

NGCFI NEWSLETTER

Winter 2011



Practical solutions for healthier living

SEASON GREETINGS FROM NGCFI!



Wind, rain, snow, ice and a brief glimpse of the sun..... yes, winter has arrived in North Glasgow. It has been another great year of growing, cooking and learning. Thank you to our wonderful volunteers without whom our work in the community would not be possible.

Happy holiday to all!

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Volunteers Lynn and Krystelle at Maryhill Health Centre

FRUIT AND VEG' SALES

The barras are still going strong and there are development plans for new barras in the new year, in Milton and other locations. We will keep you updated. A big thank you to our friendly volunteers Lynn, Krystelle, Liang Fang, Mahdi, Yaya, Hugh and Billy who keep them going.

ADMINISTRATION/OFFICE

Thank you very much to our admin' volunteers Andrew, Elena and Philip who very professionally covered the office administration in Kathleen's absence.

FUNDING

NGCFI has been awarded £117,757 from Big Lottery for our Healthier Eating Royston Experience project (H.E.R.E.) Through the H.E.R.E. project, we will, over two years, help over 800 residents of the Royston area of Glasgow to make informed choices to improve their eating habits.

WELCOME TO...

Esperance Kaneza, our new treasurer and director. Esperance, who is currently preparing an Msc in International Financial Management, will also help with the office administration.

Abigail Ashton, our new Administrative Assistant funded by Community Job Scotland for 6 months. Abi will work 26 hours per week and provide much needed support to the team.



Anniesland Students working on the new bug hotel

SPRINGBURN ALLOTMENT

Pond plants have been removed to the greenhouse to protect them from the worst of the weather. Propagated plants are also coming on, although recent damage to the greenhouse means that repairs will have to be carried out to panels. Nevertheless, harvesting continues as leeks, parsley and Jerusalem Artichokes have been picked and we've been looking at recipes for root veg' which are all available and locally produced at this time of year. Roasting in a hot oven with oil and balsamic vinegar is my favourite way to cook them.

The weather was really bad on 5th December so volunteers came to the office for a pond workshop session instead. A review of crops grown this year and a look at new varieties to grow next season inspired us in the midst of the foul weather outside.

HAMILTONHILL ALLOTMENT

In **Hamiltonhill**, numbers have increased recently thanks to a group of students from Anniesland College who are working hard on composting and building a bug hotel to increase biodiversity on the plot. They are involved in the John Muir Award, discovering a wild place, exploring it, conserving it and sharing their experiences. The next project is to build a willow dome shelter and there is talk of building a bench for the allotment. Roll on the New Year!

Harvesting is on-going here too as we crop Jerusalem Artichokes, spinach and parsnips, which will benefit from the cold snap as frost makes them sweeter.

FORAGING

Tom, our neighbouring plot holder at Hamiltonhill took a group of us on a foraging trip down to the Canal, just behind the allotments, and I was amazed at how much we found: apple and plum trees, wildflowers and beautiful seed heads. In this quiet location, we also spotted a real variety of wildlife, a good example to us as we try to increase biodiversity on the allotment. We'll be back!



Volunteers Andrew and Christine at the fungi foray

VOLUNTEER TRIP

On Thursday 17th November a group of volunteers went on a Woodland Walk and Fungi Foray in Garscadden Woods, Drumchapel. The trip was organised by BTCV and the Forestry Commission. We learned about fungi, woodland plants and trees, as well as finding out about different cultures, food and customs. We enjoyed a chat over lunch while finding out about other projects. There is a possibility of funding to go on other trips in the future to learn about wild herbs, fruits and woodlands. Let Kate know if you would like to go on another woodland walk: gardens@ngcfi.org.uk.



MILTON GARDEN

Over the last couple of months we have made more headway with the community garden. Chris Woods, who has been a volunteer on the project for the last 6 months, is now employed with us until the end of February thanks to the Community Jobs Fund. He has been building wheelchair access ramps to connect the raised beds to the shipping container teaching/social space, and designing a memorial tree garden for lost loved ones.

The memorial garden will provide space for local people to plant a free commemorative tree for a family member or friend. Christopher Rowe, the local minister, will formally open the tree garden on Valentine's Day - details to follow!

We were also visited by many local school children who planted over 200 trees to make a wild-life hedge and shelter-belt along the South boundary fence-line.

Over the next few months we will be doing a lot of building and construction work in the garden in order to prepare it for spring. We will be making more raised beds, building a green-house and perhaps a poly-tunnel too. If you would like to find out more, and about how to volunteer at the Milton Community Garden please contact Natalie McCall on 558 2500 or email her at miltongarden@ngcfi.org.uk.

YOUTH GARDENING

Youth Gardener Marie has been busy helping Royston School to clear and tidy up their garden. Several litter picking days were organized. The children have also pulled out weeds, cleared beds and started composting.



At Springburn Academy, Marie is working with 13 year olds who are learning about composting, the Keep Well plate, insects and recycling. Pupils of Saints School have been learning about composting, the cycle of a flower and have had fun making smoothies.

Marie is also working with Milton Out of School Care and in the past few weeks we have learnt all about insects, eat five a day and we have had fun planting trees in the community garden in Milton. In the past two months Marie has been working with a grand total of over 60 children!


Thank you to our funders and supporters:



ARE YOU A MEMBER? JOIN US...IT'S FREE!

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JOIN US if you or your friends have not already joined as members yet, please complete and return the form below. We are a membership organisation. It helps us too.

North Glasgow Community Food Initiative 71 Lenzie Terrace, Springburn, Glasgow, G21 3TN Individual Membership Form – 2011/2012 - Free to join						
Name		Forename		Title	(delete as appropriate) Dr, Mr, Mrs, Ms, Miss	
Telephone number				Mobile		
Email address						
Address						
	Post code					
What NGCFI activities/services are you involved in or wish to be involved with in the future? (tick as appropriate)		Involved now	Involved in the future			
	Fruit and Veg sessions					
	Community Gardens					
	Weaning Project					
	Board of Directors					
	Cookery groups					
Events						
I agree to NGCFI keeping paper and / or electronic copies of this information as per Data Protection Act 1998						
Signed				Date		

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Email: info@ngcfi.org.uk



EAT MORE FRUIT & VEG!

Feel Better. Look Better. Live Longer.

We sell top-quality fruit and veg' at affordable prices. Come along and see for yourself!

North Glasgow Community Food Initiative operates multiple stalls selling affordable fruit and vegetables in a range of community venues. Volunteers run all stalls. We are always looking for volunteers, if you are interested please contact Nathalie on 0141 558 2500 or email volunteer@ngcfi.org.uk

Day	Where	Time
Tuesday	Springburn Health Centre 200 Springburn Way Glasgow G21 1TR	10.30am - 12.30pm
	St Rollox Church 9 Fountainwell Road Glasgow G21 1TN	11:45am – 12:45pm Term time only
Wednesday	Possilpark Health Centre Denmark Street Glasgow G22 5EG	9:30 – 11:30am
	The Millburn Centre Royston, G21 2HL	12:30 – 2pm
Thursday	Maryhill Health Centre 41 Shawpark Road Glasgow G20 9DR	11am – 12pm
	St Monica's Nursery (Milton) 200 Liddesdale Road, G22 7QX	11am – 12pm Term time only

**HEALTHY
START**

All stalls accept Health
Start Vouchers

Keep well