



SEASONAL

A Quarterly Newsletter by The Lions Gleaning Hub



CONTENTS:

- 1. Gleaning Update
- 2. Gleaning Update continued
- 3. The Review
- 4. The Review continued
- 5. Seasonal Produce - Summer
- 6. Seasonal Recipe
- 7. Reader's Comments

Gleaning Update

A new approach - Let's get ready to crumble!

Farm level gleans can take some planning and the scale of the undertaking can put some people off. Therefore, we have added an alternative 'smaller scale' approach to our gleaning hub. This can be described as Urban Harvesting or Gleaning with a small 'g'. However, we prefer the title **'Let's get ready to crumble'**

The great thing about this approach is it can work with just one Lion or volunteer and one tree. Moreover, the gleaned fruit can be distributed locally to schools, food banks, etc. without the need for the logistics of distributing large volumes across the UK.

Lion Steve Scall promoted this new project in his local newspaper, entitled 'The Roundabout' and already Edwinstowe and the Dukeries Lions Club have been out gleaning apples from a local tree. The image above shows that this project can easily be supported by volunteers of all ages.

See page 2 for the latest on our traditional gleans as well as our reader's comments section as The Lions Gleaning Hub spreads its wings!



Gleaning Update continued

Onion glean with Roz Scott of 'Still Good Food'

Roz contacted us via our presence on the Feedback Gleaning Network website a few weeks ago, asking if we could provide her with fresh fruit and vegetables for her shop in Bury St Edmunds.

At the time we didn't have anything but we discussed a few ideas over the phone and through Roz's contacts with local farms from years of running farmers markets she quickly located a willing farmer with tonnes of undersize onions ready to bag up in his farm yard.

We quickly mobilised a small team on Saturday 14th August to visit the farm, glean some onions and gauge the scale of the opportunity.

We arrived at the farm at 10am as agreed but where are the onions? Well, a slight miscommunication meant that the onions had been taken back to the field to be ploughed into the ground. Our convoy carefully made our way along the country lanes and we got there just in time to stop the onions being lost. We spent the next three hours filling 51 x 20kg bags with small but perfectly formed onions. Due to the amount available, we deployed a second team of eight volunteers on the Sunday for one and half hours and got the total gleaned up to 84 bags or 1680 kg. A real bonus was meeting the wife and daughter of the farmer that owned this field, who were really impressed by our project. They even helped fill a couple of bags and promised to share the idea with fellow farmers in the area.

50 bags (1000 kg) have been donated to Still Good Food with the remainder being distributed by the New Century Lions of East Anglia to food banks in Colchester, Ipswich, Ely, Coalville and Swadlincote, as well as a Gurdwara in Nottingham. Thanks go to Roz, all the volunteers and of course Farmer Brian.



The Lions Gleaning Hub is a project of [Lions Clubs International](#), District 105CE. We aim to alleviate hunger, reduce unnecessary food waste and increase awareness.

If you would like to contact us for more information about The Gleaning Hub, Lions Clubs International in your area or to submit an article on a related project please email: chris.hibbert4@ntlworld.com

The Review

Driven to Waste: Global Food Loss on Farms, a new report from WWF and Tesco.

There is a common misuse and misunderstanding of the terms 'loss' and 'waste' in relation to food on farms. The article aims to explain the difference and the importance of understanding the difference.

Waste at the farm is often referred to as loss, hence the miscalculations made about the true amount of food which is wasted. The aim of the United Nation's Sustainable Development Goal 12.3 is that 'by 2030 to halve the per capita global food waste at retail and consumer level and to reduce food losses along production and supply chains, including post-harvest losses.'

It is vital to understand the language used and the role of different actors if the issue of food waste is to be addressed globally and not just in our homes. Note the use of the term 'reduce' in relation to farmers and supply chains whereas consumers must halve their waste.

It is estimated that 15% of food is wasted at farms but this varies dramatically in low (LIC) and high (HIC) income countries. As might be expected in LIC it is affected by lack of local infrastructure, lack of refrigeration etc. For example, fishermen may not be able to store their catch or transport it to market quickly enough. However, when you dig deeper and examine the per capita waste, it becomes evident that 58% of global harvest waste is in HICs. This is due not only to aesthetics but also to accidents, disease and choice of breed or cultivar.

Many people have switched to a diet with less meat to reduce their impact on the planet. This will help but again involves a slight distortion of the facts. Whilst it may seem predictable that 44% of fish and seafood production is wasted, other staples may come as a surprise. Rice is a staple for 4 billion people in 80% of the world's undernourished populations. Annually 41 million tonnes of rice is wasted. This is often driven by consumer demand for a particular cultivar e.g., basmati. Farmers in Pakistan are encouraged by market forces to plant basmati rather than the local hardier varieties. These popular cultivars are often less hardy and more susceptible to disease, leading to more waste.

This is also a huge waste of the important natural resource of water in the areas. It is estimated that 760 km³ of fresh water is lost in food wasted at the farm stage of food production (or 304 million Olympic swimming pools). Whilst meat is 22% of this, it is actually grains that command the most water. When considering waste food it is important to also evaluate the resources required to produce it and the emissions created from its production.



The Review cont.

There are many other factors associated with farm stage food waste that should concern us.

- Agriculture is responsible for 30% of anthropogenic (human) greenhouse gas emissions. Our over production of food is another factor adding to climate change. It is also responsible for 80% of deforestation.
- Despite producing enough food for 10 billion people, 1 in 9 is malnourished, and these are often in the countries where there is over production and farm stage waste e.g., Kenya.
- A report by Feedback in 2020 explained how diverting food waste to feed animals has 3 times more emissions than using it for anaerobic digestion. However, this is only masking the problem as preventing food waste could save 9 times the amount. This emphasises the need to reduce, not divert, farm based waste.

What changes are required to reduce farm stage food waste?

Whilst it is important to continue to pressurise Governments and NGOs to act, there is still more that 9 billion individuals can achieve. Farmers produce what customers want to buy, so much of this can be affected by consumer led action as opposed to legislation.

1. Increase the variety in our diets so that farmers are driven to plant a variety of cultivars and ones which yield healthier crops rather than than demanding a 'named' one such as basmati rice. This will decrease waste as other varieties are more resistant to local conditions.
2. Adjust the frequency and way we eat meat. Higher welfare meat creates less waste and fewer emissions.
3. Change our beliefs about the way food looks. Aesthetic selection wastes labour, natural resources and creates unnecessary waste. We have made great inroads with this in the UK thanks to media publicity.

To read the full report, [click here](#).



Driven to Waste cover

Seasonal Produce - Summer

Summer is a time of plenty, so it should be easy to eat seasonally during these bumper months. Below is a list of some of the seasonal fruit and veg available across the UK during summer.

Apricots
Aubergines
Beetroot
Blackberries
Blueberries
Bilberries or whinberries
Broad beans
Broccoli
Carrots
Chard
Cherries
Courgettes
Cucumbers
Elderberries and elderflowers
Fennel
Garlic
Gooseberries
Green beans / runner beans
Kohlrabi
New potatoes and main crop potatoes
Onions and shallots
Peaches
Peas
Peppers
Plums
Radishes
Raspberries
Redcurrants, blackcurrants etc.
Salad leaves
Spinach
Spring onions
Sweetcorn
Strawberries
Tomatoes
Turnips
Watercress



Seasonal Recipe

Rice and red lentil bake - by Lion Andrea Cooper

Don't let the title put you off, I cooked this myself and it is really easy, delicious and makes a great dinner with a few vegetables or a lunch, hot or cold.

This dish takes 10 minutes to prepare and can be ready in around 50 minutes.

INGREDIENTS (serves 4)

- 110g red lentils (rinsed in cold water)
- 75g white rice (rinsed in cold water)
- 650ml veg stock (use two stock cubes)
- 1 tbsp oil
- 1 small leek, sliced
- 1 bell pepper, sliced
- 5 medium mushrooms, sliced
- 1 small courgette, sliced
- 1 tsp cayenne pepper
- Black pepper
- 90g grated cheddar



METHOD

1. Preheat oven to 190 degrees C.
2. Prepare the stock and add, along with the lentils and rice, to a large pan. Bring to the boil and then simmer for 15-20 minutes, stirring occasionally.
3. Meanwhile, heat the oil in a separate pan and fry the leek, bell pepper, mushrooms and courgette for approximately 5-10 minutes, until soft. (We used some of our recently gleaned onion instead of the leek).
4. Add the lentils and rice to the fried vegetables in a large bowl.
5. Add the paprika, cayenne pepper and black pepper and mix well.
6. Transfer half the mixture to a baking dish and sprinkle over the grated cheese. Add the rest of the rice, veg and lentil mixture and finish with the remaining cheese. Bake for 25-30 minutes until the cheese is golden brown and crispy.

We will be using this recipe along with some of our earlier ones to provide recipe cards and ingredients through our new 'Lions Share' project so it's great to test this out. Lions Share aims to 'Connect people through food'. Watch this space!!



Reader's Comments

Lion Graham Illsley - Dartford Lions Club

On a wet Monday morning, a team turned out to harvest soft fruit at Winterwood Farm, Maidstone. Dressed for the occasion, the team harvested redcurrants, blueberries and raspberries. Due to the dramatic changes in weather over the past week or so and a lack of people to harvest, an offer was put out to harvest the fruit for local worthy causes free of charge (small outlay for trays etc). The fruit would otherwise have gone to waste.



(From the left Lion President Rags [Dartford Lions]; Christine & Tessa [All Saints Church, Hartley]; Bernadette [Dartford Lions], Ingrid & Janet [Sutton Valence Parish Council], Lino, Lion Maria & Lion Furio [Ashford Lions]; Lion Graham [Dartford Lions])

Over the Monday, following Tuesday and Thursday approximately 60 man hours were spent collecting well over 200kg of fruit.

The fruit has been used in several ways - jam has been made to raise funds for Lions worthy causes, raise funds for local church groups and Parish Council and at the local food bank, the Women's Institute (WI) have made jam for their local project, fruit has also been used to feed the homeless.

Everyone that attended enjoyed the sessions and found it very rewarding, especially in raising funds for their respective projects.



The Lions Gleaning Hub is a project of [Lions Clubs International](#), Multiple District 105. We aim to alleviate hunger, reduce unnecessary food waste and increase awareness.

If you would like to contact us for more information about The Gleaning Hub, Lions Clubs International in your area or to submit an article on a related project please email: chris.hibbert4@ntlworld.com

