

# HALLOWEEN

October 2016



## COOK 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 a whopping ten different varieties, all of which are... scrumptious! We also sell monkey nuts, turnips and, of course, pumpkins.

**M**ONKEY NUTS, in common with all other types of nuts, are really nutritious. They're also affordable, filling and make a great snack. Nuts are a good source of fibre, protein and healthy fats. They're also high in vitamins and minerals, notably B, E, manganese & copper, but also some zinc and iron. Studies suggest that people who regularly eat

a small (28g) portion of nuts have a reduced risk of death from cardiovascular disease and cancer.

**NUTS** are, however, high in calories and saturated fat so while it's a good idea to regularly consume them don't go overboard! Go for raw rather than salted and roasted or coated in honey.

ECF sells monkey nuts for £4.82/KG.

## ECF IS 20 YEARS OLD!



Aileen Campbell MSP with Chief Exec Iain Stewart

Iain Stewart, service users, colleagues from other charities, former ECF staff members and representatives from the NHS, amongst others. Many

**EDINBURGH COMMUNITY FOOD** recently celebrated its 20th year of work in the city, helping people from all backgrounds to achieve a healthy balanced diet. It was a great event, attended by Aileen Campbell MSP, Council-

thanks to all who attended and made it so much fun!

*Here's to another 20 years of partnership work, healthy balanced diets and loads of great cooking in various kitchens around Edinburgh.*

## NEW VITAMIN D guidelines for everyone in the UK!

Vitamin D is found in small amounts in a few foods (oily fish, offal, egg and fortified cereals/spreads), meaning that it is hard for us to get what we need from diet alone. The best source—sunshine—is only viable from **April to September**, assuming the weather is ok and we get outside enough! The NHS is now advising that **ALL** adults in the UK consider taking a supplement from

September-March. Some of us may need to take them all year round, especially people who don't get outside much or who cover up when they do, those in care homes & institutions, or who have darker skin.

Children from 5 and adults should go for **10mcg/day**; babies up to 1 year—**8.5-10mcg** all year round (unless on fortified infant formula); children 1-4 years old—**10mcg**, also all year round.

Supplements are cheaply available from chemists.

**WHY DO WE NEED VITAMIN D?** D is vital for teeth, bone & muscle health and low levels lead to rickets and osteomalacia. There is also lots of on-going research looking into a plethora of other health benefits for this nutrient although it's still too early to say whether or not it does play roles in e.g. MS, diabetes 2, mood or cancer prevention.

## GUT BACTERIA - What's all the fuss about?

**THIS MONTH** we'll be taking a look at the bacteria that lives in our gut. What do they do? How can we assist them?



**OUR BODIES** are made up of roughly 10 trillion cells. However, there are ten times that number of bacteria living on our skin and in our digestive tract! A small proportion of these may be harmful—e.g. food borne illness bug Staph A—others are harmless but many are beneficial to our overall health in varied ways.

**THE BACTERIA** in our gut—

our microbiome—is currently the subject of much research. Although much of this is in mice it's looking like our microbiome may be far more important than we've realised.

**OUR MICROFLORA** plays a huge role in our immune system but studies also suggest that our microbiome plays a role in helping us to digest food efficiently so we can get the most from it. The bacteria are instrumental in fermenting complex carbs too, producing some key vitamins and heart healthy short chain fatty acids. A flourishing biome is also thought to help us maintain a healthy weight and may even play a role in mental health and in social interaction!

**HOW** can we assist our gut bacteria?

**Probiotic** 'live' foods/ supplements: contain live bacteria but their efficacy is largely unproven.

**Prebiotic** foods: feed our microbiome. The onion family, artichokes and wholegrain carbs are thought to be best.

**Fermented** foods: Not common in UK diet but regular consumption of e.g. kefir, sauerkraut or kombucha may support gut bacteria.

**A HIGH FAT**/meat diet is thought to be bad for our bacteria. We should try to increase our consumption of plant foods, especially wholegrains and the onion family!

### NEWS in Brief

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

ECF will soon offer a new course for caterers and anyone involved in food provision. The **ALLERGY AWARENESS** course aims to raise awareness of issues around allergies, coeliac disease & intolerances and of how to cater for sufferers in a variety of contexts. It is accredited by REHIS and will be available in 2017.



## APPLE & BANANA CURRY? TRUST US—IT'S AMAZING!\*



- 1 tbsp oil
- 1 large **onion**, peeled and chopped
- 2 **apples**, cored and chopped
- 2 tbsp **curry powder**
- 1 tsp **garam masala** (optional)
- 2 tbsp **sultanas**
- 2 tbsp **cashew** nuts, raw or toasted
- ½ tin **coconut milk**
- 4 large **bananas**, peeled and thickly sliced
- 1 tin **chickpeas**
- 2 tbsp chopped **coriander**
- Brown rice

### METHOD:

1. Gently fry **onion** for 5 mins.
2. Add the **apple** and **curry powder** and cook for 1-2 minutes, stirring.
3. Add the **sultanas** and **cashew** nuts & cook for 5 minutes.
4. Add **coconut milk**, **chickpeas** & **banana** and cook for a further 4 mins, stirring.
5. Garnish with chopped **coriander**, season to taste and serve with brown **rice**.

\*According to our Men's Cooking Group.

Serves 4; 10 mins prep; 15 mins cooking





