



Friday 28th April 2023

Hi Folks,

We hope you're having a good week! Updates in this week's roundup : a recipe from Scott; an exciting 'charity of the month' partnership; details of the upcoming North Edinburgh Community Festival; and more information about our recent job opening.

Thank you to everyone who came along to our **3rd Birthday Party** last Friday! We hope that you enjoyed catching up with old and new friends outside of the EKFH space. If you weren't able to make it this time, hopefully you'll be able to come along to our next social event in the coming months. Thank you to Jess for her hard work pulling it all together!

First up, last week we mentioned our new vacancy for a **Volunteer Coordinator!** As part of our next two years of UK Shared Prosperity Fund support, we have funding for a role supporting Martin (People & Governance) on all aspects of the volunteer journey and experience here at EKFH. A full description of the role has been sent as a separate WhatsApp message, and is also available on [our website](#).

We are delighted to have been chosen as **Edinburgh Community Bookshop's Charity of the Month** for May! The bookshop, which is on Great Junction Street, sells **second-hand books** with the aim of raising funds for local charities and making books affordable for all. We're really looking forward to working with them throughout May, and are grateful they have chosen to raise money for us throughout the next month. If you're passing, keep an eye out for our logo in the window, and our posters and flyers in the shop!

How can you get involved? These sorts of collaborations work best when we can combine as much activity on both sides as possible. You could help us by:


- Sharing related **social media posts** to spread the word
- Consider popping into the shop if you're **looking for gifts** or thinking of adding to your own book collection!
- **Donating any books** that you'd like to pass on to their next reader. You can either hand them in to Emily and we'll do a big drop-off, or go directly to the shop.



We'll also be taking part in the **North Edinburgh Community Festival**, which is taking place from 12pm - 5.30pm on Saturday 13th May in West Pilton Park (just along the road from here!) It's a jam-packed event with live music, workshops, arts and crafts, and food and drink. We're looking forward to joining in - if you'd be interested in **volunteering at our stall** for an hour or two, please let us know!

Scott recently put together a **recipe** to share with a local housing association group, and we thought we'd share it with all of you, too - let us know if you give it a go!

CHICKPEA & LENTIL CURRY

 4 servings + leftovers

This is a healthy and hearty way to stretch whatever vegetables you have lying around into a flavoursome dish. Taking advantage of some affordable pantry items, this dish can be made at any time with whatever vegetables are on hand. With a combination of fresh, frozen or tinned, this is a versatile way to pack some flavour into a nutritious, comforting bowl. Use seasonal vegetables to keep costs to a minimum and using the endy bits of any unused produce is a great way to get maximum value from your fridge by eliminating food waste. Frozen vegetables are generally a bargain and can be cheaper than the fresh alternatives when out of season. Any tins taking up space in the cupboard are fair game too.

Ingredients

400g Basmati rice, jasmine or easy cook long grain
(Or a couple packets of precooked microwaveable)
1 white onion
3 cloves garlic
1 tablespoon chopped ginger
2 tbsp curry powder (mild/medium)
1 tin chickpeas - drained
1 tin chopped tomatoes (1 tin of coconut milk could be used for a creamier result or a tin of mango or peaches in syrup, blended, will add a sweet & sour note)
1 vegetable stock cube
100 g red lentils
100 g frozen peas
100g frozen spinach
200g cubed sweet potato
200g cubed butternut squash

Combination of vegetables

200g mixture of:
Frozen peas, spinach, and/or peppers

400g mixture of:
Butternut squash, sweet potato, turnip, potatoes, and/or carrots

Couple of tins:

Tinned sweetcorn, green beans, carrots, and/or pulses

Method

1. Put rice on to cook per packet instructions. When it is cooked and drained it can sit with a lid on to stay warm while the curry comes together. Packets of pre-cooked rice can be found for a quicker, easier option but bulk buying rice will never be beaten on value.
2. For the curry, slice the onion, finely chop the garlic and ginger (running them across a microplane or small holes on a grater is a quick and easy option). Add a tablespoon of neutral oil to a large pot on medium heat. Cook the onions for 5 minutes until beginning to turn translucent, stirring every so often.
3. Add garlic and ginger and cook for another minute, until fragrant. Add the curry powder and cook for a further minute to toast the spices.
4. Add the tinned tomatoes (Or coconut milk or blended fruit in syrup) and add another tin of water to rinse out any that is left in there. Add a crumbled up stock cube.
5. Stir to combine then bring this to a simmer. If using some root vegetables (cubed sweet potato and butternut in this recipe) add them along with the lentils and simmer on a low heat, covered, for 20 minutes until the vegetables are soft and the lentils are cooked and have thickened the sauce.
6. Check to see if the sauce is getting too thick/dry and add half a can of water to adjust.
7. Add any frozen vegetables (peas and spinach) along with any bright green vegetables to keep bright and snappy or any drained tinned vegetables (The tin of drained chickpeas). Taste for seasoning and add some salt if needed.
8. Serve over rice. Accompany with some naan, coriander and chutney or raita if available. Comforting and satiating with rice alone.

Garden Progress... picnic benches! More planting! Our garden volunteers have been persevering in both sunshine and hail (!) this week, and it really is looking great out there.



THE NOTICE BOARD

VACANCIES:

We now have the following paid opportunities. If you, or someone you know are interested in joining us then please see the separate WhatsApp broadcasts or our website for further information and for details on how to apply. The vacancies:

Delivery Drop Driver

Volunteer Coordinator

ROTA CENTRAL:

Most departments are now showing shift availability through to late June. Note that our involvement with **Project Hibs** is extended to August - no changes to day or timings.

We have now opened up three **afternoon delivery shifts** - 2 cars and 1 bike - to allow greater flexibility and choice. Our goal remains 4 cars and 1 bike per day.

The days and shift timings of the **Garden Project** have now changed - effective early May - it's Monday & Thursday - no longer Tuesdays, and we have extended the shifts to 10am to 3pm to allow greater flexibility - but no need to do the full shift - Tom will be here throughout.

May's a busy month for bank Holidays, what with the Coronation and all that. For us it's operations as usual throughout.

Do let us know if you are having any problems with Rota Central via the WhatsApp channel (07918 121606) or to Volunteer Services at volunteer@emptykitchens.co.uk

EVENTS:

There's still time to get involved and run Miles for Meals at this year's **Edinburgh Marathon Festival on May 27th and 28th!** And there are a number of ways to get involved - you don't need to run the whole 42.2K! Last year within our team we had those just embarking on their first running journey (pun intended) or as a fitness goal in itself, signing up to do the 5K, 10K, half-marathon, relay. A reminder about how to get involved:

1. Sign up for your chosen distance at <https://www.edinburghmarathon.com/>
2. Go to <https://emptykitchens.enthuse.com/cf/edinburgh-marathon-2023> to register as part of our Empty Kitchens Full Hearts team and create your fundraising page.

Get in touch with Emily (emily.gifford@emptykitchens.co.uk) if you have any questions.

If you're not able to take part in any of the events yourself, we would still be really grateful for your help in spreading the word about our team taking part - sharing social media posts to encourage donations would be an enormous help!

WEBSITE:

We are extremely keen to include some volunteer testimonies and profiles. You can see the page [here](#). Could you share what being a volunteer with us means to you and perhaps say a little about yourself? Let us or Emily know. You can have a look at the new [Team Page](#) too.

Membership:

We always welcome new applications to be Empty Kitchens Full Hearts Members! As a Member, you have oversight of what we do, you'll influence strategy, and be voting on matters of constitution and governance including electing our Trustees. Members' meetings take place approximately twice a year, so we hope it's not too big a commitment! You can always come and talk to us about it if you'd like to know more before you apply...

Registration forms are available from the Welcome Desk. Our first Members' AGM will be taking place in June, and new Membership applications will be reviewed at the next Board meeting in July.

SOCIALS:

Our social channels. You may have noted the icons introduced at the bottom of the Roundup? We thought it might be helpful to offer a click through to our feeds here for those who may not be regular visitors to our channels. It's good to see what we are saying and engaging, liking, sharing always helps! Take a look.



Do please let us know what's on your mind by email at et@emptykitchens.co.uk or just come and have a chat.

Wishing you all a wonderful weekend in the way that's most meaningful to you,

[Mike](#), [Janet](#) & [Martin](#)