



What's Cooking?

Community Kitchens Newsletter

UPCOMING EVENTS:

- Barwon CK Network Meeting Tues 28th March, 2 — 4.15pm
Deakin Cats Community Centre.
- National Volunteer Week 8th—14th May 2017
- CK Facilitator training— mid May
- Barwon CK Network Meeting – 6th June 2pm

INSIDE THIS ISSUE:

Welcome	1
National Volunteer Week— Give Happy Live Happy!	1
Seasonal Produce	1
Grovedale Community Kitchen	2
Volunteering	3
Strawberry, Rhubarb & Mandarin Crumble	3
Healthy eating for out of the home	4

Autumn 2017

Welcome to our Autumn edition of 'What's Cooking' Community Kitchens (CK) newsletter.

National Volunteer Week May 8th—14th May

Community Kitchens are very reliant on a vast number of volunteers who commit their time every week to supporting the CK's in the region. In acknowledgement of all their effort and time we devote this newsletter to our dedicated and loyal volunteers.

**GIVE HAPPY
LIVE HAPPY**

National Volunteer Week (NVW) is an annual celebration to acknowledge the generous contribution of our nation's volunteers.

In 2010, 6.1 million (36.2%) people aged 18 years and over participated in formal volunteering.

Volunteers are happier, healthier and sleep better than those that don't volunteer - Doctors should recommend it.

Just a few hours of volunteer work makes a difference to happiness and mood.

<http://www.volunteeringaustralia.org/wp-content/uploads/VA-Key-statistics-about-Australian-volunteering-16-April-20151.pdf>

Seasonal Produce for Autumn

Fruits	Vegetables
 Apples Blueberries  Figs Grapes  Honeydew melon Mandarins Nectarines	Oranges Passionfruit Pears Raspberries Rhubarb Strawberries Tamarillos Watermelon Broccoli Brussel sprouts Cauliflower Eggplant Fennel Mushrooms Parsnips Pumpkins Shallots Silverbeat  Spinach Squash Swedes  Sweet Corn Zucchini

Grovedale Community Kitchen

Grovedale Neighbourhood House, 45 Heyers Rd.

Adapted article from the Grovedale Grapevine, summer issue.

My last interview for the Grovedale Grapevine was about the food swap, and this time I continue the foodie theme, catching up with the Grovedale Community Kitchen facilitator, Brian Johansson, to find out what it's all about.

Take a retired guy that has always enjoyed cooking, likes Ballroom Dancing, through to competition level, who was a Fitter and Turner and then became a baker for 15 years. Brian also grows his own veggies in the Grovedale community garden.

What is a Community Kitchen?

It's a group of people who come together on a regular basis to cook, socialise and enjoy good food. Each group decides how their kitchen will run, how often they will meet, and what food they will prepare.

What got you started?

I got involved in the community kitchen about 18 months ago. I retired from work and found the community kitchen by chance when I was looking online for details about the Community Garden which I also enjoy.

I read about the kitchen and it sounded like something that would suit me. When I first started with the group it had 3-4 active members. I started assisting the facilitator with buying the groceries and with the running of the group. I have since completed facilitator training and am sharing the role. I find the group to be fun and I enjoy spending time with the people and have even made some new friends.

It's great to share recipe ideas and to learn cooking tips from each other. The group involves attending Wednesday cooking. I buy food to prepare and supervise and participate. We enjoy eating what we have cooked.

The group has about 12 members on the books with 8 - 9 attending most weeks.

What sorts of foods does the group cook?

The group decides on their own menu each week. We try to have healthy meals that can be made on a budget that are tasty. We have been making a lot of old fashioned desserts which are yum but not always healthy. A member of the group may bring a favourite recipe of theirs, something they see on tv, or just something they feel like trying.

Do you use any of the foods from the community garden in the cooking?

I may bring something from my garden to cook or pick some fresh herbs to add to a dish.

Do members have to book and pay in advance?

Members don't book, but last year we started a waiting list. It is a pay as we go system at \$5 a week.

I think it's been great for me to get involved with the Grovedale Community. I have met lovely people and I would encourage others who might be thinking about getting out there to just give it a go!

What day and time does the group meet?

We meet Wednesday 10:00 to 12:30 and generally meet over the school holidays.

We have recently started up a Tuesday CK 10.00—12.30pm to accommodate the extra people.

People can find out more from <http://www.barwonhealth.org.au/healthy-communities/community-kitchens-bh> or www.communitykitchens.org.au



Brian and CK members enjoying a celebration

Make A Difference Volunteer

With volunteering it's not really a case of 'what you can do?'
It's more about 'what you would like to do?'

Volunteering and Happiness:

While volunteers help others, studies show that volunteering is good for us too.

Volunteering offers many benefits, including opportunities for volunteers to:

- gain new skills and knowledge
- boost their own job and career prospects
- enjoy a sense of achievement and fulfilment
- develop personally and boost self esteem
- enjoy better physical and mental health
- connect to and better understand your community
- meet new people and make new friends.



Ways to get involved:

Contact Volunteering Geelong on 03 52 211 377 or info@volunteeringgeelong.org.au if you would like more information.

Hot tips - Indoor herb garden

- You need: glass jars, potting soil, herb seeds or seedlings
- Fill jars almost to the top with potting soil
- Add seeds to each jar (follow instructions on packet)
- Cover the seeds lightly with soil
- Add just enough water to wet the soil and seeds



Strawberry, rhubarb and mandarin crumble



Adapted from www.52kitchenadventures.com

Ingredients

- * 1 bunch rhubarb, trimmed, cut into 3cm pieces
- * 2 punnets strawberries, hulled and halved
- * 310g can mandarin segments
- * 1/2 teaspoon vanilla extract
- * 3 1/2 tablespoons honey
- * 1/2 teaspoon cinnamon
- * 1 1/2 cups oats
- * 1/4 cup almond meal
- * dash salt
- * 6 tablespoons butter, melted

Step 1

Preheat oven to 180°C. Grease a 3 litre ovenproof dish. Combine rhubarb, strawberries and mandarins, 2 tablespoons honey and vanilla in the dish. Mix till well coated.

Step 2

Combine the oats, almond meal, salt, cinnamon, followed by butter and 1 1/2 tablespoons honey in a bowl. Scatter the mixture over the fruit.

Step 3

Bake for 45-50 minutes or until top is golden brown.

* Fruit that is in season or in your kitchen can be substituted



Find us on 

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

Contact Sue Harman, Community Kitchens Coordinator

Ph: 1300 715 673

4215 3476 (direct number)

Email: suzanneh@barwonhealth.org.au

Like our new facebook page:

'Community Kitchens Geelong Region'



[Further information about Community Kitchens also available at:](#)

www.communitykitchens.org.au

www.barwonhealth.org.au

Hot Topic - Healthy eating for out of the home

In general, when eating away from home, we should:

- Follow the Healthy Eating Pyramid. Choose mostly whole food or minimally-processed foods, like fruits, vegetables, lean meat, fish, eggs, legumes, reduced fat cheese, grains, and wholemeal/wholegrain bread or pasta.



- Aim for half of the meal to be vegetables
- Limit foods that are high in saturated fat, added sugar or salt, such as creamy dressings, deep fried foods and sugary drinks.
- Eat slowly. Often the serving sizes will be large, and it takes 20 minutes for our brain to realise we're full. So slowing down helps us notice our fullness.



<http://www.nutritionaustralia.org/national/resource/healthy-eating-out-home>

Take away tips:

- Watch the portion size. Serve takeaway foods on plates or bowls at home to see the true amount of food.
- We don't need to finish it all. Store any leftovers in the fridge for a quick 'next day' meal.
- Try to avoid the temptation of 'combos' and 'add-ons' like garlic bread or soft drink.
- If your meal doesn't contain many veggies, get a side of vegetables or salad.