



Community Kitchens and Gardens Newsletter

Winter Kitchens

Fruits in season:

- Apples—fuji, pink lady
- Citrus—oranges, mandarins
- Rhubarb

Vegetables in season:

- Pumpkin
- Beetroot
- Cauliflower

- Warm up this winter with a favourite soup or stew
- Too busy to be in the kitchen all day, put on a slow cooker and let it do all the work
- Bread and pudding are a good way to fill the family on a cold winter weekend

Winter Gardens

Tips for your garden over winter:

- Remove spent crop
- Prepare garden beds for the next season—add manure and mulch
- Compost fallen leaves
- Prune fruit trees and vines
- Collect seeds from pumpkins and squashes
- Sow late season peas, beets and strawberries



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We welcome two more members to the project...

Kerry Punton: Community Gardens Project Worker

Kerry works on Mondays Tuesdays and Wednesdays overseeing the Community Gardens project in Birchip, Charlton, Donald, St Arnaud and Wycheproof. She travels to us from Eastville where her farm and studio are based.

Rebecca Kiffen: Health Promotion Coordinator

Rebecca recently completed a Bachelor of Exercise and Sports Science and comes to us working full time as the new Health Promotion Coordinator.

See inside for more information on the new members of the team!

Next edition will include Donald and St Arnaud updates



Add frozen vegies to your 2-minute noodles. It makes it into a healthy meal and boosts your daily vegetable intake!

Avoid misplacing your garden tools by painting the handles bright colours!

New team members: Kerry and Bec

Kerry is a ceramic artist, chicken farmer and a community development worker. She also has an art teaching background and experience in community art. Kerry recently completed the community art portion of Bendigo's Bushfire memorial at Victoria Hill and exhibited in 'Art in the Garden' at the Botanical Gardens in Sydney. With a couple of school gardens under her belt, she looks forward to working with each of the communities on establishing their gardens.

Rebecca has gained much experience in many areas of the health industry including coaching, personal training, administrative roles, aged care, working with disabled children and working with physiotherapists and allied health professionals. Before



completing her degree she worked in retail for approximately 7 years in her home [Bec and Kerry \(on right\)](#) town of Wodonga and worked in hospitality locally at the Farmers Arms Hotel in St Arnaud. Rebecca has only recently moved to St Arnaud from Ballarat where she completed her degree. She looks forward to working with each of the communities on promoting health with not only the community kitchens and gardens but many more exciting programs in the future.

Community Kitchens: Update from Jude

EGG-strordinary idea:

Instead of adding plain water to your omelette, use a dash of soda water for a light and fluffy result!!

Charlton: A group of Charlton people gathered together under the support of Joy Freeman, a local active volunteer and unit member of Red Cross, to form our first community kitchen in Charlton. Eight local people came along for a cuppa and scone to talk about the community kitchen idea. Two volunteers from St Arnaud Neighbourhood House who donated their time to help out; Heather Brassington, Neighbourhood House leader, together with her good friend Dawn Auchettl, expert jam maker.

The morning was a success and Heather kindly donated a mix master to the group. The group met at the Charlton Shire Hall which was generously provided to the Community Kitchens project. The participants enjoyed reminiscing about earlier times in their home town.

Thank you to all for making the session such a friendly and enjoyable morning. The next Community Kitchens session will be on Monday the 15th August.



[Joy Freeman](#)

Wycheproof: East Wimmera Health Service has provided some assistance to the Wycheproof Resource Centre in equipping their kitchen for use of any Community Kitchens.

A working group has been formed through MOPS (Mothers of Pre-school children) to start a small Community Kitchen group. They are getting together for their third meeting to continue the discussion on the next steps toward achieving a community kitchen.

Recipe

Char grilled chicken with cauliflower and chickpea salad

Ingredients (serves 4)

- 500g cauliflower florets, quartered
- 400g can chickpeas, drained, rinsed
- 2 tbs extra virgin olive oil
- Grated zest and juice of 1 lemon
- 1/2 red onion, finely chopped
- 2 tbs chopped flat-leaf parsley
- Olive oil spray
- Chicken tenderloins



Method:

1. Blanch the cauliflower in a saucepan of boiling salted water for 1-2 minutes until just tender. Drain well and set aside.

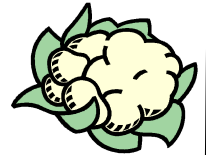
2. Combine chickpeas, oil, lemon zest and juice, onion and parsley in a bowl. Season, then toss gently to combine

3. Meanwhile, preheat a char grill pan or frypan over medium-high oil, then season. In 2 batches, cook the chicken for 3 minutes on each side or until lightly charred and cooked through. Transfer to a plate, cover loosely with foil and keep warm.

4. lightly spray the char grill with oil and cook drained cauliflower for 1 minute each side until lightly charred. Transfer to the bowl and toss to combine.

Serve with the chicken tenderloins

(www.taste.com.au)



Community Gardens update:

A start up kit has been provided by East Wimmera Health Service to Community Gardens in each of the 5 towns. The products have been sourced by local suppliers where possible, and the generous kit is to become an asset for each community. It is hoped that the newly formed Community Garden Groups can partner with other community groups such as the Men's Shed, Schools and Resource Centres to benefit everyone. Details of the kit have been distributed at the information sessions along with a site checklist. East Wimmera Health Service Community Development Workers: Kerry, Emily, Jude and Bec are excited about rolling out the Community Garden Project in the following months.

A Slimy suggestion:

To deter snails, slugs and other creepy crawlies from your pot plants, wipe the top edge of the pot with some Vaseline.

Health Promotion update:

The health promotion coordinator's job is to promote healthy lifestyle habits for everybody. It is important to eat healthy, live actively and be the best person that you can, which will assist you in achieving a happy and healthy life. The privilege of working together with Community Kitchens and Gardens is to help people make healthy decisions and get the most out of life. Everybody is urged to take advantage of the opportunity to participate in the kitchens and gardens as the project promotes healthy eating, outdoor activity, fresh air, learning to cook and being social; a great list of ingredients for good times and healthy habits.



We all know that we let our healthy eating habits slip in the colder months but don't let winter get the best of you. It is a great opportunity to eat lots of fresh vegetables!! Steam them and serve them nice and hot to keep you warm and healthy through this frosty season.

East Wimmera Health Service

Community Kitchens:

Jude Deery: Mon-Tues

Emily Clark: Mon-Fri

Community Gardens:

Kerry Punton: Mon-Wed

Health Promotion:

Rebecca Kiffen: Mon-Fri



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Fun, Friendship and Food



Contact us for more information!



Charlton Community Kitchens Scone and Jam morning. Reminiscing on old fashioned jam recipes and happy family memories

Birchip Community Gardens and Kitchens:

The Birchip Community have split their Community Gardens over two sites- Site one is next to East Wimmera Health Service and site two, Birchip P-12 School, will have garden beds and fruit trees.

The school is looking at how 'applied learning' fits within different curriculum studies like Art, science and food technology. Other community groups such as the 'Men's Shed' are helping to make garden beds at the EWHS site.

Both groups will look at seed and produce exchange, as well as a workshop program on how the Community Garden and Community Kitchens can work together. The Birchip Community Garden is still looking for new members to get involved.



The Community Kitchens project supported the Birchip Business and Learning Centre's International cooking classes. One evening local pharmacist, Del Sladdin, demonstrated the art of making pasta which provided a traditional Italian dinner. This event was featured in the Buloke Times in June.