



What's Cooking?

Community Kitchens Newsletter

UPCOMING EVENTS

R U OK? Day
14th September

National Mental Health Week
9 – 15th October

Ride 2 Work Day
18th October

National Nutrition Week
16 - 21st October

CK Facilitator Training
17th & 24th October
2 – 4.30pm, Deakin Cats
Community Centre

Geelong Seniors Festival
Events throughout October

Australian Food Safety Week
11 - 18 November

Social Inclusion Week
25 November - 3 December

Contact Sue Harman for
further details. See pg. 4

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Spring 2017

Welcome to our Community Kitchen's (CK) Spring edition of 'What's Cooking'.

Spring is officially in the air! The frosty cold mornings of winter are now behind us. It's the time we can start to enjoy the goods that spring has to offer as the temperature begins to rise. Longer days, more time outside and the delicious fruits that are now in season!

Social Inclusion Week

25 November - 3 December

At some point in life most of us face an obstacle which prevents us from being as social as we usually are. This may be an injury or illness that means we can't leave the house or a busy week sitting at a desk. Social Inclusion is the act of making all groups of people within society feel valued and important.

Social Inclusion Week is about connecting with local communities, work mates, family and friends to build relationships and networks, addressing isolation and exclusion by supporting people who may be unable help themselves.

There are many benefits to social inclusion including: Increased physical activity levels, gaining social and support networks, better brain functioning and new skills and confidence. There are a number of events being held across Australia. Go to www.socialinclusionweek.com.au for more information.

Seasonal Produce for Spring

Fruits



Apricots	Mango
Bananas	Oranges
Blackberries	Papaya
Cumquats	Passionfruit
Cherries	Pears
Grapefruit	Pineapple
Lemons	Raspberries
Mandarins	Strawberries

Vegetables

Artichoke	Garlic
Asian Greens	Lettuce
Asparagus	Onion
Beans	Peas
Beetroot	Spinach
Broccoli	Silver-beet
Capsicum	Sweet Corn
Cucumber	



Beetroot, Asparagus and Feta salad

Ingredients

- 2** bunches (340g) **asparagus**, halved
- 200 g** feta cheese, crumbled
- 1 cup** loosely packed fresh **mint** leaves, torn
- 450 g** can **beetroot** wedges, drained
- 1/2 cup** (50g) walnut halves, toasted

Method

- 1.** To make lemon dressing, combine garlic, olive oil, lemon juice, and salt and pepper in a jug.
- 2.** Boil, steam or microwave asparagus until just tender; drain. Reserve 1/4 of the cheese.
- 3.** Combine asparagus, mint, beetroot, cheese, nuts and dressing in a bowl. Top with reserved cheese.

Source: www.foodtolove.com.au

Serves: 8

Prep time: 10 Minutes

Cook time: 5 Minutes

Dressing

- 1** clove **garlic**, crushed
- 1/4 cup** (60ml) olive oil
- 1 1/2 tbsp.** **lemon** juice
- salt and freshly ground black pepper to taste.

Portions: Size does matter

Packaged foods, take away food and restaurant meals, and even home cooked meals, have been getting progressively bigger over the years.

Some may think that these larger serves are better value for money, but they are actually costing our health a great deal more.

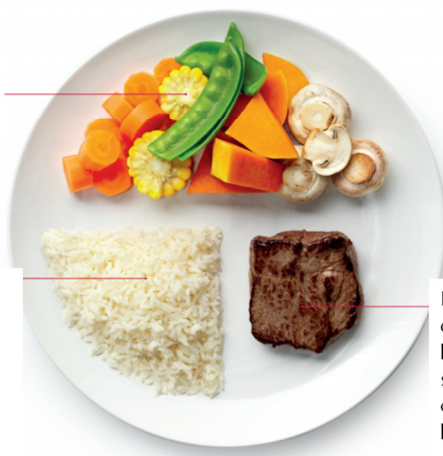
Larger portions mean you consume more kilojoules. This is a particular issue with energy dense foods such as sugary drinks, take away food and highly processed snack foods.

To have healthier portion sizes, use a smaller plate, fill one half of the plate with vegetables, a quarter with lean meat (or alternative), and the last quarter with cereals and grains.



Fill half your plate with vegetables

Fill the other quarter with a grain-based or starchy side dish e.g. potato, rice, pasta, or noodles.



Fill one quarter with lean meat, skinless chicken, fish, beans or tofu



Community Kitchen Network: Making your own Wicking Beds

A vegie garden that's easy to maintain, uses very little water, doesn't take up too much space and is quick to set up. Wicking beds work by watering plants from below rather than above. They're basically containers with water reservoirs at the base. Moisture is drawn up through the soil via a process called capillary action or wicking. This allows moisture to be more evenly distributed through the soil, creating better growing conditions for the plants.

For more information visit www.abc.net.au/gardening/stories/s4010599.htm

Materials

- A sturdy container (sturdy bucket, tub or polystyrene box. Without a hole in the bottom)
- A cut out of shade cloth that will fit inside the container
- Scoria or gravel
- Watering Tube— A washing machine drain piping with an elbow
- Garden hose or irrigation pipe (with holes along it) the length of the container
- Soil and plants of your choice



Method

1. Lay the washing machine hose along the bottom and up one side of the container. Fill half the container (including hose) with scoria.
2. Lay a section of garden hose or irrigation pipe (with holes along it) along top of scoria and through hole in side of container.
3. Fully cover scoria/pipe with shade cloth. Fill top half of container with soil, ensuring hose sticks out above the soil.
4. Plant lettuce, celery, herbs, beans or tomatoes in soil. Fill drain hose with water until the water overflows out the irrigation pipe.

Thank you to Alan Edlin from Portarlington C K who presented this session. The above Wicking bed was won by Ursula from Vines Rd Community Centre.

Hot Tip: Waste Reduction

In Australia, we waste up to **30%** of the food we buy!

Follow these tips to reduce our waste:

- Plan Ahead. Write a list before you go to the supermarket
- Try to select foods with minimal packaging
- Remember to take reusable bags. Keep them in your car
- Keep scraps for pets
- Grow your own food
- Create a worm farm

For more tips go to: www.yourenergysavings.gov.au/waste/reducing-recycling/kitchen-food-waste/minimise-food-waste



Q&A

Q - "I'm single and try to cook healthy foods for myself, even when I'm tempted to just 'snack'. Can you tell me how to store leftover tinned food, such as corn, peas, asparagus, etc.? Do I drain, or leave them in the liquid?"

A - You can either drain the canned vegetables or leave them in the liquid. You shouldn't leave food in the can as the tin or iron can dissolve into the food, giving it a metallic taste. Place into a ceramic bowl and cover with plastic wrap. You can store in the fridge for up to two days.

Hot Topic - 10 uses for Oranges

1. Clean your sink- Cut an orange in half and dip it lightly into a dish of salt. Scrub the inside of your sink with the salted orange.
2. Keep cats away- place orange rind around your garden to keep cats off and out of your yard
3. Reduce garbage bin odour- place orange peel in your bin before placing a garbage bag it
4. Use oranges to start your fire- dry orange peel, then use orange peel instead of kindling to light fire
5. Use oranges to show ants the door- in a blender, add the peels of two oranges and one cup of water to make a paste. Poor this over any ant nests
6. Migraine soother- boil the orange peels and let steep for 10 minutes. Drink as a tea to get rid of migraines
7. Clean your microwave- place orange peels in a bowl of water and microwave for about five minutes. Then wipe the microwave clean with a sponge.
8. Preserve brown sugar- add orange peels to your brown sugar to help draw the moisture away and keep it from solidifying.
9. Air freshener- boil orange peels in hot water to help freshen the air in the kitchen. You can also add a cinnamon stick or some mint.
10. Fridge deodorizer- cut an orange in half and remove the fruit from inside. Fill up half with salt and let sit in your fridge for up to a week.



Find us on 

[Want to find out more about Community Kitchens or topics from the newsletter?](#)

Contact Sue Harman, Community Kitchens Coordinator
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Like our new Facebook page:

'Community Kitchens Geelong Region'

[Further information about Community Kitchens also](#)