



SEPTEMBER 2020 | ISSUE 2



# SEASONAL

A Quarterly Newsletter by The Lions Gleaning Hub



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## Gleaning Update

Opportunities start to bear fruit!

Sorry this issue is a bit later than planned.

We have continued to contact farms and can now confirm that we have increased our good prospects to 6 farms. Including last year's farms, this takes us to 8 farms, spread across Nottinghamshire, Lincolnshire, Cambridgeshire and Essex. We are keen to add prospective farms in Norfolk and Suffolk.

We have just completed our first glean of 2020. This took place at Starkey's Fruit in Southwell, Nottinghamshire. We were offered the opportunity to glean apples and pears from a 265 tree pear orchard and a smaller apple orchard. With 30 volunteers over two days and 171 hours of free labour we gleaned 2,150kg of fruit, which was distributed across the UK by Fareshare. More on this in Reader's Comments.

We also hope to be spud bashing in Nottinghamshire too very soon, but as I write I don't have a feel for quantities.

Finally, we are keeping in contact with our pumpkin farmers to offer our services again this year. In fact we hope to be able to use some of these pumpkins to feed the public for free in Colchester on 7th November. If COVID restrictions allow, We aim to feed between 1,000 and 2,000 people. As part of this event we intend to educate the public that pumpkins aren't just for carving for Halloween, and as such we will provide a selection of tasty recipes.



KINDNESS  
MATTERS

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



# The Review

## Countryside

The Countryside [website](#) is provided by the National Farmers Union (NFU) and is a great resource and I will try to do it justice in this short summary.

I came across this website when I was invited to sign a petition to 'Back Britain's Farmers'. This petition was generated to support a letter to the Prime Minister asking our Government to ensure that any future trade deals DO NOT lead to an increase in imported produce that would be illegal to produce in the UK. The petition has now achieved over 1,000,000 signatures, please read the article and consider signing up.



The website also provides some great resources for home schooling, something that is becoming the 'New Normal' for so many of us in this unprecedented time. There are suggestions for different age groups of children and include countryside safaris, baking and cooking ideas, seed propagation and growing tips and much more.

Of obvious interest to readers of a newsletter entitled SEASONAL will be their interactive Seasonal Guide to British Fruit and Veg. This guide can be filtered by month and when selecting a fruit or vegetable takes you to a separate page introducing a grower of that product informing us of how it is grown etc. and ultimately linking with a recipe suggestion or two.



### Shopping guides

Our buying guides show the latest information on supermarket sourcing policies - so you know where the products come from for their own-brand food products.



### Recipes

Looking for a recipe using British ingredients? We've got lots of savoury dishes, desserts, cakes and bakes using quality British ingredients.



### Seasonal Guide to British fruit & veg

British farmers grow a huge range of delicious fruits and vegetables from crunchy apples and healthy broccoli to juicy strawberries and spicy chillis.



# Food Waste Facts

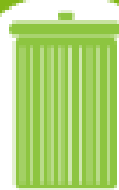


## FOOD WASTE in the UK



£280,000,000 of milk wasted every year

10%  
of weekly shop  
**Binned**



**50%**

of the total amount of food thrown away in the UK comes from our homes



We throw away 7.2 million tonnes of food and drink from our homes every year in the UK

**7.2**  
Million Tonnes

**£50**  
per month



To stop wasting food that could have been eaten, would be the equivalent of taking



the average family could save £50 per month

**1 in 5 cars off the road**



# Seasonal Produce - Summer

Summer is a time of plenty, so it should be easy to eat seasonally during these bumper months. Below is a list of some of the seasonal fruit and veg available across the UK during summer.

Apricots  
Aubergines  
Beetroot  
Blackberries  
Blueberries  
Bilberries or whinberries  
Broad beans  
Broccoli  
Carrots  
Chard  
Cherries  
Courgettes  
Cucumbers  
Elderberries and elderflowers  
Fennel  
Garlic  
Gooseberries  
Green beans / runner beans  
Kohlrabi  
New potatoes and main crop potatoes  
Onions and shallots  
Peaches  
Peas  
Peppers  
Plums  
Radishes  
Raspberries  
Redcurrants, blackcurrants etc.  
Salad leaves  
Spinach  
Spring onions  
Sweetcorn  
Strawberries  
Tomatoes  
Turnips  
Watercress





*Let's get ready to crumble!*

# Seasonal Recipe

## Plum and Raspberry Crumble

A crumble is a great way to use up fruit that may have fallen in your garden such as plums or apples or berries you have foraged.

This recipe is vegan friendly if vegan spread is used instead of butter.

### INGREDIENTS (serves 4-6)

- Enough fruit to fill the bottom of an ovenproof dish, halved and stoned if needed (example shown used plums and raspberries)
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 250g plain flour
- 150g butter
- 150g brown sugar

### METHOD

1. Preheat oven to 180C.
2. Place plums, raspberries and maple syrup into an ovenproof dish around 28cm long and toss to combine. Sprinkle over 1 teaspoon of ground cinnamon if using.
3. Place flour and butter in a large bowl. Use your fingertips to rub the butter into the flour until mixture resembles coarse breadcrumbs.
4. Add sugar and stir/mix.
5. Sprinkle crumble topping evenly over the fruit mixture.
6. Bake for 20-25 minutes or until the crumble is golden and crispy.
7. Serve with your choice of ice-cream, cream or custard.



Use any fruit you have to hand such as plums, apple, raspberries or blackberries



Toss fruit with maple syrup and ground cinnamon



Rub the butter into the flour and then add sugar



Sprinkle crumble topping over the fruit and bake



# Reader's Comments

Steve Scall from Southwell and District Lions Club

I was first interested in gleaning when I attended a Feed the 5,000 event in Leicester in September 2018. A fantastic event organised by Lions Chris Hibbert and PDG Elaine Kitchen who, with the help of many Lions, put together a memorable event.

Vegetables were "gleaned" from farmers and supermarkets, indeed anywhere that good nutritious food may have gone to waste. The facts and figures about food waste in our country and around the world are staggering.



The Lions Gleaning Hub 105CE is determined to make a difference to this appalling situation and feed the hungry with food that would not only be wasted but would be harmful to the environment.

The concept is easy and straightforward. Get the surplus food, fruit and vegetables to someone who is hungry or to charities that help the needy. Simple!! Just three components are needed, 1) Volunteers 2) Farmers 3) Distribution. Get these 3 things organised and you have a Gleaning activity!!

*"Last week during the height of our apple harvest we had the pleasure of another team of pickers on the farm at Norwood.*

Southwell & District Lions Club did just that. Lion Alastair Murray contacted Starkey's Fruit farm and Alastair and myself met with Suzannah Starkey at Norwood Park Southwell. Suzannah was delighted to help and she said,

*A huge throng of 30 volunteers arrived, fully briefed and dressed for the occasion.*



*Organised by Steve Scall and Chris Hibbert, the Southwell Lions, in conjunction with Fareshare picked fruit, which would otherwise be un-economic to market, but instead went to nationwide food banks, at this time of great need. They had a range of fruit at their disposal, from pears, to Rev. Wilks and Laxton Fortune... all of which will make wonderful pies and compote.*

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](mailto:chris.hibbert4@ntlworld.com)



# Reader's Comments

Steve Scall from Southwell and District Lions Club

*"Accompanying the Southwell Lions, we had Aubrey and his colleagues from Gusto Snacks taking publicity shots/videos and there was even a drone."*

*"As well as the team's enthusiasm, they were also very well organised resulting in an efficient removal system, dovetailing neatly into our busy farmyard schedule."*

*"It is fantastic to see wonky and unloved fruit taken and put to good use... I hope they come back next year, who knows if BREXIT fails to allow our pickers, they may be promoted to the pay roll!"*

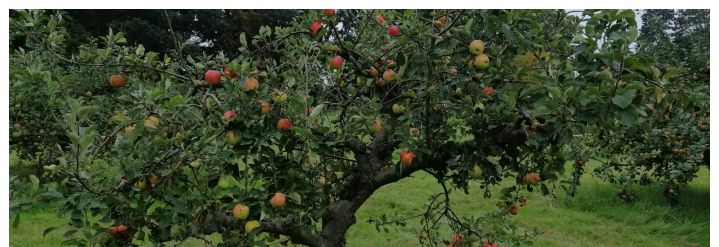
Thank you Suzannah, we thoroughly enjoyed the experience, being in the fresh air and getting exercise after being cooped up for many months and of course helping the community and the hungry.

Lion Verdun Webley was gathering the last few apples as we reached the end of day two, when a gentleman who was walking his dog said to Verdun "These haven't had such a good picking for a number of years."

Verdun explained what the Lions were doing and how grateful we were to Suzannah for giving us the opportunity.

Verdun was delighted when the gentleman said, "Oh! I am Suzannah's father." This was John Starkey the owner of the farm.

He then wished Verdun well and hoped that we would be able to do the same in the future and that Starkey's Farm was glad to have been able to help. A real family business assisting the family of Lions in making a difference!!



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