



Welcome to Lostwithiel Transition March 2010

e-newsletter

loads of interesting events for 2010 starting with...

GRAFTING WORKSHOP

Sat 6th March, 10am-3pm, Church Rooms

Learn different grafting techniques including 'whip and tongue', 'splice' and 'side grafting' with Ben Murrell. You are welcome to bring your own scions to graft.

Bring a packed lunch. £10/£7 concessions.

For bookings and more information contact Anne-Marie on 0784 9073394 or email am@transitionlostwithiel.org

FORUM PUBLIC MEETING: "Can Lostwithiel and district feed itself?"

Wed 10 March, 7.30pm, Community Centre

Guest speakers and discussions studying the food self reliance our town and district can achieve based on land availability and how it is used.

SEEDY SATURDAY

27 March, 10am-1pm, Church Rooms

Swop plants, seeds, garden equipment or make a donation

PLANT SWOP

Summer seasons starts Saturday 10th April

Every Saturday morning in the Church Yard courtesy of Friends of St Bartholomew's

LOST THREADS HUB

Meetings slightly different because of Bank Holidays:

Monday 12 April and Monday 10 May at Royal Talbot Hotel

*****only 4 Lostwithiel sheep fleeces left****

Email info@transitionlostwithiel.org to reserve yours

Date for your diary: Saturday 19 June Church Hall-Felting and Beading workshops only £5 each – tickets will be on sale in May

BATTERY RECYCLING

Good news, batteries can now also be taken to the Co-operative Store as well as the Londis Store in Lostwithiel for recycling.

Thought of the month

How difficult is it to make your own yoghurt ? Answer not very! and you don't need any special equipment.

Homemade Yoghurt

1 litre full cream milk – preferably organic (works the best and contains more omega)

1 x 500ml tub live yoghurt

Bring milk to the boil then leave for about 40 mins to cool (should be around body temperature) then whisk in the live yoghurt – put in suitable container, cover and leave at room temperature or in an airing cupboard 6-8 hours until nice and creamy –

Place in fridge to chill – will keep for around a week

Experiment until you find the best system for you - each batch may be slightly different depending on milk, type of yoghurt and warmth- a wide mouthed flask is useful to ferment it in.... happy culturing

Courtesy of Jamie Oliver-