

Breaking news!

- NEW for 2012! FREE square foot gardens available. Everything you need to grow a mini kitchen garden - all in one handy pack. Sign up for yours now! See inside for details.
- Sign up for one of our FREE cookery courses! To book a place call or text 07896 866299
- Would you like a helping hand to grow your own veg? Then sign up for our Garden Guide service and get friendly advice for free!
- Not sure what to do for tea? Get some ideas at our drop in cookery sessions running every week as part of Rockspring Thursdays. Phone ahead for details!



Giant pumpkin invades Community Garden!

This pumpkin was grown at Rockspring Community Food Garden by local residents who have kindly donated it to Rockspring Nursery!

Welcome to the Autumn edition of the Grow Cook Share newsletter! We had planned to send this out in September but, with temperatures in the high twenties, it felt right to wait for the weather to catch up with us! So, now there's a nip in the air and we've all got our jumpers on, it's time to enjoy the fruits of our labours! We had a great summer and are now preserving and bottling as much as we can - courgette and lemon jam is our current favourite (see inside for the recipe). It's also been a bumper crop for apples this year with pupils from Ludlow Junior School helping us to sell and juice 6 different varieties at a recent School Farmers Market, all grown locally within four miles of the school gates. We hope you enjoy reading about the project and would love to hear your views, ideas and comments.

Best wishes,

Valerie & Leila



Starter Kits are a hit!

In 2011 Grow Cook Share launched our Free Salad Starter Kits which have been a huge success! We have had lots of positive feedback from new growers who have enjoyed munching their own delicious, super fresh salad! We are continuing them next year, so order yours now and we'll deliver it in time for the new growing season. In 2012 we are taking this one step further and have a limited number of FREE "square-foot gardens" available. These 1 metre (or 4 feet) square raised beds come with everything you need to grow a wide range of veg from tomatoes to salad onions and a few herbs too! These mini kitchen gardens are a really easy and exciting way of beginning to grow your own, whether as an individual, a couple or as a family! If you would like to know more, or want to register for a kit, then please get in touch. See back page for contact details.



Home grown salad a super success!



Considering growing your own?

At Grow Cook Share, we are mad about growing fruit and veg! Nothing can beat fresh home grown produce from your own garden! If you would like some help to start growing your own then let us know. We have volunteer "Garden Guides" that can give you lots of advice, tips and inspiring ideas on how you could start growing in your own garden.

Garden Swap Scheme

Would you like to grow your own veg but don't have the garden space to do it? Or maybe you have a garden but don't use it and wouldn't mind if someone else did? If so then the Grow Cook Share Garden Swap Scheme could be what you've been looking for. We connect would-be growers without garden space with those who have outdoor space to share. How does it work? Well, to register as a grower or as a garden space then please get in touch with Grow Cook Share. We will arrange a personalised agreement to suit you regarding how you would like to grow or share land.



Grow Cook Share at Ludlow Food Festival 2011!

This year we were asked to do a stall for the prestigious food festival and decided to link up with Ludlow Foyer, a housing support and training hub for young people. The residents, who had recently built a veg garden, worked through the summer with Grow Cook Share, learning vegetable growing, cookery and preserving skills before making all the elements necessary to run a cream tea stall at the Ludlow Food Festival 2011 showcasing local produce and home grown/home-made scones, jams and chutneys.



Cream Tea Stall (left) Residents Anthony and Becky prepare the scones!

Come and join us this winter!

The Rockspring Community Food Garden will be open every Tues & Thurs morning throughout the winter, weather permitting! You can also drop in on a cookery session at the Rockspring Community Centre on most Thursdays - all ingredients and equipment are provided and you get to take home anything you've made. For more details drop into the Rockspring Centre or call us on 01584 878642

Thank you very much for volunteering!

Grow Cook Share would like to say a **BIG THANK YOU** to all of the volunteers who have given their time to help the project in 2011. It would not be possible for us to achieve what we have without you and we are very grateful for your support. We hope you have had as much fun as we have in 2011!!!



Courgette & Lemon Jam

Put 1kg diced courgettes into a large heavy based saucepan with 500g preserving sugar and the finely grated zest of 2 lemons. Pour in 250ml water and warm over a medium heat, stirring until the sugar has dissolved. Pour in the juice of 1 lemon, stir and bring to the boil. Boil until the setting point is reached (about 30mins). Remove from heat, cool for 10mins then pour into sterilised jars. Once opened, store in fridge for 2-3 weeks (If it lasts that long!)



Dates for your Diary:

December

Tues 6th: **Sowing New Seeds Talk**, Craven Arms Community Garden Group, Community Centre, **Craven Arms @ 6pm** (talk starts at 6.30pm).

Thurs 8th/15th: **Xmas cookery** (and other activities) as part of **Rockspring Thursday**, Rockspring Community Centre, Sandford Road, **Ludlow SY8 ISX @ 10.00 - 12.30**

January

Thursdays: **Cookery sessions** as part of **Rockspring Thursday**, Rockspring Community Centre, Sandford Road, **Ludlow SY8 ISX**. Call for details

February

Sun 5th: **Seedy Sunday** - swap & share seeds ready for the new growing season - check events in your area at **www.seedysunday.org**

We would like to say a VERY BIG THANK YOU to:

Slow Food Ludlow Marches and TASS (Tenants Association South Shropshire) for their very kind donations to our seed fund and to **Airborne Tree Specialists Ltd** of Clun who kindly donated a large quantity of woodchip for the Stoke-say Primary School Garden remodel. We really appreciate your support.

Farewell to Leila!

Our wonderful community gardener, Leila, is sadly leaving us in November to tour South America for 6 months. She has been a wonderful addition to the project and will be sadly missed. We wish her all the best on her travels and look forward to hearing all about her adventures as she's promised to keep in touch by postcard!

If you want to take part in one of our free cookery courses, get support to grow your own veg or share your time and skills by taking on one of our many volunteer roles, then please get in touch:

☎	01584 878642	✉	Harvest House
☎	07896 866299 (Valerie)		Portcullis Lane
☎	07581 567615 (Leila)		Ludlow
📧	growcookshare@ss-ha.org.uk		SY8 IPZ

