on reducing food insecurity whilst reducing resident's carbon footprints in line with Bristol's aspirational goal of becoming Net Zero by 2030.



This year we have started our own community allotment at Atwood Drive where we are growing lots of fruit and veg, delivered cooking classes, food demonstrations, children's cooking sessions, nature walks, forage walks and planted trees and plants across the community.

This coming year we have more plans to introduce a community fridge, new education gardens, more food growing and more opportunities for local residents to look at how they eat, grow, shop and enjoy food.

This cookbook signals the end of year one, and brings together local resident's favourite recipes, it could be a family favourite or something that has been learnt on one of our courses that they love! I have also added one of my favourite recipes.

If you want to find out more, want to join our mailing list or volunteer then please do get in touch.

Donna Sealey
Ambition Lawrence Weston

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I look forward to meeting you soon!



The project is funded through the **The National Lottery Climate Action Fund**

WHY HOME GROW?

Growing our own food, or a small amount of it as our time and space allows, is a brilliant way of connecting with food and discovering varieties of herbs and vegetables we might not find in local shops and supermarkets.

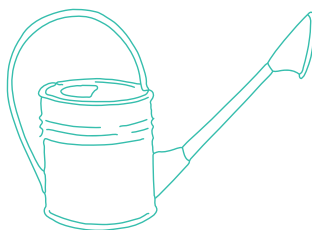
The price of a packet of seeds often gives enough to grow a full season of a favourite vegetable, for the price of a small quantity of it, and gives us an opportunity to grow extras for friends and neighbours.

For people with gardens and allotments finding space to grow food is not a challenge but of course as residents of a city, many don't have that privilege but everyone can grow something. Window boxes are ideal for herbs, salads and edible flowers and pretty much anything that can be grown in the ground will do well in a container. Balconies are ideal for growing tomatoes, chillies will thrive on a warm windowsill and strawberries love to grow in a hanging basket.

But what if you'd like to grow more and meet others who want to do the same? Of course applying for allotments is an option but there's also the option of getting together with friends and neighbours and creating a community growing space near home. There may be some beds local to you that are underutilised, a space in a park or a green space where there is a great space for raised beds, or even a group of people could decide to grow specific things on their balconies and swap their harvests.

Whatever scale you decide for your growing journey, the most important thing is that it's fun and adds exciting flavours to your meals.

Sara Venn
Edible Bristol



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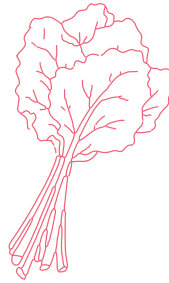
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SPRING

ONIONS | NETTLES | SALAD LEAVES

MARCH

ONIONS

As a working mum, cooking together connects myself and the children whether whipping up something quick like yam and corned beef eggs or making Jollof rice.

Opposite is our home-made Jollof rice recipe, please enjoy!

Daphne

Lawrence Weston's Mum Bonds with Kids through Cooking Together



JOLLOF RICE

Serves 4/6

You will need:

Long grain rice (5-10 cups of rice for 10 people).

3 fresh red chilli peppers.

2 fresh bell peppers.

4 large fresh tomatoes or 2 chopped tin tomatoes.

2 large white or red onions.

Meat 1.8kg - Diced beef, chicken, fish, or goat meat as preferred.

150mls oil - Vegetable, sunflower oil or groundnut oil.

Curry powder.

Thyme.

Salt.



1. Preheat your stainless-steel pot for 1 minute, add oil. Preheat pot with oil for another minute. Add meat (beef) salted to taste, stir occasionally until cooked (approx. 20mins) on full heat. Add one and half chopped onions to fried meat. Cook for a further 3 minutes.

2. Remove fried meat at this point if you prefer meat not too tender. Add chopped tomatoes and peppers to pot. Sprinkle thyme, curry powder and salt, and additional chilli powder if needed, then mix with a wooden spoon. Add other seasoning of choice as preferred to taste - garlic, ginger. Mix well, cooking on low heat.

3. Boil full kettle of water. Add 5-10 cups of rice into a bowl. Pour boiled water into the bowl of rice and stir with wooden spoon. Pour off cloudy water. Add cold water to rice bowl to de-starch, stir and pour off cloudy water. By third rinse, water in rice should be clear. Strain water out if needed. Rinsed de-starched rice tastes better.

4. Boil full kettle of water. Add washed rice into pot of ingredients. Add the meat back in the pot. Add 200mls of boiled water, stir until mixed well. Use little spoon to taste seasoning is sufficient. Add half remaining chopped onions and sprinkle over rice. Put lid over pot. Cook for a further 15 minutes on low heat. The rice should be soft and have absorbed all the water by now. Leave lid over pot and allow to cool down for 10 minutes. Serve with banana, plantain and/or salad if needed.



APRIL

NETTLES

I have recently got into foraging and joined a local forage walk and nettle soup making class.

I was really surprised how delicious it was and made it again and again – and even the kids enjoyed it!

You can substitute the nettles for spinach if it is not the time of year for nettles or you want to ease yourself into it gently.

This recipe is adapted from the River Cottage recipe.

Amy Smith
Local Resident



NETTLE SOUP

Serves 4

You will need:

1/2 a basket of stinging nettle tops, or fresh-looking larger leaves.

50g butter.

1 large onion (or a dozen crow garlic bulbs if you want to be truly wild), peeled and finely chopped.

1 litre vegetable or chicken stock, or even light fish stock.

1 large potato, peeled and cut into cubes.

1 large carrot, peeled and chopped.

Sea salt and freshly ground black pepper.

2 tbsp cream cheese.

A few drops of extra-virgin olive oil.

A few drops of Tabasco.

1. Wearing rubber gloves, sort through the nettles, discarding anything you don't like the look of and any thick stalks. Wash the nettles and drain in a colander.

2. Melt the butter in a large saucepan, add the onion and cook gently for 5-7 minutes until softened.

3. Add the stock, nettles, potato and carrot. Bring to a simmer and cook gently until the potato is soft, about 15 minutes.

4. Remove from the heat. Using an electric hand-held stick blender, purée the soup and then season with salt and pepper to taste.

5. Ladle into warmed bowls and float a teaspoonful of cream cheese on top. As this melts, swirl in a few drops of extra-virgin olive oil and Tabasco.



MAY

SALAD LEAVES

This is my favourite go to salad in the late spring months.

I grow lots of different salad leaves on my window sill and can just cut a wide range whenever I make this salad.

This is also a good recipe to use up some leftover or stale bread to make delicious croutons.

Nobby
Local Resident



NOBBY'S CAESAR SALAD

Serves 2/4

You will need:

4 cups hearty day old bread, torn into 3/4-inch pieces.

2 tbsp olive oil.

Mixed salad leaves - whatever you have to hand.

1/4 cup finely shredded parmesan.

Dressing:

3/4 cup mayonnaise.

1 1/2 tbsp fresh lemon juice.

1 tsp dijon mustard.

1 tsp Worcestershire sauce.

4 anchovies packed in oil, drained, minced then mashed.

1/4 cup finely grated parmesan.

2 garlic cloves, minced (2 tsp).

Salt and freshly ground black pepper.

1. Preheat oven to 190°C. Place bread pieces close together on a rimmed 18 by 13-inch baking sheet then drizzle slowly and evenly with olive oil, then toss to coat.

2. Spread bread across baking sheet. Bake in preheated oven until golden brown and crisp, tossing once halfway through, about 15-20 minutes total.

3. Meanwhile, in a mixing bowl whisk together mayonnaise, lemon juice, dijon mustard, Worcestershire, anchovies, garlic, 1/4 cup parmesan and season with salt and pepper to taste (you may only need a pinch of salt, then about scant 1/2 tsp pepper).

4. Place lettuce in a large bowl, pour in dressing then toss to evenly coat with dressing, then toss in croutons and remaining parmesan.

5. Serve salad immediately.



IN SEASON



SPRING

SARA VENN

SEASONAL TIPS

ONIONS

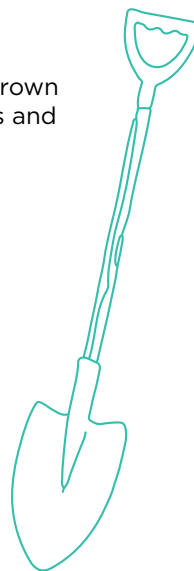
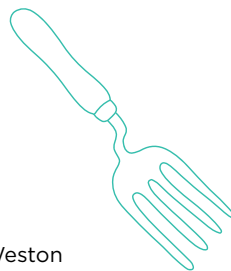
Plant onion sets on the shortest day of the year, or thereabouts, and they will be ready to harvest on the longest day. While this was the traditional way they can be planted later and will then be ready later in the season.

NETTLES

Nettles are a gift from nature! Use them when the young shoots appear in May and stop once they start to flower, as they'll be a bit tough. Keep cutting them for soups, risotto, sauces and you'll have fresh shoots for weeks.

SALAD LEAVES

Salad leaves for a window sill can be grown all year round – just sow every 3 weeks and you'll have year round leaves!





SUMMER

TOMATOES | CHERRIES | KALE

JUNE

TOMATOES

My favourite simple spaghetti using tomatoes from the garden.

It's cheap to make and very tasty – all the family love this recipe! To make it even healthier – you could serve with a big green salad.

Jacki Crouch
Local Resident



IN
SEASON

SIMPLE SPAGHETTI

Serves 2

You will need:

2 garlic cloves.

250g ripe cherry tomatoes.

1 handful of black kalamata olives.

A bunch fresh basil (15g).

Olive oil.

150g dried spaghetti.

20g grated pecorino or crumbled feta.

1. Place a pan of salted water on a high heat and bring to the boil. Peel and finely slice the garlic, halve the cherry tomatoes, destone the olives and pick the basil.

2. Drizzle 1 tbsp oil into a large frying pan over a high heat, add the garlic and fry for 1 min, then throw in the tomatoes and fry gently for 1 min more, or until they are starting to break down a little.

3. Tear in the olives and basil, saving the baby leaves to garnish, then add a splash of water, turn the heat down a little and continue to simmer gently until needed.

4. Cook the spaghetti in the pan of boiling salted water to pack instructions, then drain, reserving a mugful of cooking water. Tip the pasta into the pan with the sauce and toss together, loosening with a splash of cooking water, if needed.

5. Season to taste, then scatter with grated pecorino or a crumbling of feta and the reserved basil leaves.



JULY

CHERRIES

My dad has a huge cherry tree in his garden and the kids love to pick them.

I love baking and one of my favourites is cherry pie using the cherries as soon as we have picked them.

Chelsea
Local Resident



CHELSEA'S CHERRY PIE

Serves 8

You will need:

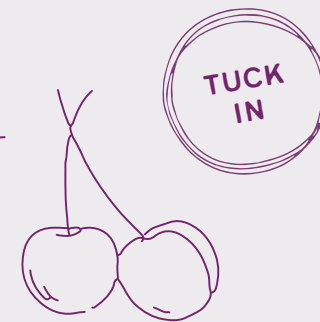
Approx 500g of freshly picked cherries or frozen if you haven't got fresh.

500g of ready-made short crust pastry.

60g ground almonds.

1 egg.

4 tbsp white caster sugar.



1. Preheat your oven to 200°C, fan 180°C, gas mark 6.

2. Roll out and line a 1lt pie dish with 375g (2/3rds) of your readymade pastry, trim the edges, save all the remaining pastry for your lid.

3. Mix the almonds, and 3 tbsp of your sugar with the cherries, then place into the pastry lined pie dish.

4. Roll out the remaining pastry, cut into long strips, weave the strips together over the pie filling to form a lattice pattern. Press down the edges to seal and then trim off excess pastry.

5. Mix your egg with 1 tbsp of water, brush your egg glaze over the pastry top and then sprinkle over the remaining sugar.

6. Place the pie on a baking tray in the oven and bake for 45-50 minutes until the pastry turns crisp and golden.

7. Take out the oven and leave to cool before serving.

AUGUST

KALE

Me and my wife Mel started ordering Gusto food recipe boxes for a change as we were running out of ideas for meals.

This kale recipe has to be one of our favourites now and we make it all the time, it's easy and delicious.

Mark and Mel
Local Residents



KALE, CHEDDAR & MARMITE BUBBLE & SQUEAK

IN
SEASON

Serves 2

You will need:

Vegetable oil to fry.

1/2 a leek (or 1 onion),
sliced.

2 garlic cloves, sliced.

350g (Any leftover cooked
potato) coarsely mashed.

2 thyme sprigs, (leaves).

100g cooked kale.

1 tsp Marmite.

1/2 tsp wholegrain or dijon
mustard.

80g mature cheddar,
coarsely grated.

1-2 medium free-range
eggs.

1. Add a dash of oil to a small frying pan and gently cook the leek and garlic until soft (about 6 minutes). Transfer to a bowl with the mash, thyme, kale, Marmite, mustard and half the cheddar and stir well using a wooden spoon until everything is distributed evenly.

2. Scatter the remaining cheddar over the base of the same frying pan and put over a low-medium heat. Cook for 1 minute until the cheese has melted, then spread the bubble and squeak mixture on top of it, smoothing the top. Cook for a few minutes until the cheese is crisp and golden brown, then carefully turn out onto a board. Return the bubble and squeak cake back into the pan to cook and crisp up the other side.

3. Put another small frying pan over a medium heat with a dash of oil, then fry the eggs until done to your liking. Serve the bubble and squeak topped with the eggs and Tomato or Brown sauce (if you like).

Top Tip: If you don't have leftover mash, you can make a super quick one by microwaving unpeeled floury potatoes for 10 minutes, then scrubbing off the skins and mashing. This gives you a drier mash than boiling the potatoes, which means a tastier texture in your bubble and squeak.





SUMMER

SARA VENN

SEASONAL TIPS



TOMATOES

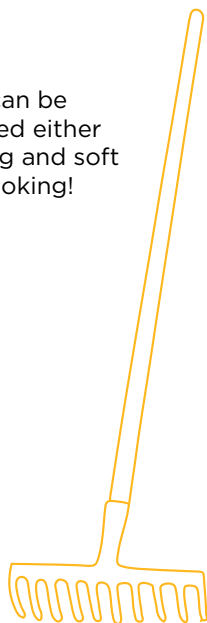
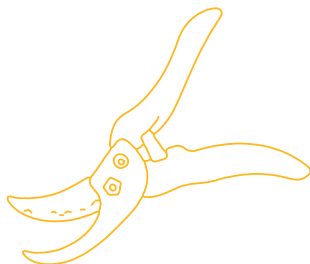
Sow tomato seeds in early March, (not before), on a sunny windowsill and plant out in late April or early May. There are some really exciting varieties available and they're a crop that's easy to save seed from so why not give that a go?

CHERRY

Cherry trees are great trees that give a bountiful crop as well. There are some great patio varieties for the smallest gardens.

KALE

Kale is such a versatile crop that can be sown March to September and used either as salad leaves when they're young and soft or grow them on to full size for cooking!





AUTUMN

BLACKBERRIES | PUMPKIN | CELERIAC



GROWING FOR NATURE

As soon as you get your hands in the soil to grow your own veg, it becomes immediately obvious that the food we grow is intimately connected with the living world.

From all the minibeasts that maintain soil health and structure, to the bees, butterflies and hoverflies that pollinate your tomatoes, beans and peas – we must look after the life we share with the planet in order to feed ourselves. That's why it's really important to leave wild margins and allow pollinator friendly plants to flower. If you look after nature, it will return the favour by looking after your crops. The more habitat you create, and insects you allow to thrive in your wild margins, the more birds, bats, hedgehogs and ladybirds there will be to clear up the pests coming for your vegetables, eliminating the need for pesticides. It's a potent reminder that we are not separate from nature, but in fact very much part of the ecological network.

Eric Swithinbank
Community Ecologist

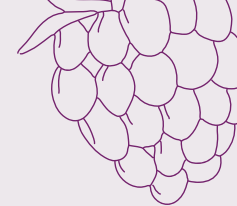
SEPTEMBER

BLACKBERRIES

I love taking walks along Lawrence Weston Moor, and in early September there is just an abundance of blackberries.

I always carry a small bag or box with me and always come back with lots!

Eileen
Local Resident



IN
SEASON

EILEEN'S APPLE & BLACKBERRY COBBLER

Serves 8

You will need:

1kg cooking apples, peeled, cored and cut into 2cm dice.

200g blackberries.

100g demerara sugar.

For the cobbler:

150g self-raising flour.

50g cold butter cubed, plus extra for greasing.

50g caster sugar.

1 egg, beaten.

4 tbsp milk.

Icing sugar, for dusting.

1. You will need a 20cm round ovenproof dish. Preheat the oven to 200°C/fan 180°C/gas 6/400°F and grease the dish with butter.

2. Place the apples, blackberries and demerara sugar in the prepared dish and mix together.

3. To make the cobbler, measure the flour and butter into a food processor and whizz until the mixture is like breadcrumbs (or place in a mixing bowl and rub the butter into the flour with your fingertips). Add the caster sugar, egg and milk and mix again until combined. It should be like a wet scone mix.

4. Spoon blobs of the cobbler mixture over the fruit in the dish, then bake in the oven for 30–35 minutes or until golden brown on top and the fruit is soft and bubbling. Don't worry if there are a few gaps – the mixture will blend together a bit more once it's cooked.

5. Dust with icing sugar and serve warm with cream. **Foolproof tip:** spooning the batter over the fruit in blobs gives the desired effect when baked.



OCTOBER



PUMPKIN

Jamaican pumpkin and chicken soup.

It can be as spicy or as mild as you like but packed full of fresh ingredients. I use pumpkin, (or any squash), onions, carrots, potatoes, chicken and stock, but also can add chayote, plantain and scotch bonnet). Also various thyme, garlic etc. I use a pressure cooker for ease and speed but it can also be done in a normal pot.

It's a very hearty dish, great for the colder days.

Beulah Thomson
Local Resident



CHICKEN, PUMPKIN & VEGETABLE SOUP

SPOOKY
SOUP

Serves 6

You will need:

2 pints of stock
(1 chicken and 1 vegetable stock cube).

1 mug of washed lentils.

1 lb of pumpkin or any squash.

1 lb of carrots
(3 or 4 medium size).

1 lb sweet potatoes
(2 or 3 medium size).

1 lb potatoes.

2 onions.

Seasoning:

2 tsp black pepper, 2
tsp garlic powder - or
4 cloves of garlic, 2 tsp
thyme (Dried) - or 4 /
5 fresh sprigs of thyme
(leave on the stem), 2 tsp
coriander (ground),
1 tsp salt.

6 skinned raw chicken
thighs.

1 scotch bonnet pepper
(or any spicy pepper).



1. Firstly add your stock to your pan, and then add washed lentils (this helps the soup thicken) and start it simmering on a low heat.

2. Now add your peeled / chopped onions, carrots, potatoes, sweet potatoes, and pumpkin (squash). Add your seasoning and stir.

3. If you are adding chicken, this is now the time. Place the raw chicken on a trivet or if you don't have one lay them gently on top of the vegetables. I also add the whole scotch bonnet pepper on top.

4. Put the soup on boil and then reduce to a medium heat to let it simmer for about 45 - 60 minutes. Put the lid slightly on so that the chicken poaches, but doesn't boil over.

5. For those using the pressure cooker; bring the pan up to pressure and cook for about 35 minutes. Once the time is up, release the pressure quickly.

6. Gently lift out the chicken thighs and the pepper onto a plate. Shred the chicken using 2 forks. Dispose of the pepper.

7. Depending on how you like your soup, you can now either leave the soup chunky, or use a potato masher to break down the vegetables.

8. Finally add the shredded chicken to the pot and stir in. If your soup is on the thick side, just add a little water until you get it to consistency you prefer. Then serve.

CELERIAC

This is a favourite and cheap family meal. This quantity will feed 4 adults easily. You can use any flavour of sausages you prefer.

There is no set quantity of veg or sausages, use as much or as little as you need according to the size of your family or pan!

Tip: Tinned pulses are a cheap source of protein and can be used in any casserole to make the meat go further.

Sue Sabido
Local Resident



SABIDO SAUSAGE CASSEROLE

LOVELY GRUB

Serves 6

You will need:

1 tbsp of sunflower oil.

1 tbsp plain flour.

1 vegetable or chicken stock cube dissolved in 1 litre boiling water.

1 tin chopped plum tomatoes.

1 tsp mild chilli powder (optional).

1 large onion, peeled and sliced.

1 clove of garlic, peeled and crushed.

A mix of root vegetables peeled and chopped into 1 inch chunks. (I use potatoes, carrots, swede, and celeriac, but any combination with potatoes works well).

8 pork sausages.

Salt and freshly ground pepper to taste.

Bay leaves.

1. Preheat the oven to gas 4, 350F, 180°C, 160°C fan.

2. Use a large ovenproof pan suitable for use on gas or electric. I use my 22cm wide by 13cm deep stainless steel stockpot.

3. Heat oil in pan then add onion and fry gently for 5 mins until softened. Add the vegetables and a little more oil if necessary and cook on medium heat for further 5 minutes, turning the veg frequently. Add the flour and stir until all the veg is coated, add the tomatoes then gradually add the stock, stirring after each addition.

4. Bring to a gentle boil then add the sausages (use any flavour of sausages you prefer), chilli powder, salt and pepper. For extra protein add a couple of tins of pulses after adding the stock (optional). I use cannellini, borlotti, red kidney or butter beans.

5. Cover with pan lid and transfer to pre heated oven. Check veg after 1 1/2 hours, it may need further time if not soft enough.

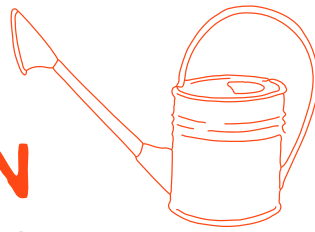




AUTUMN

SARA VENN

SEASONAL TIPS



BLACKBERRIES

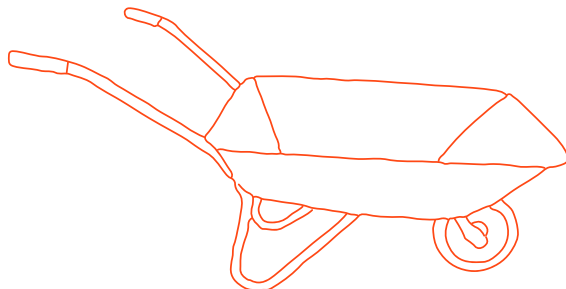
There are lots of blackberry varieties available but there's none so good as the fruit picked on a late summer walk, and eaten as you walk.

PUMPKIN

Sow pumpkins indoors in late April, plant out in late May or early June, water well and harvest from October onwards. Delicious for soup, sauces, chutneys and for carving for Halloween.

CELERIAC

Sow in spring straight into the ground once the soil has warmed, and eat in autumn! They look a bit gnarly but taste delicious in many different recipes.





WINTER

TURNIPS | LEEKS | BROCCOLI





FORAGING LOCALLY

There's a super abundance of wild food in and around Lawrence Weston, largely due to the varied and wonderful habitats in existence.

I've hugely enjoyed introducing folks to their local wild food larder and watching them switch on their green vision! Wild berries – sloes, blackberries, hawthorn, rose hips, sorrel, mustards like jack by the hedge and black mustard, healing plantain leaves and yarrow... the list goes on. I'd encourage you to get out there with a good foraging guidebook and see what you can find. Or, come on one of our Grow, Cook and Eat walks.

Martin Bailey
Expert Forager (www.goforaging.co.uk)

DECEMBER

TURNIPS

Being a Scotsman living in Lawrence Weston, I go back to my roots and heritage by cooking traditional Scottish food whenever I can.

This stovie recipe is one of my favourites. It is a great way to use up leftovers that you may have like veg or roast potatoes. There are many ways to make this, but this is how me and my family make this dish.

Jim
Local Resident



JIM'S TRADITIONAL SCOTTISH STOVIES

IN
SEASON

Serves 4/6

You will need:

250g (8.8oz) Roast beef from previous days roast or meat of your choice.

900g (2lb) Roast potatoes from previous days roast, make up any difference with raw potatoes.

50g (4 tbsp) beef dripping saved from previous days roast, or butter, oil, dripping or lard.

400ml (2 cups) Stock or leftover gravy with water added to make up the difference. I used OXO cubes.

Other vegetables (from previous days roast) or one large raw turnip.

1 large onion.

1. Start by dicing the onion and any peel and chop any extra potatoes you might need, plus turnip if using. It's best to use as many leftover roast potatoes as you can so always cook some extras.

2. Roughly dice your beef or substitute meat like sausages.

3. Add beef dripping or a substitute fat to a large hot pan. You can use butter, olive oil, or lard.

4. Add the onion to the hot fat in a layer at the bottom of the pan, allow them to change colour but not to brown.

5. Add the diced meat to the pan on top of the onions once they begin to change colour. Stir together. **Tip:** If using Corned Beef then add at the end and stir through to warm up other than at this point.

6. If required make up your stock to the mix and stirring to combine. Pour the stock into the pot. It should come to just below the top layer of vegetables so add more or less as necessary. Do not stir but leave everything in layers.

7. Bring to the boil and once boiling turn down to a low simmer and cover. Cook for 45-60 minutes until the potatoes begin to soften and break down. Prod with a knife to see if ready.



JANUARY

LEEKES

This is so easy to make with a few ingredients.

Simple and cost effective, you can also bulk out your meal with some lovely warm crusty bread. Perfect for a cold winter's evening.

Natalie
Local Resident



NAT'S LEEK & POTATO SOUP

Serves 4

You will need:

1 tbsp vegetable oil.

1 onion, sliced.

225g/8oz potatoes, cubed.

2 medium leeks, sliced.

1.2 litres/2 pints vegetable stock.

150ml/5fl oz double cream or crème fraîche.

Salt and freshly ground black pepper.

1. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.

2. Add the vegetable stock and bring to the boil. Season with salt and pepper. Simmer for 10 minutes until the vegetables are tender.

3. Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the cream or crème fraîche. Heat through and serve.



FEBRUARY

BROCCOLI

This is one of my favourite soups – and I made this recipe when I started eating a ‘Keto’ diet.

This means the meals that I was eating were very low or carb free. You could change the stilton for cheddar if you find stilton too strong. It's very easy to make and freezes well – I portion them up into lunch box containers then freeze.

Donna Sealey
Ambition Lawrence Weston



DONNA'S BROCCOLI & STILTON SOUP

HOT & TASTY

Serves 4

You will need:

One head of broccoli.

1 wedge of stilton.

2 stock cubes – I use vegetable.

Lots of pepper (no salt, the cheese is enough).

1. Remove all the florets and dice the stalk of the broccoli and add to a large saucepan.

2. Cover with water (not too much, you can always add in more water to loosen later).

3. Add the 2 stock cubes and boil for around 10 minutes, or until everything has softened.

4. Add the wedge of stilton, minus the rind (or cheddar if you prefer).

5. Using a hand blender, blend until smooth adding in lots of black pepper.

6. Add water if needed to get your desired consistency. Enjoy!

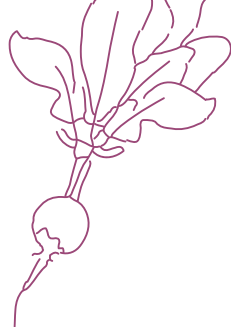




WINTER

SARA VENN

SEASONAL TIPS



TURNIPS

Sow turnips in August/September for a late Autumn crop, great for wintery stews.

LEEKS

Sow leek seeds straight into soil in April. Keep them earthed up with soil and they will be ready just in time for soups and stews as Autumn arrives.

BROCCOLI

Sow in spring for Autumn crops or late summer for overwintering plants that will be ready to harvest in April and May.



THANK YOU

Roger Sabido, local resident who donated their allotment to the Grow, Cook and Eat Project – without him, we would still be on the waiting list!

Sara Venn from Edible Bristol who agreed to support this project in being set up – Sara's knowledge has been invaluable.

Luke Murray from Edible Bristol who supported the allotment with his expertise.

Almondsbury Garden Centre for donations of compost for our veg planters.

Blaise Nursery who has supplied us with free fruit trees and veg plugs to get us growing for the local community.

Beulah Thomson who has supported the Eat Well, Save Energy cooking classes and children's cooking classes voluntarily.

The Men in Sheds project Nobby, Jim and Alan – for building our compost bins and veg planters.

Clear Channel for two corporate days clearing the allotment, building our shed and digging our pond.

Triodos Bank for their corporate support in building four herb beds.

Fellow allotment plot holders who have helped, donated plants and given advice.

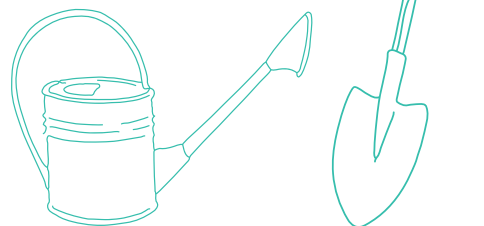
The biggest Thank You goes to all the local residents who have been involved or who have benefited from the first year of this project – we hope to see you again soon.

PROJECT TEAM

Donna Sealey, Ambition Lawrence Weston Project Co-Ordinator.

Sara Venn, Edible Bristol, Horticulturist.

Eric Swithinbank, Avon Wildlife Trust, Community Ecologist.





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