



SEASONAL

A Quarterly Newsletter by The Lions Gleaning Hub



The image on the left shows the locations of our three gleans - the image of the right shows the distribution of the gleaned food. The size of the circles represents the weight of produce donated.

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Gleaning Update

A time to reflect on 2020!

We contacted our 2019 farms where we gleaned pumpkins and squashes but unfortunately for us they didn't have any significant, good quality surplus this year. We also contacted a new farm near Lakenheath, who were in a similar position. Whilst this is sad for us, it's great news for these farms who rely on these products for their livelihood. This is so important to us as we want and need our farmers to succeed.

Even so, we have generated a great deal of interest in Gleaning in 2020. This includes our apple and pear glean in Southwell which had 30 volunteers from five Lions Clubs as well as many members of the public. This generated interest in local papers and has been widely publicised within our Lions District and beyond.

We were also extremely pleased to be nominated by our Lions District for an award entitled 'Lions Delivering Kindness Service Award'. This pitched us against the other seven Districts comprising our Multiple District (MD105).

To our surprise and delight, we were selected to represent our MD105 in the international competition, which will be judged in January 2021.

We are clearly doing something right! People can see the opportunities for us to make a difference and we just need more farmers to give us a chance.



KINDNESS MATTERS

The Lions Gleaning Hub is a project of Lions Clubs International, District 105CE

The Review

Feedback Global - <https://feedbackglobal.org/>

It's only fair that we review the great work of Feedback, after all if it wasn't for them we wouldn't have been inspired to start our own Gleaning Hub. We first became aware of Feedback's work around 5 years ago, when their founder Tristram Stewart was on Jamie and Jimmy's Friday Night Feast; Jamie and Jimmy attended an onion glean. Very soon afterwards a few of us signed up to their campaign and found ourselves gleaning tonnes of parsnips in Kings Lynn. The rest as they say is history!

FEEDBACK

[About us](#) [Our campaigns](#) [Knowledge Hub](#) [News](#) [Act Now](#) [Q](#)

OUR CAMPAIGNS

Our food is controlled by corporations that prioritise profit over protecting the environment or feeding people healthy food. This is having devastating consequences, which we urgently need to address. Find out the ways we are taking action.

COVID19 RESPONSE

BAD ENERGY

FARMED FISH

BRITISH SUGAR

FOOD CITIZENSHIP

FOOD COMMONS

FOOD WASTE

INDUSTRIAL MEAT

NEW FOOD ECONOMIES

FOOD POLICY

The Feedback website has so much useful and informative content that it's hard to review in a single page. Some of the campaigns I found particularly interesting were: Bad Energy, Fishy Business, Milking it, Super Market Score Card but also Urban Harvesting. Urban Harvesting is something that we have identified in this group recently after seeing numerous fruit trees in people's gardens burgeoning with fruit which, for one reason or another, is not being picked. Fruit trees often produce way more fruit than a family can easily use and much of this produce is wasted.

This seems such a natural addition to our Gleaning Hub and something I will be looking into in more detail for this year's fruit harvest. If anyone wants any more information check out The Abundance Network <http://www.abundancenetwork.org.uk/> which has lots of useful information.



URBAN HARVESTING

Harvesting the fruits of our local area

[VIEW CAMPAIGN](#)



GLEANING NETWORK

Join us in the fields - it's time to get your hands dirty!

[VIEW CAMPAIGN](#)

Food Waste Facts

As mentioned above, the Feedback website has too much content to summarise in a page so I have extracted a few Food System Facts from their website and encourage you again to visit their website for further details. There are 17 Food System Facts, all with short descriptions and additional further information:

FOOD SYSTEM FACT 1

THE GLOBAL FOOD SYSTEM IS RESPONSIBLE FOR UP TO 30% OF TOTAL GHG EMISSIONS.

FOOD SYSTEM FACT 5

TESCO, SAINSBURY'S, ASDA & MORRISONS CONTROL OVER 2/3 OF THE ENTIRE UK GROCERY MARKET.

FOOD SYSTEM FACT 7

SOIL IS BEING LOST UP TO 100 TIMES FASTER THAN IT IS FORMING.

FOOD SYSTEM FACT 9

THE 5 LARGEST MEAT AND DAIRY CORPORATIONS EMIT AS MUCH GREENHOUSE GASES AS EXXON MOBIL.

FOOD SYSTEM FACT 10

MILK WASTE HAS THE HIGHEST CONTRIBUTION TO GHG EMISSIONS COMPARED TO OTHER FOOD.

FOOD SYSTEM FACT 11

MORE FOOD IS WASTED ON UK FARMS PER YEAR THAN RETAIL OR MANUFACTURING COMBINED

FOOD SYSTEM FACT 14

UK FARMERS ARE FORCED TO WASTE 10-16% OF THEIR CROP ANNUALLY. THE EDIBLE WASTE IS OFTEN TOO UGLY OR THE WRONG SIZE.

Seasonal Produce - Winter

Winter may seem a dark and cold place and you may expect that there is little seasonal produce to be had. Surprisingly, just looking in my own garden demonstrates that I still have chard, kale, cauliflower, red cabbage, spring cabbage, Brussels sprouts, beetroot and leeks, Not to mention the scores of onions, potatoes, apples and butternut squash still in the shed. Below is the usual list of seasonal produce available in the winter months.

Apples
Beetroot
Brussels sprouts
Cabbages
Cauliflower
Celeriac
Celery
Chard
Chestnuts
Chicory
Jerusalem artichokes
Kale
Kohlrabi
Leeks
Mushrooms
Onions and shallots
Oranges and citrus
Pak Choi
Parsnips
Pears
Potatoes (main crop)
Red cabbage
Salsify
Sea beet / Sea kale
Spinach
Squashes and pumpkins
Swedes
Turnips



Let's get ready to crumble!

Seasonal Recipe

Winter veg crumble

This is a delicious way to use up a mixture of leftover root veg. It doesn't matter too much what you use or even to some extent how much of each. For this recipe I had half a large onion, a piece of sweet potato, a few spuds, carrots as well as some leftover chopped parsnip that I froze after Christmas.

This dish can be created in two parts, the vegetable filling, and the savoury crumble topping.



The Filling:

- 1 onion (here I used half a large onion)
- 700g of mixed root veg, in this recipe I used potatoes, carrots, sweet potato, parsnip
- 1 tin of tomatoes
- 1 tin of chickpeas (optional)
- I also had some chopped kale stems in the fridge which I also added for a bit of colour
- 300ml veg stock
- 150ml milk or vegan alternative
- 50g butter to fry the veg or I used a tablespoon of veg oil
- 25g wholemeal flour (or other flour)

The Crumble topping:

- 100g butter or vegan alternative
- 175g wholemeal flour or other flour
- 100g cheese grated
- 50g chopped nuts or seeds (optional but it does add texture and taste)

Method

Chop the veg so that they are similar size, I aim for 2cm cubes. Chop the onion and fry this in the veg oil or butter until transparent. Add the veg and cook for 10 minutes stirring occasionally. Add the 25g flour and stir for a couple of minutes to let it cook through. Add the veg stock, milk, tomatoes, and chickpeas and stir. Bring to the boil, reduce the heat and simmer for 15 minutes. Leave to cool.

Whilst this is cooling, in a large bowl add the flour and butter and mix with your fingers until it's like breadcrumbs. Add the cheese, mixed nuts and seeds and mix. Add the crumble to the filling in individual oven proof dishes or one large dish and cook at 190°C for 30 minutes.

Serve with whatever veg you like. I used some broccoli and peas. The dish I made gave us six servings.



Reader's Comments

From St Andrew's Play Association

In Leicester's most socially deprived areas there are 9 adventure playgrounds providing a safe space for children to learn and play.

Due to the Covid-19 crisis they are closed. This, in addition to closures of schools, has caused further implications for children and their families who depend on free-school meals and meals from sessions at the playgrounds.

Across the city all 9 playgrounds have become food redistribution hubs. St Andrews are also providing cookery lessons for older children, (in between lockdowns).

To further support families and bring some positivity and fun into these difficult times, they have been creating delicious treats that they give out along with the food as well as sharing their recipes across social media for the families to make together at home.

Some of these delicious food items were made using the apples received via Fareshare.



St. Andrews Play Association



S.A.P.A



At St. Andrews we believe that every child needs to play freely in order to become a healthy, happy, creative and confident adult.

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