



FRESH Newsletter 24

Hello

I had an interesting meeting with Pat Ferguson, a resident from Aspley on Tuesday. Pat felt so concerned by the lack of affordable produce in the area as well as the slow demise of local shops, that she started running a produce stall on the estate once a month selling fruit and veg supplied by plot holders as surplus.

We will be looking to support Pat by providing a variety of local produce over the summer and autumn months.

Nicola

AFTER AFFLUENZA:

Energy Descent without Shopping Therapy – will it be so bad?

In a number of books psychologist **Oliver James** argues that placing too high a value on money, possessions, appearances and fame is bad for mental health. He shows how people who pursue these things are significantly more likely to suffer depression, anxiety and substance abuse (booze and drugs).

3 years ago rapidly rising energy prices and the inability of people to service their debts shattered the economic boom. Now the economy is "recovering", but how long before rising energy prices choke this off because of depleting energy supplies? Many people recognise already that low consumption lifestyles are necessary to face up to our responsibilities to our children given the threatening reality of climate change.

Should we be gloomy about the threat to spend-spend-spend? As the shopping economy collapses can we live better, more authentic lives nevertheless, rising practically and emotionally to the challenges of energy descent, leaving a better world for our children?

**Speaker: Oliver James
(Psychologist and Author)**

**Venue Friends Meeting House, Clarendon
Street, Nottingham**

Thursday 4th March 2010 at 7.00pm

19 February 2010

This Weeks Delights.....

Small Box £5

Jerusalem Artichokes
Marfona
Leeks
Kale
Carrots

Large Box £10

Jerusalem Artichokes
Marfona
Leeks
Kale
Carrots

Parsnips
Onion

Artichokes from the FRESH gardens

Space for Life Big Green Weekend

27th - 28th Feb

The Art Organisation Station St

Live Music

Wholesome Fish

+ More

Yoga

Massage

& Tai Chi

Arts &

Crafts

Freeconomy 'The moneyless man'

Land Roots!

Transition

Tales

Shop

Eco Films

Bring & Share Feast!

FREE

Open submission exhibition on the themes of 'environment - transition - land - sharing' in the two weeks leading up to the event, 15th FEB – 5TH MARCH

Event Contact: 07944 750 960 - roots@landroots.co.uk

Website www.landroots.co.uk

This is a free event – come and enjoy!

Website updates

Newsletters and recipes are currently being uploaded to our website www.ecoworks.org.uk

Hot & Sour Vegetable Noodle Soup

I found this recipe at: LoveFoodHateWaste website which I mentioned last week.

The leeks, kale and carrots in your box could be used to make this, just shred or slice all the veg really thinly. I'm going to add tinned sweet corn as an extra sweetness and crunch. If you use the kale remember to cut off the 'backbone' as it takes longer to cook than the leaf.

Serves 4

4 tablespoons Thai curry paste

Add to chicken or other meats, as well as seafood, noodles, vegetables and tofu.

This paste will create sumptuous curries. Use right away from the jar then store in the refrigerator for up to 2 weeks and use it, as you need it.

1 litre boiling water

Lots of different veggies! Sliced or shredded

400ml coconut milk

Lime juice to flavour

Sprigs of coriander - or dried

50g Egg or rice noodles

Instructions

In a large saucepan dissolve the tom yum paste in the water. Then add your chosen vegetables in order of cooking time i.e carrots will take longer than kale. Gently simmer to allow the vegetables to be poached until just tender, about 10 minutes. Add the coconut milk, rice noodles and season with lime juice. Serve in warm bowls with fresh coriander.

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

Download an application form and full Job description on our website



Fairtrade Fortnight

22 February –7 March

Various venues—www.nottinghamcity.gov.uk

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

What to sow now

Potatoes can be chitting (encouraging sprouting) indoors now ready for planting in March.

Broad beans can be sown when the soil isn't too cold or wet, with recent snow and hard frosts it might be best to cover ground in fleece first to warm up the soil or start off in modules trays indoors.



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