



MAY 2020 | ISSUE 1



SEASONAL

A Quarterly Newsletter by The Lions Gleaning Hub



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Gleaning Update

Using the lockdown period to approach farmers

During these unprecedented times when many of us are locked down, our farmers are still carrying on as normally as possible. However, many are having difficulties getting sufficient labour to harvest and package their crops. There are opportunities to sign up to work on farms to help fill this gap, which in turn reduces the possibility of waste and increases the volume of food reaching our supermarket shelves.

As for our Gleaning Hub we are using this time to approach prospective farmers to discuss opportunities for us and our volunteers to get onto their farms to rescue and redistribute surplus produce. We are currently developing two good prospects; one where we are trying to alleviate their concerns over access, safety etc. We have a call scheduled for September when their crops of carrots, parsnips and potatoes will be reaching their harvest dates. Our second new prospect is another pick your own farm in Leicestershire who grow a variety of produce from strawberries to pumpkins.

Finally, we are keeping in contact with our 2019 farmers to remind them of our willingness to return in 2020.



KINDNESS
MATTERS

The Lions Gleaning Hub is a project of [Lions Clubs International](#), District 105CE

The Review

Food Savvy

The Food Savvy [website](#) is a collaboration between Hubbub Foundation, Norfolk Council and Suffolk Council to help households cut food waste in line with the [United Nation's Sustainable Development Goals](#).

This website has lots of useful information and food waste facts and figures including a six stage plan to saving food and money. These are Plan, Shop, Store, Portion, Know your labels and Use leftovers. This may sound simple to many of us but believe me there are millions out there who don't practice these simple ideas.

A really great part of the website is the [recipe section](#), which can be filtered for Breakfast, Main Meals and Desserts but also for Bread, Herbs, Milk and Cream, Pickles, Preserving and Fermenting. I have used a few of these recipes myself and they are simple and delicious. One of these recipes is included in our seasonal recipe page later.

#FOODSAVVY

Tackling food waste in Norfolk and Suffolk



Food Waste Facts

Around 40% of all food produced is wasted.

This equates to around 1.3 billion tonnes.

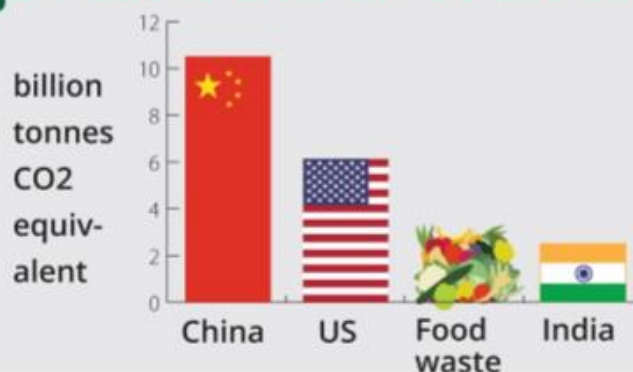
Almost 50% of the food wasted in the UK comes from our own homes. This is estimated to cost the average household £470 per year, rising to £700 per year for a family with children.



Source: Toast Ale

Just one quarter of all wasted food would be enough to feed the 800 million undernourished people around the world who suffer from hunger.

If global food waste was a country, it would be the third largest greenhouse gas emitter after the US and China



source: FAO

Seasonal Produce - Spring

For us the term seasonal produce refers to produce that is grown locally and is available at a time of year when it is at its best or at its harvest period. Although, many fruits and vegetables can be stored or preserved to increase their availability throughout the year. However, the term local means different things to different people. Eating seasonal produce helps to build diversity in our diets as we don't eat the same fruit and vegetables each week and each month. Additionally, it supports local farmers and producers and keeps the air miles down, making our produce more environmentally friendly. If you are going to purchase products from abroad, keep an eye on the labels and choose ones closer to home.

Spring may feel like a bit of a hungry gap on our gardens but there is still a plentiful array of produce to pick from. Below is a list of some well known seasonal produce for Spring. There are a few additional items that can be included if you consider foraging too.

Artichokes
Asparagus
Broccoli
Carrots
Cauliflowers
Elderflowers (Foraged)
Hawthorn flowers (Foraged)
Kohlrabi
Leeks
New potatoes
Nettles (Foraged)
Purple sprouting broccoli
Radishes
Rhubarb
Salad leaves
Salsify
Savoy cabbage
Spinach
Spring cabbage
Spring onions
Watercress
Wild garlic (Foraged)

Maybe try making your own rhubarb ice cream, or using wild garlic to make a pesto or as a delicious alternative to spinach. If you have any ideas or examples of recipes using seasonal or foraged produce please let us know and we can include them in future newsletters.



Seasonal Recipe

Ribollita

Ribollita is an Italian soup consisting of vegetables and hard or stale bread. Though modern recipes may vary from the traditional counterparts, the soup is always cooked to a thick, stew-like consistency.

INGREDIENTS (serves 5)

- olive oil
- 1 tin of cannellini beans
- 1 teaspoon of fennel seeds
- 1 pinch of chilli flakes
- 1 onion, diced (can replace with one leek)
- 1 carrot, peeled and diced into 1 centimetre cubes
- 2 celery sticks, sliced
- 3 garlic cloves, sliced
- 3 plum tomatoes, quartered (I used a tin)
- 3 new potatoes, washed and cut into sixths
- 6 cavolo nero or cabbage leaves, roughly chopped
- 1 bay leaf, 1 sprig of rosemary, 1 sprig of thyme
- 100 grams of stale bread, torn into rough 3 centimetre chunks
- salt and pepper



METHOD

1. Add a splash of olive oil to a large, heavy-bottomed pan over a medium heat.
2. Gently sweat the onion, garlic, carrot and celery with the herbs, chilli flakes, fennel and a pinch of salt for about 5 minutes or until soft but without colour.
3. Add the tomatoes and stir for a couple of minutes. Add the potato, cannellini beans and reserved bean stock, topping up with water as needed. Simmer for 15 minutes.
4. After this time add the cavolo nero and bread and simmer for a further 15 minutes.
5. Taste and season with salt and pepper
6. For best results, chill the soup after cooking and reheat the next day. Serve with a generous drizzle of good quality extra virgin olive oil and freshly cracked black pepper.

This recipe has been recreated from Hubbub's FoodSavvy website and was shared with them by Mark Breen of Seasonal Kitchen.

Suggestion: make too much and use it or freeze it for another meal, I added a bit of grated parmesan too and could also add a bit of sour cream or herb oil.

Reader's Comments

Sarah Holey from East Anglia New Century Lions Club

A memory popped up on Facebook recently that reminded me it's been 5 years since my first glean so I thought I'd give you a quick run through of the gleaning I've done and my experiences so far. Back in 2015, my close friend and fellow Lion Chris had seen a TV programme with Jamie Oliver and Jimmy Doherty interviewing Tristram Stuart about Feedback gleaning onions. Interested in finding out more, he signed up to hear about gleaning opportunities.



The first glean that came up that we could attend was for parsnips at a farm in King's Lynn. The farmer had approximately 250 tonnes of parsnips that weren't suitable for the supermarkets as they didn't meet the various requirements due to being too big, too small, or not straight enough. The parsnips were in a large pile and the volunteers worked through the root vegetable mountain to move 10 tonnes of the parsnips into containers, ready to be transported in the FareShare network. My first glean was fun with several suspicious looking parsnips giving us a good giggle!

Fast forward 4 ½ years to my next glean, this time over in Peterborough. Due to poor weather over the previous weeks, the 'Pick Your Own' farm was left with huge amounts of produce that was going to be ploughed back into the ground. This was much more physical work than my first glean, as the pumpkins and squashes were still out on the field. Add a bit of mud into the equation and let's just say that the wheelbarrows were soon abandoned! In just 2 ½ hours, the 8 volunteers collected approximately 5 tonnes of pumpkins and squashes. These were put into pallet crates and picked up the following day by FareShare. Although this glean was physically demanding, it was still very enjoyable, partly thanks to the farm dog that liked a bit of attention.



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

Reader's Comments

Sarah Holey from East Anglia New Century Lions Club

Considering it had been years between my first and second gleans, my third glean came just a week later. It was a trip over to Basildon this time to glean more pumpkins and squashes. A rest for my back this time as the pumpkins and squashes had been harvested and were in crates. We needed to move these into 8 tonne bags so they could be collected by FareShare.



Chris had made some scrummy soup from some of the produce gleaned the week before which was much appreciated during breaktime.

The produce from both the Peterborough and Basildon gleans was distributed via the FareShare network to 14 of their depots from Newcastle upon Tyne, Liverpool and Manchester in the north to Brighton, Ipswich and Deptford in the south.

I'd recommend gleaning to anybody that is physically able to do it. Anything that we can do to reduce perfectly edible fruit and vegetables from going to waste has to be a good thing. You can also take some of the produce for yourself to use at home (I think Chris has just about used up all of the pumpkins and squash from November!).



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