

LOG

April 2014

Welcome to the LOG Newsletter for April 2014. This newsletter contains the programme of events for the summer.

The committee is already beginning to think about events for the Winter programme 2014/15. The Hall is booked and the dates can be found elsewhere in the Newsletter. Some evenings have been booked, but if you have any ideas for speakers then please let us know.

Pitta Bread

(recipe as demonstrated at the February 2014 meeting)

250g strong flour
5g salt
7g fast action dried yeast
160ml cool water
2 tsp olive oil

Put the flour in a bowl and add salt to one side and yeast to the other. Pour in 120ml of the water, add the 2tsp oil and mix together. Add the remaining water a little at a time for a smooth soft dough (you may not need all the water).

Pour a little oil on a work surface and knead the dough for 5 – 10 minutes until it is smooth and elastic. Shape into a ball and place in a lightly oiled bowl, cover and leave until doubled in size, at least 1 hour. Heat oven to 220 degrees C and put two baking trays inside to heat up.

Tip the dough onto a lightly floured surface and knock back. Divide the dough into 4 – 6 pieces and shape each piece into a ball. Flatten each one with the fingertips and then roll out into an oval 5mm thick.

Take the hot trays from the oven, dust with flour and lay the pittas on them. Bake for 5 – 10 mins until the bread puffs up and just starts to take on a hint of colour. Wrap in a cloth to keep soft and leave to cool. Best eaten the same day or can be frozen.

SUMMER PROGRAMME

Saturday June 7th

Visit to Rectory Farm, Great Easton

Meet at Rectory Farm at 2pm. There will be chance to look round the farm, which was the subject of the film we saw at our January 2014 meeting, and also to walk in the surrounding area of Eyebrook Reservoir. A cup of tea will be available later in the afternoon back at the farm.

Sunday June 29th

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.

Friday July 25th

A Walk

Meet at Newtown Linford at 7.00pm for a 7.15pm start. There is parking on Main Street opposite the cricket field, so the walk will start from there and will visit Lea Meadows Nature Reserve.

Saturday August 9th

Visit to Bob and Yvonne Haskins

You are invited to an afternoon at Bob and Yvonne's home, the address is 33 Piper Drive, Long Whatton, Loughborough, Leicestershire, LE12 5DJ. We will take a walk out to the nearby organic Manor Farm and also take a look in the Farm Shop.

Garden Organic AGM and Member Conference

This takes place on Saturday May 10th 2014 at Ryton Gardens. The conference theme is Protecting our Organic Heritage.

Activities will include tours of the reformed gardens, the Heritage Seed Library and the Five Acre Farm (Community Supported Agriculture).

**2014/15 Meeting dates
(at Knighton Parish Centre)**

Friday 12th September

AGM and short talk

Friday 10th October

Wholefood Supper

Friday 14th November

Leicestershire Apple Project

Nigel and Alison Deacon

Heritage Apples and how we found the lost Leicestershire Apples.

Friday 12th December

Clive Matthews

My life and times Hedge Laying and Farming

2015

9th January, 13th February, 13th March, 10th April

Notes for Summer Visits

Rectory Farm Directions:

Take the A47 to Uppingham and turn right onto the A6003.

Turn right to Great Easton just after the village of Caldecott, and Rectory Farm is on Church Bank, on the right hand side of the church.

Long Whatton:

Approach via the A6 at Hathern. Turn left at traffic lights after The Kings Arms, then right again to approach Long Whatton. Piper Drive is on the left, near the start of the village, after the wood yard.

Ryton Gardens

The Garden Organic gardens will now be open from Wednesday to Sunday, 10am to 4pm. The visitor centre will be open from Wednesday to Saturday when normal admission charges will apply. The visitor centre will be closed on Sunday, but you can still enjoy the gardens free of charge.

The Fresh Rootz cafe offers freshly made vegetarian and vegan street food, and you can also visit the refitted "Organic Way", the indoor educational exhibition. From soil management and composting, to saving seeds to preserving rare varieties, there's something for even the most experienced gardener to learn.

The Soil Association

Triodos Bank, Good Energy and The Phone Co-op have donated almost half a million pounds to the work of The Soil Association.

You too could get banking, energy and telephone services from these ethical, sustainable and environmentally minded businesses and also help the Soil Association's funds. Please visit www.soilassociation.org for more details.

Group Web Site

We have now produced a simple web site at:
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

Follow us on Facebook at www.facebook.com/leicsorganicgroup

The next Newsletter will be produced to give notice of the AGM in September. Articles can be sent to info@leicsorganicgroup.org.uk

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

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