



Join our Garden Competition

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SHELTHORPE NEWS

Welcome to your quarterly update of Shelthorpe news, events and advice, on behalf of the Shelthorpe Community Association (SCA).

FRONT GARDEN COMPETITION AND MORE

Shelthorpe Community Association would like to celebrate the ward we live in; one option for this is a 'front' garden competition. We have seen many amazing gardens on locally and talking to people who are inspired by their neighbour's gardens found that they would like to try their hands at growing new plants and making their own gardens pretty and productive.

Summer is approaching fast; our weekly garden sessions dates are now all confirmed and include planting workshops for residents too. So, what can stop **YOU** trying to win a prize of £50 for first place and £25 for second place as well as enjoy the results of your work?

You can enter one of the following categories:

- House or flat garden
- Hanging basket, widow box or balcony

Read more about the rules and how to apply on the next page of this letter.

We have also invited a Shelthorpe-based fitness instructor to inspire us with some healthy, easy to prepare recipes from your produce. Hailey Rushby will post recipes on our Facebook page every month trying to use seasonal vegetables and fruit from our community garden as examples for you to copy at home.

We also plan several cooking demonstrations so make sure you are tuning in on our Facebook page and website.

You are also invited to the public meeting on May 9th at 7pm at Tesco Community Room, local councilors and Police come regularly to our meetings and you can raise concerns you might have.

GROWING SESSIONS

Tuesdays and Saturdays
10:00-11.30am.

Operate in any weather – please ensure you wear appropriate clothes for the conditions.

PUBLIC WORKSHOPS: GARDEN

May – planting baskets & planters.

June – recycling for the garden & clothes recycling with MUTO project.

Dates and further workshops will be advertised on Facebook page.

STAY IN TOUCH

Email: contact@shelthorpe.org.uk

Facebook page:
<https://www.facebook.com/Shelthorpeca/?fref=ts>

Sing up for a newsletter via email, please contact us on contact@shelthorpe.org.uk.

Website: <http://shelthorpe.org.uk/>

PUBLIC MEETING

May 9th 7-9pm at Tesco Community Room. Extra agenda item – a guest speaker on bees.

Shelthorpe Community Association (SCA)

COMMUNITY GARDEN PROJECT

There were some initial challenges with the community garden project, but the two group sessions have now been established to welcome local garden lovers and help them to learn more about seasonal gardening, as well as providing space to growing individuals' own fruit and vegetables and much more.

Amanda will be leading sessions on Tuesdays and Saturdays from 10:00 -11:30am. The project will be supported by the expert advice from a Garden Organic specialist.

To give you ideas and a taste for 'growing your own', working with garden experts, we will be running several public sessions at the garden on planting, growing and composting and recycling. You will be able to plant your own basket or a planter and take it home; as well as learn about cooking meals from home grown vegetables and fruit and see how you can utilise some of our rubbish to create useful things in your garden, from pots for seedlings to more sophisticated ideas.



Cooking with Hailey



COTTAGE PIE with Sweet Potato and Carrot Mash

For the topping:

2 Medium Sized Sweet Potatoes (peeled and cubed)
4 Large Carrots (chopped)
Dash of Milk
Sea Salt
Black Pepper
Rosemary
Low Fat Grated Cheese

For the meat filling:

Olive Oil
500g Lean Steak Mince
1 Large Onion (chopped)
1 Tin Low Sugar/Salt Baked Beans
2 Beef Stock Cubes
Fresh Rosemary
Sea Salt
Black Pepper

GARDEN COMPETITION RULES

1. You must be a resident of Shelthorpe Ward, Loughborough
2. Entry forms must be received by Friday June 15, 2018
3. Your garden must be available to be judged from August 9th, you will be informed of the exact date of judging nearer the time
4. All entrants will be invited to the SCA Annual General Meeting on September 12th where the winners will be announced
5. The prize winners will be announced on our website, Facebook page and press release after the AGM
6. The judging criteria will be based on effort, colour, form, variety and health of the plants
7. The Shelthorpe Community Association may use photographs of garden competition entries in future publicity and publications, on the website and social media
8. Photos of your garden on the date of entry must be received with your application. You can email them to contact@shelthorpe.org.uk or drop off at the community garden or Sotalia Cafe, 212 Park Road, LE11 2HJ.
9. To enter complete the application form online at this link: <https://goo.gl/forms/Im0g9Nahq2U0BAqi1> or get & submit your hard copy of application at the community garden or Sotalia.

If you have any questions about the competition, then contact us at contact@shelthorpe.org.uk or pop in to the community garden in Howe Road on Tuesday or Saturday 10am-11.30am and ask Amanda.

Method:

Brown the mince in a pan on a medium to high heat with a little bit of olive oil, add the chopped onion and season with sea salt and black pepper. When the onion is soft, crumble two Beef Stock Cubes into the minced beef and stir in thoroughly.
Next, add the baked beans and stir in. Now add half a sprig of rosemary, reduce heat and cover for 10-15 minutes stirring occasionally.

Pre-heat the oven around 180°(gas mark 4)

In another pan, boil the sweet potato and carrots until soft.

You can now set the mince aside in an oven dish and allow to rest.

Strain the potato and carrots then return to the pan or a large bowl. Season with sea salt, black pepper and a little rosemary. Add a dash of milk and mash thoroughly.

(By now, the mince should have cooled slightly. If you can, pull out the half sprig of rosemary that was added while the mince was cooking and discard of this)

Spoon the mash topping onto the minced beef in the oven dish.

Top with a handful of low fat grated cheese and finish with a sprig of fresh rosemary (optional).

Place into the oven and bake for around 15-20 minutes or until it takes a golden and slightly crispy appearance. Serve with fresh steamed vegetables of your choice.