

Recipe: Crunchy Beetroots and Kohlrabi Salad

Ingredients (for two people):

1 kohlrabi
2 raw beetroots
1 apple
2 tbsp. parsley minced
1 orange juiced
1 orange zested
1 lime juiced
1 tbsp. Olive Oil
Salt pepper to taste
¼ cup toasted sunflowers seed
Feta cheese

Instructions:

1. Peel and shred the kohlrabi and the beetroots.
2. Cut the apple into thin matchsticks.
3. Place the shredded kohlrabi, shredded beets, chopped apple, parsley, and green onion in a large salad bowl.
4. In a separate, smaller bowl, whisk together the orange zest, the orange and lime juice, olive oil and salt + pepper.
5. Gently drizzle citrus dressing over the salad and toss to mix.
6. Sprinkle the salad with toasted sunflower seed and crumbled feta cheese (if desired).



Support Amendment 93

The Agriculture Bill, as it stands, lacks any formal requirement to uphold British farming production standards as we negotiate trade deals and in our general trade policy. The Bill should ensure that agri-food imports are produced to at least equivalent environmental, animal welfare, and food safety standards as those required of producers in the UK.

Finally, the night of the 22 of September the House of Lords voted by a majority of 307 to 212 to add #Amendement93 to the Agriculture Bill. This amendment will protect UK farmer from low standard imports by ensuring they meet or exceed domestic standards. Getting this amendment added has been a huge amount of work from an incredibly broad coalition of organisations across the country and is a real cause for celebration. However, the fight is not over yet- the bill will now return to the House of Commons and we'll need your support to ensure that MPs keep amendment in. By pulling together we can protect our food system, our farmers!

[Land Workers Alliance]



Your September COCA Newsletter

Brought to you by the ESC volunteers Marta and Mireia and WWOOF volunteers Juli and Georgie



Here we are: at the demonstration to support amendment 93.

IMPORTANT NOTICE

We are sorry to tell you that we will not be able to harvest carrots this year. After lots of work and care some RABBITS manage to eat them.

New arrival: Georgie!

Q: How did you meet Gerald?

I previously worked on a photography initiative called We Feed the World, set up by the Gaia Foundation. The initiative celebrated small-scale farmers and fisher people from around the world and Gerald was one of those featured in the collection. I met him at the London launch exhibition in 2018.

Q: What is your farming background?

I have dabbled in horticultural farming since 2015, when I did a permaculture course in Spain. Since then I have volunteered at a number of farming projects including OrganicLea community farm in London.

Q: Do you think your future will involve local food?

Definitely. In every way. From my studies to work to creative projects to what I eat - local food plays a central part! I can't imagine what my future would be without it.

Q: Tell us somethings about your podcast...

I have recently started a podcast channel called Frontline Food, which aims to dig up the truth behind our food systems. The first 6-part series, Beyond Coronavirus, explores the relationship between food, farming and health. Travelling the world in search of what resilience in our food and farming systems can look like beyond coronavirus, this series calls for a more local, sustainable and just food system for all. You can find the podcast on Spotify, iTunes or any other podcast app - just search Frontline Food or **follow @frontlinefoodcast** on Instagram and Facebook. More info is available on the website, www.frontlinefoodcast.co



Georgie doing an interview for her podcast during the demo to support amendment 93

In the field

We've **FINISHED** ☺ to transplant all the vegetables in the field!

The beetroots keep company one to each other, we've finished to transplant them by hand filling all the gaps, so that they don't feel alone!

Our next challenge is to pick as much potatoes as we can and store them for the cold winter.



Polytunnel 1

The rhythm of growth of tomatoes is slowing down and we are sadly preparing our minds and souls to say goodbye to them as the weather is changing.

During our mornings of work, we've also cleaned all the area outside the polytunnel: we have strimmed all the weeds around, repaired the support for the trays and expanded the path next to the polytunnel.



Polytunnel 2

During this amazing and sunny September, the squash have grown a lot, we will start to store them during the last days of October.

Unfortunately, the runner beans are producing less than the French beans, which are growing with a good mood.



Harvest of the month

This month, as you saw, has been **rich and colourful**. We harvested many different kinds of vegetables: Beetroots, fennel, courgettes, beans, kohlrabi, broccoli, kale Red Russian, curly kale, cabbage, spring onions, tomatoes, potatoes, salad and cucumbers.