EAT SEASONAL COOK BOOK

SCAVENGER AND ALLOTMENT FOOD GROWERS RECIPES

BASED ON BRITISH ALLOTMENT FOOD GROWING SEASONS

POWERED BY

SUPPORTED BY

ABOUT GROUNDWORK YORKSHIRE

Groundwork was founded in the North of England. It was at a time of political, social and economic challenge. It was an experiment. To help communities cope with change. To work together. To make their lives and neighbourhoods better. That spirit of enterprise and innovation have never been more needed.

In every community – however disadvantaged – there are deep reserves of pride. People with the passion and ideas to improve their circumstances and surroundings.

Groundwork exists to harness that pride. To unlock that passion. Our services, projects and programmes change people's lives. They can also make our communities more resilient for the future.

Groundwork is an organisation that embraces transformation. We positively change places and people's lives, in partnership where we can.

WHAT TO HARVEST WHEN

HERE'S WHAT WE'VE BEEN GROWING IN OUR COMMUNITY ALLOTMENT AND AT WHAT TIME OF YEAR YOU CAN EXPECT TO HARVEST IT

VEGETABLES

- spinach- early Spring to late Oct if seeds planted
- radish - May onwards
- peas - June to September
- carrots - June to Oct
- courgettes June to Oct
- tomato - Aug and Sept
- beetroot - June to Sept
- cauliflower June to October
- kale - Aug till March
- sweetcorn - Aug and Sept
- potato - Sept
- brocoli - Sept to March
- butternut squash -October
- pumpkin -October

HERBS

- rosemary, sage, oregano, and lavender are great for all year round colour and taste whereas basil is best grown on the windowsill or in a greenhouse but can have a long season. They're available to nab as and when needed but herbs improve in intensity of flavour when dried out so pick a few stems and dry them upside down indoors

FRUIT

- nettles - from early May
- dandelion - May
- cherries April/ June
- gorse flower -April to June
- elderflower - late May to June
- rhubarb - June
- strawberries - July
- raspberries (earlies from June and lates till October)
- redcurrant - July and Aug
- blackcurrant - July and Aug
- blackberry - late Aug
- apples - September
- grapes - September
- pears - late September

TOP TIPS

Biennal bearing is a 2 year cycle of larger crop followed by smaller, weather conditions also impact crops

FREEZE YOUR FOOD

If you have a bumper crop, and your neighbours and work colleagues have had their fill then extras can be frozen - raspberries are great added to porridge and last through the winter. Batch cook courgette fritters, veg lasagne portions in a suitable container for up to six months. When the food starts to look like it's developing its own ice, it's been in too long and may not be safe to eat.

USE BY VS BEST BEFORE DATES

Use by dates generally refer to fresh, ready to eat food and is related to safety. Best before dates are around food quality and are usually ok to eat after the date but use your eyes and nose to judge whether it's okay.

STORE IN A COOL DARK PLACE

Storing apples in the fridge will keep them fresh for about a month. Store potatoes in a cool dark place, ideally a cellar. They will store in the fridge but go a little waxy and rubbery

EAT SEASONALLY

Look at what fruit and vegetables are grown and harvested in that season. They're generally cheaper to buy in shops and may be better quality too.

BUY WONKY FRUIT AND VEGETABLES

Wonky fruit and vegetables are better value and help to reduce food waste.

USE YOUR MICROWAVE

A microwave is cheaper to run than a hob and an unfilled oven. You can batch cook your food and reheat in the microwave as needed.

REGROW

Potato eyes can be planted, herbs can produce new roots and seeds can grow new flowers. You can also use seeds from food like bell peppers and tomatoes

FORAGE AWAY FROM MAIN ROADS

Blackberries, dandelion, elderflower and even apples, cherry and pear trees can often be found in areas that are open to being foraged (check with landowners or local signs first), but getting these away from main roads will mean that it will have less pollution absorbed

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DANDELION HONEY

Early Spring - May

MAKES 3 JARS, SUITABLE FOR VEGANS

CREDIT TO
WWW.THESPRUCEEATS.COM/DANDELION-HONEY-RECIPE-1806823

PREP: 2HOURS PULLING DANDELION HEADS
COOKING TIME: 90MIN, SOAK 6HRS

INGREDIENTS

- 4 cups dandelion petals
- 4 cups water
- 3 lemon slices (1/4-inch)
- 1/2 vanilla pod, split in half
- 2 1/2 cups granulated sugar

COOKING INSTRUCTIONS

- This takes a lot of prep to pull dandelion heads off and then the petals but it's a good way to enjoy the early Spring sunshine and get outdoors. Pick them from somewhere you know hasn't had pesticides sprayed on, like your garden, pick in sunlight so the flower head is open, and take off the green bottom part of the head as this can add a bitter taste. It's better to do this after other flowers have started to bloom. Dandelion is one of the first flowers and is valuable food source for bees so best to leave it till there are other options availble to nature.

- Once you've gathered the ingredients, soak 4 cups of dandelion petals in cold water for five minutes to allow time for any insects to exit, then drain. I used a small tea cup, the smallest daintiest I had and didn't squish petals into it. You can buy American measuring cups from places like Home Bargains.
  Place petals in a heavy saucepan along with 4 cups water, 3 lemon slices cut into 1/4-inch slices, and 1/2 vanilla pod split in half.

- Bring to a boil over high heat, then reduce heat, and simmer for 30 minutes.

- Remove pan from heat and let steep for 6 hours. Strain dandelion tea through a cheesecloth and discard solids. Place dandelion tea in a heavy saucepan and bring to a low boil. Gradually add 2 1/2 cups sugar to boiling liquid while stirring until sugar is dissolved. Lower heat and let simmer uncovered until it reaches desired syrupy thickness. This may take about 1 hour. It will thicken more as it cools.

NETTLE SOUP

Early Spring - May

SERVES 6

PREP TIME: 20 MINS COOKING TIME: 30 MIN

CREDIT TO : WWW.BBCGOODFOOD.COM/RECIPES/NETTLE-SOUP

INGREDIENTS

- 1 tbsp olive oil plus extra for drizzling
- 1 onion chopped
- 1 carrot diced
- 1 leek washed and finely sliced
- 1 large floury potato (Maris Piper or similar), thinly sliced
- 1l vegetable stock
- 400g stinging/ dead nettles washed, leaves picked (see tips below)
- 50g butter diced
- 50ml double cream

COOKING INSTRUCTIONS

- When picking nettles, use washing up gloves to avoid being stung, or pick dead nettles which don't sting. Nettles are best eaten before they flower in May . Wash nettles before cooking.

- Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

- Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.

GORSE CORDIAL

**Spring -
April to June**

MAKES 1 X 500ML BOTTLE

COOKING TIME: 30 - 60 MIN

**CREDIT TO:
HTTPS://WWW.EATWEEDS.CO.UK/GORSE-FLOWER-CORDIAL-RECIPE**

Don't confuse with broom which has similar flowers. Make sure the gorse plant has spikes on it and smells faintly of coconut

INGREDIENTS

- 600ml cold water
- 250g caster sugar
- Zest 1 orange
- Juice 1 lemon

COOKING INSTRUCTIONS

- Gather 4 large handfuls of Gorse flowers. Measure out 250g/1/2lb of caster sugar. Measure out 600ml/21fl oz of cold water.Bring the water and sugar mixture to a rapid boil and keep boiling for 10 minutes. Remove pan from the heat.

- Juice 1 lemon. Grate the zest of 1 orange. Measure 4 handfuls of Gorse flowers removing any green.Add the lemon juice, orange zest, and Gorse flowers to the sugar water (syrup). Stir in well and leave until cooled or overnight.

- Strain the liquid through muslin into a clean container such as a glass jug. You should end up with roughly 500ml/18fl oz of liquid. Pour into a sterile bottle, cap and store. Refrigerate once you have given into temptation. Enjoy your Gorse flower cordial syrup.

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ELDERFLOWER TURKISH DELIGHT

**Spring -
Late May to June**

SERVES 6 PREP TIME: 10 MINS COOKING TIME: 45MIN
CREDIT TO : COOKINGORGEOUS.COM/BLOG/HOMEMADE-ELDERFLOWER-TURKISH-DELIGHT-LOKUM/

INGREDIENTS

- 700g caster sugar
- 150g cornflour

(mixed with ⅓ cup cold water)

- 5 elderflower heads
- ¼ cup icing sugar (for coating)
- ¼ cup cornflour (for coating)
- 700ml water
- 3 g cream of tartar
- 1 lemon (juice and zest)
- ¼ cup icing sugar (for coating)
- ¼ cup cornflour (for coating)

COOKING INSTRUCTIONS

Place the elderflowers in a muslin cloth and tie them with a string. In a large saucepan, combine the caster sugar and water, then add the elderflower bag making sure it's submerged. Stir over low heat until the sugar has completely dissolved. Once the sugar is dissolved, increase the heat and bring the mix to a boil. Let it boil for 10-15 minutes. Squeeze the elderflower bag with the back of a spoon to ensure you get all the flavour into the syrup, then remove and discard it.

While the sugar syrup is boiling, mix 150g cornflour and cream of tartar with 80ml cold water to form a slurry. Mix lemon juice and zest into the syrup, and bring it to a boil again. Slowly pour in the cornflour mix into the boiling syrup, stirring continuously.Reduce the heat to low and cook for 30 minutes, stirring every 2-3 minutes. Turn up the heat to medium-high and cook for another 15 minutes, stirring continuously to prevent burning. Ensure the mixture is very thick and pulling away from the sides of the pan before you remove it from heat. You can check the texture by spooning a small portion of the mixture and dipping it in a cup of iced water.

Let it cool down completely before testing the texture. Line a rectangular baking dish with parchment paper or dust it lightly with cornflour and icing sugar mixture. Pour the mixture into the prepared dish, smoothing the top with a spatula. Allow the Turkish Delight to set at room temperature for at least 4 hours, or overnight if possible.

To prepare the coating, mix 30g icing sugar with 30g cornflour in a small bowl. Once the Turkish Delight is set, turn it out onto a cutting board. Use a sharp knife dusted with the icing sugar mixture to cut the delight into small cubes. Toss the cubes in the icing sugar and cornflour mixture to coat them thoroughly and prevent sticking. Let them sit uncovered at room temperature to air dry them before placing them in a bowl or a container.

RASPBERRY BAKEWELL

Spring -
Late May to June

SERVES 8

PREP 10 MINS COOK 50 MINS

CREDIT
WWW.BBCGOODFOOD.COM/RECIPES/RASPBERRY-BAKEWELL-CAKE

INGREDIENTS

- 140g ground almond
- 140g butter softened
- 140g golden caster sugar
- 140g self-raising flour
- 2 eggs
- 1 tsp vanilla extract
- 250g raspberry
- 2 tbsp flaked almond
- icing sugar to serve

COOKING INSTRUCTIONS

- Heat oven to 180C/160C fan/gas 4 and base-line and grease a deep 20cm loose-bottomed cake tin. Blitz the ground almonds, butter, sugar, flour, eggs and vanilla extract in a food processor until well combined.

- Spread half the mix over the cake tin and smooth over the top. Scatter the raspberries over, then dollop the remaining cake mixture on top and roughly spread – you might find this easier to do with your fingers. Scatter with flaked almonds and bake for 50 mins until golden. Cool, remove from the tin and dust with icing sugar to serve.

Summer - June to September

PEA RISOTTO

SERVES 4

COOKING TIME: 30 - 60 MIN

INGREDIENTS

- 100g frozen peas, cooked
- 1 tbsp olive oil
- 2 garlic cloves
- 8 spring onions
- 25g butter or margarine
- 200g risotto rice
- 1L vegetable stock
- 50g grated parmesan (or vegetarian alternative)

COOKING INSTRUCTIONS

- Mince or finely chop the garlic and chop the spring onions into small pieces.
- Heat 1 tbsp oil with the butter over a medium heat. Add the spring onions and garlic. Once the spring onions are soft but not brown, add the rice. Stir well to coat in the buttery mix for around 1 minute.
- Add 1/2 cup of stock, and stir regularly until it has disappeared into the rice. Repeat with large splashes of stock until you have used it up (approx. 20 minutes.) Continue if the rice is still undercooked.
- Once the rice is soft enough to eat, remove from the heat and gently stir in the grated cheese and peas.

COURGETTE FRITTERS

SERVES 2

PREP 10 MINS COOK 5 MINS

CREDIT: WW.BBCGOODFOOD.COM/RECIPES/COURGETTE-FRITTERS-0

Summer - June to October

INGREDIENTS

- 250g courgettes grated
- 20g plain flour
- 1 egg beaten
- 25g finely grated parmesan, or vegetarian alternative (optional)
- 1 tbsp olive oil
- 170g tub roasted red pepper hummus to serve

COOKING INSTRUCTIONS

- Combine the grated courgette, flour, egg and parmesan in a large bowl.
- Heat a non-stick frying pan over a medium heat and add the oil. Fry the fritters for 2-3 mins on each side until golden brown. Serve straight away with red pepper hummus or side salad from the garden - tomatoes, lettuce, and rocket leaves are a good combo.

VEGETABLE FAJITAS

SERVES 4

COOKING TIME: 20 MIN

Summer - June to Oct

INGREDIENTS

- 4 carrots
- 1 onion diced
- 1 red or yellow pepper (optional)
- 2 courgettes
- Handful of rocket or lettuce
- Fajita spice mix
- Wraps
- 1 tbsp vegetable oil
- 150g block of cheese, grated
- 200g cooked chicken or roasted butternut squash, cubed and skin off (optional)

COOKING INSTRUCTIONS

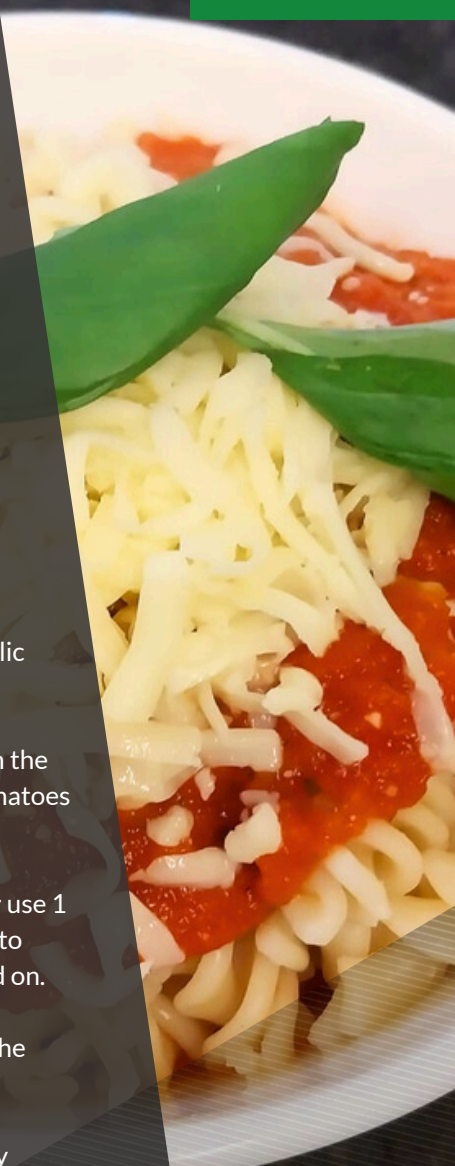
- Cut the vegetables into short, thin strips (julienne). Microwave or boil the carrots for five minutes, then add them all, except lettuce and rocket, to a pan with a tablespoon of oil. Cook until soft (around 10 minutes.) Add the fajita spice mix and cook for another minute.

- Whilst this is cooking, layer your wraps on a plate. To prevent them from sticking together place one towards the left and one towards the right, then alternate. Warm in the microwave for one minute.

- Once cooked through, put a scoop of veg in the middle of each wrap, top with a handful of grated cheese, lettuce/rocket and wrap, folding the bottom up by about 5cm, then the left side into the middle then the right side into the middle.

HIDDEN VEGETABLE TOMATO PASTA

Summer - June to Oct



SERVES 4
COOKING TIME: 20 MIN

INGREDIENTS

- 2 cans chopped tomatoes
- 4 garlic cloves
- 2 onions diced
- 2 red peppers, sliced
- 3 tbsp tomato puree
- 3 stalks or 1 tsp basil *
- 3 stalks or 1 tsp oregano *
- 360g pasta (1 big cup per person)
- 50g cheese, grated

COOKING INSTRUCTIONS

- Dice the onions and finely chop or crush the garlic cloves and fry for three minutes in a saucepan.
- Chop the peppers into small pieces and fry off in the saucepan for five minutes. Add the chopped tomatoes and 3 tbsp tomato puree to the sauce, stir well.
- Roughly chop the stalks of basil and oregano (or use 1 tsp dried herbs if you prefer). Stir in well. Leave to simmer on a low heat for 20 minutes with the lid on.
- Bring another pan of water to the boil and add the pasta and cook for 20 minutes.
- Take the tomato sauce off the heat and carefully transfer the sauce to to a food blender and blend until smooth. Alternatively you can mash this which will give a chunkier sauce.
- Drain the pasta and serve into bowls, add the sauce and garnish with a basil leaf.

* You can use herbs chopped from Incredible Edible gardens. Find your local one by visiting incredibleedible.org.uk/find-a-group

TOMATO AND BASIL SOUP

Summer - June to Oct

SERVES 4

COOKING TIME: 25 MIN

INGREDIENTS

- 1 tbsp vegetable oil
- 2 garlic cloves crushed
- 3 x 400g cans plum tomatoes
- 500ml vegetable stock
- 1 tsp sugar
- 142 pot soured cream
- 125g basil pesto jar
- Salt and pepper to season
- (Optional basil leaves to serve)

COOKING INSTRUCTIONS

- Heat the oil then add the garlic and soften for a few minutes over a low heat. Add the canned tomatoes, stock, sugar, and seasoning, then bring to a simmer. Let the soup bubble for 10mins until the tomatoes have broken down a little.
- Whizz with a stick blender, adding half the pot of soured cream as you go. Taste and adjust the seasoning - add more sugar if you need to. Serve in bowls with 1 tbsp of the pesto, a little more soured cream, and scatter basil leaves swirled on top.
- See our bread recipe as a nice accompaniment

LEEK AND POTATO SOUP

Autumn - Sept to Oct

SERVES 6-8

PREP: 20 COOK: 25 MIN

CREDIT BBCGOODFOOD.COM/RECIPES/LEEK-POTATO-SOUP

INGREDIENTS

50g butter
450g potatoes peeled and cut into 1cm pieces
1 small onion cut the same size as the potatoes
450g white parts of leeks sliced
850ml-1.2litres vegetable stock
142ml carton whipping cream
125ml full-fat milk

COOKING INSTRUCTIONS

- Melt 50g butter in a heavy saucepan. When it foams, add the chopped potatoes, and small onion, and 450g white parts of leeks, sliced and toss them in the butter until they are well coated.
- Season well with salt and freshly ground pepper and toss again. Put a disc of greaseproof paper (called a cartouche by chefs) on top of the vegetables to keep in the steam, then cover the pan with its lid.
- Cook over a gentle heat for 10 mins, or until the vegetables are soft but not coloured.
- Uncover the pan and discard the paper. Pour in 850ml of the light chicken or vegetable stock, bring to the boil and simmer until the vegetables are just cooked – about 5 minutes. Do not overcook or the soup will lose its fresh flavour.
- Purée in a blender until silky smooth, in batches if necessary, then taste and adjust
the seasoning. Return the soup to a clean pan and stir in three quarters of a 142ml carton of whipping cream and 125ml full-fat milk.

BUTTERNUT SQUASH SOUP

Autumn
- Sept to Oct

SERVES 4

COOKING TIME: 40 MIN

INGREDIENTS

- 1 butternut squash
- 3 carrots
- 1 onion
- 1 red or yellow pepper (optional)
- 3 garlic cloves
- 2 vegetable stock cubes
- 1 tsp thyme
- 1/2 tsp ginger
- Olive oil
- Honey (optional)
- Pinch of salt (optional)

COOKING INSTRUCTIONS

- Chop the vegetables and season with the salt, pepper, ginger, honey, thyme and olive oil. Roast in oven for 30 minutes on 190°C/gas mark 5.
- When the vegetables are almost done roasting, fry the onion and garlic in a pan. Add the roasted vegetables, two vegetable stock cubes and enough boiling water to cover.
- Simmer for 5-10 minutes ensuring all the vegetables are soft. Mix with hand blender and adjust salt and pepper to taste.

RHUBARB AND STRAWBERRY CRUMBLE

Spring -
Late May to June

SERVES 4

COOKING TIME: 30 - 60 MIN

INGREDIENTS

FOR THE CRUMBLE

- 85g plain flour, sieved
- 50g brown sugar
- 25g ground almond
- 50g margarine
- finely grated zest 1 small orange

FOR THE FILLING

- 250g strawberries, green stalk removed, chopped
- 550g rhubarb stalk (leaves are poisonous so break off) chopped into 1cm long pieces
- 85g caster sugar

COOKING INSTRUCTIONS

- Preheat oven to 200°C/fan 180°C/ gas mark 6.
- Chop leaves off rhubarb and discard (these are poisonous to eat), trim other end off, wash and chop into 1cm long pieces. Put the rhubarb in a shallow dish or tray with sides and sprinkle the sugar over and mix together. Flatten so it's one layer tall.
- Cover with foil and roast for 15mins, take out stir again, remove foil and add the strawberries and put back in for another 5 minutes until tender and juicies syrupy. Test with a knife, it should feel tender but keeping its form.
- While the fruit is roasting, mix the flour, sugar and ground almonds in a bowl. Add the margarine and rub in with your fingertips until the mix resembles breadcrumbs. Stir in the orange zest.
- Spoon the crumble loosely over the fruit. Bake for 25 mins until golden. Serve on it's own or with custard, cream or ice cream.

APPLE AND BLACKBERRY CRUMBLE

Summer - Aug - Sept

SERVES 6 WORKS GREAT WITH PLUMS INSTEAD OF BLACKBERRIES TOO

COOKING TIME: 30 - 60 MIN

FOR MORE APPLE RECIPES, LIKE APPLE CURRY CHECK OUT "SEASON WELL" WEBSITE

INGREDIENTS

FOR THE CRUMBLE

- 300g plain flour, sieved
- Pinch of salt
- 175g brown sugar
- 200g margarine

FOR THE FILLING

- 450g apples, peeled and cored
- 300g blackberries (also good with plum instead)
- 50g brown sugar
- 1 tbsp plain flour
- Pinch of ground cinnamon

COOKING INSTRUCTIONS

- Preheat oven to 180°C/gas mark 4.
- Mix the flour, sugar and salt in a bowl. Chop the butter into 1cm cubes and rub in with your fingertips until the mix resembles breadcrumbs.
- Chop the apples into 3cm cubes and mix together with the sugar and cinnamon. Add blackberries and mix.
- Grease an ovenproof dish, add the apple mix and sprinkle the crumble mix on top. Bake for 30-45 minutes until golden.
- Serve on it's own or with custard, cream or ice cream.

CARROT & CORIANDER SOUP

Summer - June to Oct

SERVES 4

COOKING TIME: 40 MIN

INGREDIENTS

- 1 medium sweet potato (approx. 150g)
- 5 carrots (approx. 400g)
- 1 medium white onion
- 20g fresh coriander or 1 tbsp dried coriander
- 400ml vegetable stock
- 400ml semi skimmed milk (or non dairy alternative)
- 1 tbsp vegetable oil
- Ground black pepper

COOKING INSTRUCTIONS

- Peel and finely chop the onion.
- Peel and chop the sweet potato and carrots into 1cm chunks.
- Wash the fresh coriander, remove the leaves and chop finely.
- Add the oil and onions to a large saucepan and cook until soft
- Add the carrots, sweet potato, vegetable stock and milk. Simmer with the lid on until soft then add the coriander.
- Blend the soup using a blender (or mash if you haven't got one) and season with pepper to taste.

SCRUFFY LASAGNE

SERVES 6, PREP: 25MINS COOK: 20 MIN

CREDIT:
.JAMIEOLIVER.COM/RECIPES/PASTA/SCRUFFY-VEG-LASAGNE/

October - December

INGREDIENTS

- 1 leek
- olive oil
- 1 teaspoon dried mint
- 160g mature Cheddar cheese
- 50g stale bread
- 2 heaped tablespoons plain flour
- 2 teaspoons English mustard
- 1 litre semi-skimmed milk
- 300g frozen peas
- 500g frozen broccoli
- 250g dried lasagne sheets

COOKING INSTRUCTIONS

- Preheat the oven to 200°C/400°F/gas 6. Put a large shallow casserole pan on a medium-high heat. Wash, trim and slice the leek (see tip) and place in the pan with 1 tablespoon of olive oil and the dried mint. Season with sea salt and black pepper, then cover and fry for 5 minutes, or until soft, stirring regularly and adding a splash of water, if needed.

- Meanwhile, coarsely grate the Cheddar and finely chop the bread to create rustic breadcrumbs, and put aside for later.

- Stir the flour into the leeks, followed by the mustard, and slowly stir in the milk to give you a loose white sauce, then add just half of the grated Cheddar and leave to blip away for a few minutes. Season to perfection with sea salt and black pepper, then stir in the frozen peas and broccoli.

- Snap in the pasta sheets, mix up really well to coat and separate, then pull some of the sheets to the top to create a top layer – use the back of a spoon to create some dips and wells.

- Toss the remaining Cheddar with the breadcrumbs, then scatter over. Finish with a drizzle of olive oil and bake for 20 minutes, or until golden and bubbling. Serve topped with an extra grating of Cheddar, if you like.

SPINACH AND CHICKPEA CURRY

Spring - Early June to late Oct

SERVES 4

COOKING TIME: 15 MIN

INGREDIENTS

- 2 tbsp mild curry paste
- 1 onion
- 1 tin tomatoes
- 2 tins chickpeas, drained and rinsed
- 250g baby leaf spinach
- Squeeze of lemon juice (optional)
- Rice

COOKING INSTRUCTIONS

- Add 200g rice (50-75g rice per person) to a large saucepan of boiling water and cook for 10 minutes.
- Heat the curry paste in a large non-stick frying pan. Once it starts to split, add the onion and cook for a further 2 minutes to soften. Add the tomatoes and simmer for 5 minutes or until the sauce has reduced.
- Add the chickpeas and season with salt and pepper and cook for a further minute. Take off the heat and mix in the spinach to wilt the leaves. Season, add the lemon juice, and serve with the rice.

KIDNEY BEAN AND POTATO CHILLI

Late Summer - September

SERVES 4

COOKING TIME: 30 MIN

INGREDIENTS

- 2 baking potatoes
- 1/2 tin chopped tomatoes
- 1 tin kidney beans
- 1 onion
- 1 tsp coriander powder
- 1 tsp paprika powder
- 1 tsp thyme
- 1/2 tsp turmeric
- 1 tsp garlic powder
- 1 tsp ginger powder

COOKING INSTRUCTIONS

- Chop and boil the potatoes. Simmer for 10-15 minutes until soft.
- Dice and fry the onion. Add the tinned tomatoes and spices and cook for 10 minutes.
- Add the boiled potatoes and kidney beans and simmer for at least five minutes until soft.
- Serve with rice.

JACKET POTATO WITH KALE

Late Summer - September

SERVES 4

COOKING TIME: 20 TO 50 MIN

INGREDIENTS

- 4 big potatoes, washed
- Toppings - Butter, grated cheese, tuna, beans, chilli
- kale -serve crispy on the side

COOKING INSTRUCTIONS

- Prick the potatoes all over with a fork and cook in the microwave for four minutes. Turn over, and cook for another four minutes.
- Check if the potato is soft with a fork and microwave for a further two minutes on each side if needed. Once it feels soft inside, add toppings and enjoy.
- For a crispy outer skin, after microwaving rub with a little oil, salt and pepper then put in the oven for 30 minutes on 200°c/180°c (fan)/gas mark 6. You may consider doing more than one potato if turning the oven on to reheat the next day for lunch or dinner to make it more efficient.
- If turning the oven on, add some roughly chopped kale rubbed in olive oil, salt and pepper for 15 minutes to make a crispy seaweed tasting side.

SPINACH, SWEET POTATO, LENTIL DAHL

Early May to late October

SERVES 4

COOKING TIME: 20 MIN

CREDIT: BBCGOODFOOD.COM/RECIPES/SPINACH-SWEET-POTATO-LENTIL-DHAL

INGREDIENTS

- 1 tbsp sesame oil
- 1 red onion
- finely chopped
- 1 garlic clove
- crushed
- thumb-sized piece ginger peeled and finely chopped
- 1 red chilli
- finely chopped
- 1½ tsp ground turmeric
- 1½ tsp ground cumin
- 2 sweet potatoes (about 400g), cut into even chunks
- 250g red split lentils
- 600ml vegetable stock
- 80g bag of spinach
- 4 spring onions sliced on the diagonal, to serve
- ½ small pack of Thai basil
- leaves torn, to serve

COOKING INSTRUCTIONS

- [ ] Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid. Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened. Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, add 1½ tsp ground turmeric, 1½ tsp ground cumin and cook for 1 min more.

- [ ] Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture. Tip in 250g red split lentils, 600ml vegetable stock and some seasoning. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

- [ ] Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

UPSIDE DOWN PEAR CAKE

Late Summer - September

SERVES 4
COOKING TIME: 30 - 60 MIN

CREDIT:
WWW.BBC.CO.UK/FOOD/RECIPES/GINGER_AND_PEAR_61641

INGREDIENTS

For the pears

- 50g caster sugar
- 50g butter, diced,

plus extra for greasing

- 1 tbsp dark rum
- 1 tbsp ginger syrup (from a jar of stem ginger)
- 2 large, ripe but firm pears

For the cake mixture

- 2 large free-range eggs
- 125g butter, well softened
- 125g caster sugar
- 125g plain flour
- 1 tsp baking powder
- 1 tsp ground ginger
- ½ tsp ground allspice

COOKING INSTRUCTIONS

- Cut out a circle of baking paper that's roughly 2cm larger than the base of a 20cm springform or loose-based round cake tin. Grease the sides of the tin and place the paper circle in the base, pressing up the sides slightly. This will help hold the caramel.
- For the pears, make a caramel by melting the sugar in small, deep saucepan over a low heat until golden brown, stirring only once most of the sugar has melted. (CAUTION: boiling sugar is extremely hot. Handle very carefully. Use a deep pan to avoid bubbling over.) Add the butter and stir with a long-handled wooden spoon very gently until melted. Take the pan off the heat and stir in the rum and ginger syrup until the sauce is smooth. Leave the caramel to stand for 15–20 minutes, or until it cools enough to coat the back of a spoon, stirring occasionally. Place a baking tray underneath to catch any caramel that leaks out of the cake tin and preheat the oven to 180C/160C Fan/Gas 4.
- While the caramel is cooling, peel the pears, cut into quarters and remove the cores. Cut each pear quarter into 3–4 long slices. Place the pear slices in the caramel and turn to coat. Arrange the pear slices in a fan shape in the bottom of the prepared cake tin.
- For the cake mixture, add all of the ingredients to a food processor and mix until smooth. Alternatively, place all of the ingredients in a large mixing bowl and beat with a wooden spoon until a smooth mixture is formed. Gently spoon the mixture over the pears and smooth the surface. Bake for 35–40 minutes, or until the cake is well risen, firm to the touch and a skewer comes out clean when inserted into the middle.
- Using oven gloves to protect your hands, carefully loosen and remove the sides of the cake tin. Place a serving plate over the cake and carefully turn over. Remove the tin base and baking paper. This needs to be done while the cake is warm otherwise the caramel will harden and the cake will be more difficult to remove. Slice and serve the cake warm

PEAR CRUMBLE

Late Summer - September

Pears ripen off the tree, so pick them when they look a good plump size and twist off at the stem easily and leave to ripen on the windowsill for a week or two. keep checking when they are soft. Pear crumble is a great dish to do with slightly over ripe pears as the sweetness really lends itself to this recipe

SERVES 4
COOKING TIME: 30 - 60 MIN

INGREDIENTS

- 4 pears peeled, cored and quartered lengthways
- 100g dark brown soft sugar
- ½ lemon juiced
- 1tsp vanilla extract

For the crumble topping

- 250g plain flour
- 150g cold butter cut into chunks
- 75g dark brown soft sugar
- 50g chopped hazelnuts
- custard to serve

COOKING INSTRUCTIONS

- Heat the oven to 200C/180C fan/gas 4. Lay the pears out in a medium ovenproof dish that fits them snugly. You don't want large gaps between the pears or you won't have enough topping to cover them. Scatter over the sugar and pour over the lemon juice and vanilla. Mix using your hands to coat the fruit well.

- Tip the flour into a large bowl and rub in the butter using your fingertips until you achieve a coarse breadcrumb texture. Stir in the sugar and hazelnuts, then scatter this over the pears. Try not to pack it down too tightly, so that it remains crumbly when cooked. If you have any crumble topping left over, cook this next to the crumble in a small ovenproof dish (you can scatter it over the bowls of crumble later). Bake for 40-50 mins until golden and the pears are cooked through. Serve with custard.

PLUM JAM

Late Summer - September

This plum jam has lovely pieces of fruit within -it's like finding pieces of Summer treasure!

credit: bbcgoodfood.com/recipes/cinnamon-scented-plum-jam

MAKES 7 JARS
PREP TIME: 30 MINS COOK TIME: 30 MIN

INGREDIENTS

- 2kg plums stoned and roughly chopped
- 2kg white granulated sugar
- 2 tsp ground cinnamon
- 1 tbsp lemon juice
- 3 cinnamon sticks (optional)
- knob of butter

STERILISING JARS AND EQUIPMENT
Wash jars and lids in hot, soapy water, rinse, then place on a baking tray and put in a low oven for 10 mins or until completely dry. If you want to use rubber seals, remove the seals and cover in just-boiled water. Make sure you sterilise any funnels, ladles or spoons you're going to be using too.

COOKING INSTRUCTIONS

- Sterilise the jars and any other equipment before you start (see tip). Put a couple of saucers in the freezer, as you'll need these for testing whether the jam is ready later (or use a sugar thermometer). Put the plums in a preserving pan and add 200ml water. Bring to a simmer, and cook for about 10 mins until the plums are tender but not falling apart. Add the sugar, ground cinnamon and lemon juice, then let the sugar dissolve slowly, without boiling. This will take about 10 mins.

- Increase the heat and bring the jam to a full rolling boil. After about 5 mins, spoon a little jam onto a cold saucer. Wait a few seconds, then push the jam with your fingertip. If it wrinkles, the jam is ready. If not, cook for a few mins more and test again, with another cold saucer. If you have a sugar thermometer, it will read 105C when ready.

- Take the jam off the heat and add the cinnamon sticks (if using) and the knob of butter. The cinnamon will look pretty in the jars and the butter will disperse any scum. Let the jam cool for 15 mins, which will prevent the lumps of fruit sinking to the bottom of the jars. Ladle into hot jars, seal and leave to cool. Will keep for 1 year in a cool, dark place. Chill once opened.

PUMPKIN SOUP

A great way to reduce waste from decorated pumpkins, although it's worth experimenting with pumpkins that are grown for taste and not for their large size

Autumn - October

SERVES 6

COOKING TIME: 45 MIN

INGREDIENTS

- 2 tbsp olive oil
- 2 onions
- 1kg pumpkin or squash, peeled, deseeded and chopped into chunks
- 700ml vegetable or chicken stock
- 150ml double cream (optional)
- (Optional thyme for garnishing)

COOKING INSTRUCTIONS

- Heat 2 tbsp olive oil in a large saucepan. Finely chop the onions gently cook for five minutes until soft.
- Add the pumpkin or squash and carry on cooking for 8-10 minutes, stirring occasionally until it starts to soften and turn golden.
- Pour the stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 minutes until the pumpkin/squash is very soft.
- If using, pour the double cream into the pan, bring back to the boil, then purée with a hand blender. Alternatively, use a masher for a chunkier version. Add a garnish of thyme as shown on the picture

PUMPKIN SPICE LOAF

Autumn - October

SERVES 8
COOKING TIME: 60 MIN

INGREDIENTS

- Pumpkin (approx. 200g)
- 100g dark brown sugar
- 225g caster sugar
- 120ml sunflower or vegetable oil
- 75ml water
- 2 medium eggs
- Zest of 1 lemon
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp allspice or mixed spice
- 1/2 tsp nutmeg
- 180g plain flour
- 1 tsp baking powder
- 30g pumpkin seeds (optional, to top)

COOKING INSTRUCTIONS

- Preheat oven to 160°C/gas mark 3 and grease and line a loaf tin with baking paper.
- Beat together the pumpkin, sugars, oil, water, eggs, lemon zest, salt and spices until combined.
- In another bowl, combine the flour and baking powder and add to the other dry ingredients. Add mixed dry ingredients into wet bowl and stir until combined and smooth.
- Pour into the loaf tin and sprinkle on pumpkin seeds (if using.) Bake for about 60 minutes until cooked through and a skewer comes out of the middle clean. *(Check after 45 minutes but it may take up to 1 hour 15 depending on your oven.)*

BEETROOT CAKE

SERVES 12 COOKING TIME: 60 MIN

CREDIT:
REALFOOD.TESCO.COM/RECIPES/BEETROOT-AND-CHOCOLATE-CAKE.HTML

Autumn - October

INGREDIENTS

- 50g cocoa powder
- 175g plain flour
- 1½ tsp baking powder
- 200g caster sugar
- 250g cooked beetroot
- 3 medium eggs
- 200ml sunflower oil
- 100g dark chocolate, finely chopped
- icing sugar

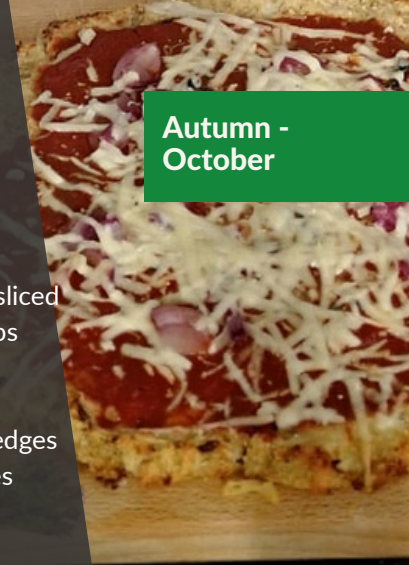
COOKING INSTRUCTIONS

- Preheat the oven to gas 4, 180°C, fan 160°C, then grease and line the bottom of a 23cm springform cake tin. Sieve the cocoa, flour, baking powder and sugar into a large mixing bowl.
- Drain and halve the beetroot, then blend in a food processor. With the machine running, add the eggs one at a time, then pour in the oil. Blend the mixture until the liquid is just smooth.
- Stir the wet mixture into the dry ingredients and mix in the chocolate. Pour into the tin and cook for 45 minutes or until a skewer comes out clean.
- Remove from the oven and set aside for 10 minutes, then turn out and leave to cool. Dust the cake with icing sugar before serving.

CAULIFLOWER PIZZA

SERVES 8 PREP: 15MINS COOK: 45 MIN

CREDIT: BBCGOODFOOD.COM/RECIPES/CAULIFLOWER-CRUST-PIZZA



Autumn - October

INGREDIENTS

- 1 cauliflower (about 750g)
- 100g ground almonds
- 2 eggs beaten
- 1 tbsp dried oregano

For the topping

- 227g can chopped tomatoes
- 1 tbsp tomato purée
- 1 garlic clove crushed
- ½ large aubergine thinly sliced lengthways into long strips
- 2 tbsp olive oil
- plus extra for greasing
- 1 red onion cut into 8 wedges
- ½ small bunch basil leaves
- 125g ball mozzarella
- 25g cheddar, grated,
- a few pinches of chilli flakes

COOKING INSTRUCTIONS

- Heat oven to 200C/180C fan/gas 6. Remove the leaves from the cauliflower and trim the stalk end, then cut into chunks. Blitz half the cauliflower in a food processor until finely chopped, like rice. Transfer to a bowl and repeat with the remaining half. Tip all the cauliflower in a bowl, cover with cling film and microwave on High for 5-6 mins until softened. Tip onto a clean tea towel and leave to cool a little. Once cool enough to handle, scrunch up the tea towel and squeeze as much liquid as you can out of the cauliflower, then transfer to a clean bowl. Stir in the ground almonds, egg, oregano and plenty of seasoning. Line a baking tray with baking parchment and grease with oil. Mound the cauliflower mix into the centre of the tray, then use a spoon and your hands to spread out into a 30cm round. Make it a little thicker at the edges to create a 'crust'. Bake for 15-18 mins until golden brown and starting to crisp a little at the edges.
- Meanwhile, heat a griddle pan, brush each aubergine slice on both sides with a little of the oil, season and cook for 5-6 mins, turning once, until softened and charred – you'll need to do this in batches. Transfer to a plate. Brush the onions with oil, season and griddle for 5-8 mins until softened and charred. To make the tomato sauce, whizz the canned tomatoes, tomato purée, garlic and some seasoning in a blender until smooth. Transfer to a small saucepan, bring to a simmer and cook gently for 8-10 mins until thick (you don't want any watery tomato soaking into the cauliflower base). Tear half the basil leaves and stir through the sauce.
- Once the cauliflower base is cooked, set aside to cool a little. Turn the oven up to 240C/220C fan/gas 8. Drain the mozzarella and pat dry with kitchen paper. Spread the tomato sauce over the base, sprinkle over the Grana Padano, then arrange the aubergines, red onion and mozzarella on top. Scatter over the chilli flakes and return to the oven for 10-12 mins. Before serving, shave over a little more cheese and scatter with the remaining basil leaves.

SWEDE AND COCONUT DAHL

October to December

SERVES 3 COOK: 60 MIN
CREDIT MADE IN HACKNEY

INGREDIENTS

- 223g diced swede
- 2tbsp coconut oil (or sunflower or rapeseed)
- 200g diced onion
- 20g ginger, peeled and chopped
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander seeds
- 10g red chilli (optional)
- 200g lentils
- 1 x 400ml can coconut milk
- 200ml water (you may need more)
- ½ tbsp salt
- 1 tbsp lemon juice
- coriander to garnish

COOKING INSTRUCTIONS

- Gently heat the oil in a pan and cook the onions until they are soft, approx 10 mins. Add the chopped swede and cook until it colours, approx 5 mins.
- Add the garlic, ginger and chilli (if using) and cook for 2 mins. Add the ground coriander seeds, cumin seeds and turmeric and cook for 1 minute.
- Add the lentils, coconut milk and water. Stir well and bring to the boil. Turn the heat down and simmer until the lentils have cooked and the consistency is thick approx 20 mins. You may need to add more water. Cook rice 10 minutes before the end.
- Add salt and lemon juice. Serve with a fresh coriander garnish and rice, naan or flatbreads.

VEG LASAGNE

SERVES 6, PREP: 30MINS COOK: 60 MIN

CREDIT: .BBC.CO.UK/FOOD/RECIPES/BEST_VEGETABLE_LASAGNE_50381

October to December

INGREDIENTS

- 2 yellow/red peppers, seeds removed, cut into roughly 2cm chunks
- 1 courgette, about 300g quartered lengthways and cut into roughly 2cm chunks
- 1 large sweet potato, peeled and cut into 2cm chunks
- 3 tbsp extra virgin olive oil
- 1 large onion, finely chopped
- ½ tsp dried chilli flakes
- 2 garlic cloves, crushed
- 2 x 400g tins chopped tomatoes
- 2 tsp dried oregano
- 1 vegetable stock cube
- 200ml cold water
- 100g young spinach leaves
- 9–10 dried lasagne sheets
- salt and ground black pepper
-

For the cheese sauce

- 75g plain flour
- 75g butter, cubed
- 750ml milk
- 125g mature cheddar, grated
- 75g grated mozzarella / cheddar

COOKING INSTRUCTIONS

- Preheat oven to 200C/180C Fan/Gas 6. Put the peppers, courgette and sweet potato into a large baking tray. Drizzle with 2 tablespoons of the oil, season with salt and pepper and toss together. Roast for 30 minutes, or until softened and lightly browned.
- While the vegetables are roasting, heat the remaining oil in a large saucepan and gently fry the onion for 5 minutes, stirring regularly. Add the chilli and garlic and cook for a few seconds more. Stir in the tomatoes, dried oregano and crumbled stock cube. Pour over the water and bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside.
- For the cheese sauce, put the flour, butter and milk in a large saucepan and place over a medium heat. Whisk constantly with a large metal whisk until the sauce is thickened and smooth. Stir in roughly two-thirds of the cheeses and season to taste.
- Take the vegetables out of the oven and add to the pan with the tomato sauce. Stir in the spinach and cook together for 3 minutes. Season with salt and lots of ground black pepper. Spoon a third of the vegetable mixture over the base of a 2½–3 litre ovenproof lasagne dish and cover with a single layer of lasagne. Top with another third of the vegetable mixture (don't worry if it doesn't cover evenly) and a second layer of lasagne. Pour over just under half of the cheese sauce and very gently top with the remaining vegetable mixture. Finish with a final layer of lasagne and the rest of the cheese sauce. Sprinkle the reserved cheese over the top. Bake for 35–40 minutes, or until the pasta has softened and the topping is golden brown and bubbling. Stand for 5 minutes before cutting to allow the filling to settle.

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