



## Community Growing Project Newsletter July 2015

### Blas an Fheis

The local food cookery demonstration hosted by Horshader Community Growing Project was a great success, with a fantastic mix of traditional music and local fresh produce. Maggie Mackenzie and Alasdair Macleod providing a light-hearted cooking demo, with easy to follow recipes that tasted incredible, many of which included fresh Horshader produce. This event formed part of a series of demonstrations that took place in conjunction with the HebCeltFest, with other events taking place in Point, Perceval Square and the Festival Main Site.



### Farmers Market success!

On Saturday 11<sup>th</sup> July we held our first Farmers market of the year, thanks to everyone who made it a huge success, with special thanks to Malachi MacDonald who helped with harvesting on the day. Look out for notice of further markets in the future.

**DON'T FORGET** there is always produce ready for sale between markets. Check our facebook page for regular updates, contact the office or visit the polycrubs and pick you own

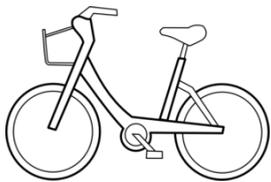
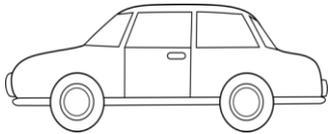


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## Reduce car your use



Reducing car use has many benefits for your health and finances, as well as for the environment. If you are making short journeys why not consider walking or cycling, and you'll soon notice the positive effects of filling up less and getting active. **REMEMBER** the Horshader Minibus is available for local journeys or further away (e.g appointments at the GP, hospital, dentist or hairdresser!) In August there will be regular Friday trips to Stornoway if you want to get some shopping before the weekend! Call the office to enquire



## Feill Biadh: Food Festival, an Lanntair

Horshader Community Growing Project was honoured to be involved in the local food festival organised by an Lanntair. Being the only local fruit and vegetable producer at the event is testament to the pioneering work of the project. It was a fantastic opportunity to raise the profile of the project locally, generating a lot of interest in the project.

## Hey Presto Pizza

This fast version of pizza is tasty, quick to make and versatile. You can use all sorts of ingredients and really load it with different toppings.

### INGREDIENTS:

- 1 ciabatta loaf, cut in half lengthways
- Dash olive oil
- 1 large onion, thinly sliced
- 250g (8oz) vegetables, roughly chopped (e.g. 1 red, 1 yellow pepper, mushrooms)
- 3-4 cloves garlic, crushed
- 1 heaped teaspoon dried oregano
- Good pinch pepper
- 200g (7oz) tomatoes, chopped (fresh or tinned)

- 125g (4oz) ball mozzarella, thinly sliced (or any grated cheese)

### METHOD:

1. Add the oil to a pan with the onion and cook for 2 minutes, then add the other vegetables and stir regularly for 5 minutes ensuring they are evenly cooked.
2. Add the garlic, oregano, black pepper and chopped tomatoes and mix well, bring to the boil then turn down the heat, cover and simmer 3-4 minutes.
3. Put the ciabatta onto a baking tray and spread the vegetables evenly over the top. Then arrange the cheese and bake in a preheated oven 200°C/Gas 7/ 425°F for 8-10 minutes.

## Get in Touch

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