

Hi all,  
 One of Ecoworks latest recruits Craig will be helping with our stall at the Transition Nottingham event on Saturday. We will be selling local produce and preserves and hopefully recruiting new customers to the FRESH box scheme. If you are able to come along, please bring or return carrier bags for the scheme so we can re-use them, we are hoping to order our FRESH tote bags ready for use in May.

If you're reading this on Friday, you may be interested in [Nottingham's Light Night in the City Centre](#)  
**Friday 12 Feb - 5pm onwards**

Nottingham is hosting its third Light Night – a mixture of outdoor performances from professional artists, performers and community groups, sound and light installations and indoor cultural activities. The event utilises areas of the city that are culturally renowned and welcoming to the public but not usually after dark. Plenty of free activity in lots of venues across the city.

We went last year and thought it was really good fun and free! Download a map of all activities from: <http://www.lightnight.co.uk/nottingham.php>



**Transition Market Saturday 13th Feb**  
**Sneinton Market 10am -1pm**

**An opportunity to share skills, find training and talk to local people, groups and organisations with a shared interest in sustainable living.**

**12 February 2010**

### This Weeks Delights.....

#### Small Box £5

Mushrooms (org)

Marfona Potatoes  
 Cavello Nero  
 Parsnips  
 Carrots

#### Large Box £10

Mushrooms (org)

Marfona Potatoes  
 Carrots  
 Parsnips  
 Red Onion  
 Savoy Cabbage

#### Large Box customers

\* Unfortunately we didn't receive enough Cavello Nero from the farm this week, so we have omitted 500g of it from the large bags this week as these already contain Savoy cabbage. We will make up the short-fall in the near future .

Apologies for this and hope it doesn't cause you any inconvenience.

#### Mushrooms

We have finally sourced organic mushrooms from near Southwell !

#### Coming Soon in spring - fingers crossed

Cabbages, Chicory, Chives, Leeks, Mint, Parsley, Purple Sprouting Broccoli, Radishes, Sorrel, Spring Greens

We are hoping to source purple sprouting broccoli and spring greens to add further variety to your box.

## Website updates

Newsletters and recipes are currently being uploaded to our website [www.ecoworks.org.uk](http://www.ecoworks.org.uk)



**Mushroom Stroganoff**

Mushroom stroganoff is a lovely vegetarian alternative to the traditional meat dish. Add a side dish of peppered shredded and steamed cabbage for extra veg.

Serves 4

- 500g fresh mushrooms, wiped and quartered
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, peeled and crushed
- 30ml olive oil (or sunflower)
- 100ml red wine
- 3 tablespoons crème fraiche or double cream
- 1 tablespoon balsamic vinegar
- 1 dessert spoon of cornflour
- 1 level teaspoon paprika

Gently heat the oil in a large pan.

Gently cook the onion garlic for 3 minutes

Coat the mushrooms in the paprika (either by turning them on a plate or shaking in a sandwich bag).

Turn up the heat and add the mushrooms to the pan. Do this in batches, if you need to. The idea is to cook them quickly, to seal in their juices.

Cook for up to 5 minutes, until the mushrooms are browned and softened.

Add the red wine and balsamic vinegar and simmer. Mix the corn flour with a tablespoon of water in a cup, to form a paste. Add to the pan and mix well. The sauce should thicken.

Add the cream and mix well.

To add extra flavour you could also use some dried porcini or shitake mushrooms.

## **VACANCY: Community Engagement Worker**

You will have experience of community engagement / PR / marketing in a community setting, of developing partnerships with other agencies, and of working with volunteers.

You will share Ecoworks' environmental, wellbeing and community development ethos. You will be used to working on your own initiative and managing your workload and time effectively, and have excellent interpersonal skills.

Closing Date for Applications: Tues 2nd March  
Interviews : Tuesday 9th March 2010

### **Cafe Sneinton**

**Sneinton Hermitage, Sneinton Boulevard  
10-2pm Serves lunch**

Community cafe with a wide variety of cultural influences cooked by volunteers every Saturday. Its freshly prepared food and uses some produce supplied by Ecoworks.

#### This weeks menu:

Green Minestrone Soup (£1)

Baked polenta with garlic mushrooms, spinach & chickpea stew (£2)

Tiramisu (£1)

### **Fairtrade Fortnight**

**22 February –7 March**

**Various venues—[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)**

Date for your diaries if you are interested in the benefits of Fairtrade products or would like to know more.

#### **Fairtrade Local Food Evening**

Broadway Cafe

Thursday 4 March

6pm

#### **Fairtrade - Have your say!**

Speakers Corner, Brian Clough Statue

Saturday 6 March



Upper School  
Former; St. Anns Well Junior  
Brewsters Road St. Anns  
NG3 3AG  
[www.ecoworks.org.uk](http://www.ecoworks.org.uk)  
[info@ecoworks.org.uk](mailto:info@ecoworks.org.uk)  
Te: 01159622200