



# Newsletter Winter 2016/17



Group. Alton Local Food Group

Web [www.altonlocalfood.org.uk](http://www.altonlocalfood.org.uk)

Secretary 01420 362637 Ann Foulkes

## ALFI FEAST

Our Feast in October was the best yet, with over 100 people attending! Some popped in for a coffee, others stayed for soup, cake and a chat. We ran out of cakes, and nearly out of soup too. Thank you to all those who came, it was a real community event.



At our 2017 Feast we are hoping to have a demonstration of apple varieties, as well as the usual harvest fare.



Our next event is the **'Seed Swap'**. This will be on **Saturday 4th February** at the Methodist Church Hall, from 10-12 noon. There will be packets of seed you can take for a small donation or you can bring any surplus seeds you have to swap for others. Please consider growing a few more than you personally need — we would be very grateful to take them off your hands for our 'Seedling Swap' in May.

Tea and coffee will be served. We hope to see you there.

We are very grateful to Mrs S who sent us her appreciation of what we do saying, ***'the ALFI beds around Alton are a tremendous benefit to the town. I would love to come and help when I can manage it'***. She very kindly made a donation to help our work .

Also, thank you to Adam, William and Rita at Alton Southwest Trains, who praised the contribution that the Station plot makes to the appearance of the station.

A big 'Thank You' to all our volunteers for the time they willingly give to help with our plots. Anyone wishing to join them would be very welcome — please talk to Ann (see number above).



The ALFI tree decorated with red chilli peppers at the Saint Lawrence Christmas Tree Festival in early December

## **PLOT NEWS this winter, generally a quiet time.**

There was a successful working party at the Station Plot on Sunday 20th November with removal of dead vegetation, leaves and litter. The onion sets and garlic are already growing and a new eating apple tree was also planted in the front plot by the taxi firm. The next working party won't take place now until the beginning of March although on-going general tidying by volunteers will continue over the winter.

Three of the containers from the site opposite the Railway pub have been relocated to 2 Station Approach (behind the bus stop) and have already been planted up with herbs, primulas and lavender.

**STOP PRESS:** on **Monday April 3rd** ALFI and Energy Alton will be showing a film called 'Project Wild Thing' followed by an informal discussion, in Alton Maltings Centre. Produced by The Wild Network, this film is helping to lead a movement which encourages children to get outside and enjoy nature. Further details to follow, but put the date in your diaries now. You can watch a clip at <http://www.thewildnetwork.com/film>

### Children: Growing, Cooking and Eating



Each year ALFI selects a theme for the year, and for 2017 we hope to find ways of involving children in gardening, cooking with fresh vegetables, herbs and fruit, and enjoying the results!

Through the year we will have recipes and articles in our newsletters to encourage parents (and grandparents) and children to find new ways of enjoying fresh local food. Most of the primary schools in Alton have active gardening clubs and children love getting dirty hands, planting seeds and seeing the seedlings grow. And they love cooking too, so this can be a good way to get them to try some foods which perhaps they would normally reject. And we will try to have some children's activities at our regular events.

We haven't found a catchy title yet, so if you think of one do let us know. And we would also love to hear any ideas you have to promote this theme.

#### Winter recipe

##### **Rumbledethumps**

500g leftover cooked potatoes

500g leftover cooked cabbage

Any leftover cooked sliced onions or

handful of chopped chives

50g butter

Salt and pepper

Handful of grated cheese



Preheat oven to 180c/gas mark 4.

Mash potatoes and chop the cabbage and mix together.

Add to saucepan with butter and season to taste.

Stir over a low heat until the butter has melted and mixed in.

Add the onions or chives.

Transfer to a buttered baking dish and sprinkle with cheese.

Heat in the oven for about 15-20 minutes until the cheese has browned.

#### **DATES FOR YOUR DIARY**

##### ALFI Seed Swap

Sat 4th Feb, Alton Methodist Hall

10am –noon

##### Alton Farmers' Market 2017

Jan 14th, Feb 11th, March 11th

##### Energy Alton

18th Jan 2017 'Population Matters'

Film and Q&A session

15th March AGM and speaker on sustainable living

##### ALFI & Energy Alton

3rd April 'Project Wild Thing'

Alton Maltings Centre

##### ALFI Seedling Swap

Saturday 13th May

**Wishing You All A Very Happy New Year**

**& Good Growing in 2017**

