

Grow, Cook, Eat Cookbook



earth moves



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Find out more about Earth Moves on our website www.earthmoves.org or keep up to date by following us on social media, on Instagram @EarthMovesProjects and Twitter @EarthMovesCoop and on Facebook @EarthMovesProjects





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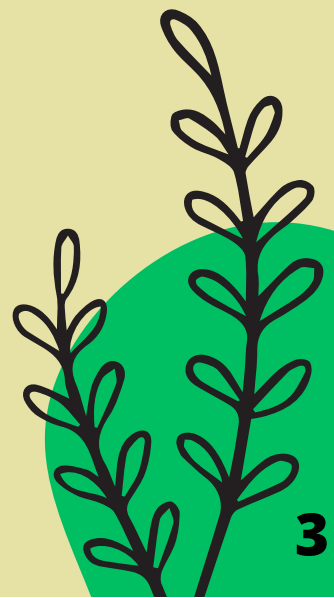
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Introduction

Communities have been coming together over food since time began. Sharing a meal does more than satisfy our physical hunger, it also feeds our emotional needs and helps us feel closer to those around us.

Studies have also shown how since early times sharing food is a key pillar to community building, as “food acts as a social glue”. Studies from the University of Oxford showed that the more often people eat with others, the more likely they are to feel happy and satisfied with their lives.

As well as helping us build connections on a personal level, sharing food is also about sharing culture. At our Grow, Cook, Eat! free community meals we learnt about world cultures through food, creative activities and talks. Be it trying Ethiopian Injera Bread for the first time, or learning how to make traditional welsh stew, our meals told stories about people and where they are from, food is not only a social glue, it is also a bridge between cultures.

When we think about cooking and eating, we also need to consider where our food is from, how we grow and produce it - that can also tell us a tale of community bonding and shared experiences.

Results from a study in Singapore showed that those who took part in community gardening projects reported significantly higher levels of subjective well-being, in the form of self-esteem, optimism, and openness. Working together with your neighbors to grow food together and then share that food shows so many benefits to a person's mental health, which has wider implications for the health of our society.

So we know from sowing seeds, to kneading bread, to passing around a dish, these age old activities when done collectively can help us feel happier and more connected. That is why after our Grow, Cook, Eat! series of events we wanted to document our cultural recipes, activities and gardening tips, so people and communities could learn from the amazing things that we achieved together over the project.

All the recipes in this book are vegetarian or plant based and are made from low cost commonly found ingredients.

A Jewish Vegan Kitchen

Dr David Tiedemann

I am an American Jew, most of my ancestors came to the United States from Eastern Europe and Ashkenazi (European Jews). My wife is both of Ashkenazi and Moroccan Sephardi heritage, and I like my Jewish kitchen to combine these traditions. I occasionally work and cook at a Jewish cooperative farm called Sadeh in the Kent countryside and it's here that I crafted some of my favorite Jewish Vegan recipes!

Borscht

This dish is hugely popular in Eastern Europe and is served in many different ways. Some versions are served hot, others cold. Ashkenazi Jews, Jews from Europe, brought it to America where it is a cheap and pareve meal. This is my favourite version of the dish, and it's very forgiving. If you want to omit anything except the dill and the beets go for it.

Ingredients

3 - 5 Beetroot (either peeled and cooked or fresh)
3 potatoes
2 carrots
2 small onions
1 Red Bell Pepper
3 cloves of garlic
Tomato paste
Dill - 30g
Olive Oil
3 Bay Leaves
1 Can Cannellini Beans
Vinegar
Vegan yogurt
Vegan stock cubes



If using fresh beetroot,

1. Wash them very well even using the rough side of a sponge to make sure there is no dirt left.
2. Cover in water and bring to a boil. Let boil for an hour, the water will turn a rich almost red wine colour. Then remove from the pot and let rest until cool enough to handle. Save at least four cups of the boiling liquid. Peel the beetroot.

For rest of the recipe,

- Shred peeled beets with a box grater and dice all the other vegetables.
- Heat a larger soup pot and add olive oil. Fry the shredded beetroot for about ten minutes.
- Add four cups of the cooled beetroot boiling water or normal water, and six cups of vegetable stock. Then add carrots, potatoes, bay leaves, and chopped garlic. Bring to a boil then simmer for 30 minutes or until carrots and potatoes are cooked.

- When the carrots and potatoes are soft add in chopped dill, a few teaspoons of vinegar, add the cannellini beans and salt and pepper to taste.
- Cook for 4-5 further minutes.
- You should be left with a wonderfully coloured, deep, and rich vegan soup. Serve with vegan yogurt. (I like to eat mine with leftover Challah bread!)

Ptitim or giant couscou

Ptitim or giant couscous was invented in Israel in the 1950s. The country was poor and staples were often hard to find, so as a substitute for rice, Ptitim was invented at the behest of the government. Today in Israel it is seen as a kids food but it is a fantastic base for an easy meal or an excellent side dish. If you can't find giant couscous orzo pasta will work just as well. This recipe is also infinitely adaptable. Want more sweetness, add a whole stick of cinnamon to the pan when frying the vegetables. Use courgettes instead of aubergine, top with smoked paprika or date syrup. Whatever is to your liking you can make it with this base of ptitim.

Ingredients

- 1 Onion
- 3 cloves of garlic
- 300gs of ptitim giant couscous or orzo pasta
- 3 tomatoes
- Tomato paste
- Dried Oregano
- One lemon
- Fresh Basil
- 1 aubergine.

Method:

1. Chop the aubergine into small pieces and dice the onion and tomato. Chop the garlic.
2. Heat oil in a large frying pan and fry the onions.
3. Add garlic, oregano, a few slices of lemon, and aubergine and fry until it has softened.
4. Add tomatoes and tomato paste and let them break down a bit.
5. Add the giant couscous and fry it for just a minute in the oil. Then add 350ml boiling water and cover.
6. Let couscous absorb the water then add another 350ml.
7. Once the water is absorbed, serve. You can top with fresh basil, sliced tomatoes if preferred.



Blind scouse

Norwegian sailors brought over a dish called 'Lobscouse' - a type of beef stew - which was quickly adopted as the city's dish by locals in Liverpool. As there were many poor people living in the city at the time, a version of the stew 'blind scouse' was created - which swapped meat for cheaper beans and lentils.

Blind scouse is a great vegan midweek meal - serving it with the traditional side of shredded beetroot is still a matter of contention for some, but a great way to get in an extra veggie and nutrients!



Ingredients

- Olive oil
- 2 celery sticks chopped finely
- 1 onion, chopped
- 2 carrots, chopped
- 2 cloves of chopped garlic
- Dash of soy sauce or red wine
- 1000ml vegetable stock
- 500g bag of new potatoes halved
- Butter beans, 1 tin
- 2 handfuls pearl barley, soaked overnight in cold water
or soaked in boiling water for an hour
- Tomato puree, 1 teaspoon
- Small squeeze of lemon juice
- Red wine or balsamic vinegar, 1 teaspoon
- 3 bay leaves
- Cornflour, 2 tablespoons
- 2 sprigs of oregano
- Salt and pepper

Method

1. Heat a large pan over medium heat. Add the olive oil, and when hot add in the celery, onion, carrots and garlic. Sauté until the onion becomes translucent and just begins to brown, about 5 minutes.
2. Add in a dash of soy sauce or a dash of red wine
3. Add in the vegetable stock, potatoes, butter beans and pearl barley
4. Add in the tomato puree, small squeeze of lemon and a dash of red wine or balsamic vinegar. Add in the bay leaves.
5. Bring everything to a boil, then turn the heat down to simmer and cover with a lid. Allow the stew to simmer for 15 minutes while stirring. After 15 minutes, test the potatoes to see if it is soft, if so then it is almost ready!
6. Thicken by adding in the cornflour and stirring continuously until the sauce is nice and thick.
7. Add in oregano and salt and pepper to taste.
8. Stir for another 5 mins on a low to medium heat.
9. Serve with a nice chunk of bread and a side of shredded beetroot.

The accidental vegan: recipes from a Sicilian Grandmother

Below you will find three easy, authentic vegan sicilian recipes inspired by cucina della nonna.

A complete Sicilian meal includes an antipasta (a light starter before the first course), a primo piatto (the first course - normally a pasta, rice dish or soup) and secondo piatto (the main course, which today in Sicily is typically fish or meat but in 1940s west Sicily would have been a meze of salads and vegetables). The meal would traditionally end with fruit, cakes and coffee.

Each of the below recipes is a delicious, cheap weekday meal in its own right, but if you have guests why not impress them by cooking all three courses followed by fruit, espresso and vegan ice cream.

Antipasta: caponata (sweet and sour aubergine) Serves 4

Ingredients:

- 2 aubergines
- 1 white onion
- 4 celery stalks
- 150g pitted green olives
- 100g capers
- 1 tin of high quality chopped tomatoes
- 125ml white wine vinegar
- 1 heaped tablespoon of sugar
- Salt
- Extra virgin olive oil



Recipe:

Wash the aubergines, remove the green stems and cut into 2cm cubes. Fry the cubes in olive oil until golden brown and sprinkle with salt to taste. Drain the aubergine in paper towels to remove the oil.

Slice your celery stalks and boil them in water for one minute, drain and put to one side.

Finely slice your onion and fry in oil until golden, add the celery and cook for another 60 seconds, then add the olives, capers, tin of tomato, vinegar and sugar. Simmer for five minutes, add the aubergines and simmer for another ten minutes. Add more salt to taste if necessary.

Once the sauce has cooled, cover and put in the fridge for at least 24 hours before serving cold or at room temperature with crusty Italian style bread.

Primo piatto: pasta e lenticchie (pasta with lentils) Serves 4



Ingredients:

500g penne pasta
1 white onion
2 carrots
2 stalks of celery
4 cloves of garlic
2 tins of tomato
500g of brown lentils
Chilli (to taste)
4 sprigs of rosemary
Handful of fresh parsley
Olive oil
Salt (to taste)
Black pepper (to taste)

Recipe:

Wash and rinse lentils before leaving to soak overnight.

Remove the skin from the onion, peel the carrots and remove the heads from the celery before adding to the blender. Blend finely but without turning the mixture into a mush.

Finely slice the garlic and chilli and put to one side.

On a medium-high heat fry the onion, carrots and celery in olive oil until golden brown in a large pot. Turn down to a medium heat and add the garlic and chilli. Fry for an additional 3-5 minutes.

Add the tomatoes, two cups of water, salt and rosemary. Drain the lentils and add to the mixture. Stir well then cover the pot. Cook the lentils on a low heat for 1 hour until creamy, adding more liquid when necessary.

Once the lentils are ready, first removing the rosemary stalks add a third of the mixture to the blender, and blend until completely smooth, adding the mixture back into the pot. This will give the sauce a creamy texture.

Add the pasta directly to the pot along with a cup of boiling water. Cook over a medium heat and frequently stir, add water from the kettle until the pasta is cooked al-dente, but the sauce is still dense not water like a soup (traditionally pasta was cooked in this way when you couldn't afford cheese, as the starch cooks into the sauce to give a naturally creamy flavour).

Serve with a garnish of black pepper, chopped parsley and a drizzle of olive oil.

Mexican bean stew

It's thanks to Mexican food, and the amazing ingredients that grow in the Americas that we enjoy the rich food culture we have in Europe today. UNESCO has said that Mexican cuisine is an Intangible Cultural Heritage of Humanity.

Mexican cuisine is complex and rich, but one of the fundamental ingredients in the everyday diet is beans. Often served with corn or corn bread, beans and corn though deficient in different essential vitamins, actually complement each other when eaten in combination, and also provide a complete protein source.

Why not try your hand at bringing Mexican food into your diet, this recipe will help get you started. You can serve with rice, flat bread like a tortilla or even baked diced sweet potato.

Ingredients

- Olive oil
- 1 large onion chopped
- 2 cloves of garlic chopped finely
- 1 fresh chili (or to taste) chopped
- 2 teaspoons of coriander powder
- 1 teaspoon of cumin
- 1 teaspoon of paprika
- 1 teaspoon of chili powder
- ½ teaspoon of ground cinnamon
- 1 tin of kidney beans drained and rinsed
- 1 tin chopped tomatoes
- 2 medium potatoes chopped into cubes
- ½ broccoli chopped
- 1 teaspoon tomato puree
- 2 handfuls of spinach
- Salt and pepper to taste
- ½ avocado chopped



Method

1. Fry the onion and garlic in a glug of olive oil for around 5 minutes or until golden brown
2. Add in the coriander, cumin, paprika, chili powder, cinnamon and fresh chili and fry for a further 1 minute
3. Add in the potatoes and fry for a further 5 minutes or until the onions become translucent, making sure the potatoes are covered in the spice mix
4. Add the chopped tomatoes and kidney beans and stir
5. Add in the broccoli and tomato puree, simmer until the potatoes and broccoli are tender
6. Add in the spinach and cook for a further few minutes until the spinach is wilted and the sauce has thickened
7. Add salt and pepper to taste
8. Serve on top of your chosen side such as rice and sprinkle on the chopped avocado

Bengali Red Lentil Curry

I've been cooking with my mum and auntie for as long as I can remember. Food has always been really important to my family and some of my fondest early memories involve us all sitting around a table packed with a steaming feast of delicious dishes.

My family is from Bangladesh which has a cuisine rich in flavor, with an emphasis on fish, vegetables, and my favorite, lentils. Bengali food is world famous, 80% of the UK's restaurants in the curry sector are Bangladeshi owned, that's around 8,000 Bengali restaurants! The first Bengali restaurant in the UK was opened in 1810 in London by a surgeon turned chef Mr Sake Dean Mahomed. So people in the UK have been enjoying the culinary delights of Bangladesh for over 200 years.

Ingredients

- 2 cups of red lentils
- One large onion (chopped)
- 6 cloves of garlic
- 4 green chili (sliced lengthways)
- Salt to taste (approx. half a tspn)
- 1 teaspoon turmeric
- 3 tbspn oil
- Half a pan of water
- Chili powder
- Fresh coriander to taste

Instructions

1. Add the lentils to a medium sized pan and fill half the pan with boiled water.
2. Boil until lentils split and soften (around 15 mins) If you like a softer texture you can use a masher to crush the lentils.
3. Add the chopped onions, garlic, sliced chillies, turmeric, oil and salt and cook down.
4. Add a little hot water, chili powder and salt to taste.
5. Finish with a garnish of fresh coriander and serve with either a side of rice or flatbread.



Belly Dancing is good for body and mind!



At some of our Grow, Cook, Eat! Events we have taken part in short belly dance sessions, to help get people moving before enjoying a community meal. Belly dance is great for all ages, genders and body types. It has many powerful benefits for both mind and body. A very accessible dance form, Belly dance has been practised for thousands of years, helping to bond communities together and acting as a ritual for self empowerment and healing.

1- Great physical effects

The dance form involves total body movement, as you dance you are helping to enhance your normal bodily functions. Pumping blood around the body, working your muscles and opening up your lungs. It is also one of the few exercises that tones up the pelvic floor. Moves also habitually raise the sternum, this helps to realign it and in turn increases your lung capacity so you have more oxygen and more energy.

2-Improves Muscle Tone in a low impact way

Belly dance provides an increase in core strength, which provides stability in the body and enhances posture. Belly dance can be a great alternative to boring abdominal exercises. As a result of regular practice, tummy muscles are activated, stretched, and toned belly muscles for feminine abs.

3- Improves Body Language

As well as improving your posture, Belly dance can also help improve body language. Much research suggests that the way we view ourselves is affected by others perceptions of us. Through Belly dance you will feel empowered, as your body gets used to the moves you will notice you stand taller, slouch less and walk with confidence. This all helps when you are interacting with other people, and can help reduce anxiety in social situations.

4- Helps you connect spiritually

Belly dance has often been associated with sacred rituals, with evidence to suggest it was linked to ancient Middle Eastern Goddess worship. The dance with its circles, spirals and figure-eight configurations describes life from conception to re-birth. People find that through these creative movements, they can express their unique individuality and personality. The dance frees the spirit and nourishes body and soul. Dance in its purest form is an expression of the life force. When we dance we are always in the present moment, the now.

5- Good for healing

Research shows that dance can be used to heal from past trauma, and in some cases as physiotherapy after an injury. As we dance we start a feedback loop between our bodies and our brains, which helps change the experiences of how we feel about ourselves and how we are actually living. In some cultures there are special dances for healing such as the Egyptian Zar, which is believed to relieve mental unrest.

Moroccan style vegetarian tagine

Food is an integral part of the history of Morocco. A nation in the north west corner of Africa with a wide ranging topography that includes the cool heights of the Atlas Mountains, the heat of the desert and sea breezes of the both the Atlantic and Mediterranean seas.

The rich cultures that make up Morocco are reflected in the countries world renowned cuisine, from the Tajine of the Berbers to Moorish and Mediterranean fusion in the curry staples of everyday diets.

Try your hand at this plant based Moroccan recipe and bring a bit of this rich culture into your own kitchen

Ingredients

- 1 chopped red onion
- 3 cloves of chopped garlic
- Olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 2 teaspoons of harissa paste
- 1 red pepper chopped
- 1 courgette chopped
- 1 Aubergine chopped
- 4 tomatoes chopped
- 1 tin of chickpeas (400g) drained and rinsed
- 250ml vegetable stock
- 4 prunes pitted and sliced
- Salt and pepper to taste
- Optional chopped parsley to serve
- Optional couscous, made via packet instructions to serve



Method

1. Fry your onion and garlic in a glug of olive oil for around 5 minutes, stirring until golden brown
2. Add in the cumin, coriander and cinnamon and fry for another 1 minute, you should smell a fragrant smell
3. Add in all the chopped veg, stir and fry for another 8-10 minutes, they should be coated evenly in the spices
4. Add in the drained chickpeas and fry for an additional 1 minute
5. Add the harissa paste and prunes and stir for 1 minute
6. Pour over the vegetable stock
7. Simmer for 15-20 minutes on a low heat, add in salt and pepper to taste
8. While that is simmering prepare your couscous
9. When the vegetables are tender, serve the curry with the couscous, add chopped parsley and serve

Ethiopian lentil curry

The distinct taste of Ethiopian food makes it one of the world's most unique cuisines. It has a distinct earthy characteristic, with spicy, tart, sour and deep flavours.

Ethiopian cuisine includes some of the best plant based recipes in the world. This vegan friendly culture has been around in Ethiopia for centuries, due to Ethiopian Orthodox Christianity observing vegan fast days, weekly on Wednesdays and Fridays as well as throughout the year

One of the main characteristics of an Ethiopian meal is that it is usually served with Injera bread. A flat bread made with fermented flour. This flour is naturally gluten-free as well as being rich in protein, calcium, fibre and iron. Typically, the bread is eaten with the right hand, and torn into pieces and used as a utensil to scoop up delicious sauces and stews.

In Wirral you can try traditional Ethiopian cuisine from local female run business Abyssinia Kitchen, find out more by going to their website on www.abyssiniakitchen.co.uk.

Ingredients

Olive oil
1 medium onion chopped
3 garlic cloves chopped
2 teaspoons of crushed ginger
2 teaspoons of berbere spice
(you can get this in supermarkets,
if you can't find it substitute for curry powder
and chilli flakes)
950ml vegetable stock
250g of red lentils, washed and soaked for around
1 hour and the drained
1 can of diced or chopped tomatoes
3 medium red potatoes, diced
A few handfuls of fresh spinach
Salt and pepper to taste



Method

- Fry the onion in a glug of olive oil for around 5 minutes or until golden brown
- Add in the garlic, ginger and berbere spice and fry for another 2-3 minutes
- Add in the vegetable stock
- Add in the lentils, tomatoes and potatoes and stir well
- Simmer on a low heat for around 30 minutes or until the lentils and potatoes are tender
- Stir in the spinach and cook for around 2 minutes until it is wilted
- Add salt and pepper to taste and more berbere if you would like it a bit more spiced
- Stir and serve

Make your own pizza

It was over 200 years ago, in Naples, Italy that pizza became a popular dish for the city's urban working class. A cheap and filling food stuff, with a heritage that goes back to the focaccia breads of the ancient Romans.

The tomato plant was originally from Peru, now synonymous with Italian cuisine; it arrived in Europe in the 1500s. Well suited to growing in Mediterranean climes, the red vegetable became very popular. Initially all pizzas were actually vegan, just being a simple tomato sauce topping on a flat bread, called the Marinara, due to the food being the staple of sailors' diets in the port area of the city.

In 1889 a baker called Raffaele Esposito added mozzarella to the marina pizza, with a flourish of green basil, the green, white and red representing the colours of the Italian flag, just 28 years after the unification of Italy. The story goes that Raffaele named his creation Pizza Margherita, after Queen Margharita of Savoy who lived with her husband the King in Naples.

Nowe pizza is a worldwide phenomenon, with numerous styles of dough, crusts and toppings enjoyed by people across the globe.

Ingredients

- Dough ball, you can buy these in the freezer section of most supermarkets. If not you can try a hand at making this yourself. Make sure that if you do buy from frozen you take it out about 5 hours before you make your pizza so the ball is defrosted and at room temperature.
- 100ml of passata
- 1 ball of mozzarella
- Fresh basil leaves



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- 100ml of passata
- 1 ball of mozzarella
- Fresh basil leaves

Method

1. Roll out your dough ball, don't use a rolling pin as you don't want to push out the bubbles of air in the dough as these will rise later in the oven. Instead use your hands! Put the dough onto a lightly floured surface, make sure not to turn it over, keep the top the top and the bottom the bottom.
2. With one hand pat the pizza out from the centre to the edge, making sure to leave a lip on the outside that will serve as your crust, while you are patting use your other hand to turn the dough in a circle so you end up with a round shape.
3. Put your hands flat and lift the dough onto them and slowly rotate it to stretch the dough out a bit more.
4. Place on your baking tray
5. Using the back of the spoon spread the passata onto your base, leave the crust free from sauce.
6. Chop up your mozzarella into thick slice and place onto the pizza
7. Cook in the oven for around 10 mins, or until the crust is golden brown
8. Rip up and sprinkle on on fresh basil and serve



Growing your own food

If you do not have access to a local community garden or allotment, don't worry, there are many ways you can grow your own at home. From window boxes to small garden plots, there are many ways you can get started on your grow, cook, eat journey. From kitchen window sills to balcony boxes, you don't need much space to start growing your own herbs, veg or fruit. And as well as being tasty and good for your body, fresh food also helps improve your mental health.

For thousands of years humans have been farming, the ancient ritual of planting seeds is calming and relaxing, and instead of worrying about the stresses of life you can immerse yourself in the tasks at hand, be it potting, planting or pruning. If you are a complete beginner at gardening there is no need to worry, why not try your hand at growing cress to get yourself started. This is also a great activity for getting children into gardening. Here are the steps:

- Get some cress seeds
- Use a shallow tray, you can recycle the plastic trays that things like mushrooms come in from the supermarket
- Line the tray with kitchen towel, wet the towel well, but don't have the tray swimming in water
- Sprinkle the seeds over the surface of the towel
- Place the tray on a window sill
- In 24 hours if you're lucky the seeds will have germinated
- 5-7 days later the cress will be about 2 inches high, this means it's ready to harvest
- Clip the stalks from the base and use in a sandwich or as a nice garnish to finish off a dish

Window box micro farm

Get growing on your windowsill or balcony, inside or out with this window box micro farm! You'll need a planter that is at least 80 cm long and 17cm wide, with about 12-30cm worth of depth, which is ideal for most plants.

Spring planting:

Try companion planting with strawberries and asparagus. You can plant a variety of strawberries to ensure there are fruit crops through the whole summer. You'll plant the asparagus first and then place the strawberry plants between the asparagus in the same rows. Later the strawberries will send out runners into the spots between the asparagus, filling in the area.

Simply weed and water your crop well and enjoy the rewards!

Summer planting:

For companion plant herbs that prefer a more arid soil tryout planting Creeping Thyme, Rosemary and Sage.

Harvest your potted herbs when you need them, by simply clipping bits off when you need them.

Here are 5 top reasons why growing things at home is good for your mental health:

1- Taking responsibility

When we are growing things, we have to take responsibility, making sure the plants have enough water and sunlight. Focusing your energy on taking care of something can relieve anxiety and in turn give you a sense of achievement and worth once you harvest or see the results in a beautiful flower.

2- Puts you in charge

Sometimes life can go too fast and seem like it's spiralling out of control. With gardening you are in charge, you decide what seeds to plant next, how to space things out in the pot, when other things in life are not going to plan, gardening gives you ownership and order.

3- Fresh food is good for you

Adding more fruit and veg to your diet boosts your mood and emotional wellbeing as much as landing a new job. Research has found people reported feeling happier, more purposeful and less anxious when they ate more fresh fruit and veg.

4-A plant won't judge you

You don't need to be anxious or paranoid when you are hanging out with plants, they won't judge you or mind if your hair is greasy! Caring and nurturing plants can be done by all, by keeping the plants healthy you too can keep yourself healthy, calm and improve your self esteem.

5-Live in the now

When you think and about the past too much this can be bad for your mental health. Though traumatic things may have happened in the past, you can use plants to help you live in the now and see that you are safe in the present from these past events. As seasons change and plants grow in their cycles we can feel more connected to the present. We can get excited about our seeds budding or harvesting and enjoying our veggies, letting our senses enjoy the present we are living in through the simple and ancient joy of seeing what we planted grow.



Welsh Food

Stwmp naw rhyw is a Welsh meal traditionally served at Halloween. The people who made the mash then eat it, with whoever finds the ring in their portion being believed to be married within a year.

Ingredients

900g potatoes, peeled and diced
2 carrots, peeled and diced
1 small turnip, peeled and diced
200g peas
1 large parsnip, peeled and diced
2 leeks, cleaned and chopped into thin slices, including some of the green tops
250g mature Cheddar cheese, grated
salt and pepper
2 tablespoons single cream or a dash of milk

Method

1. Preheat the oven to 180 degrees
2. Boil the potatoes, carrots, turnip and parsnips together until soft
3. Mash the soft vegetables together with a dash of milk or cream using a masher or blender
4. Gently poach the leeks and peas in a little water for about 5 minutes
5. Add all the ingredients to a casserole dish and season with the salt and pepper
6. Add the ring if you want to, please be careful as it could be a choking hazard, stir well
7. Scatter the cheese on top and bake for around 30 minutes until golden brown

Picau ar y maen - Welsh Cakes were traditionally made as a treat to serve at afternoon tea, and due to their durability they were also given to children and coal miners for their packed lunches.

Ingredients

220g self raising flour
55g castor sugar
110g butter
1 or 2 handfuls of sultanas
1 or 2 free-range eggs depending on mixture

Method

1. Sieve flour into bowl, then add butter and rub in finely together
2. Add sugar and sultanas and mix.
3. Add 1 egg and mix. The consistency needs to be bound together, so if too dry add another egg.
4. Roll out on a floured board, roll to around a quarter inch thick
5. Cut using a 2 inch (5cm approx) cutter, or using a mug if you don't have a cutter
6. Cook pieces in a greased pan, on a medium heat for about 4 to 5 minutes each side.
7. The exact cooking length will depend on what you are cooking your Welsh cakes on, but keep a close eye - too short a period and they won't be cooked in the middle, and cooked for too long and they will be dry. When touched during cooking they should feel springy, but not wet to the touch (no mixture should come out of the middle).
8. Once cooked, dust with castor sugar and enjoy.



Green Delight Sicilian Salad

Salads are more than just a nutritious choice; they embody a culinary artistry that transforms vegetables into a feast for the senses. At Earth Moves, we are lucky to be able to harvest our own ingredients for salad, but picking up pieces from the supermarket is also fine.

Ingredients:

- 4 handfuls mixed salad greens (such as baby spinach, frisée, and radicchio)
- 1 cup cherry tomatoes, halved
- 1 cup sliced cucumbers
- 1/2 cup sliced red bell peppers
- 1/4 cup sliced red onions
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup crumbled feta cheese
- 2 tablespoons capers
- 1/4 cup fresh basil leaves, torn
- 1/4 cup fresh mint leaves, torn

For the dressing:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon honey
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

Method:

- In a large salad bowl, combine the mixed salad greens, cherry tomatoes, cucumbers, red bell peppers, red onions, Kalamata olives, feta cheese, capers, basil leaves, and mint leaves. Toss gently to mix.
- In a small bowl, whisk together the extra virgin olive oil, fresh lemon juice, minced garlic, honey, dried oregano, salt, and pepper until well combined.
- Drizzle the dressing over the salad and toss until all the ingredients are coated evenly.
- Allow the flavors to meld together for a few minutes before serving.
- Serve the Sicilian-inspired salad as a refreshing appetizer or as a side dish alongside roasted vegetables.
- Indulge in the flavors of the Mediterranean with this vibrant and refreshing Sicilian-inspired salad. The combination of fresh greens, juicy tomatoes, tangy olives, and aromatic herbs captures the essence of Sicilian cuisine. Enjoy the harmonious blend of flavors and textures that transport you to the sun-kissed shores of this enchanting island. Buon appetito!



Vegan Chocolate Cake

Introducing the Vegan Chocolate Delight: a luscious creation that defies traditional notions of plant-based desserts.

Ingredients

For the cake:

250g all-purpose flour
300g granulated sugar
75g unsweetened cocoa powder
1 ½ teaspoons baking powder
1 ½ teaspoons baking soda
½ teaspoon salt
400ml almond milk (or any non-dairy milk)
120ml unsweetened applesauce
80ml melted coconut oil
2 teaspoons vanilla extract
240ml boiling water

For the frosting:

180g powdered sugar
40g unsweetened cocoa powder
45ml melted coconut oil
30ml almond milk (or any non-dairy milk)
1 teaspoon vanilla extract



Method:

- Preheat the oven to 180°C (350°F). Grease and line a 9-inch round cake pan.
- In a large mixing bowl, whisk together the flour, sugar, cocoa powder, baking powder, baking soda, and salt.
- Add the almond milk, applesauce, melted coconut oil, and vanilla extract to the dry ingredients. Mix well until the batter is smooth and well combined.
- Gradually pour in the boiling water while stirring the batter. The batter will be thin, but that's okay.
- Pour the batter into the prepared cake pan. Bake in the preheated oven for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
- Remove the cake from the oven and let it cool in the pan for 10 minutes. Then transfer it to a wire rack to cool completely.
- In the meantime, prepare the frosting. In a bowl, sift together the powdered sugar and cocoa powder. Add melted coconut oil, almond milk, and vanilla extract. Stir until smooth and creamy.
 - Once the cake is completely cooled, spread the frosting evenly over the top and sides of the cake using a spatula or a butter knife.
 - Decorate the cake with additional toppings like vegan chocolate chips, sprinkles, or fresh berries if desired.
 - Allow the frosting to set for a few minutes before slicing and serving.
 - Indulge in the rich, moist, and chocolaty goodness of this vegan chocolate cake. It's a delightful treat that showcases the possibilities of vegan baking while satisfying your sweet tooth. Enjoy!

