



May – July 2009

Here is your Eatsome newsletter which we hope will give you some tips around healthy eating with some fun activities

The Growing Patch

Salad crops should be available, lettuce, spring onion, radish etc.

There is a lot to sow this month and with many crops you can sow one set and then a few weeks later re-sow to give you a succession of fresh vegetables at the peak of perfection.

French and Runner Beans
Maincrop peas
Beetroot
Carrots
Turnips
Swedes
Cauliflowers

Chicory
Endive
Kohlrabi
Sweetcorn
Squash
Courgette and Marrows
Cucumber

Beetroot, French beans, carrots, kohlrabi, peas, lettuce, endive, radish should be sown at intervals throughout the summer months to provide a constant supply.

You should be able to plant out brassicas now. Broccoli and calabrese, Brussels sprouts, summer cabbage.

Outdoor tomatoes can go to their final position now. When moving plants from greenhouse to outdoors it is a good idea to condition them to the move. Take them out in the day and put them back at night for a few days or move from greenhouse to coldframe. This avoids shocking the plant by a sudden and drastic change in climate.

Hoeing weeds off as small seedlings will make the job far easier than waiting for them to grow and send their roots down. Hoeing is best done on a dry day so that the weeds do not have a chance to recover.

Water when required. Your best measuring instrument for water is your finger. If the top of the soil looks dry, insert your finger into the soil. If it's dry at the tip, then you need to water. Don't just sprinkle a few drops on the surface, it probably won't penetrate and do any good. Far better to give a good soaking less frequently that will get to the roots of your crops.

http://www.allotment.org.uk/garden_month/garden-june.php

<http://www.thebiglunch.com/get-started/grow-your-own>

WHAT'S HAPPENING IN THE REST OF CORNWALL?

Please send us details of what you are doing so that we can add these details to our newsletter or website.

DATE FOR YOUR DIARY! 19th July 2009 – The Big Lunch

For further details on The Big Lunch go to the Eatsome website
www.eatsomegoodfood.org or www.thebiglunch.org

EATSOME KICK STARTS 'THE BIG LUNCH' AT EDEN

Spring was in the air at Eden on Friday 3rd April when Eatsome ran their annual conference. This year it focused on 'The Big Lunch' National Campaign, launched in London on the 2nd April.

The Big Lunch is an invitation to all 61 million residents of Britain to get together on 19th July and have lunch together with neighbours, family, friends and their local community.

Eatsome's conference was attended by many community groups with workshops around growing, preparing their lunch, foraging for food and an art workshop in preparation for their own Big Lunch events.

One of the guest speakers Dr Martin Caraher, Reader in Food and Health Policy from City University London gave an inspirational speech on 'Food Access Issues'.



Eatsome Training

Get Cooking Training

This two-day course is for both those working with community or voluntary groups and community members. The course is designed to assist those running or planning to run cooking sessions with their groups in the theory and practicalities of running a successful and healthy cookery club.

DATES:

18 th & 19 th June 2009	Health Promotion, Pool
20 th & 21 st August 2009	Liskerrett Centre, Liskeard
15 th & 16 th October 2009	Health Promotion, Pool
3 rd & 4 th December 2009	Liskerrett Centre, Liskeard
4 th & 5 th February 2010	Health Promotion, Pool

COST: £30 (£20 for day one and £10 for day two) – to contribute towards the cost of lunch, a resource pack and the exam paper - *if your organisation is not able to pay, please contact us to discuss this further.*

TIME: 09.30-16.30

Please go to our website to book your place or call 01209 313 419

Eatsome Key Message Training

If you are not interested in delivering practical cooking sessions, this half day course is designed to help you promote healthy eating messages to your client group.

DATES:

17 th September 2009	Health Promotion, Pool
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COST: Free.

TIME: 09.30-12.30

Please go to our website to book your place or call 01209 313 419

Level II Award in Healthier Food & Special Diets

This level 2 qualification aims to provide knowledge and understanding of the benefits of healthy eating and how to cater for special diets, with providing an understanding of the nutritional principles behind preparing balanced diets for people of all ages, health and social circumstances, and dietary preference. This course includes a 45 minute multiple choice examination and certification.

DATES:

6 th November 2009	Health Promotion, Pool
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COST: £35 – to contribute towards the cost of lunch, a resource pack and the exam paper.

TIME: 09.00-17.00

Please go to our website to book your place or call 01209 313 419

Grants

Bite Size Grants

Closing dates for Round 2 in 2009 is: 2nd October 2009

Groups can apply for funding of up to £300. Application forms are available on our website or by contacting us.

Handy Information

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some milk and dairy foods.

- Starchy foods such as bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet. Try to choose wholegrain varieties of starchy foods whenever you can.

Starchy foods should make up about a third of the food we eat. They are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, these foods contain fibre, calcium, iron and B vitamins.

Most of us should eat more starchy foods - try to include at least one starchy food with each of your main meals. So you could start the day with a wholegrain breakfast cereal, have a sandwich for lunch, and potatoes, pasta or rice with your evening meal.

Some people think starchy foods are fattening, but gram for gram they contain less than half the calories of fat. You just need to watch the fats you add when cooking and serving these foods, because this is what increases the calorie content.

- Try to eat at least 5 portions of a variety of fruit and veg every day. It might be easier than you think.

You could try adding up your portions during the day.

For example, you could have:

- a glass of juice and a sliced banana with your cereal at breakfast
- a side salad at lunch
- a pear as an afternoon snack
- a portion of peas or other vegetables with your evening meal

You can choose from fresh, frozen, tinned, dried or juiced, but remember potatoes count as a starchy food, not as portions of fruit and veg.

- Most of us should be eating more fish - including a portion of oily fish each week. It's an excellent source of protein and contains many vitamins and minerals. Aim for at least two portions of fish a week, including a portion of oily fish. You can choose from fresh, frozen or canned - but remember that canned and smoked fish can be high in salt.

- To stay healthy we need some fat in our diets. What is important is the kind of fat we are eating. There are two main types of fat:

Saturated fat - having too much can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease

Unsaturated fat - having unsaturated fat instead of saturated fat lowers blood cholesterol

Try to cut down on food that is high in saturated fat and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

- Most people in the UK are eating too much sugar. We should all be trying to eat fewer foods containing added sugar, such as sweets, cakes and biscuits, and drinking fewer sugary soft and fizzy drinks.

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories so cutting down could help you control your weight.

- Lots of people think they don't eat much salt, especially if they don't add it to their food. But don't be so sure!

Every day in the UK, 85% men and 69% women eat too much salt. Adults - and children over 11 - should have no more than 6g salt a day. Younger children should have even less.

Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realising it.

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure.

- We should be drinking about 6 to 8 glasses (1.2 litres) of water, or other fluids, every day to stop us getting dehydrated.

When the weather is warm or when we get active, our bodies need more than this. But avoid drinking soft and fizzy drinks that are high in added sugar.

- Breakfast can help give us the energy we need to face the day, as well as some of the vitamins and minerals we need for good health.

Some people skip breakfast because they think it will help them lose weight. But missing meals doesn't help us lose weight and it isn't good for us, because we can miss out on essential nutrients.

<http://www.eatwell.gov.uk/>

Recipe Ideas for the Big Lunch

Pasta & Sweet Pepper Salad

Ingredients

175g pasta shapes
1 courgette chopped
1 red pepper de-seeded & sliced
1 yellow pepper de-seeded & sliced
1 red onion thinly sliced
4 spring onions trimmed & finely chopped
12 cherry tomatoes, halved
12 pitted black olives

For the dressing

1 tablespoon of olive oil
1 tablespoon red or white wine vinegar
1 tablespoon sun dried tomato paste
2 tablespoons chopped fresh oregano or parsley

Method

Cook the pasta in plenty of boiling water, until just tender, about 8 - 10 minutes

Meanwhile, cook the courgette in a small amount of boiling water for 3 - 4 minutes. Drain and refresh under cold running water to cool quickly.

To make the dressing, mix together the olive oil, vinegar, sun-dried tomato paste and chopped herbs.

Drain the pasta and tip it into a large serving bowl. Add the courgette, peppers, red onion, spring onions, cherry tomatoes and olives stirring into the mix.

Coleslaw

Ingredients

1/4 White Cabbage
2 Large Carrots

Optional
Onion or Spring Onions
Raisins
Apple
Unsalted nuts or sunflower seeds

Dressings

2 tablespoons of mayonnaise/salad cream

Or French dressing

3 tablespoons vegetable oil
1 tablespoon of white wine vinegar or lemon juice
Salt and Pepper

Or Low fat dressing

150g/5oz carton natural yoghurt
100g/4oz low fat soft cheese

Method

Remove damaged leaves from the cabbage and scrub and peel the carrots. Shred the cabbage finely on the chopping board, and grate the carrots coarsely.

Place all the dressing ingredients together in a screw top jar, screw on lid tightly and shake until well combined.

Mix together the cabbage, carrots and any of the optional ingredients in the serving bowl. Drizzle over the dressing sparingly and mix to combine.