



If you haven't already, sign up now to **The Great Collaboration**. Soon to become Herefordshire Council's Greener Footprints Toolkit, you can choose from over 60 actions which help you to reduce your carbon, whilst generally saving money, and living better too - what's not to love?

To help you get going, or to support your actions if you have chosen to:

- Eat Local, Seasonal Fruit and Veg;
- Reduce your Food Waste; and
- Eat Meat Free on a Monday

where better to start than at a local Farmers Market? We are blessed in Herefordshire with so much wonderful, local produce, and a number of markets within just a few miles of Fownhope:



Ross Market: held on the first Friday of each month at the Town Hall.

Much Marcle Farmers Market: held on the first Saturday of each month, between 9.30am and 11.30am, at Hellens, Much Marcle, HR8 2LY.

Woolhope Dome Farmers and Craft Market: held on the last Saturday of each month, between 10am and 12,30pm, at Woolhope Village Hall, HR1 4QS.

And a weekly market is held in High Town Hereford every Thursday.

Avoiding air-freighted foods that have a very short shelf-life and have generally travelled a long way reduces your carbon footprint - and if you can travel there by cycle or by using the car club car, your carbon footprint is further reduced.

I went along to Hellen's on Saturday 5th February, and what a lovely morning I had! There was a real variety of stalls, some delicious food (including some home-baked gluten free cakes to the delight of my daughter) and a really lovely atmosphere. Dog friendly too, but mostly cash only, so go prepared. I bought a range of produce, including eggs, potatoes, leeks, parsnips and onions and when I started thinking about what I would make, it led me nicely to a Meat Free Monday recipe for Homity Pie (courtesy of BBC Good Food) that I'd like to share with you. I've made it several times before and it always goes down well. I also made some Spicy Parsnip Soup with the parsnips and one of the onions.

Meat Free Monday:

The UK Climate Change Committee suggests that we have two or more days without meat, poultry or fish. Carbon emissions in food come from transport, packaging as well as processes of the food and on the farm and it can be a complex issue to negotiate.



Homity Pie Recipe

For the Pastry:

250g plain flour (or a 200g/50g mix with wholemeal flour)
125g butter
1 egg
Cayenne Pepper (optional) and a Pinch of Salt

For the Filling:

25g butter
2 onions, finely sliced
1 leek, finely slices
Sprinkling of Thyme (I've used dried and fresh)
700g floury potatoes, quartered and thickly sliced
150ml double cream
125g mature or extra mature cheddar, grated
2-3 Spring Onions, chopped

To make the pastry, mix flours, salt and cayenne pepper, then rub in the butter until you have fine crumbs. Mix in the egg and 1tbsp of cold water and bring together into a ball. I have to admit, I do this in a processor and it takes seconds. Cover and chill for 30 minutes, then roll out until you can line a 20cm deep pie or flan dish. Grease the dish, line with the pastry, trim and chill until needed.

To make the filling, heat the butter in a large pan, then cook the onions with some seasoning and the leeks and thyme for about 12-15 minutes until soft and sticky. Stir the potatoes into the onion mix, reduce the heat, cover and cook for 10-15 minutes, stirring occasionally, until the potatoes break down when pressed with a wooden spoon. Pour over the cream, stir for a minute, then turn off the heat and leave to cool a little.

Heat the oven to 200c/180c fan/Gas 6 with a baking tray inside. Stir half the cheddar and most of the spring onions through the potato and onion mix. Scatter half of the remaining cheddar over the base of the pastry case, then tip in the filling. Scatter with the rest of the cheese and spring onions and bake on the hot baking tray for 40-45 minutes until the pastry is deeply golden and the filling is bubbling. Remove from the oven and leave to rest for at least 10 minutes. Serve hot or just warm. Freezes well.

More carbon reducing actions and information can be found on The Great Collaboration website: <https://greatcollaboration.uk>

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