



grow it! cook it! eat it!

Eat cheap, healthy and tasty food
all through the year

Recipes and tips



grow it! cook it! eat it!

grow it! cook it! eat it! is an interactive market stall encouraging everyone to plant, cook and eat their own healthy food.

It's easier and cheaper than you think!

g!c!e! can come to your school for two or more days.

The stall comes with a range of banners, games and resources.

You will also spot **g!c!e!** at community fairs and events across Newham.

grow it! cook it! eat it!

is part of the Community Links
New Food Project.



To book **g!c!e!**

Contact New Food Project
at Links on 0207 473 2270

Growing in Newham

At the bottom of your street or just around the corner you can find allotments and community gardens. You will be welcome to take part, learn, grow and have fun.

Abbey Gardens, Bakers Row, Stratford, E15

Dirty Hands Project, Valetta Grove, Plaistow, E13

William Paton Community Garden, Leslie Road, Custom House, E16

Growing Place16, Victoria Dock Road, Canning Town, E16

Manor Park Village Community Garden, Station Road, Manor Park, E12

Play Sow and Grow, Gay Road, Stratford, E15

Gardening Thymes, Central Park Bowling Green, High Street South, East Ham, E6

Cody Dock Community Gardens, South Crescent, Canning Town, E16



Your year starts here



January



Growing tip:

It's too cold to sow outside, but you can plant seeds in pots on the windowsill.

Try *lettuce*, *broad beans*, *spinach*, or herbs such as *parsley* and *mint*

In Season:

carrots, kale, leeks, cauliflower, savoy cabbage, parsnips, squash

Carrot and sweetcorn baked potatoes

Ingredients:

- 4 baking potatoes
- 2 large carrots, grated
- 125g tinned sweetcorn in water, drained
- 2 tbsp orange juice
- 2 tbsp oil
- pepper
- butter and grated cheese (optional)



Baking potatoes the 'proper way': wash them, prick them a few times with a fork and rub a little olive oil into them. Put them into the preheated oven at 200c/400F/gas 6 for 1 ¼ - 1 ½ hours (they are cooked when they feel soft and are crisp and golden on the outside)

Mix the grated carrots and sweetcorn and fry gently in a little oil, then add the orange juice and seasoning.

To serve, put some butter on the potatoes if you like, then top with the vegetable mix and sprinkle some cheese over the top.

Why are Carrots good for you?

They contain lots of beta carotene (turns into vitamin A): this is good for healthy eyes and skin

February



Growing tip:

If you have a garden/balcony and it is not freezing, you can plant a small *fruit tree*
Indoors, you can plant *tomatoes*, *cucumbers* and *onions*

In season:

leeks, savoy cabbage, carrots, cauliflower, brussels sprouts, onions, mushrooms

Leek and mackerel pasta

Ingredients:

250g wholemeal pasta

1 tsp olive oil

1 clove garlic, crushed

2 medium leeks, chopped

1-2 tins of mackerel in oil

pepper

grated cheese optional



Cook the pasta according to the packet, drain and set aside when it's done.

In the meantime, prepare the leeks by slicing them lengthways until about 1cm before the white end, washing them thoroughly, then slicing them sideways. Fry gently for about 5 in the olive

oil until they are soft, add the crushed garlic and cook for another 3 minutes.

Add the pasta to the leeks, then drain the mackerel, break into small chunks and add to the pasta mix. Season with some pepper, and serve with some grated cheese if you like.

Why are Leeks good for you?

They have lots of Vitamin K, which is needed for blood clotting, as well as calcium and vitamin A; they have a cleansing effect on our bodies

March



Growing tip:

Last chance to plant “bush fruits” such as *blackberries*, *blackcurrants*, *gooseberries*, etc. Indoors, time to sow seeds for summer-ripening *aubergines*, *peppers* and *chillies*

In season:

cabbage, spring greens, leeks, cauliflower, kale, purple sprouting broccoli, beetroot

Beef, mushrooms and spring greens stir fry

Ingredients:

2 tbsp oyster sauce

2 tbsp reduced salt soy sauce

1 tbsp vegetable oil

1 fingertip length chunk of fresh root ginger, chopped

300g thinly sliced spring greens

150g chestnut mushrooms, sliced



Meat option: 400g beef rump steak, thinly sliced into ½ cm pieces

Vegetarian option: 1 chopped pepper, thinly sliced celery sticks, 50g roasted and chopped cashew nuts

Mix the sauces and set aside. If you are cooking the veggie option, roast the nuts in a small frying pan without oil until they are slightly browned.

Heat a wok and add the oil, stir fry the beef until browned all over / vegetables until they are cooked. Remove the meat / vegetables then stir fry the ginger until golden, add the spring greens

and mushrooms. Cook for 3 minutes and stir often.

Add the beef / vegetables and sauce, cook for 3-4 minutes.

Serve with rice or noodles, and for the veggie option sprinkle the chopped nuts on top

Why are cabbage / spring greens good for you?

They are full of calcium and magnesium, which we need for strong bones, teeth and tissue; they can help our immune system stay strong and fight bacteria and viruses

April



Growing tip:

Root vegetables (*carrots, parsnips, beetroot...*) can be planted outside now

Pot a *melon* seed, cover, leave in warm place, move to windowsill when shoots appear

In season:

cauliflower, broccoli, cucumber, cabbage, new potatoes, rocket, spinach

Cauliflower fritters with coriander yoghurt

Fritters:

1 cauliflower
1 onion
1 chilli
1tsp cumin seeds
1tsp coriander powder
pepper
3 eggs, whisked
1 handful of fresh coriander
100g plain flour
1 tbsp sunflower oil

Yoghurt:

½ lime, juiced
pinch caster sugar
10 fresh coriander leaves
200ml Greek style yoghurt
pepper



FRITTERS Cook or steam the cauliflower for 10-12 minutes and mash it slightly.

Chop the onion and chilli finely; mix with the cauliflower, spices, eggs, coriander and flour.

Heat the oil in a frying pan and add 1 tablespoon of the mix per fritter

Flatten the mix slightly in the pan. Fry until golden on both sides (turn after 2-3 minutes).

YOGHURT Blend all the ingredients together with a stick mixer or in a food processor. If you haven't got one, chop the coriander leaves finely and mix all ingredients together by hand.

Why is cauliflower good for you?

It contains lots of vitamin C, which helps to store energy and protect our whole body; cauliflower can also help to lower our blood pressure as it contains potassium



May

Growing tip:

Outdoors, it's time for brassicas. That is, *cabbage*, *broccoli*, *cauliflower*, *brussels sprouts*. *Lettuce*, *rocket*, and *cress* can be sown indoors or out, with herbs like *coriander* or *basil*

In season:

rhubarb, asparagus, broccoli, spinach, cucumber, curly lettuce, cauliflower

Curried broccoli couscous

Ingredients:

1tbsp olive oil
100g broccoli, finely chopped
1tsp curry powder
1 cup tinned chickpeas, rinsed
50g raisins
200g couscous

Steam the broccoli for 3-5 minutes until tender. Put the oil into a saucepan and heat over a medium heat, put in the broccoli, curry powder, chickpeas, raisins, 1 cup of water and a pinch of salt and bring to the boil. Then add the couscous, stir, cover the pan and remove from the heat. Let it steam for 5 minutes and fluff with a fork.



Why is broccoli good for you?

It has lots of vitamin C and A, and is high in fibre, which is important to help us to go to the loo regularly

June



Growing tip:

Colourful summer crops like *strawberries*, *aubergines* and *tomatoes* can be grown outside now, and it's time to plant *peas*, *mangetout*, *kale* and *french beans*

In season:

peas, broad beans, strawberries, tomatoes, courgettes, cucumber, curly lettuce, rhubarb, spinach

Frozen strawberry yoghurt

Ingredients:

400g strawberries

85g icing sugar

1 lime, juiced

150g natural yoghurt



Puree the strawberries with the icing sugar and lime juice (ideally in a blender, or you can use a stick mixer). Put the mix into a bowl and stir in the yoghurt. Freeze the mixture by putting it into a shallow lidded plastic container (e.g. an old ice cream box) and freeze for about 2 hours.

Transfer to a blender and process until smooth, then return it to the box and the freezer for an-

other 2 hours. Then you need to blend it one more time, put it in the freezer it again until it is firm in the middle and frozen around the edges.

Take it out of the freezer and put it into the fridge about 20-30 minutes before serving.

Why are strawberries good for you?

They have lots of vitamin C to keep our bodies healthy and protected



July

Growing tip:

Plant *cabbages* now for next Spring, and *fennel* for the Autumn

In season:

curly lettuce, cherries, tomatoes, cucumber, runner beans, peas, carrots, strawberries, raspberries, celery, lettuce, courgettes, cauliflower

Tomato Bruschetta

Ingredients:

- 1 crusty baguette or ciabatta loaf
- 8 medium tomatoes, thickly chopped
- ½ small red onion, finely chopped
- 2-3 cloves of garlic, crushed or finely chopped
- 6-8 fresh basil leaves, finely chopped
- 30ml balsamic vinegar
- 60ml olive oil
- pepper to taste

Mix the onions, tomatoes, garlic and basil, add the balsamic vinegar and olive oil. Add pepper and mix everything again. Cover and put in the fridge for at least one hour.

Slice the baguette or ciabatta loaf diagonally into



thick slices and toast lightly in a griddle pan or toaster until they are light brown on both sides.

Spoon the tomato mix generously on the warm slices of bread and serve, with a fresh green leafy salad

Why are tomatoes good for you?

Tomatoes have lots of beta-carotene and vitamin C, and also lycopene, which can reduce the risk of liver disease and cancer

August



Growing tip:

This is the time to sow winter vegetables such as *carrots*, *turnips* and *radishes*

In season:

plums, raspberries, cos/iceberg lettuce, tomatoes, bramley apples, sweetcorn, marrow, courgettes, cucumber, cauliflower, runner beans, french beans, cherries, blackberries

Plum crumble puff tarts

Ingredients:

1 roll store bought puff pastry
5 ripe plums, stones removed and sliced finely
50g butter
3tbsp flour, extra for the baking tray
2 tbsp caster sugar, extra for sprinkling
1 tsp cinnamon
handful of oats

In a bowl, rub together the flour, butter, sugar, cinnamon and oats into a crumbly mix.

Dust a baking tray with some flour, cut the puff pastry into six squares and space them out on the tray. Prick each one with a fork so that it has lots of little holes in it.

Cover each square evenly with the sliced plums, leaving a border of around 1cm. Sprinkle a little



caster sugar over the plums. Fold the borders of each pastry square over a little, to create an edge to the tarts.

Cover the tarts generously with the crumble mix and put them into the oven for 20-25 minutes at 200C/400F/Gas 6 until the pastry is well puffed and the crumble mix is golden.

Why are plums good for you?

Plums contain some of almost every vitamin and mineral, as well as fibre, so they are not just tasty but also very good for us!

September



Growing tip:

Plant *lettuce* for the winter, *spring onions* for the spring, and *strawberries* (outside) for next summer. And fresh *apples* and *pears* are everywhere in September!

In season:

runner beans, blackberries, courgettes, tomatoes, white and red cabbage, sweetcorn, plums, squash, cucumber, leeks, garlic, carrots, celery, cauliflower

Courgette Salad

Ingredients:

400g firm small green or yellow courgettes

1tbsp extra virgin olive oil

½ - 1 fresh red chilli (optional)

½ bunch of fresh mint

1 lemon



Grate the courgettes on a grater or in a food processor.

Tip into a bowl and add the juice of the lemon, the olive oil, and some pepper to taste.

Finely chop the leaves of the mint and the chilli, if you are using it, and toss everything together.

Why are courgettes good for you?

Courgettes are a good source of potassium, and they are very low in calories; eat them with their peel on and you get lots of fibre for a healthy digestion

October



Growing tip:

Sow crops that don't mind the winter cold: *broad beans, garlic, onion* and *rhubarb*

In season:

sweetcorn, apples, blackberries, potatoes, marrow, cauliflower, cabbages, leeks, aubergines, radishes, onions, pumpkin

Apple and banana compote

Ingredients:

5 apples (any variety),
1 banana
1 tsp cinnamon
50ml water



Peel and core the apples, and cut them into chunks.

Peel the banana and cut into chunks

Put the chunks of fruit into a pan with the cinnamon and water.

Cover and simmer on a low flame for 25 minutes, stirring from time to time.

Serve warm in a bowl, with a scoop of vanilla ice cream or custard!

Why are apples good for you?

Apples are a useful source for vitamin C , which can help the body to absorb iron, and fibre, which keeps our gut healthy



November

Growing tip:

This is the best time to plant fruit trees such as *cherries, plums, apples* and *pears*

In season:

potatoes, red cabbage, pumpkin, cauliflower, white cabbage, kale, brussels sprouts, leeks, carrots, celery, butternut squash

Simple pumpkin soup

Ingredients:

- 1tbsp sunflower oil
- 15g butter
- 1 onion, chopped
- 500g pumpkin or butternut squash
- 1 medium-sized potato
- 150g split lentils, rinsed
- 1.2 ltr low salt hot vegetable stock
- 1tbsp chopped fresh thyme
- 4tbsp crème fraiche (optional)

Peel, de-seed and cube the pumpkin / butternut squash, peel and cube the potato.

Heat the oil and butter and cook the onion until it is soft. Add the pumpkin, potato, lentils, stock and thyme, and season with some pepper.



Cover with a lid and gently simmer for 30 minutes. Puree with a stick blender or in a food processor until fairly smooth. (A potato masher will also work.)

Stir in the crème fraiche if you use it and reheat, but take care not to boil!

Why are pumpkins and squash good for you?

There is lots of vitamin A in these, which is great for our eyes and give us a healthy immune system to fight viruses



December

Growing tip:

Rhubarb actually likes the cold. And don't forget to harvest the *brussels sprouts*!

In season:

white cabbage, brussels sprouts, potatoes, leeks, carrots, kale, savoy cabbage, cauliflower, parsnips, swede

Brussels Sprouts with cranberries

Ingredients:

250g brussels sprouts

2 tbsp olive oil

125g fresh cranberries *

**OR 75g dried cranberries, softened in 50ml boiling water for a few minutes*

Take off the outer leaves of the brussels sprouts and cut them into quarters. Heat the oil in a frying pan and add the sprouts and cranberries. Cook over a moderate heat for 5-7 minutes.



Why are brussels sprouts good for you?

Brussels sprouts have lots of iron, B vitamins and vitamin E, which is great for your skin and might help prevent cancer.

Half-a-dozen brussels sprouts contain more vitamin C than an orange!



Play, Sow & Grow



Play, Sow and Grow uses the natural environment to deliver open-access and holiday schemes for children, weekly youth activity, monthly family days and schools projects

We take the best of old-fashioned children's play and give it a modern city twist, focusing on the outdoors, the environment, planting, feeding and growing in our purpose-built centre on the Three Mills Estate in Stratford.

The garden is stocked with growing fruit and vegetables, a hen house, a tree house and deep play area.

Open in the evenings, weekends and during school holidays for play, we give children the chance to sow and grow their own veg, care for our flock of excitable chickens, and have fun in the garden or occasionally indoors.

During the day we welcome local families for everything from keep fit to English lessons.



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