

Hello

The latest hard frost and snow over the midlands has proved too much for brassica, with large quantities having to dug back in as a wasted crop.

The organic mushroom supplier has not been able to supply us either which means for this week we are short on produce for the large boxes. Rather than increase the weight of other items we will only charge £8.00 for the large boxes this week this will appear on this months invoice.

A treat this week however is the Chantenay Carrots which are from a farm in Bilsthorpe, Notts. Deliciously sweet to eat, they can be eaten as they are or added whole to a variety of dishes.

Ironically, this poster (see right) came through from a volunteer today, the very same day my car went to the garage to have its front coil suspension repaired (flaming speed bumps) and so I had to get the bike out the cellar and cycle to work.

Truthfully, when I first accepted the job at Ecoworks, I fully intended to cycle up the incredibly steep hill of Woodborough road most days and even did a trial ride up to the old croft office prior to my start date. September passed however and the bike sat in the front room of our terraced house unused whilst I found lots of reasons why I couldn't cycle, no helmet, weather, books to carry, late nursery pick up. The bike went back into the basement for Christmas - the weather really was too bad.

With the car in the garage today I had no alternative and whilst it was hard work on the legs to begin with I thoroughly enjoyed it. With the weather due to warm up, I've requested a bike helmet and pannier rack for my birthday next month and so have made the rather late new year resolution to cycle most days when car definitely not needed.

Enjoy, Nicola

**26 February 2010**

### This Weeks Delights.....

#### Small Box £5

Marfona Potato  
Parsnips  
Red Onion  
Savoy Cabbage  
Chantenay Carrots

#### Large Box £10

Marfona Potato  
Parsnips  
Red Onion  
White Onion  
Savoy Cabbage  
Chantenay Carrots  
Leek

**NEW**—Chantenay Carrots from Bilsthorpe, Nott's

## Critical Mass Bike Ride

Meeting Point Market Square Nottingham  
Last Friday of every month  
Gather at 5.00pm Depart at 5.30pm

What's it all about?

Critical Mass is often described as an 'unorganised coincidence'. It happens when a lot of cyclists happen to be in the same place at the same time and happen to cycle the same way together for a while.

What's the purpose?

"Everyday, all over the world, people are resisting the problem culture of the car by getting on their bikes and riding, instead of driving. Critical Mass is a celebration of the alternatives to cars, pollution, accidents and the loss of public spaces and freedoms. Not an organisation or group, but an idea or tactic, Critical Mass allows people to reclaim cities with their bikes, just by getting together and out-numbering the cars on the road."

What happens on a Critical Mass?

Each one is different and they follow no set route, with the direction being spontaneously chosen as people cycle along. Anyone is free to join or leave the ride as it pedals along.



**Queues  
likely**

## Website updates

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

## Warm Roasted Root Vegetable Salad



Serves 4

- Mixed winter vegetables such as potato, parsnips, carrots, swede, turnips, sweet potatoes, peeled and chopped into thick circles
  - 2 red onions, peeled and cut into petals  
2 tablespoons [olive oil](#)
  - 1 teaspoon coriander seeds, lightly crushed
  - 1 teaspoon cumin seeds, lightly crushed
  - 3 tablespoons [clear honey](#)
  - Salad leaves such as rocket
- Grated [Parmesan cheese](#) optional

1. Preheat the oven to 220°C (425°F) mark 7.
2. Put the vegetables in a roasting tin and toss them with the oil, spices, honey and salt.
3. Cook in the oven uncovered for about 30-35 minutes or until the vegetables are golden and tender.
4. Give them a stir half way through cooking.

Arrange on plates with a few salad leaves and a good grating of Parmesan cheese.

[Lovefoodhatewaste.com](http://Lovefoodhatewaste.com)

## Sneinton Festival AGM

### Annual General Meeting

Wed 10 March, 6pm @ Hermitage

A really good way to show off Sneinton's vibrant and well connected community.

The festival committee are looking for volunteers and members to help with its development. We would like to set up a craft group to organise all the decorations for the Sneinton Festival. If you are skilled in any art or craft technique, or just a keen amateur wanting to learn more then please get in touch. etc. We provide the materials; you provide the ideas and creative enthusiasm! PLUS more opportunities.

Contact: Amy on 07833 185028 or drop into Cafe Sneinton on Saturday.

## 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](mailto:roots@landroots.co.uk) Website [www.landroots.co.uk](http://www.landroots.co.uk)

This is a free event - come and enjoy!

**Lights out!** If, like me, you have walked around the city centre of an evening and been baffled by the wastefulness of all the shop windows being lit up like a Christmas tree (I'm thinking Primark in particular); you will be pleased to know that new measures are being put in place which could reduce this. From April 2010, retailers using more than a certain amount of energy will have to register for the CRC Energy Efficiency Scheme. As part of this scheme, businesses will need to buy allowances to cover all of their CO2 emissions. The Environment Agency predicts that this will force businesses to start switching off their window display lights at night.



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