

# GROW, COOK & EAT

LAWRENCE WESTON

2025



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



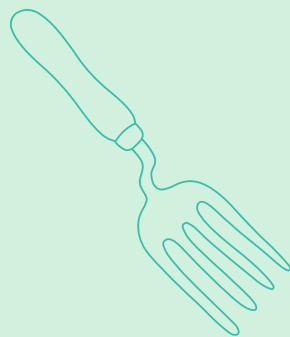
GROW, COOK AND EAT  
Lawrence Weston

Community  
Climate Action



# WELCOME

## TO GROW, COOK & EAT LAWRENCE WESTON



**Welcome to the third edition of our 'Grow, Cook & Eat' cookbook for Lawrence Weston.**

In the first two editions we have introduced 24 local residents and their family favourite or go to recipes using seasonal fruit or vegetables that you could grow yourself, this time we have 12 brand new residents with their favourite seasonal recipes. I hope you enjoy cooking – and eating them.

We have now come to the end of our funded 'Grow, Cook & Eat' project, these last three years have flown by. 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!



Over the last three years we have published three cookbooks, launched a Friday night supper club, delivered cooking courses and transformed our community allotment. We have worked with some amazing partners to run wildlife walks, forage walks and medicinal workshops, all tying in to what is available within our local community that we can use to support our carbon reduction within our kitchens.

There are lots of places across Lawrence Weston where you can now pick fruit and vegetables and cut your own herbs and there are some wonderful spots to forage locally. We are really hoping you have enjoyed this project, as much as we have had delivering it.

If you want more information about this project then please do get in touch.

**Donna Sealey**  
Ambition Lawrence Weston

**Donna.sealey@ambitionlw.org**  
**0117 9235112**

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.**

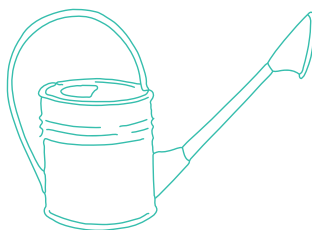
The price of a packet of seeds often gives enough to grow a full season of a favourite vegetable, for the price of a small quantity of it, and gives us an opportunity to grow extras for friends and neighbours.

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.

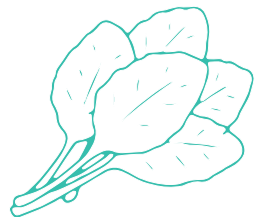
Whatever scale you decide for your growing journey, the most important thing is that it's fun and adds exciting flavours to your meals.

**Sara Venn**  
Edible Bristol



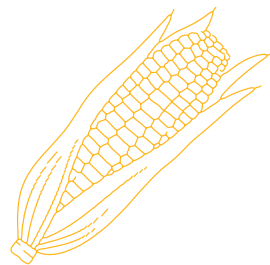


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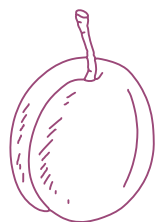
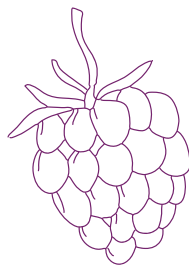
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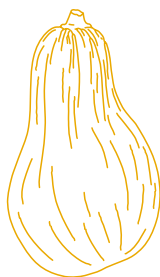
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# SPRING

SPINACH | ONIONS | ELDERFLOWER



MARCH

# SPINACH

This was a staple in my house growing up. My mum, always experimenting with recipes from around the world, had been cooking from Madhur Jaffrey's Indian Cooking and adopted this recipe as her own. As long as I can remember, this dish would be served alongside everything from a traditional roast dinner to fish on Fridays, and as a standalone meal with rice.

Not only is this recipe simple and easy to batch cook and freeze, but when you combine lentils with a grain like rice, you get a complete protein profile—meaning you're getting all nine amino acids needed for muscle building and repair. Plus, spinach is packed with essential nutrients like iron, vitamin A, and vitamin K. It's a hearty, nutritious dish that's comforting and versatile.

**Rosy**  
Local Resident



# SPINACH & GREEN LENTILS

VEGAN

Serves 8 / Freezer-Friendly

## You will need:

2 large bags of unwashed spinach (approx. 600g-800g) if you don't have any growing in your garden.

4 tins of green lentils, drained (or 400g dried green lentils, cooked).

2 inches of fresh ginger, diced.

5 garlic cloves, crushed  
Salt, to taste.

## Serving Suggestions:

Serve with **brown tortillas** or **chapatti** and **rice**, or enjoy it on its own as a hearty, nutritious meal. You can also serve it alongside **yogurt** for extra creaminess, or as a side dish to almost any main meal.

**1. Prepare the Spinach:** You'll need a big pot for this as the spinach takes up a lot of space initially but reduces significantly. Wash the spinach well, removing any grit or dirt. Set aside.

**2. Cook the Ginger and Garlic:** Heat a splash of oil in your pot over medium heat. Add the diced ginger and cook for about 2-3 minutes until it begins to brown. Add the crushed garlic and cook for another minute, stirring to avoid burning.

**3. Add the Spinach:** Add the spinach in big handfuls, allowing each batch to wilt down before adding the next. Continue this process until all of the spinach has been added and you can stir it easily in the pot.

**4. Add the Lentils:** Once the spinach is reduced, add the contents of the green lentil tins (liquid included). Stir to combine.

**5. Simmer and Season:** Let the mixture simmer for 15-20 minutes, allowing the flavours to meld and the dish to reduce to your desired consistency. Taste and adjust the seasoning with salt as needed.





★  
APRIL  
★

## ONIONS

As a busy mum of three children and doing lots of voluntary work in the community, I love one pot easy dishes (also it saves on the washing up). My kids love chicken, I would either serve this dish with rice or a side salad.

**Sarah Jane Warren**  
Local Resident



## SARAH'S ONE POT CHICKEN

Serves 4

### You will need:

2 large onions, diced.  
1 tsp paprika.  
1 tsp sea salt flakes.  
1 tsp garlic powder.  
1 tsp dried thyme.  
1/2 tsp cracked black pepper.  
1/4 cup (60 ml) extra-virgin olive oil.  
5 boneless chicken thighs (skin on or off).  
1/4 cup (60 ml) water.  
1 tsp freshly minced garlic.

**1.** Combine the sea salt flakes, garlic powder, paprika, thyme, pepper and olive oil in a shallow bowl. Add the chicken and use tongs or your hands to ensure it is evenly coated in the marinade.

**2.** Heat a large, deep, heavy based pan over medium-high heat. Cook the chicken for 6-8 minutes, turning once halfway through, until golden. Remove the chicken from the pan and set aside on a plate. Spoon out any excess fat from the pan (especially if you used skin-on chicken), if desired - although this is not essential, as the fat equals extra flavour!

**3.** Add the water to deglaze the pan and use a spoon to scrape up any bits stuck to the bottom of the pan.

**4.** To the same pan, add the onion and garlic. Cook, stirring, for 1-2 minutes until fragrant.

**5.** Cover and cook for 15 minutes.

**6.** Serve sprinkled with fresh thyme, if using, and a side of mixed leaf salad.





MAY

## ELDERFLOWER

**I have fond memories from when I was a kid, picking elderflower heads with my Nan from the hedgerow behind our garden at the end of May/beginning of June. For me, the taste of her homemade elderflower cordial with sparkling water marked the beginning of what felt like endless summers.**

This recipe is as close as I can get to my Nan's original but it tastes 100 times better than anything you can find in the shops. There's also a few lush summer cocktails you can make using this incredible flavouring too.

**Jon Mackenzie**  
Local Resident



## ELDERFLOWER CORDIAL

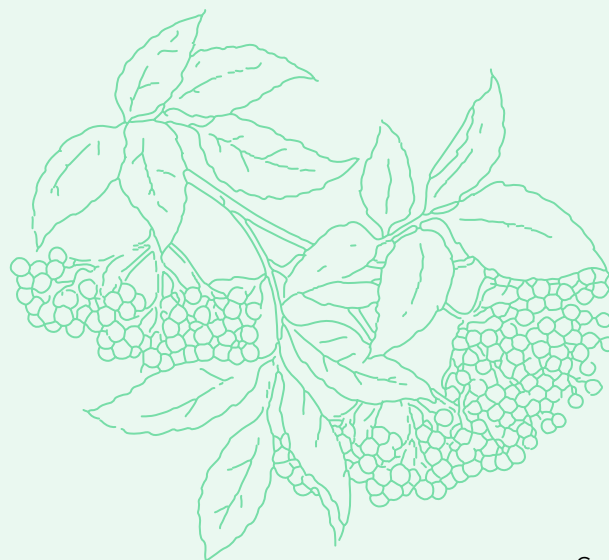
Makes 3 pints of cordial

### You will need:

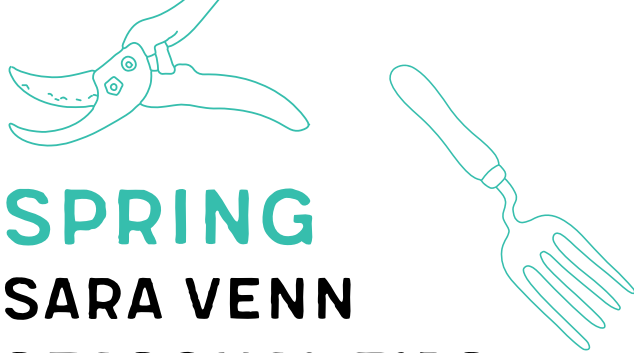
30 elderflower heads.  
1.7 litres/3 pints boiling water.  
900g/2lb caster sugar.  
50g/2oz citric acid (available from chemists).  
2 unwaxed oranges, sliced.  
3 unwaxed lemons, sliced.

1. Gently rinse over the elderflowers to remove any dirt or little creatures.
2. Pour the boiling water over the sugar in a very large mixing bowl. Stir well and leave to cool.
3. Add the citric acid, the orange and lemon slices, and then the flowers.
4. Leave in a cool place for 24 hours, stirring occasionally.
5. Strain through some muslin and transfer to sterilised bottles.

IN  
SEASON







# SPRING

## SARA VENN

### SEASONAL TIPS

#### SPINACH

To successfully grow spinach, choose a cool-weather period for planting, whether early spring or late summer/autumn. Sow seeds thinly and directly in the ground or containers, and maintain consistent moisture, especially during germination. You can also consider thinning seedlings and using “cut and come again” harvesting to maximize your yield.

#### 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.

#### ELDERFLOWER

To successfully forage for elderflowers, aim to collect them on a bright, sunny day when the blooms are fresh and fragrant. Select flowers that have just opened, are full of pollen, and avoid those that are wilted or browned. Cut the flower heads just below where the small stems meet the main stem, leaving enough on each tree for wildlife. Avoid areas with heavy traffic fumes and pick from healthy trees.







# SUMMER

BLACKBERRIES | SWEETCORN |  
APPLES



JUNE

## BLACKBERRIES

**Preserve the summer in the form of delicious blackberry jam to enjoy on toast, pancakes, in porridge and more.**

Quick and easy, small batch and no pectin recipe that is perfect for using up those foraged berries!

The best place in Lawrence Weston to get blackberries is the cycle path which starts at Atwood Drive allotment. I often walk my dogs down to Lawrence Weston moor and there is an abundance growing all the way along.

**Joanne Bresnan**  
Local Resident



## EASY BLACKBERRY JAM (NO PECTIN)

IN SEASON

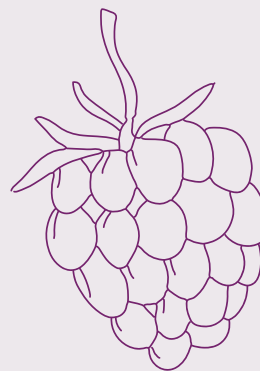
Makes 4 jars

### You will need:

800g blackberries.

800g caster or golden caster sugar (fine sugar).

4 tbs of lemon juice for me, was the juice of exactly one lemon.



1. Put 2 or 3 small plates/saucers in a freezer for “wrinkle test” (checking whether your jam has reached setting point). Wash and sort your blackberries, getting rid of any mushy ones.

2. Put the blackberries in a large pan or preserving pan and mash them up using a potato masher. This will release the juices and make them cook quicker. Then add sugar and lemon juice and stir well.

3. Simmer the blackberry jam over low-medium heat for approx 10 mins stirring from time to time until all the sugar has dissolved. Slowly bring your jam mixture to rolling boil for approx 15 minutes.

4. Take the pan off the heat and test if your jam has reached its setting point by placing a small amount of jam on the saucer straight out of the freezer. Put the plate in the fridge for 1-2 minutes, take it out and push the jam gently with your finger. If it wrinkles and stays in place it's ready, if it doesn't then continue boiling for approx 25 mins, checking every 5 minutes until set. If using a jam thermometer continue boiling your jam until the temperature reaches 105C/221F at which point your jam is ready.

5. Skim off any residue that may have formed on top of the jam and transfer it into hot, sterilised jars, cover with the lids and leave to cool. After cooling completely, apply your labels.

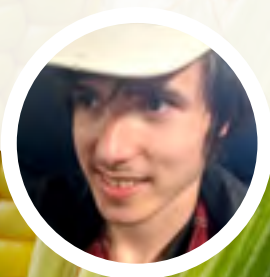


JULY

## SWEETCORN

**This is a great summer recipe which is tasty and delicious, you can serve it with whatever salad you have to hand!**

**Luke Watson**  
Local Resident



## TUNA & SWEETCORN PASTA

Serves 4

### You will need:

300g/10oz dried pasta shells, or other pasta shapes.

200g/7oz fresh, tinned or frozen sweetcorn.

200g tub full-fat cream cheese (also known as soft cheese).

145g tin tuna chunks, any kind, drained.

200g/7oz cherry tomatoes, halved.

Ground black pepper.

**1.** Half-fill a large saucepan with water, cover with a lid and bring to a boil over high heat. Stir in the pasta and cook uncovered for about 10 minutes, or until the pasta is tender but retains just a little 'bite'. Stir occasionally as the pasta cooks, so it doesn't stick.

**2.** Add the sweetcorn to the saucepan, cover and return to the boil. Cook for 2 minutes more. Take out a couple of ladles of the water (around 150ml/ pint) and put to one side in a bowl.

**3.** Drain the pasta and sweetcorn in a colander then return to the pan. Add the tomatoes and the drained tuna and toss together over medium heat for 1-2 minutes or until the tomatoes are beginning to warm.

**4.** Pour the reserved water over the pasta, add the soft cheese and stir well over low heat until the cheese melts and coats the pasta. Season with freshly ground black pepper and serve immediately.



TUCK  
IN



AUGUST

## APPLES

**I grew up in a small village in Austria, we had a couple of old apple trees, 60 beehives, lots of chickens and ducks, a stream flowing past us, and three big gardens where we grew most the produce we needed for our large family ourselves.**

From the late summer, when the first apples started to get ripe, until early spring the next year, when the last ones were still stored in our cellar, apple strudel was on the menu for most Friday dinners. It usually followed a hearty vegetable soup or stew with homemade rye bread. My mum had to cook and bake on a small budget and made everything from scratch. The apples and cinnamon produced a delicious aroma and we loved to eat it freshly baked and still warm from the oven.

**Val Pospischil**  
Local Resident



## APPLE STRUDEL

Serves 6

### You will need:

A baking tray.

An oven.

A rolling pin.

Pan and bowls.

2 cups of plain flour.

1 tablespoon of oil.

A pinch of salt.

**1.** Take the flour and add 1 teaspoon of oil, a pinch of salt, and enough cold water to form it into a smooth dough ball, (mixing and kneading, dusting with more flour or adding more water when necessary). Wrap the dough up and let it rest in the fridge while you prepare the filling.

**2.** For the filling, clean about 1kg of apples, either cut or coarsely grate them, removing the core and any bad bits. Sprinkle a bit of lemon juice over them to stop them turning brown.

**3.** In a pan roast a cup of breadcrumbs in butter (I make my own breadcrumbs by drying bread before it gets stale, then crushing it into crumbs).

**4.** Roll out the dough on a floured surface really thinly. You should be able to stretch it with your hands as well. If it tears just stick it together with your fingers.

**5.** Sprinkle the roasted breadcrumbs and walnut pieces, if you're using them, evenly over the rolled out dough, then put the apples and raisins/sultanas on top, evenly add sugar and cinnamon. Start rolling, which can be done from two sides towards the middle as well.

**6.** Preheat the oven to 180 degree, carefully lift the strudel on a buttered baking tray. You can assemble it there again and bend it into the shape you want. Bake it for about 40 minutes or until golden brown. When ready rub it with a small piece of butter while still warm.







# SUMMER

## SARA VENN

### SEASONAL TIPS



#### BLACKBERRIES

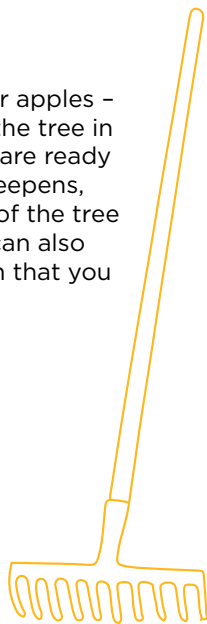
There are lots of blackberry varieties available but there's none so good as the fruit picked on a late summer walk, and eaten as you walk.

#### SWEETCORN

To successfully grow sweetcorn, start seeds indoors in early spring, transplant after the last frost, plant in blocks rather than rows, provide full sun, well-drained and fertile soil, and ensure consistent moisture.

#### 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 colour 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.







# AUTUMN

PLUMS | POTATO |  
BUTTERNUT SQUASH



# GROWING FOR NATURE

**It's hard to imagine that at the beginning of the project the allotment plot was a six foot high 32 metre long mass of brambles and rubbish. Two and a half years later, it's been transformed into a productive, no-dig food-growing space full of wildlife.**

With help from the community we've added a small pond that's now teeming with newts and dragonfly larvae, and over time, the plot has welcomed all sorts of birds, bees, moths, caterpillars, and other wild visitors whilst also growing a steady supply of fruit and veg. The space has also provided a place for people to come and enjoy being outdoors, connecting with their food and nature.

Here are **five simple, effective ways to boost wildlife** in your outdoor space, whilst also **enhancing** food production:

## 1. Let some herbs flower

Planting herbs in your garden or in a window box is a very rewarding activity, there's nothing like chucking a few fresh thyme leaves into your pasta or making a fresh mint tea. However, towards the end of the summer season you can let your herbs 'bolt' and go to flower by not removing the flower heads. The bees, hoverflies and butterflies will be thanking you. You may also get some seeds you can save for the following year.

## 2. Dedicate a small patch to go a bit wild

Tall grasses, native wildflowers (like oxeye daisy or red campion), or just an undisturbed log pile. These areas support beneficial insects, frogs, and even hedgehogs, who help keep pests like slugs in check or ladybirds who will eat your aphids.

## 3. Ditch the pesticides

Many common garden pesticides harm pollinators and other helpful bugs. Instead, encourage natural predators (like ladybirds and birds) and try organic methods, beer traps for slugs,

garlic sprays, or companion planting (like nasturtiums to attract aphids away from crops).

## 4. Add a pond/water source

Ponds are the best thing you can do for wildlife as they support a huge range of life from microorganisms through newts to larger animals and birds that will drink and bathe in the pond. It doesn't have to be big! A small pond, birdbath, or even a shallow dish with stones can be a lifeline for birds, bees, and amphibians - especially in dry spells. Keep it topped up with rainwater and clean.

## 5. Grow with a mix of plants and structures

Blend food growing with wildflowers, fruit trees and flowering shrubs like hawthorn, honeysuckle, or dog rose. These plants offer food, shelter and pollen throughout the seasons. Also make use of vertical space, green screening fences or walls with plants such as hops or honeysuckle growing up a support. This adds multiple layers providing food and shelter for everything from bees to birds, and boosts pollination across the garden.

**Eric Swithinbank**  
Community Ecologist



SEPTEMBER

## PLUMS

Yes, friends and allotment friends and family, we all love it, I don't grow them myself but we get them from our other allotment members also the cooking apples!

**Dee Gisela Edwards**  
Local Resident



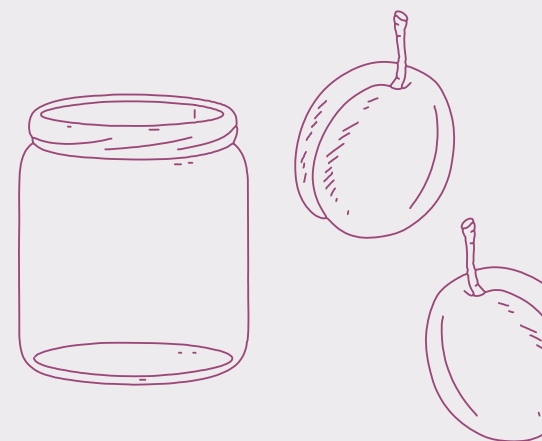
## HOT SWEET PLUM CHUTNEY

Makes 8 jars

### You will need:

1.5 lb plums.  
1 lb onions.  
1 cup raisins.  
1 cup light muscovado sugar.  
1/2 tsp crushed dried chillies.  
1 tsp salt.  
2 tsp yellow mustard seeds.  
2/3 cup cider vinegar.  
2/3 cup malt vinegar.  
1 cinnamon stick.

1. Halve the plums and discard the stones.
2. Peel and chop the onions.
3. Put fruit and onions into a large pan with raisins, sugar, chillies, salt, mustard seeds, vinegars and cinnamon stick. Bring to the boil, turn down heat and leave to simmer for one hour, giving the occasional stir to stop the chutney from sticking.
4. Pour into sterilized jars and seal.
5. Enjoy it and invite me to taste!





OCTOBER

## POTATO

**This recipe is so versatile and you can change the potato for any meat if you wanted to, we love it!**

It's a budget friendly main dish which is vegan, gluten and nut free.

**Carley Anstey**  
Local Resident



# POTATO GOULASH

TASTY  
GRUB!

Serves 4

### You will need:

3 medium onions.  
1kg of potatoes.  
1/2 a green pepper.  
2-3 spoons cooking oil.  
A large spoon of paprika (sweet, hot or a mixture, depending on taste).  
1 spoon of tomato puree.  
1 spoon of caraway seeds.  
1-2 bay leaves.  
Salt and pepper.

### Optional:

Fresh parsley.  
Sour cream (non-vegan).  
Substitute a third of the potatoes with sausages or beef cubes (non-vegan).

1. Dice the onions and slowly roast them in the oil, stirring occasionally. They should get soft but not burn.

2. Peel the potatoes and cut them into about 1 inch cubes, and dice the green (yellow or red) pepper.

3. Add both to the onions, continue roasting everything for about 5-10 minutes without burning it, add the paprika, the caraway seeds and the bay leaf, season it with salt and pepper.

4. Pour half a pint of water over it, add the tomato purée, bring to the boil while stirring, then simmer on low heat with the lid on, for about half an hour. Check and stir from time to time, add more water if needed, it should have the consistency of a stew.

**Serving.** Check if the potato cubes are soft enough, adjust the seasoning, then you can put the pot right on the table for everyone to help themselves. It goes well with crusty bread and green salad.





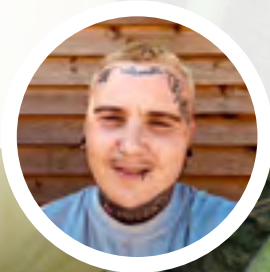
NOVEMBER

# BUTTERNUT SQUASH

**We make this all the time on the allotment with the kids.**

A great time to harvest is early November where we prep it and cook it on the campfire. The kids also love this served with 'Charlies, wild garlic bread' which is in the 2024 cookbook - amazing together!

**Noah Venn**  
Edible Bristol



## NOAH'S BUTTERNUT SQUASH & COCONUT SOUP

TASTY  
SOUP

Serves 6

### You will need:

1 tbs olive oil.  
1 onion diced.  
1 butternut squash (approx. 1kg/2lb), peeled and chopped into 1cm cubes.  
1/2 tsp chilli flakes or to taste.  
2 cloves garlic grated or crushed.  
Salt and pepper to taste.  
400ml tin coconut milk.  
Juice of 1/2 lime.  
2 tbs coriander (cilantro) leaves chopped, plus extra for garnish.  
Pumpkin seeds and sliced fresh red chilli for garnish (optional).

1. Put the olive oil in a large saucepan and add the diced onion. Fry on a gentle heat with the lid on for 5 minutes until softened but not brown. Stir occasionally.

2. When the onions are softened, add the cubed butternut squash, garlic, chilli flakes and ginger and fry on a low heat for 2 minutes.

3. Add the coconut milk, bring to the boil then simmer for 15-20 minutes until the butternut squash is soft.

4. Turn the heat off and add the juice of half a lime plus the chopped coriander and blitz with a blender until smooth.

5. Serve the soup decorated with coriander leaves, pumpkin seeds and slices of fresh red chilli.



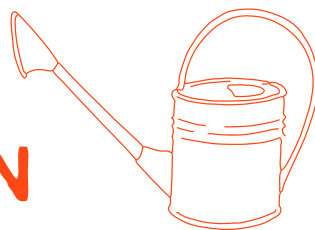




# AUTUMN

## SARA VENN

### SEASONAL TIPS



#### PLUM

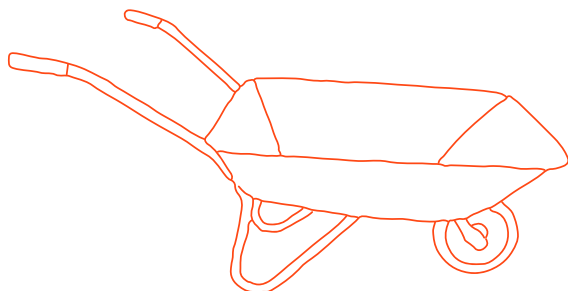
Plum trees are beautiful trees for gardens and can be super productive after a few years. Plant bare root trees over winter, keep them well mulched and prune in late summer!

#### POTATO

To successfully grow potatoes in the UK, select a sunny, open location, prepare the soil well with organic matter, and ensure adequate watering, especially during tuber development. Chitting seed potatoes before planting can also improve early growth, and earthing up the plants as they grow helps to promote tuber development and prevent greening.

#### 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.







# WINTER

CARROTS | SAVOY CABBAGE |  
WHITE CABBAGE







**I have absolutely loved facilitating workshops in Lawrence Weston,** focusing on herbs and health. It has been brilliant exploring the properties of medicinal plants and learning from each other. Every workshop has been fun, making and trying vinegars, syrups, ointments, soups, and nourishing drinks together. The common plants that grow all around us are full of health boosting nutrients that we can use to support our health, while at the same time helping us to connect to our local area and the seasons.



**Helen Gray**  
Malago Medicinals







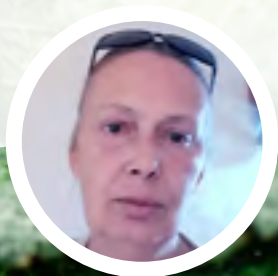


JANUARY

## SAVOY CABBAGE

It's a recipe that's easy to make and also quite adaptable. I like it because it's a cheap filling option for colder nights, very comforting. My mum preferred to use either beef chunks or sliced Frankfurter Sausages (ideal for younger children).

**Bee Thornhill**  
Local Resident



## KOHLSUPPE MIT KARTOFFELN POTATO & CABBAGE SOUP

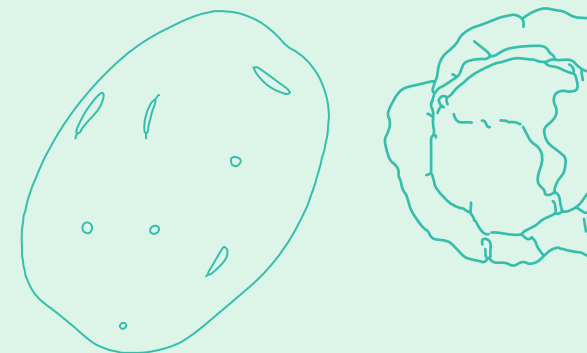
GERMAN  
STYLE

Serves 6

### You will need:

2 tbs of butter or neutral oil.  
1 pound minced beef.  
1 small onion, diced.  
1 pound green or savoy cabbage.  
1.5 litres of vegetable broth.  
1/2 pound of carrots, sliced.  
1/2 pound of leeks, washed well and sliced.  
1 pound of potatoes, cubed.  
Salt and freshly ground black pepper.  
Fresh parsley, chopped.

1. Melt the butter and/or oil in a large soup pot or Dutch oven (I prefer to use a large cast iron casserole dish) over medium-high heat. Add the minced beef and onions and fry until lightly browned, about 5 minutes.
2. Add the shredded cabbage and continue frying to brown some of the cabbage, for about 5 minutes. Stir to keep from burning.
3. Stir in the broth, scraping up any browned bits at the bottom of the pot. Add the carrots, leeks, and potatoes. Bring to a boil, then lower heat, cover, and simmer until tender, about 30 minutes.
4. Season with salt and pepper, and sprinkle with chopped parsley just before serving. Crusty bread or rolls go well with this.





FEBRUARY

## WHITE CABBAGE

**This is a classic post-war dish served in Austria, it's cheap and filling as well as oddly delicious.**

My Viennese grandma, born in 1927, made this for me every time we visited because it was always my favourite – as it is my kids' today. A simple, though not all that quick, family favourite!

**Suzanne Willdig**  
Local Resident



## KRAUTFLECKERL (AUSTRIAN CABBAGE PASTA)

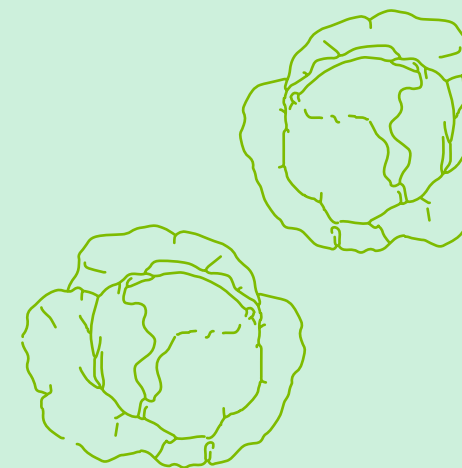
FRESH  
& TASTY

**Serves 6**

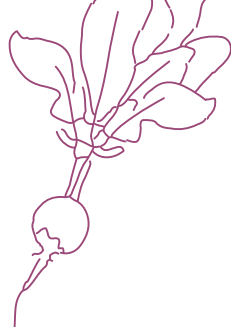
### **You will need:**

250g small pasta  
(Orzo will work).  
500g white cabbage.  
200g bacon lardons  
(optional).  
125ml chicken stock.  
1 onion.  
1 tbs oil.  
2 tbs white wine vinegar.  
Salt.  
Pepper.  
Cumin.

1. Shred cabbage and onion finely.
2. Heat up oil in a large pan or wok, then fry the bacon (optional) and onion until soft.
3. Add vinegar and the stock, then add the shredded cabbage. Season to taste with salt, pepper and cumin.
4. Cover and cook on low heat for 40-50 minutes until the cabbage is soft.
5. Cook the pasta according to package instructions. When the cabbage is done, add the cooked pasta and mix through.







# WINTER

## SARA VENN

### SEASONAL TIPS

#### CARROTS

To grow successful carrots, choose a sunny location, prepare the soil by removing rocks and debris and sow seeds directly into the ground. Maintain consistent moisture, thin seedlings as needed and harvest when the carrots are at their optimum size.

#### SAVOY CABBAGE

To successfully grow savoy cabbage, choose a sunny spot with moist, well-drained soil, and protect young plants from slugs and other pests. Water regularly, especially during dry spells, and consider mulching to retain moisture and suppress weeds.

#### WHITE CABBAGE

Plant seeds 1/4-1/2 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.





# 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!

**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.

**The Men in Sheds project** – For continuing to support us making and repairing the things we need on the allotment.

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

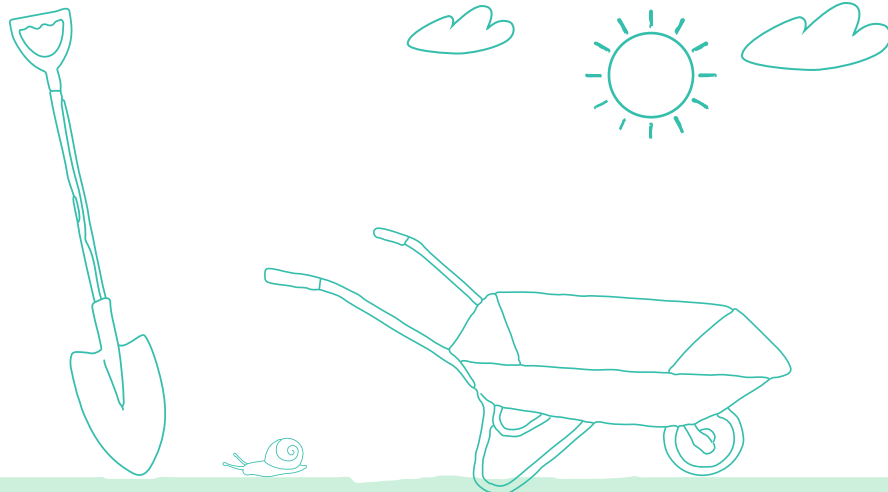
**The biggest Thank You** goes to all the local residents who have been involved or who have benefited from the first year of this project – we hope to see you again soon. Also all of the young people who have enjoyed and helped at the allotment in the school holidays.

## PROJECT TEAM

**Donna Sealey**, Ambition Lawrence Weston Project Co-Ordinator.

**Sara & Noah Venn**, Edible Bristol, Horticulturist.

**Eric Swithinbank**, Avon Wildlife Trust, Community Ecologist.







**Community  
Climate Action**  
Let's make change in Bristol

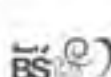
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