

# HALLOWEEN



## DOOK WITH BRITISH APPLES



Edinburgh Community Food are now stocking locally grown British apples! This Hallowe'en why not try dooking with our

delicious selection of apples from Craigie's Farm? We have Sunset, Katy and Scrumptious varieties, all of which are... scrumptious! We also sell monkey nuts, turnips and, of course, pumpkins.

The origins of Hallowe'en can be traced back to the Celtic Samhain festival, marking the end of the growing season and the start of winter, a boundary between life and death. On the 31st it was believed ghosts would walk among us and fires & lanterns were lit to ward them off. Guising children could blend in with the spirits and receive 'offerings' to

ward off evil. Nowadays guisers are expected to perform a turn to earn their sweets and fruit. It is thought that dooking came from a merging of Roman & Celtic traditions. The newly arrived apple tree was viewed as sacred by Celtic peoples and the game of dooking was associated with celebration and the ritual divination of marriage: the first to bite an apple would be the next to marry!

THIS YEAR ECF ran a successful older men's cooking and nutrition course. Three months later we caught up with some of the men to see how they were getting on. Here's what they said:

It gave me confidence. It was far better than I expected: it gave me an interest in cooking which I didn't really have before. Cooking was simply a means of keeping alive. I used to hate vegetables. I wouldn't touch them. The course gave me confidence to prepare vegetables and eat them.

I don't eat nearly as much microwaveable meals as I used to. On Sundays I now do a roast and eat it over a couple of days and it's only a fiver. There's more to it than just the cook-

ing. There's the shopping, the economics, the what's good for you, what's bad for you, the social side too. My diet is much more balanced and healthy. I'm spending less too!

It wasn't just, you know, "here's a recipe, go for it boys". It was the whole the whole package. Hygiene, safety, shopping, balance your diet, here's how to do it. I'm very much aware, more aware of diet and how it affects health. More thoughtful about the whole eating process. Less sugar and less salt, certainly. More cooking - I've been using a lot of the recipes!

This type of course should be more widely available.

## LOVE FOOD, HATE WASTE?

In Scotland we waste 630,000 tonnes of food every year, costing the average home nearly £500, or roughly £40 a month. For us at home it's all about making sure we use up or freeze our leftovers and eat things before they go out of date. Some food waste is unavoidable, however, and things like tea bags, peelings and eggshells are collected by the council and either turned into liquid fertiliser or bio gas to fuel homes.

Our own Little Leithers have

been getting involved! Already experts at proper food storage & turning leftovers into tasty new meals, they are now recycling food waste too. One group of 6 parents composted 18kg of food waste in just 1 month.

ECF has a zero waste policy and composts all food waste.

Get handy hints & tips on reducing food waste here: <http://scotland.lovefoodhatewaste.com/>

Turn over to find out how to make the most out of your pumpkin!



Good for You - Good for Edinburgh

## MEET THE STAFF - Development Worker Steph Scott

**THIS MONTH** we meet **Food and Health Development Worker Steph**



**What does your job at ECF entail?** My role is really varied. I'm currently working on three very different projects. I lead a new project with HMP Edinburgh Visitors Centre, doing food and health work with prison visitors, as well as with prisoners and their families. In Westerhailes I work with Edible Estates where I am developing a pro-

gramme of food and health work, including cooking courses, food and nutrition groups and staff training. I also co-deliver Food, Health and My Child with Gail which involves cooking and nutrition courses for parents in Early Years Centres.

**What is the best part of your job?** The best part of my job is working with so many different people. I love finding ways to help people make healthy changes to their or their family's diet - it's really rewarding!

**How did your career in the third sector begin?** Throughout university I volunteered for various local health projects, including ECF. This showed me that I wanted to work in the community so I did a MSc in Public Health Practice. I then worked in weight management role be-

fore starting at ECF.

**How long have you worked at ECF & how has your role developed?** I have worked here over two years and have been given the opportunity to design and manage many different projects. The role constantly changes: I am constantly given new challenges and the opportunity to push myself. You never get bored!

**What skills and attributes are required for your role?** Good communication skills and an ability to engage and empathise with people are essential. Working on multiple projects means you need to be organised, be able to manage your time effectively and be good at multitasking!

**Tell us a random fact about yourself?** I'm a qualified netball coach and have coached at primaries, secondaries, junior clubs & a uni team.

### NEWS in Brief

ECF would like to welcome **Paul Bromhead**, our new warehouse supervisor and latest addition to the team! Paul will join Tommy, Artur, Lewis and Stevie in making sure our top-quality produce reaches homes, businesses and hospitals around the capital.

We would also like to welcome **Richard Paton** to our board! Richard brings with him his vast catering experience and passion for food.

ECF are working with **Citadel** and **Granton Information Centre** on a 3 month cooking, nutrition and money advice course for Leith parents.

ECF are taking part in **CFH(S)** research to appraise cooking group strategies. We have also just received **CFH(S)** funds to run a peer supported 6 month long men's cooking & health programme!

## MAKE THE MOST OF YOUR PUMPKIN!



While some of us may brave the tradition and carve out a tur-nip this Hallowe'en the majority of us will be tackling the much easier-to-deal-with pumpkin. But once we've carved it out it seems a terrible waste to throw out all that flesh and all those seeds! Let's find out how to make use of them.

While bland in flavour carving-pumpkin has loads of vitamin A. Use to bulk out dishes with other, more flavoursome ingredients.



The seeds are really high in minerals, especially iron, magnesium & manganese. When carving, first remove seeds and fibre. Separate

the two, retaining and rinsing the seeds for roasting. Carve out the flesh and keep: it can either be added as it is to soups, stews and curries or pureed in a blender. Pureed, pumpkin can be added to home-made hummus, used to enrich pasta sauces, used in place of egg to bind (eg burgers or baking) or, of

course, added to soups or stews!

**ROASTED PUMPKIN SEEDS:** Remove fibre and rinse seeds. Rub them in a little oil and spread evenly over a baking tray. Bake for 10-15 mins at 180°C until lightly golden brown. Cool and store in an airtight container or simply EAT!



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