

# Grow! Cook! Eat!

# NewsLetter



West Northamptonshire

March 2023



## Grow! Cook! Eat!

**Working together in your community to grow and cook on a budget.**

Everyone loves good food and nothing brings people together and creates a sense of community like food does. This programme will give you the skills, and experience on how to run a community growing and cooking classes and how to deliver this. You will have the opportunity to explore new recipes and cooking methods and how to use low-cost ingredients to create tasty meals. Growing your own food, such as herbs and tomatoes will go hand in hand with the cooking.

This programme is funded by Public health, West Northamptonshire, and is being facilitated through a collaborative partnership between the Northampton Hope Centre and Cooking Good.



### January

We started off 2023 with the launch of our first 'Train the Trainer' course. This began on 11 January in the Conference room at Oasis House. We had 11 eager and excited participants, from 5 different community organisations. What a great way to begin the year! Hope you will join us on this journey.

### February

Although the chilly weather of February made its presence felt, it couldn't keep our Train the Trainer participants away. And, they successfully completed the course, our first Grow! Cook! Eat! community champions. Well done to UAA, C2C, Spring Charity, Abington Community, and Woodford Halse.

### March

We have successfully started our monthly webinars, a great opportunity to come and find out what the Grow! Cook! Eat! project has to offer you, your organisation and your community. Grants are available to your group to kick start your community project. Our next webinar is Tuesday 21 March @ 11am.



West  
Northamptonshire  
Council





## Interview with Champions

Today we are interviewing Sophie and Rachel from C2C - two of our first community champions.

### What was the feedback and thoughts of the training?:

It was a great opportunity to reflect on how to offer a comprehensive cooking and growing course to women. The course was extremely useful and we have come away with more information and knowledge, able to connect our experience in growing with the nutrition side of the food we grow which we will in turn share with our wider community in a healthy way.

We have been able to bring and build on our own experiences whether in the area of growing or cooking, in our case growing.

It has given us the possibility to connect and share in all the good practice taking place with other community groups.

## Dates for your Diary

### Monthly Webinar:

Tuesday 21 March, Tuesday 25 April,  
Wednesday 31 May, Monday 26 June @ 11am

### Train the Trainer Course:

28 - 30 March & 3 April  
9 - 11 May & 16 May

## Seasonal Growing & Eating

**Eating:** Carrots, cauliflower, Brussel sprouts, Savoy cabbage, Leeks, Kale, purple sprouting Broccoli, parsnips, swedes

**Growing:** Broad beans, Early Carrots, Early Potatoes, Lettuce, Cabbages, Onions, Spinach

## Let's Cook it Up!

### Pan Fried Cabbage

Cooking time is approximately 5-10 minutes

#### Ingredients

Pointed cabbage, savoy cabbage or green cabbage  
Knob of butter or a little oil; Seasoning of your choice

#### How to make

1. Heat the butter or oil gently in a pan
2. Add the thinly sliced cabbage
3. Heat and wilt - you can add crushed garlic or chilli flakes
4. Add seasoning

Grow! Cook! Eat! Target Areas: Castle, Spencer, Kingsley, St. David's, Headlands, Billing, St. James', Brookside, Talavera, Westone, Brackley West, Kingthorn, Weedon & Drayton.

For Further information contact: [Kathleen@northamptonhopecentre.org.uk](mailto:Kathleen@northamptonhopecentre.org.uk)/ 01604 214300