

# LOG

**April 2013**

Welcome to the LOG Newsletter for April 2013. This newsletter contains the programme of events for the summer.

The committee is already beginning to think about events for the Winter programme 2013/14. The Hall is booked and the dates can be found elsewhere in the Newsletter. If you have any ideas for speakers then please let us know.

## **Small Squash with Mushroom & Yoghurt (submitted by Alison Coates)**

Select a small squash (perhaps 6" across) such as a Little Gem. Cut off the top to form a lid, remove the seeds. Add yoghurt, dried herbs, roughly sliced mushrooms (or grated cheese) & a knob of butter. Replace the lid, stand in a baking dish in some water, cover with foil, or if microwaving with cling film.

Bake, gas mark 4, 180°C for c ½ hr, or 4-8 mins on high in a microwave. To test when it is tender, lift the lid and prod with a knife or fork.

## **2013/14 Meeting dates**

13th September (AGM)  
11th October (Wholefood Supper)  
8th November  
13th December

2014

10th January, 14th February, 14th March, 11th April

# **SUMMER PROGRAMME**

## **Wednesday May 22nd**

Visit to Cossington Meadows Nature Reserve

This will be a guided tour by the Ranger Chris Hill.

Meet at the main entrance to the reserve on Syston Road Cossington at 7pm

## **Sunday June 30th**

Leicester Botanical Gardens Open day

We usually have a stall at this popular event at The University Botanical Gardens, they will be open from 10am - 5pm.

Please use the contact details on the back page if you would like to help.

## **Friday July 19th**

A Walk

Meet at Houghton-on-the-Hill at 6.45 for a 7pm start.

There is parking round about the church area in Main Street so the walk will start from there.

If coming from Leicester, turn right off the A47 just past the garage and follow the road through the village for about 1/4 of a mile

## **Saturday August 10th**

Visit to Val and Leon Marvell

You are invited to an afternoon at Val and Leon Marvell's.

The address is 106 Humberstone Lane, Thurmastone, Leicester, LE4 8HF.

Meet from 2pm.

### **Garden Organic AGM and Member Conference**

This takes place on Saturday May 11th 2013 at Ryton Gardens. The conference theme is Fighting for Biodiversity and Safer gardens. It is possible for non members of Garden Organic to book for the conference, by May 3rd on 02476 303517

## FORAGING

(Food that grows by itself on public land)

The meeting in March discussed a range of foods that can be found by foraging. The table below shows how wide the range of things is that can be found. Remember that you may be gathering from someone else's property. Do not dig up any plant without the landowner's permission. Do not gather anything from a nature reserve or SSSI without permission. In all cases, only gather a small proportion of what there is. Leave plenty for other people and wildlife.

### Found in Leicestershire

#### Fruit

Blackberries: Jelly, puddings, icecream  
Raspberries: fresh, frozen, jam, icecream  
Cherries, Wild plums (Jam or Chutney)  
Crab apples (Jam or Chutney)  
Elderberry & Elderflowers, Mulberry  
Rose – petals, hips (syrup, jelly)  
Sloes, Barbery (Berberis) – Jam/jelly, or raw  
Hawthorn/ Rowanberry (Jelly), Whitebeam

#### Nuts

Beech mast, Hazel nuts  
Acorns ('coffee', flour), Sweet chestnuts  
Walnuts (pickled when green, or nuts)  
Lime flowers ('tea')

#### Leaves/plants

Chicory/Dandelion/Burdock/ Goosegrass  
Ground Elder/Nettle/  
Lovage/Meadowsweet/Salad Burnet  
Horseradish/Sorrel  
Chickweed/Fat hen/Jack by the Hedge  
Watercress/ Wild Garlic  
Sweet Cicily, Sorrell (sauce – chopped with butter)  
A wide range of herbs

#### Flowers

#### Fungi

Field mushrooms Puffballs  
Blewits/ cep/ Chanterelle, morel, truffle

## Things to look for elsewhere

### Fruit

Wild strawberries

Blackcurrants, redcurrants, etc

Billberries (fresh with sugar & cream)

Cloudberry (moorland/arctic) (pick and eat)

Medlar

Wild service tree (Fruit need to be very ripe. Can be eaten raw or cooked)

Fig, Quince/Japanese Quince

Fuchsia

### Nuts

### Leaves

Good King Henry

Samphire/Sea Kale/Sea Purslane/Sea Beet

### Seafood

Clam, Cockle, Limpet, Mussel

Winckle, Oyster

### Sea fishing

### Seaweed

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## Group Web Site

We have now produced a simple web site at:

[www.leicsorganicgroup.org.uk](http://www.leicsorganicgroup.org.uk)

This will contain latest information about the programme and our newsletters. Please take a look and if you have any suggestions then contact us below or email [info@leicsorganicgroup.org.uk](mailto:info@leicsorganicgroup.org.uk)

The next Newsletter will be produced to give notice of the AGM in September. Articles can be sent to [info@leicsorganicgroup.org.uk](mailto:info@leicsorganicgroup.org.uk)

**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.