



SHETTLESTON COMMUNITY
**GROWING
PROJECT**

Shettleston Community Growing Project

...The smelly Welly Club



Runs From April until October

After school during term time
(Tuesdays and Thursdays)

Easter/Summer/October holidays
(Tuesdays, Wednesdays and
Thursdays)

Up to 16 children on each session.

What We Do.....



The Smelly Welly Cook Book....A Sneaky Peak

Apple crumble

INGREDIENTS

Crumble mixture

- 300g plain flour sieved
- 175g brown sugar
- Pinch of salt
- 200g unsalted butter, cubed

Fruit mixture

- 50g brown sugar
- 1 Tbsp plain flour
- 1 pinch ground cinnamon
- 450g apples cut into 1cm cubes


METHOD

Preheat the oven to 180°C.

- In a large mixing bowl, add flour, sugar, salt and butter and massage together using your fingers until the mixture resembles bread crumbs.
- In a separate mixing bowl, add the fruit, sugar, cinnamon and flour then mix together.
- Coat an oven proof dish with butter and spoon the fruit mixture in, then cover with the crumble mixture.
- Bake in the oven for 45 minutes.
- Serving suggestion: Serve with custard.

Serves 6 Cook 45 minutes

"I like making new things to try from plants we grow!"
Robby



Cauliflower and potato curry


METHOD

- Heat the vegetable oil in a large saucepan.
- Add the onion and cook until soft, around 10 minutes.
- Add in garlic, turmeric, ginger, cumin and curry powder and stir in and cook for 1 minute.
- Add in tomatoes, potatoes and cauliflower and chilli, cover with a lid and simmer for 30 minutes, stirring occasionally.
- Once vegetables are tender, the curry is ready to serve. Add a squeeze of lemon juice and add coriander to garnish.
- Serving suggestion: Serve with boiled rice and piece of nan bread.

INGREDIENTS

- 2 tbsp vegetable oil
- 1 large onion chopped
- 1 large piece of ginger – grated
- 3 cloves garlic – finely chopped
- ½ tsp. turmeric
- 1 tsp ground cumin
- 1 tsp curry powder
- 227g chopped tomatoes
- 1 cauliflower cut into florets
- 2 potatoes cut into cubes
- 1 chilli, deseeded and diced
- Squeeze of lemon juice
- Coriander to garnish

Serves 4 Cook 40 minutes



Pasta bolognese

INGREDIENTS

- 1 onion finely chopped
- 1 pepper sliced
- 1 carrot finely grated
- 1 courgette finely grated
- 500g beef mince
- 400g chopped tomatoes
- 2 Tbsp tomato puree
- 1 Tsp dried herbs
- 1 beef stock cube
- 300g dried pasta

METHOD

Fill a saucepan with 500ml of water, add the vegetables and bring to boil for 8 minutes then simmer until vegetables are softened.


In a separate saucepan, heat a Tbsp of vegetable oil and add the mince and stir until the mince has browned. Add the vegetables and stir in with the mince then add the chopped tomatoes; tomato puree and dried herbs and mix together on a low heat.

Let the Bolognese simmer for about 30 minutes.

In a separate saucepan, add water and bring to the boil. Then add the pasta and cook until soft.

Serve in large bowls and add a slice of garlic bread.

Serves 6 Cook 60 minutes



Bringing everyone together



Working within the local schools

Provide training to staff to grow their confidence in teaching children

Education in food growing, environment and wildlife

Promote the after school club

Help in delivering projects with high school groups

Some Quotes

“As a staff member I have learned a lot from Thomas about how to organise groups planting and preparing ground in the school grounds. I liked the use of scavenger hunts for information to keep the children active”

“As a teacher I feel more confident leading the gardening club now as I know more about plants and when to plant them. Tom also gave me different ideas of what activities to plan (cooking, bug hunting...)which the children loved!

The children were starting to feel a lot more responsible for the garden and took more and more initiatives week by week”

Residential trips

