

GROW, COOK & EAT

LAWRENCE WESTON

2024



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



Welcome to the second edition of our 'Grow, Cook & Eat' cook book for Lawrence Weston.

In the first edition we introduced 12 local residents and their family favourite or go to recipes using seasonal fruit or veg that you could grow yourself, this time we have 12 brand new residents with their favourite recipes. **I hope you enjoy cooking – and eating them.**

The last 12 months has been extremely busy on the 'Grow, Cook & Eat' project. Our community allotment is thriving with produce and both young and old members of the community have been enjoying events and sessions being held on our allotment, there are lots of photos scattered throughout this cookbook to give you an idea!



We are also launching **our brand new supper club** from October this year after a very successful event where 42 residents came together to enjoy a two course Peruvian supper for food justice fortnight. It is being ran by Buelah (her recipe was in last years cookbook) and Liza (her recipe is in this years cookbook). Look out for more information coming soon.

The 'Grow, Cook & Eat' project still has another years funding – so are looking forward to doing more community growing, planting, cooking, harvesting and eating, and we look forward to seeing you at more of our events.

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.

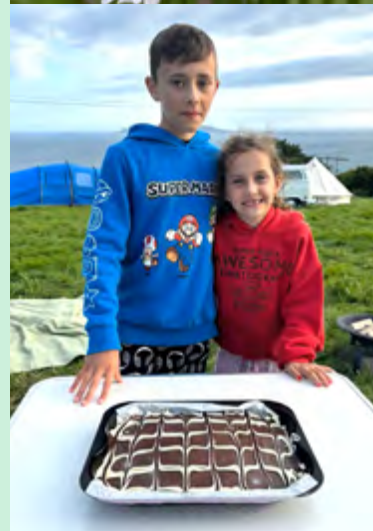
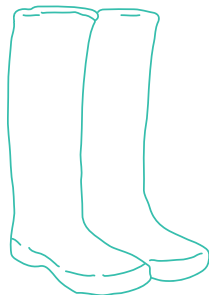
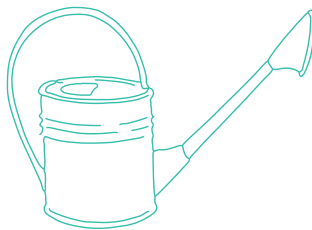
The price of a packet of seeds often gives enough to grow a full season of a favourite vegetable, for the price of a small quantity of it, and gives us an opportunity to grow extras for friends and neighbours.

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



CONTENTS

SPRING

Wild Garlic Bread **9**
Chocolate & Beetroot Cake **11**
Strawberry Cheesecake **13**

SUMMER

The Smith Family
Bolognese Pasta Bake **19**
Lavendar Biscuits **21**
Sauerkraut **23**

AUTUMN

Spaghetti Bolognese **31**
Vegetable Soup **33**
Cream of Celeriac Soup **35**

WINTER

The Dumble Family Magic Soup **43**
Apple Scones **45**
Broccoli Salad with Red Peppers **47**

SPRING

GARLIC | BEETROOT | STRAWBERRIES

MARCH

GARLIC

We love using this recipe in Forest school because it's super easy for the children to make and marks the start of spring for us as there is wild garlic everywhere.

Charlie Long

back2basics Forest School based at Lawrence Weston Community Farm.



WILD GARLIC BREAD

IN
SEASON

Serves 8

You will need:

A fire pit.
Frying pan.
Safety gloves.
Cup for measuring.

Recipe:

One cup of self raising flour.
Quarter of a cup of water.
5/6 wild garlic leaves.
Butter for frying.

1. Chop the garlic leaves (leave some aside for butter to fry).
2. Mix in to flour.
3. Then add the water and mix.
4. Knead in to a dough.
5. Cut the dough in to smaller portions ready to fry.
6. Set a fire in your fire bowl.
7. Add the garlic butter to the frying pan and melt.
8. Then add the dough and fry each side for around 2/3 minutes,

For different tastes you can replace the water with freshly squeezed orange and add sultanas for a sweet version !



APRIL

BEETROOT

This cake is indulgent and chocolatey, and the beetroot gives it sweetness while keeping the sponge very moist and delicious.

We won the School Bake Sale with this cake! And we have made it for friends and family alike. A truly special cake!

Roxy, Jon, Oscar, Evie & Orion (the cat)
Local Residents



ROXY, OSCAR & EVIE'S CHOCOLATE & BEETROOT CAKE

Serves 12 large or 24 small pieces

For the sponge:

3 large free-range eggs.

50g cocoa powder.

150g self-raising flour.

2 tsp baking powder.

175g light muscovado (or light brown) sugar.

300ml sunflower oil, plus extra for greasing.

225g of beetroot, coarsely grated (about 2 medium beetroots). Shop-bought, which can be grated straight from the packet or use raw/homegrown beetroot, which will need to be peeled.

For the Icing:

200g milk or dark chocolate (min 35-40% cocoa solids), broken into pieces.

200ml pouring double cream.

50g white chocolate, chopped.

1. Preheat the oven to 180°C/ 160°C Fan/ Gas mark 4. Grease and line a 30 x 23 cm rectangular baking tin with greaseproof paper.

2. Break the eggs into a large mixing bowl. Sieve and add the cocoa powder, flour and baking powder. Add the sugar and mix using a wooden spoon. Gradually mix in the sunflower oil and beat until well combined. Once smooth, stir in the grated beetroot.

3. Spoon into a prepared tin and bake on a low-mid shelf for about 35 mins until well-risen. The centre of the cake should be springy to the touch. If not, cook for another 5 minutes and check again. Remove and set aside to cool.

4. For the chocolate ganache, place the milk/dark chocolate in a heatproof bowl and melt in the microwave for 10-20 seconds on a high setting, remove, check and stir, then cook again. Once the chocolate is melted, add the cream and stir well until the chocolate and cream combine to make a glossy ganache.

5. After the ganache has cooled and is of a thick pouring consistency, pour over the chocolate sponge and spread over the cake.

6. Melt the white chocolate and drizzle over the top in any pattern you like! Feather the icing by drawing parallel lines with the white chocolate and then running a cocktail stick through the icing in opposite directions.

IN
SEASON

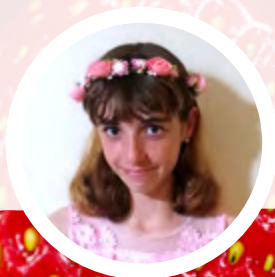
MAY

STRAWBERRIES

This was a recipe that we were taught in school in one of our cooking lessons.

I loved it so much that I have made it so many times for my family. You can make this anytime of the year using whatever fruits are in season, but strawberries are my favourite.

Ruth Watson
Local Resident



STRAWBERRY CHEESECAKE

Serves 2/4

You will need:

15g biscuits (digestives, hobnobs, ginger).

70g butter.

350g cream cheese.

75g icing sugar.

1 tablespoon strawberry jam or coulis.

For the topping:

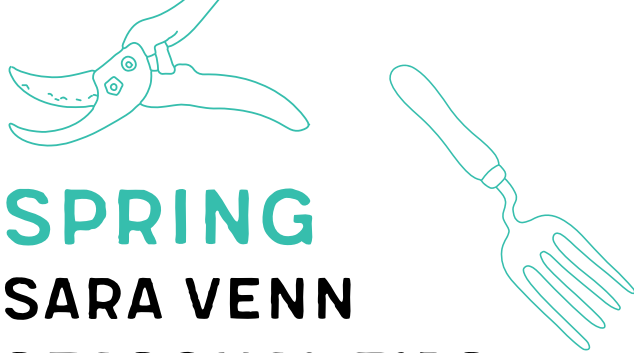
400g strawberries.

1 tablespoon strawberry jam or coulis.



1. To make the base, crush the biscuits in a food processor (or use the end of a rolling pin). Melt the butter in a saucepan and add to the biscuits.
2. Mix well, add to your chosen dish in a thin layer, and chill in the fridge for 30 minutes.
3. Once chilled, add a layer of your strawberry coulis or jam.
4. Mix the cream cheese and icing sugar and then smooth over the layer the base.
5. Slice or dice your strawberries, add to the top of your cheesecake in a design you like, and then drizzle with some more strawberry jam or coulis.





SPRING

SARA VENN

SEASONAL TIPS

GARLIC

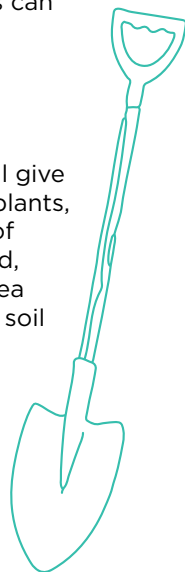
A member of the onion family, this staple of Mediterranean cooking is simple to grow in a warm sunny site with well-drained soil. It's grown from cloves, which are best planted in late autumn, and is ready to harvest the following summer.

BEETROOT

You can sow beetroot seeds directly into the soil from April to July. You can sow the seeds in drills that are 1–2.5 cm deep, and space the seeds 10 cm apart. You can also sow two or three seeds together, spacing the groups 15 cm apart. For the sweetest flavour, harvest beetroot when the roots are the size of a golf ball. Larger roots can become woody.

STRAWBERRIES

Well-maintained strawberry plants will give you an abundant harvest. As fruiting plants, strawberries need a constant source of moisture. Keep the plants well watered, but never soggy. Soak the planting area or container well once the top inch of soil has dried out.





SUMMER

TOMATOES | LAVENDAR
| WHITE CABBAGE

JUNE

TOMATOES

Busy mum Shay-marie Smith adapts this recipe to accommodate both meat eaters and vegetarians in the family.

This is easily done and just as tasty either way you make it.

Tyler Smith
The Smith Family



THE SMITH FAMILY BOLOGNESE PASTA BAKE

Serves 4

You will need:

2tbs olive oil.
400g beef mince or Quorn mince.
400g dried penne pasta.
1 onion, diced.
2 garlic cloves chopped.
200g of fresh cherry tomatoes - or 2 x 400g tins of chopped tomatoes.
1 punnet of mushrooms.
1 jar of white lasagna sauce.
400ml of stock made with beef or vegetable cube.
Salt and pepper to taste.
200g grated cheese.
Chilli flakes (optional).

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat. Once browned, transfer the mince to a bowl and set aside.

2. In the same saucepan, add another tablespoon of oil and turn the heat to medium. Add the onions, a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and chilli flakes and cook for another 2 minutes. Then pour the mince and any juices in the bowl back into the saucepan.

3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 10 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.

4. When ready to cook the pasta, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions drain any excess water.

5. Pour the bolognese evenly into an oven dish, then the cooked pasta on top and cover with cheese sauce and grated cheese.



JULY

LAVENDER

As the community ecologist I'm always encouraging people to plant pollinator friendly herbs in their garden – and lavender is one of the best for attracting bees!

As well as a great nectar source for wildlife, the essential oils from the plant produce a much loved fragrance that has been said to help aid relaxation.

This simple recipe for lavender biscuits is super easy and a tasty summer favourite. Lavender grows with vigour providing it's in a spot with plenty of sun and well drained soil, so there should be plenty for both the bees & biscuits!

Eric Swithinbank
Community Ecologist



LAVENDAR BISCUITS

Serves 8

You will need:

100g butter.
50g caster sugar.
175g self raising flower.
2 tablespoons fresh chopped lavender leaves.
1 teaspoon lavender flowers removed from spike.

1. Cream sugar and butter together until light.
2. Add the flour and lavender leaves to the butter mixture then knead well until it forms a dough.
3. Mix the almonds, and 3 tbsp of your sugar with the cherries, then place into the pastry lined pie dish.
4. Gently roll out n a lightly floured board. Scatter the flowers over the rolled dough and lightly press in with the rolling pin.
5. Cut into small rounds with a cutter then place biscuits on greased baking sheet.
6. Bake in a hot oven 230C for 10-12 minutes until golden and firm. Remove and cool on a wire tray.



AUGUST

WHITE CABBAGE

Every batch is slightly different and this is why it's so exciting!

This white cabbage recipe has to be one of our favourites. It's easy, delicious and good for your digestive health.

Kyle Perkins & Jake Morgan
Local Residents



SAUERKRAUT



IN
SEASON

Serving: A small amount per person

You will need:

A clean jar with a lid (wide necked jars are best).

A mixing bowl.

A knife.

Ingredients:

Salt - approximately 2% salt, so 2g for every hundred grams of vegetables.

Any spices.

Vegetables - use the best you can afford and fresh is best! (white cabbage is recommended).

1: Wash and chop your vegetables as desired.

2: Start by adding most but not all of the salt. Massage vegetables/leaves then taste to see if you think it requires more salt.

3: Carry on adding salt and massaging until it tastes about right - salty but not unpalatable. The more krauts you make, the more you get used to tasting the correct amount of salt. Always add sparingly.

4: Push your mixture down into the jam jar and leave in a warm place at room temperature with the lid on.

5: Burp your jar daily by unscrewing the lid then screwing back on. Once fermentation starts taking place (usually after a day or so) the brine level will rise. The important thing is to keep ferment submerged as best you can to prevent mould forming. I push my weight down after a day or so to see if bubbles rise. When they do, I know fermentation is taking place

6: After around three days remove the weight, replace the lid on your jar then store ferment in the fridge. It will keep indefinitely and will carry on fermenting at a much slower rate. Flavours evolve as time goes by.





SUMMER

SARA VENN

SEASONAL TIPS



TOMATOES

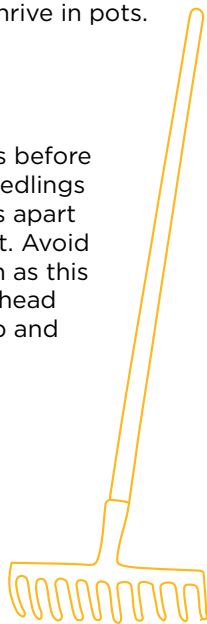
Sow tomato seeds in early March, (not before), on a sunny windowsill and plant out in late April or early May. There are some really exciting varieties available and they're a crop that's easy to save seed from so why not give that a go?

LAVENDER

Lavenders work in a variety of situations, from wildlife gardens to cottage gardens and even formal gardens, where they can be planted beneath shrub roses or used as a low-growing lavender hedge. Many lavenders thrive in pots.

WHITE CABBAGE

Plant seeds - inch deep, 2-3 weeks before the last frost in the spring. Thin seedlings or transplant cabbage 12-18 inches apart in the row with rows 2-3 feet apart. Avoid fertilization during head formation as this causes excessive leaf growth and head splitting. Irrigation should be deep and infrequent.





AUTUMN

RED PEPPERS | BUTTERNUT SQUASH
| CELERIAC



GROWING FOR NATURE

Now we are well into the project, the allotment has really bedded in, and we are beginning to see the consequences of all those little decisions we have made along the way. For example, the ragwort we let grow is covered in cinnabar moth caterpillars, the comfrey we planted is buzzing with bumblebees and this year's batch of baby newts have hatched (cute!) in the pond we dug last year.

In last year's cook book we emphasised the benefits of encouraging more nature into your growing space such as pollination and pest control. Whilst this is still all relevant, this year, I have been noticing another benefit. Sometimes I take a moment to pause and observe the pond we dug, the wildflowers we planted, and the multitude of life that they support going about their business, and I feel an overwhelming sense of satisfaction that we have given nature a home. All these creatures that simply wouldn't exist if we didn't create some space for them. Creating a small oasis of life can really help combat the day-to-day doom and gloom we hear on the news, and provide a sense of positive hope and agency that I think is really valuable.

Eric Swithinbank
Community Ecologist

SEPTEMBER

RED PEPPERS

This easy version of a classic Italian recipe will help everyone get their 5 A Day.

I use red peppers, but you can use any peppers you have to hand. If you don't like one of the vegetables, just swap it for another - like cubed aubergine for courgette.

Lyn Griffin
Local Resident



SPAGHETTI BOLOGNESE

Serves 4

You will need:

300g extra-lean minced beef.

400g chopped tomatoes.

300g dried spaghetti.

1 large onion, finely chopped.

2 garlic gloves, crushed or finely chopped.

2 tablespoons tomato purée.

2 teaspoons dried mixed herbs.

1 red pepper, deseeded and chopped.

3 handfuls mushrooms (cup or button), sliced.

1 carrot, finely chopped.

1 courgette, chopped.

150ml reduced-salt vegetable or chicken stock.

1 pinch ground black pepper.

1. Heat a large saucepan and add the minced beef, a handful at a time, cooking until browned. Add the onion and cook for another few minutes.

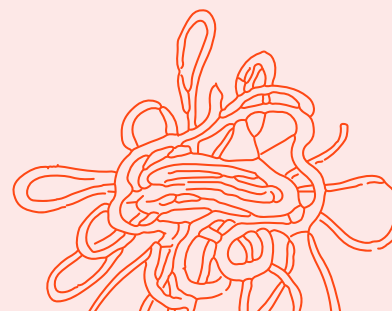
2. Add all the the remaining ingredients to the pan, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15 to 20 minutes.

3. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the pasta and bring back to the boil. Stir well and cook for 8 to 10 minutes, until tender.

4. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.



IN
SEASON



OCTOBER

BUTTERNUT SQUASH

This easy vegetable soup recipe is perfect for using up whatever veggies you have on hand!

I love adding in Butternut Squash. It's a healthy, vegan meal that's great for winter days.

Andy Sherman
Local Resident



VEGETABLE SOUP

Serves 6

You will need:

2 tablespoons extra-virgin olive oil.

1 medium yellow onion, diced.

1 teaspoon sea salt, more to taste.

Freshly ground black pepper.

1 medium carrot, diced.

1 small butternut squash, diced.

1 can chopped tomatoes.

4 garlic cloves, chopped.

2 teaspoons dried oregano, or 2 tablespoons chopped fresh thyme or rosemary.

1/4 teaspoon red pepper flakes, plus more to taste.

1 litre vegetable broth.

2 bay leaves.

250g halved cherry tomatoes.

250g chopped green beans.

1 courgette, diced.

2 tablespoons white wine vinegar.

300g chopped kale.

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of pepper, and cook, stirring occasionally, for 8 minutes. Add the carrot and sweet potato, stir and cook 2 more minutes.

2. Add the canned tomatoes, garlic, oregano, and red pepper flakes. Stir in the broth and bay leaves. Bring to a boil, then reduce the heat to a simmer and cook, covered, for 20 minutes.

3. Stir in the cherry tomatoes, green beans, zucchini, chickpeas, and cover and cook 10 to 15 more minutes, until the green beans are tender.

4. Stir in the vinegar and the kale and cook for 5 minutes, until the kale is wilted. Season to taste and serve.



NOVEMBER

CELERIAC

This is one of the recipes that we made at our Oasis Hub Food Pantry.

It was such a hit with local residents that we make it and adapt it regularly. It is now one of my personal family favorites. It is even better if you add in a bit of chilli, either dried or fresh, to give it a bit of a kick!

Jordon Hudd
Local Resident



CREAM OF CELERIAC SOUP

Serves 8

You will need:

1 celeriac peeled, 3/4 cut into small cubes,
1/4 cut into matchstick sized pieces.
1 large onion.
1/2 leek chopped.
3 cloves crushed garlic.
1 teaspoon mustard.
1/4 teaspoon sugar.
700mls stock.
6 tablespoons butter or oil.
200 mls cream or soya cream.

1. Boil the matchstick sized pieces of celeriac in a little stock until soft, set aside.
2. Fry the celeriac chunks, onion pieces, crushed garlic and leek in the butter or oil for 5 minutes then add the mustard and sugar and fry for further 5 minutes.
3. Add the stock and cook until the celeriac is soft.
4. Blend with the cream and season with salt, pepper and lemon juice.
5. Add in the matchstick sized pieces of celeriac to serve.



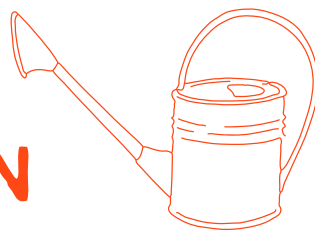
LOVELY GRUB



AUTUMN

SARA VENN

SEASONAL TIPS



RED PEPPERS

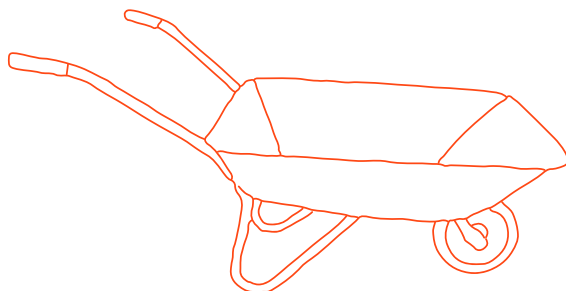
Peppers do best in well-drained soil. They like warmth so give them plenty of sun. Growing them in raised beds, where the soil warms up quickly or next to the sunny side of a wall also helps ripen fruit faster.

BUTTERNUT SQUASH

Sow squash 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 a substitute for pumpkin in any recipe.

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

SWEET POTATO | APPLES | BROCCOLI





FORAGING LOCALLY

I've loved teaching folks to forage for wild ingredients that grow all around us. It's been great sharing knowledge about seasonal wild plants we can use in teas and tinctures.

This year we've also taught people how to make pestos and wild ferments. Horseradish and mustard leaves were favourites in these making sessions.

It's been wonderful to come together and share food too after recent walks. Sitting down to enjoy lunch with wild garlic pickles, mushroom pâté, fresh elderflower, linden and bramble flower tea. This is what it's all about!

If you're keen to learn more why come on one of our Grow, Cook and Eat walks. Martin also regularly leads his own walks in Bristol. These can be found at: www.goforaging.co.uk

Martin Bailey
Expert Forager

★
DECEMBER
★

SWEET POTATO

We absolutely love this soup in our family, and we make it most weekends.

It is magical because it's full of veg and goodness and it tastes amazing. Cheese toasties go very well with this soup! We really hope you enjoy it!

Roxy, Jon, Oscar, Evie & Orion (the cat) Dumble
Local Residents



THE DUMBLE FAMILY MAGIC SOUP

IN
SEASON

Serves 8

You will need:

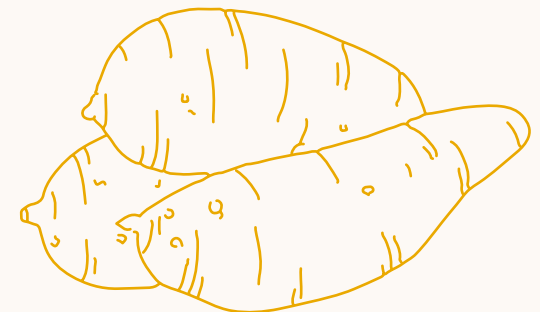
- 1 tbsp olive oil.
- 1 red onion, roughly chopped.
- 1 vegetable stock cube.
- 1 medium sweet potato, peeled and roughly chopped.
- 2 carrots, roughly chopped.
- 2 red peppers, sliced (yellow and orange also work well).
- 400g tin chopped tomatoes.
- 2 slices brown bread.
- 60g cheddar, grated.
- 200ml light or regular coconut milk.

1. Heat the oil over a medium heat and soften the onion for 5-10 minutes. In a jug, make 750ml of stock using the stock cube and boiling water.

2. Once the onion has softened, add the stock to the pan and add the sweet potato, carrots, peppers and tomatoes. Season with pepper. Cover and leave to simmer on a low-medium heat for around 20 minutes (until the sweet potato and carrots have softened).

3. Blend the soup until smooth, return to the pan and add the coconut milk. Season with pepper (if needed).

4. Serve with cheese on toast! We sometimes cut the cheese on toast into stars and put them on top of the soup.



JANUARY

APPLES

This is so easy to make with a few ingredients.

I love making scones and you can switch them up to be sweet or savoury – cheese scones are a particular favourite, but here is my recipe for apple scones.

There are lots of places locally where you can forage apples including the secret orchard which runs along the cycle path by the farm.

Gill Green
Local Resident



APPLE SCONES

Serves 12

You will need:

2 cups of flour.
1/3 cup of sugar.
2 teaspoons baking powder.
1/2 teaspoon baking soda.
1 teaspoon cinnamon.
1/4 cup of cold butter or margarine.
1 cup of shredded apple.
1/2 cup of milk.
1 tablespoon sugar and cinnamon for sprinkling if desired.
1 tablespoon Glaze.
1 cup powdered sugar.
2 tablespoons milk.
1/2 teaspoon vanilla extract.



1. Pre-heat your oven to 425C. Combine all of your dry ingredients, and mix them together well. If you like spicier scones, add another 1/2 tsp cinnamon, or better yet, some nutmeg or cloves.

2. Cut in the 1/4 cup or margarine or butter.

3. Shred and add your apple, then the milk and mix until they form a soft dough. Add a bit of flour if the dough is too sticky, it really depends on how moist your shredded apple is.

4. Knead a few times, working some extra flour into it until it is barely sticky. Divide into two balls of dough.

5. Flatten until they are two circles that are about 6 inches in diameter. If you like, scour lines on the top to divide them into 6 pieces.

6. Place them on a well greased baking sheet and sprinkle them with brown sugar and/or cinnamon, then pop into the oven and bake for 15-20 minutes until they are golden brown. Remove and cool.

7. When the scones are cooled, whisk together the glaze ingredients until they are smooth. Drizzle over the scones then let harden completely.



FEBRUARY

BROCCOLI

This is an unusual way to use broccoli but it is delicious raw.

My whole family loves this salad and it makes a great side dish to any meal. I made this salad as one of the dishes for our first supper club for Food Justice Fortnight and it went down very well.

Liza Wendy Paredes Echevarria
Local Resident



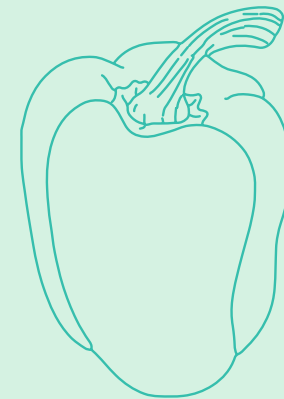
BROCCOLI SALAD WITH RED PEPPERS

Serves 6

You will need:

300g Broccoli florets.
200g Red pepper.
130g Pink Lady apple.
30g Sunflower seeds.
30g Pumpking seeds.
25g Olive oil.
15g Cider vinegar.
1 tsp Honey.
1 1/2 tsp Dijon mustard.
1 tsp Fine sea salt.
1/2 tsp Ground black pepper.

1. Cut the broccoli florets, red pepper into pieces.
2. Peel, core and quartered the apples.
3. Add the nuts.
4. Pour the Olive oil, vinegar, honey and Dijon mustard over the salad. Gentle mix together and season with the Sea salt and Ground black pepper.
5. Serve at room temperature.

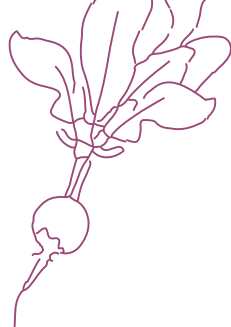




WINTER

SARA VENN

SEASONAL TIPS



SWEET POTATO

Sweet potatoes are tropical climbing plants grown for their edible tubers. Planted as cuttings in spring, they grow vigorously in warm conditions in a greenhouse or under cloches, producing their harvest by early autumn.

APPLES

Here are some tips for foraging for apples:

Apples ripen from the outside of the tree in late summer to early winter. They are ready to harvest when the skin color deepens, and the fruit at the top and sides of the tree are usually the first to ripen. You can also look for windfalls, which are a sign that you can start harvesting.

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'S

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!

Noah Venn who has stepped in from Edible Bristol and giving us his expert advice and hard work while we wish his mum Sara a speedy recovery – we miss you and look forward to seeing you back at the allotment soon.

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

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 – For continuing to support us making and repairing the things we need on the allotment.

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

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. Also all of the young people who have enjoyed and helped at the allotment in the school holidays.

PROJECT TEAM

Donna Sealey, Ambition Lawrence Weston Project Co-Ordinator.

Sara & Noah Venn, Edible Bristol, Horticulturist.

Eric Swithinbank, Avon Wildlife Trust, Community Ecologist.





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