



Keep Growing Aberdeen

Grow Share Eat!

Recipe Book



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Introductions

Hello, and welcome to the Keep Growing Aberdeen: Grow Share Eat! recipe book. We are so excited to share with you this collection of recipes.

This recipe book was designed to incorporate ingredients you can grow yourself in Aberdeen, particularly the seeds which were included in the 2021 **Keep Growing Aberdeen** growing packs which we distributed to households throughout Aberdeen – peas, spinach, lettuce and beetroot. Each recipe shows clearly a list of 'home grown ingredients' alongside the other ingredients, however if you have not grown your own, then you can substitute the 'home grown ingredients' for shop bought ingredients.

If you have not tried gardening before and are inspired to try growing the ingredients yourself, there are some basic gardening tips included in this book, designed to help beginners. And if you are really inspired and would like to get your neighbours together and start your own community garden group, we have also included some tips that may help you on your way!

You will see that many of the recipes have a 'QR code' next to them. If you have a smartphone you can scan this code and it will take you to a video associated to this recipe.

We really hope you enjoy using this book!

You can join us online and keep up with all the latest news at www.facebook.com/keepgrowingaberdeen

*From the Keep Growing Aberdeen Team
Rebecca, Anne-Marie, Bob and Nonye*

The Mixing Bowl Aberdeen is a local community group whose aim is to bring people together to enjoy food by sharing recipes through cooking workshops. We are delighted to be involved in the **Keep Growing Aberdeen** initiative and have been very impressed by the produce harvested this year. It is wonderful to see and hear of so many success stories, particularly as this is the first year for many. Congratulations.

We were invited to run some cooking demonstrations and live cook along sessions during the summer to illustrate a selection of simple, versatile and tasty dishes that could be made with some of the vegetables that were grown this year: beetroot, peas, salad and spinach. Thank you to everyone that took part – we hope the sessions provided you with some inspiration and that you had fun.

Some of the recipes included in this book come from the **Confidence to Cook*** recipe collection where there are other ideas for you to try too. They can be adapted to suit the ingredients you have to hand or are in season. If you are short on produce from the garden then shop bought fresh vegetables are good too or even frozen. It is great to include a variety of vegetables in your dishes and you might find your cooking adventures even help you to plan your planting for next year.

Please remember you do not need to follow the recipes to the letter – feel free to swap and change the ingredients you include. For example with the vegetable fajitas if you do not have kidney beans then chickpeas or black beans would also work well. Maybe you prefer meat to beans? If so add pre cooked chicken or pork strips. If you do not have a courgette then substitute it with some broccoli. You could even add some grated cheese inside the wrap if you have some. Try the recipes a few times in different ways and you will find your favourite combinations.

Sessions delivered by **The Mixing Bowl Aberdeen:**

- Vegetable Fajitas (p. 5)
- Leak And Potato Spanish Omelette (p. 7)
- Smoked Haddock Chowder (p. 8)
- Pasta Salad (p. 10)
- Fishcakes (p. 14)
- Beetroot Hummus (p. 15)
- Mushroom And Pilaf Risotto (p. 19)

*From The Mixing Bowl Team
Shirley, Lynn, Lamya and Rachel*

* Confidence to Cook: <http://www.confidence2cook.co.uk/recipes>

Vegetable Fajitas

Grow Share Eat!

✓ Growing & Grocery Shopping List

Home Grown Vegetables

Handful of spinach

· Salsa

- 2 tomatoes
- 1 spring onion
- Pinch of chilli powder
- 1 tabbsp fresh coriander

· Guacamole

- ½ avocado
- 1 teasp lemon juice
- 1 spring onion
- 1 tomato
- ½ clove of garlic

· Filling

- 1 teasp olive oil, rapeseed oil or vegetable oil
- 1 courgette
- 1 medium red onion or 2 spring onions
- 1 clove of garlic
- 1 pepper
- Pinch of chilli powder
- Pinch of mixed herbs
- 1 clove of garlic
- 1 x 210g tin of kidney beans
- 2 x 64g tortilla wrap

Tools I need

- Chopping board
- Sharp knife
- Plate to serve
- Couple tablespoons and teaspoons
- Wooden spoon
- Salt and pepper
- Frying pan or saucepan
- Sieve
- Couple of cereal bowls
- Tin opener
- Tin foil

Method

1. Prepare the salsa and guacamole by chopping and combining the ingredients.
2. For the filling, heat the oil in a large frying pan or wok. Add the vegetables, herbs, and spices and stir fry until cooked. Finally, add the kidney beans and stir to mix.
3. Warm the tortilla as per manufacturer's instructions.
4. Serve the vegetables wrapped in a tortilla, accompanied by the salsa and guacamole.

Scan me!

Or type https://fb.watch/8_uu5nG1zH/
to do this recipe with video instructions.



Kebab

Participant recipe from Shining Stars Official

✓ Growing & Grocery Shopping List

Home Grown Vegetables

Spinach

- Lamb mince
- Spinach
- Green onion
- Garlic
- Tomato
- Salt
- Chapli Kebab Masala
- All purpose flour
- Oil for frying the Kebab

Tools I need

- Big Mixing Bowl
- Chopping board
- Sharp knife
- Frying pan
- Plate
- Couple tablespoons and teaspoons

Method

1. Put 1/2 kg lamb mince in a big mixing bowl.
2. Chop the spinach, green onion, tomatoes, and garlic and mix with the coriander, salt, chapli kebab masala and 64g of all purpose flour.
3. Mix all the ingredients very well and if the mixture is very thick then add a small amount of water. After mixing, cover the bowl with a plate and leave for 30 minutes.
4. After 30 minutes, heat the oil in a frying pan and add the mixture to make the kebabs.

Scan me!

Or type <https://youtu.be/gczjxo2B5Gg>
to watch a video of The Shining Stars family.



Photo: Amy Mackie

Leek and Potato Spanish Omelette

Grow Share Eat!

Tools I need

- Chopping board
- Sharp knife
- Plate to serve
- Plastic spatula
- Salt and pepper
- Frying pan
- Sieve
- Potato peeler
- Access to the grill

Method

1. Peel and cut the potatoes into cubes. Boil until soft then drain.
2. Heat half the oil in a small frying pan and cook the leek until soft. Remove from the heat.
3. In a bowl, beat the eggs, black pepper and milk together.
4. Heat the remaining oil in the frying pan and add the potatoes and leek. Pour over the egg mixture and cook over a medium heat till the egg starts to set.
5. Season with salt and black pepper.
6. Place the pan under the grill till the egg is cooked.
7. Plate up and serve with a salad or veg on the side.

Scan me!

Or type https://fb.watch/8_vmtqojx_/
to do this recipe with video instructions.



Photo: Shriming Slag Official

✓ Growing & Grocery Shopping List

Home Grown Vegetables
Peas and/or salad

- 1 teasp olive oil
- 1 small leek (washed and chopped)
- 2 eggs
- Pinch of black pepper
- 2 tablespoon semi skimmed milk
- 1 medium potato

Smoked Haddock Chowder

Grow Share Eat!

✓ Growing & Grocery Shopping List

Home Grown Vegetables
Peas or spinach

- 2 potatoes
- 1 onion
- 500ml boiling water with 1 fish or vegetable stock cube
- ½ teasp black pepper
- 1 large fillet of smoked haddock
- 120ml semi skimmed or skimmed milk
- 1 x small tin (198g) (drained) or frozen sweetcorn
- Parsley to garnish

Method

1. Peel and chop the potatoes and onion and place in a large pan.
2. Add the stock, bring to the boil and simmer for 15-20 minutes.
3. When the potatoes are soft, gently mash 1/3 of the portion into the stock.
4. Add the fish, milk, chopped spinach and sweetcorn and heat gently. If the soup is too thick, add more water and milk.
5. Season to taste then serve garnished with chopped parsley.

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Or type https://fb.watch/8_uS_OSWK9/
to do this recipe with video instructions.



Photo: Shriming Slag Official

Tools I need

- Chopping board
- Sharp knife
- Bowl to serve
- Wooden spoon
- Salt and pepper
- Saucepan
- Potato peeler
- Small measuring jug
- Tin opener

Orzo with Spinach, Roasted Broccoli & Walnuts

Participant recipe from Sanaze Mochki



✓ Growing & Grocery Shopping List

Home Grown Vegetables
Handful of spinach

<input type="checkbox"/> 1 broccoli	<input type="checkbox"/> 100g walnut halves
<input type="checkbox"/> ½ onion	<input type="checkbox"/> 250g orzo pasta
<input type="checkbox"/> 4 garlic cloves	<input type="checkbox"/> 1 cube vegetable stock
<input type="checkbox"/> 2 tbsp olive oil	<input type="checkbox"/> 100-150g spinach
<input type="checkbox"/> Sea salt	<input type="checkbox"/> ½ lemon or a small lime
	<input type="checkbox"/> 70g cheese

Method

1. Preheat fan oven 180 degrees.
2. Put broccoli florets, half onion, garlic cloves, olive oil, salt in an oven dish and bake for 10 minutes.
3. After 5 minutes, add 100g walnut halves on a tray and bake for 5 minutes.
4. Meanwhile the walnuts and broccoli are roasting, boil 500ml water and add 250g orzo pasta.
5. Add vegetable stock and turmeric (optional).
6. Boil as per packet instructions.
7. Wash spinach and chop roughly.
8. Put aside zest and juice of a half lemon.
9. Rinse pasta, add cheese and the lemon zest and juice.
10. Combine with spinach and roasted broccoli.
11. Serve topped with roasted walnut.



Pasta Salad

Grow Share Eat!

✓ Growing & Grocery Shopping List

Home Grown Vegetables
Peas and salad or spinach

- 200g dried pasta
- 2 spring onions
- 1 red pepper
- 1 tbsp lemon juice
- 4 tbsp low fat mayonnaise
- 2x160g tins of tuna in brine
- 1x198g tin of sweetcorn (or frozen)
- Pinch of black pepper

Tools I need

- Chopping board
- Sharp knife
- Bowl to serve
- Tablespoon
- Wooden spoon
- Salt and pepper
- Saucepan
- Colander or Sieve
- Tin opener

Method

1. Cook the pasta as described on the packet, then drain.
2. Once the pasta is cool, combined all the ingredients and stir well.
3. Season to taste with salt and black pepper.
4. Serve cold with a side salad.



Scan me!



Or type <https://fb.watch8SoJVZy0z7/>
to do this recipe with video instructions.



Growing Your Own

Wondering how you can grow some of the ingredients in these recipes? Here are some tips to get you started.

You will need:

- A “Seedling module tray” or small pots
- A plate or a “Gravel Tray”
- Packets of seeds
- Compost
- Plant labels (you can make these out of lollypop sticks or cut up a milk bottle into small strips)

Notes:

Your “Gravel Tray” or plate should be used to hold the “seedling module tray” or pots, so that they catch water when you are watering the seeds and seedlings. Be creative! You could be surprised about what items you’ve already got in the home that can be used for growing. For example, yoghurt pots make great small plant pots if you make holes in the bottom for drainage and sit them on a bowl or saucer to catch any excess water.

Sow:

1. Identify a sunny, bright spot, like a windowsill or other flat surface that gets natural light.
2. Place the “seedling module tray” or pots onto a plate, “Gravel Tray”.
3. Fill the “seedling module tray” or pots almost to the top with compost. Press this down gently then water and leave for 10-15 minutes before sowing the seeds. You might want to do this over a box or plastic bag to catch excess compost.
4. Read the details on the seed packet to see how deep the seeds should be sown.
5. Sow the seeds into the “seedling module tray” or pots then cover with enough compost to match the depth that the seeds should be planted.
6. Put the whole thing onto a sunny, bright windowsill.
7. Write on the plant label, such as a lollypop stick, which seeds are in the rows/pots and slide in the soil at the side.
8. Check how dry the compost is over the next few days. It should be moist but not too wet. We would suggest when watering that you put water in the tray or plate below rather than directly onto the seedling trays/pots from above, as this means there is less chance of the seeds being disturbed whilst they are germinating (starting to grow).

Scan me!



A. example of a seedling module tray.



A.

B. example of a “gravel tray” a tray with no holes in it to put under your pots.



B.

Grow and Share:

1. When the leaves have started to appear and the seedlings (plants) are getting bigger, you may want to transplant them to a bigger pot so that they can grow bigger.
2. Be careful when removing the seedlings from the “seedling module tray” or small pot. First put compost into the new pot, and handle the seedling by holding the leaves – don’t hold it by the roots or stems as you may damage it. Gently remove the seedling from its location, trying to take as much root as possible.
3. Make a hole in the compost in the bigger pot using a pencil then drop the seedling into the hole, making sure the leaves are not under the compost, but the roots are, and firm the soil around it. Water gently to bed in the seedling, place in a sunny spot and watch it grow!

Seed Guides:

Follow seed packet instructions if these are available. Here are some guidelines:

For Peas

Sow 2 seeds in one module and cover with a small amount of compost so they are buried about 5 cm deep.

For Lettuce

Sow 2-3 seeds in one module and cover with a small amount of compost so they are buried about 1 cm deep. Or sprinkle a few seeds into a pot filled with compost and bury 1cm deep.

For Spinach

Sow 3-4 seeds in one module and cover with a small amount of compost so they are buried about 1-2 cm deep.

For Beetroot

Sow 2 seeds in one module and cover with a small amount of compost so they are buried about 1.5 cm deep.

If you don’t have a small watering can, you could make an easy and eco-friendly milk carton one!

Share your gardening stories and/ or photos on the Keep Growing Aberdeen Facebook group: www.facebook.com/keepgrowingaberdeen

Dotie Curry

Participant Recipe from
Guiriangphiu Asiam Black



Photo: Guiriangphiu Asiam Black

✓ Growing & Grocery Shopping List

Home Grown Vegetables

Spinach

- ½ cup rice
- Vegetable leaves (for example: spinach, mustard leaves, passion fruit leaves, pumpkin leaves, etc.)
- ¼ Teaspoon bicarbonate of soda
- 1 cup peas (fresh or tinned)
- Bamboo shoots (fresh or tinned)

Tools I need

- Chopping board
- Sharp knife
- Bowl to serve
- Tablespoon
- Wooden spoon
- Salt and pepper
- Saucepan
- Colander or sieve
- Tin opener

Method

1. Prepare the rice by washing
2. Cut the vegetable leaves of choice – or use multiple kinds of leaves
3. Thinly slice the bamboo shoots
4. Add the rice, vegetable leaves and bamboo shoots to 1 ½ litres of boiled water and cook on a low heat. Check every few minutes to stir the mixture to avoid burning
5. After ~15 minutes add the peas and stir
6. Add extra water depending upon consistency wanted
7. Add seasoning to taste



Fishcakes

Grow Share Eat!

Tools I need

- Chopping board
- Sharp knife
- Plate to serve
- Tablespoon
- Wooden spoon
- Salt and pepper
- Saucepan
- Potato peeler
- Tin opener
- Grater

Method

1. Pre-heat oven to 180C/350F/Gas Mark 4.
2. Peel and dice the potatoes. Cook until soft, then drain and mash.
3. Drain the salmon and remove any skin or bone.
4. Peel the beetroot and grate, chop the spring onions and whisk the egg
5. Add the salmon, grated beetroot and spring onions to the mashed potatoes.
6. Divide the mixture into three and shape into small cakes. Coat the cakes in flour seasoned with salt and black pepper, then in egg and finally in the breadcrumbs.
7. Lightly oil the baking tray, place the fishcakes on and drizzle with oil. Bake in the oven until golden in colour and hot throughout.
8. Serve with a side of vegetables

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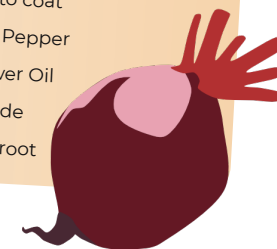
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to do this recipe with video instructions.

✓ Growing & Grocery Shopping List

Home Grown Vegetables

1 medium beetroot (raw)


- 1 x 105g tin of salmon (or tuna, or other tinned fish)
- 2 potatoes
- 2 spring onions
- 2 tablesp flour
- 1 egg
- Breadcrumbs to coat
- Pinch of Black Pepper
- 1 teasp Sunflower Oil
- 2 carrots as a side
- 1 medium beetroot



Beetroot Hummus

Grow Share Eat!

✓ Growing & Grocery Shopping List

-  Home Grown Vegetables
- 1 medium beetroot (precooked)
- 1 tablesp olive oil
- 2 cloves of garlic
- 1 red chilli
- 1 large tin (400g) of chickpeas
- ½ lemon (zest and juice)
- 1 tablesp peanut butter
- 1 tablesp low fat natural yoghurt
- 1 teasp ground coriander
- Black pepper

Tools I need

- Chopping board
- Garlic press (optional)
- Sharp knife
- Plate to serve
- Couple tablespoons and teaspoons
- Wooden spoon
- Salt and pepper
- Frying pan or saucepan
- Sieve
- Grater
- Tin opener
- Juicer



Method

1. Peel and chop the beetroot. Boil until soft and drain.
2. Place all the ingredients in a bowl and mix using a masher or blender.
3. Season with salt and black pepper to taste.
4. Serve chilled with strips of vegetable for dipping.

Scan me!




Or type https://fb.watch/8_uHG1kxPI/
to do this recipe with video instructions.

Gözleme (Turkish Flat Bread)

Participant recipe from Leslie Cousin de Oliveira with thanks to Brunhilt Koehler



✓ Growing & Grocery Shopping List

-  Home Grown Vegetables
- Handful of spinach
- Bread
- 300g of wheat flour
- 200g of Greek yoghurt
- Filling
- Spinach
- Cheese (emmental or feta)
- Potatoes
- Spinach Filling
- Onion
- 1 clove of garlic
- 50g of butter
- Salt and pepper

Method

1. Mix the flour and yoghurt together. Knead until you obtain a kind of 'elastic' like texture and appearance.
2. Put a damp cloth over the recipient and let the dough rest for at least 2 hours.
3. When ready, pour olive oil in a non-stick pan, and cook the flat bread just as you would a crêpe: flatten the dough in the pan and make sure to cook both sides evenly.
4. When almost cooked, add the filling to the bread so that it warms up with it and the cheese melts.
5. Fold the bread in two, bon appétit !

Method

(to cook the spinach)

1. Take away the stem of the spinach leaves.
2. Peel and chop the onion and the garlic clove.
3. Warm and melt the butter in a big pan. When reaching a « mousse » like aspect (little bubbles), add both chopped onion and garlic clove. Let brown for 5 to 10 minutes.
4. Add the spinach and cover the pan for 2 minutes. The volume of the spinach will largely diminish.
5. Uncover after 2 minutes and mix delicately until all of the spinach has reduced down. Add salt, pepper, and serve immediately.



Benefits Of Growing Food

- Improved biodiversity – **giving wildlife a home**
- Improved mental and physical health – **reducing loneliness/ green therapy/ exercise**
- Fresh fruit and veg – **free and healthy food**
- No plastic packaging – **reducing plastic in oceans/ wildlife**
- No road miles – **climate change/emissions**
- Improved soil quality – **good for insects and birds/ reduces pollution**
- Carbon capture – **plants capture emissions which helps tackle climate change**
- **Green space** – everyone likes this!
- **Community empowerment** – people feel in control
- Skills – **gardening/ growing and confidence building**



The best thing was just taking part. [...] it gave you a purpose and brought families and communities together.

Caring about what I ate once my children left home was beyond me. [...] our shared Allotment helps such a lot with the "Black dog" of depression. Keep on reaching out cos it can change lives.

I have cooked more homemade food.



Growing is now my new hobby!



It helped me to keep going, to see the seeds coming up and growing into plants.

It's a form of self-care really to be mithered about food and avoid takeaway.

I have just been picking a few handfuls of the lettuce and spinach leaves to eat most days in sandwich or my favourite in pasta sauce. [...] Still can't believe it's all grown from seeds in my garden.

Mushroom And Pilaf Risotto

Grow Share Eat!

Tools I need

- Chopping board
- Sharp knife
- Plate to serve
- Teaspoon
- Wooden spoon
- Salt and pepper
- Saucepan
- Tin opener
- Measuring jug
- Weighing scale



✓ Growing & Grocery Shopping List

Home Grown Vegetables

- Peas
- 1 teasp sunflower margarine
- 1 pepper
- 1 medium onion
- 1 x 285g tin of mushrooms or fresh
- 160ml boiling water
- 1 vegetable stock cube
- 50g short grain or risotto rice
- 1 teasp chopped parsley (optional)
- Pinch of black pepper

Method

1. Melt margarine in a saucepan, add chopped pepper and onion and cook until softened.
2. Add the mushrooms and heat through.
3. Add the rice, parsley, stock cube and water. Bring to the boil, stir through and immediately reduce heat.
4. Simmer for 14-16 minutes total or until the liquid is absorbed and rice is tender. Add the peas half way through.
5. Stir continuously to avoid the rice sticking to the base of the pan, add more water as necessary.
6. Season with black pepper and serve.

Scan me!



Or type https://fb.watch/8_v1dG94fi/
to do this recipe with video instructions.



Tabouleh

With Sahar Abdullah

Tabouleh is one of the easiest meals in the Syrian and Lebanese cuisines one can make in minutes. The beauty of it that it is salad, so no cooking, or heating involved, just chop the main ingredients combine them with seasoning to your taste and always lot of olive oil..

I personally enjoy changing ingredients in this dish, such as adding Sumac to give it a sour kick. Many people use pomegranate which is equally delicious, but it may shorten the freshness look and taste. Parsley is delicate leaves and can get soggy quickly, therefore it is better to leave the olive and lemon till the end just before serving.

Tabouleh can be prepared in a number of ways and modified to taste. The best oil to use is olive or lemon.

✓ Growing & Grocery Shopping List

Home Grown Vegetables

- Lettuce
- Lemon
- Bulgur
- Onions
- Parsley, washed
- Cucumber
- Tomato
- Sumac or pomegranate
- Salt
- Optional: lettuce, dried mint

Method

1. Finely chop the parsley, onion and cucumber.
2. Wash the parsley well, before chopping to ensure freshness.
3. Mix the bulgar with finely chopped onions and tomatoes to tender.
4. Add the sumac, salt, and dried mint to the mixture.

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Or type https://fb.watch/8_vbLpkYz5/
to do this recipe with video instructions.



Photo: Sahar Abdullah

Shepherd's Pie

With **CFINE's** Kitchen Development Worker, Mike

Tools I need

- Chefs knife
- Chopping board
- 2 saucepans
- Oven-safe dish
- Wooden spoon
- Speed peeler
- Potato masher

✓ Growing & Grocery Shopping List

-  **Home Grown Vegetables**
Peas
- 125g lean minced beef
 - 1 onion (peeled and chopped)
 - ½ turnip (peeled and chopped)
 - 2 carrots (peeled and chopped)
 - 250ml of boiling water
 - 50g frozen peas
 - 4 teasp gravy granules
 - 4 potatoes (peeled, boiled and mashed with 1 teasp margarine and 1 dessertsp semi skimmed milk, seasoned with a pinch of black pepper)
 - Additional seasonal veg from our 'home-grown' selection



Scan me!

Or type https://fb.watch/8_tWVUdThU/
to do this recipe with video instructions.



Method

1. Preheat a medium-sized saucepan with a splash of vegetable oil and add the mince. Brown for 4-5 minutes or until all the liquid cooks off. Then add finely chopped onion, carrot, turnip, and fry on medium-low heat with the lid on until all the vegetables have softened. Add a little water if it starts to catch.
2. Meanwhile In a separate saucepan, lightly salt water and bring to a boil then add peeled, cubed potatoes and cook uncovered for 10-15 mins or until softened. Drain and allow to steam dry.
3. Barely cover the mince mixture with water and once up to a boil add gravy granules, peas, and mixed herbs.
4. To the potatoes add a little knob of butter or margarine and a little splash of milk. Season with a little salt and pepper and mash together until lumps are all gone.
5. Pour the mince mixture into an oven-safe dish and cover with potato mixture. Bake in the oven for 15-20 mins or until browned and bubbly. Alternatively, put it under the grill for 5 minutes or until browned.



How To Start Your Own Community Garden

Fundraise. To make your garden a reality you will need to find sponsors. Talk to local companies and builders; join sites such as Foundation Scotland that has advice for obtaining funding. You will find it easier to get funds if you have a constitution and separate bank account.

Start to plan your garden. Check that you have all the rights to use the land and have insurance in place for anyone working on the site. Now you can design how the space is going to be used. Remember it is always easier to start small and increase the amount of growing space that is manageable for the number of volunteers using the garden. Will you grow vegetables, have fruit beds or trees, flowers, wildlife areas, play areas for children? Will you have raised or open beds?

Will the paths be grassy, wood chipped, paved? Will grass need to be regularly cut – how is this going to be done? Do you have a shed for tools or butts to capture rainwater?

Create a Community.

Make sure you bring everyone in the local area along with you. Keep communicating through regular meetings or social media, plan fun gardening and social activities, arrange learning sessions, have harvesting and planting days, share your produce with others in the community, invite schools and older people to visit

Visit other community gardens in your area. This will give you some ideas and inspiration about using your own space, and also find out what was involved in creating their garden.

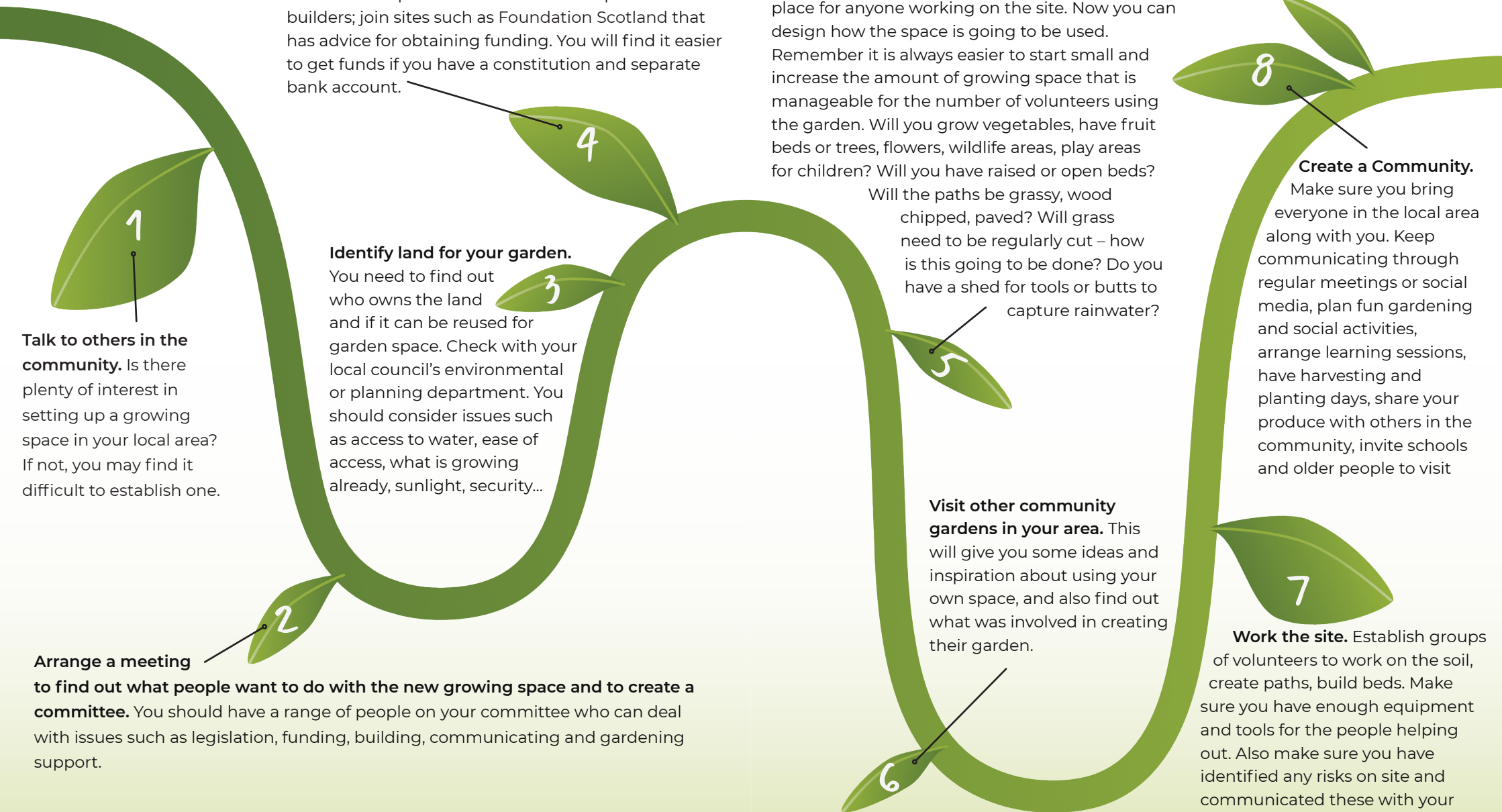
Work the site. Establish groups of volunteers to work on the soil, create paths, build beds. Make sure you have enough equipment and tools for the people helping out. Also make sure you have identified any risks on site and communicated these with your volunteers.

Talk to others in the community. Is there plenty of interest in setting up a growing space in your local area? If not, you may find it difficult to establish one.

Arrange a meeting to find out what people want to do with the new growing space and to create a committee. You should have a range of people on your committee who can deal with issues such as legislation, funding, building, communicating and gardening support.

Identify land for your garden.

You need to find out who owns the land and if it can be reused for garden space. Check with your local council's environmental or planning department. You should consider issues such as access to water, ease of access, what is growing already, sunlight, security...



Thank yous!

Keep Growing Aberdeen would like to thank the following organizations and individuals

The Mixing Bowl Aberdeen



Mike Hume, **CFINE** Kitchen Development Worker
Leslie Cousin de Oliveira, **Keep Growing Aberdeen** volunteer

CFINE



Aberdeen City Council



Thank you to Rachel Gambro, **The Mixing Bowl Aberdeen**, for helping to edit the recipes for this book. Thank you to Laura Ross, **CFINE** Marketing and Communications Officer (SFPPA) for proofreading and copywriting.

”

“I think that some of it is habit, some of it is maybe never having had the experience and you know if we are all together and working together then we can do the growing and then the cooking and showing how easy it would be.

People that have come to the cooking groups are often amazed. We buy all the produce, give it to them, and I think it would be the same. You know they are growing that, you say to them this is what you can cook with it.”

“Well, obviously a sense of achievement if you're growing your own food. And then I think obviously to encourage people to then cook and eat their own grown food.

It's a big sense of achievement if you've done that.”

The KGA is a partnership approach to community food growing between **CFINE**, **Aberdeen City Council**, **One Seed Forward** and the **ACHSCP** which focuses on improving mental health and wellbeing within the community through promoting and supporting people to grow their own food.

Keep Growing Aberdeen Facebook Group
www.facebook.com/groups/keepgrowingaberdeen/

We would like to thank **Aberdeen City Council**, **Fairer Aberdeen Coronavirus Pandemic Hardship Fund**, **Garthdee Allotments** and our volunteers for supporting and the funding of this project.



Recipe book design by: **La Lune des Fraises**



