

# LOG

**December 2011**

Welcome to the LOG Newsletter, December 2011. We are now well into our Winter programme, and the full programme is printed on the next page.

However, the committee is already beginning to think about events for Summer 2012. We are planning a visit to Ullesthorpe Mill, following the talk that takes place in January, and we usually have a walk and a visit to a member's garden. We are looking for ideas, so any suggestions would be very welcome.

## **Seed Order**

**Every year we do a group seed order with Chase Organics, at a considerable saving on catalogue prices. The orders need to be with us at the January meeting, and the seeds will be available in February. Please use your own catalogue if you have one, or pick up a copy at the Group meeting.**

## **Bird Cake Mixture for feeding garden birds**

Following on from the visit by Mick Freakley, members may be interested in the following recipe for a bird cake (taken from an RSPB leaflet )

Pour some melted fat(either suet or lard) into a suitable container with a mixture of ingredients such as good quality bird seed, peanuts (NOT the salted variety), dried fruit such as sultanas or currants, oatmeal, grated cheese and cake crumbs. Use about one-third fat to two-thirds mixture. Stir well and turn out onto the bird table when solid.

As an alternative to putting the mixture on the bird table it could be made in any suitable container such as empty margarine tubs or empty half coconut shells and hung by string from a hook. Please note that dessicated coconut is not suitable as bird food.

# **WINTER PROGRAMME**

## **September 9th**

AGM and talk on Bhutan by Bob Haskins

## **October 14th**

Wholefood Supper

## **November 11th**

“Attracting birds to your garden”.  
A talk by Mick Freakley

## **December 9th**

Tudor Herbs  
A talk by Lettys Parkin

## **2012**

## **January 13th**

Windmills and Watermills  
A talk by Susan Tebby from Ullesthorpe Windmill

## **February 10th**

“Feed the Soil and the Soil will feed you”.  
A scheme for small scale gardening in Africa by Wendy Martin

## **March 9th**

Our home produced event by group members.  
A possible theme is perennial edible gardening

## **April 13th**

A talk by a representative of the Leicester Wildlife Hospital.

There is a small meeting fees for guests. We may ask for a contribution from members where we have a speaker.

## **The Food For Life Partnership**

The Food for Life Partnership has won the prestigious BBC Radio 4 Derek Cooper Award. The award is named after The Food Programme's first presenter, for the individual or organisation doing most to bring about real change in our relationship with food. From grassroots community projects to academic research and campaigns, this award aims to recognise the unsung heroes whose work has increased our access to, and knowledge and appreciation of, good food.

The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture. Together, the partners are revolutionising school meals, reconnecting young people with farms and inspiring families and communities to cook and grow food.

The Partnership brings together the expertise and enthusiasm of four food focused charities - the Soil Association, Focus on Food campaign, Health Education Trust and Garden Organic. It empowers innovative schools, teachers, caterers, food producers, pupils and health professionals to work together to create a better food culture for our young people and to involve their local communities all across England.

Members of LOG will be aware of the work of the Soil Association and Garden Organic, as we subscribe to these two organisations ourselves. The Focus on Food campaign is the leading food education support programme for the teaching of cooking in the UK's primary and secondary schools. The Health Education Trust is the national charity dedicated to initiating and supporting work with children and young adults to encourage the growth of healthy lifestyles.

More information can be found at [www.foodforlife.org.uk](http://www.foodforlife.org.uk)

Funding for this project came from the Big Lottery Fund's well-being programme.

## **Why every man needs time in a shed**

**The humble shed. For generations men have retired there to pot plants, repair lawnmowers, and perhaps escape 'her indoors'.**

But now health experts say there is real benefit in letting men escape to their simple sanctuaries, that could even help them live longer.

As a result a network of communal 'men's sheds' that provide a place for them to meet and be - or rather do - is springing up across the English-speaking world.

Men are getting together in them to bang nails, weld metal, shape wood, tinker with engines and drink tea. Talking is optional.

Born in the sweaty heartlands of Australia, the idea has been to create somewhere men might be more willing to listen to a few home truths about their own health than the stifling confines of a GP's surgery.

Now they are catching on here, with some 20 already up and running across the UK, from the Lake District to south London.

(from The Daily Telegraph - 30th November 2011)

### **Situations Vacant**

You may note a difference in the Newsletter.  
This is because we need a new Editor. If you would like to help us out and edit the Newsletter, then please contact a member of the committee. Thanks.

Do we have any budding web designers within the Group? The committee have acknowledged that we need a web site that keeps up to date with our activities as a way of attracting new members, particularly younger ones. If anyone has skills in this area, then we'd love to hear from you as we are hoping to buy a web domain and some web hosting space.

**Leicestershire Organic Group is a joint local group of  
The Soil Association and Henry Doubleday Research Association  
(Garden Organic)**

For further details contact group secretary, Bob Haskins, 01509 842449, or publicity officer, Leon Marvell, 0116 269 4978.