CLIMATE Champions

COOK BOOK

Seasonal healthy recipes from
the North Paddington community

pdt paddington development trust

City of Westminster

Lina's Homemade Falafel - see page 24

CLIMATE Champions

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FOREWORD

Hello from the Climate Champions, and thank you for reading our cookbook! We've put in a lot of effort to collect these recipes, talking to strangers, friends and family about seasonality, our favourite recipes, and thinking about the food we eat. This whole idea came into being through a poster we made, where we separated food into months, and got talking with local people about the benefits of seasonality. We realised there are four main ones.

1. It tastes better! Food is more delicious when it's in season. When food is picked out of season it often goes through artificial ripening, which impacts the taste. They are also not chilled for long periods of time, which dulls the flavour. Food picked in the season it is naturally ripest in tastes fresher, stronger and just, well, nicer!

2. It is better for the planet. Locally grown food (including fruit, vegetables, and meat) travel less distance to reach your plate, meaning it uses less carbon in movement. It also means less fossil fuels are needed to grow the food, as it is growing in an environment suitable for it.

3. It's better for you! Food that is in season tends to have higher levels of nutrition. They also can be good for helping beat seasonal illnesses, for example in the winter months colds are common – squash is in season then, and squashes contain vitamin A, which helps build immunity.

4. Seasonal food is cheaper! It doesn't need to be transported long distances, it doesn't need to be chilled, artificially ripened, or stored… all of these things add to the price. When you eat seasonally, you eat cheaply.

In this cookbook, we've divided our recipes into the four seasons. We've also got a list at the top of each season of what fruit and vegetables are in season per month. All seasonal food lists are taken from the Association of UK Dietitians. www.bda.uk.com

Healthier Choices from **Michelle, Change4Life registered dietitian**

Change4Life supports children, young people and their families across Kensington and Chelsea, and Westminster to be healthy and happy in the communities where they live, learn and play. The programme aims to help families make small, sustainable yet significant improvements to their diet and activity levels.

Whilst not directly involved in the development of this community recipe book, Michelle, a Change4Life registered dietitian, has given some general top tips around planning healthy balanced meals, and a few notes on safety, so you can check and adapt the recipes to suit you and your family!

You can also access more recipe ideas and find out more about healthy eating by going to https://www.nhs.uk/healthier-families/

A few top tips when choosing, creating and adapting recipes:

- When preparing main meals, it is best to include a portion of all four main food groups in the correct proportions, using the Eatwell Guide for balance (applicable form 2 years and older) and check a suitable guide for younger children aged 1-4 years
- 5-a-day - sometimes traditional recipes do not manage to include a full portion of fruit and vegetables (40-80g per person depending on age) - but adding a side salad with dishes helps balance things out
- When choosing starchy carbohydrates - try to include higher fibre versions such as brown rice and wholewheat pasta - great for increasing our fibre and other key nutrients
- A great second dish is plain unsweetened yogurt with fruit or you could have a simple starter instead such as carrot sticks and hummus or low fat cream cheese - a great way to add in an extra portion of fruit/vegetables
- When including fats in recipes - try to minimise how much is used and go for unsaturated such as rapeseed oil or low fat vegetable spreads, rather than butter, ghee or coconut oil
- When it comes to stock cubes or choosing yoghurts, make use of food labels to choose wisely - aiming for those which are low in salt, saturated fat and sugar (green traffic light labels)
- Recipes are often based on adult portions - do check your portions using child-friendly guides for younger children and school age children
- For vegetarian and vegan families - don't forget to include a meat/fish alternative, such as beans, lentils, tofu or egg with every meal
- For people with Coeliac disease and who need gluten free, check stock cubes and cereals for suitability. There are now lots of gluten free breads and pasta on the market and rice is naturally gluten free
- Try swopping out vegetables and fruits for those in season to save pennies
- When it comes to snacks - keep these small and simple; and aim to include a couple of food groups to make these nutrient-dense e.g. fruit with plain yoghurt or rice cakes with low fat cream cheese and add cucumber
- Always check on food safety - especially for younger children, when batch cooking, and when storing food for another day
- Having plain water is best as a drink with your meals: you can always add herbs and fruit slices to add a little flavour or natural sweetness!

A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	**At least 5 portions each day** Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	**4 portions each day** Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	**3 portions each day** Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	**2 portions each day** Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

Department for Education

The Eatwell Guide: https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide
Food labels: https://www.nutrition.org.uk/creating-a-healthy-diet/food-labelling
Portion sizes: https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups
Food safety: https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety

WINTER

Winter seasonal food

DECEMBER

Fruit: Apples, Cranberries, Pears.

Vegetables: Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash.

JANUARY

Seasonal fruit: Apples, Pears.

Seasonal vegetables: Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Spring Greens, Spring Onions, Squash, Swedes, Turnips.

FEBRUARY

Fruit: Apples, Pears.

Vegetables: Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Spring Greens, Spring Onions, Squash, Swedes.

Imane's Algerian Berkoukes
(winter berkoukes)

Champions tip: Use all edible parts of fruits and vegetables to maximise nutrients and minimise waste.

Ingredients:

500g of Berkoukes pasta

2 tbsp Olive oil or any other oil or butter

1 chopped onion

1 handful of soaked crushed fava beans (optional)

1 tbsp of tomato paste

250g of lamb, cut into small pieces (you can use chicken or beef. To make it vegetarian you can swap the meat for some more chickpeas or another legume such as lentils)

1 stalk of celery, chopped

3 carrots, cubed

(2 cubed courgettes, optional)

1 handful of precooked chickpeas

1 large tomato, peeled and chopped

1 tbsp of fresh coriander

1 tsp of ground coriander

1 tbsp of fresh parsley

2 tsp of paprika

Salt and Pepper

1 or 2 chilli pepper

1. In a pan, fry on medium heat the meat, onions, fava beans, tomato paste and chopped tomato.

2. After 10 minutes, add some hot water with chopped coriander, spices like black pepper, paprika and ras al-hanout (which is mixed spices if you have).

3. Mix well then add more water and wait until boiled to add the carrots and the courgettes with the chickpeas. Let it boil then turn heat low and cover to cook.

4. Use a steamer for the berkoukes pastina to steam it for 10 minutes over the same saucepan then take it and wash it with hot water and let it dry.

5. After that the meat and the vegetables are cooked enough, pour the berkoukes pasta into the saucepan with the chilli peppers and let them cook for 15 minutes more or less.

6. Serve it hot with chopped parsley on the top and bread or Algerian Kessra or khobz Eddar. Bonne appetite!

Berkoukes is a traditional dish in Algeria. We cook it in winter as it is served hot and for some people, they make it spicy.

Jill's Flapjacks

Champions tip: A box of flapjacks could make for a lovely gift!

Ingredients:

150g butter

50g muscovado sugar

3 table spoons honey or syrup

250g oats

Pick any of these, subject to your store cupboard:

2 table spoons pumpkin seeds

2g ginger

75g chopped pistachio

140g chopped apricots

50g coconut
or almonds
or chai seeds
or dates

1. Melt honey and butter and sugar and stir in the rest.
2. Spread across baking tray (lined with parchment)
3. Cook on low 35 mins
4. WAIT UNTIL COOL TO CUT!

Jill learnt this during lockdown and has loved making it since!

Start Your Day Right with Abida's Oats!

Champions tip: Change up the fruits to whatever is in season, or use frozen fruit, which is picked and frozen when in season and is often more cost effective.

Ingredients:

Oats

Milk (your preference)

Fresh fruits of your choice

Honey if want to make it sweet
NB: don't give honey to babies under 1 year old.

1. Heat the milk in a saucepan or microwave, whichever you prefer.
2. Add oats and cook for about 2 minutes, stirring occasionally if using a saucepan. If using a microwave, cook in 1-minute intervals, stirring in between.
3. Pour the cooked oats into your favourite bowl.
4. Decorate with fresh fruits of your choice.
5. Enjoy your healthy breakfast!

Wholesome Breakfast with Oats

Starting your day with a wholesome breakfast is essential, and oats are the perfect choice. Packed with fibre, vitamins, and minerals, they provide long-lasting energy and help keep you feeling full for hours.

Oats are also a great option for children. When kids aren't distracted by hunger, they're more likely to stay focused on their studies and perform better throughout the day.

Plain oats can sometimes feel a bit bland, so I like to add strawberries, kiwi fruit, goji berries, and a drizzle of honey to make them more flavourful and mouth-watering. These additions not only bring natural sweetness but also boost the overall nutritional value.

Oats help stabilise blood sugar levels and support healthy digestion, making them a smart and delicious way to kickstart your morning. Enjoy a nourishing bowl of oats to stay energised, focused, and ready to take on whatever the day brings!

Lamar's Amazing Stew

Champions tip: This stew is perfect to warm you up when it's cold outside!

Ingredients:

Peas – 30g

Tomatoes – 3

Squash – 1

Cloves of garlic – 3

Carrots – 4

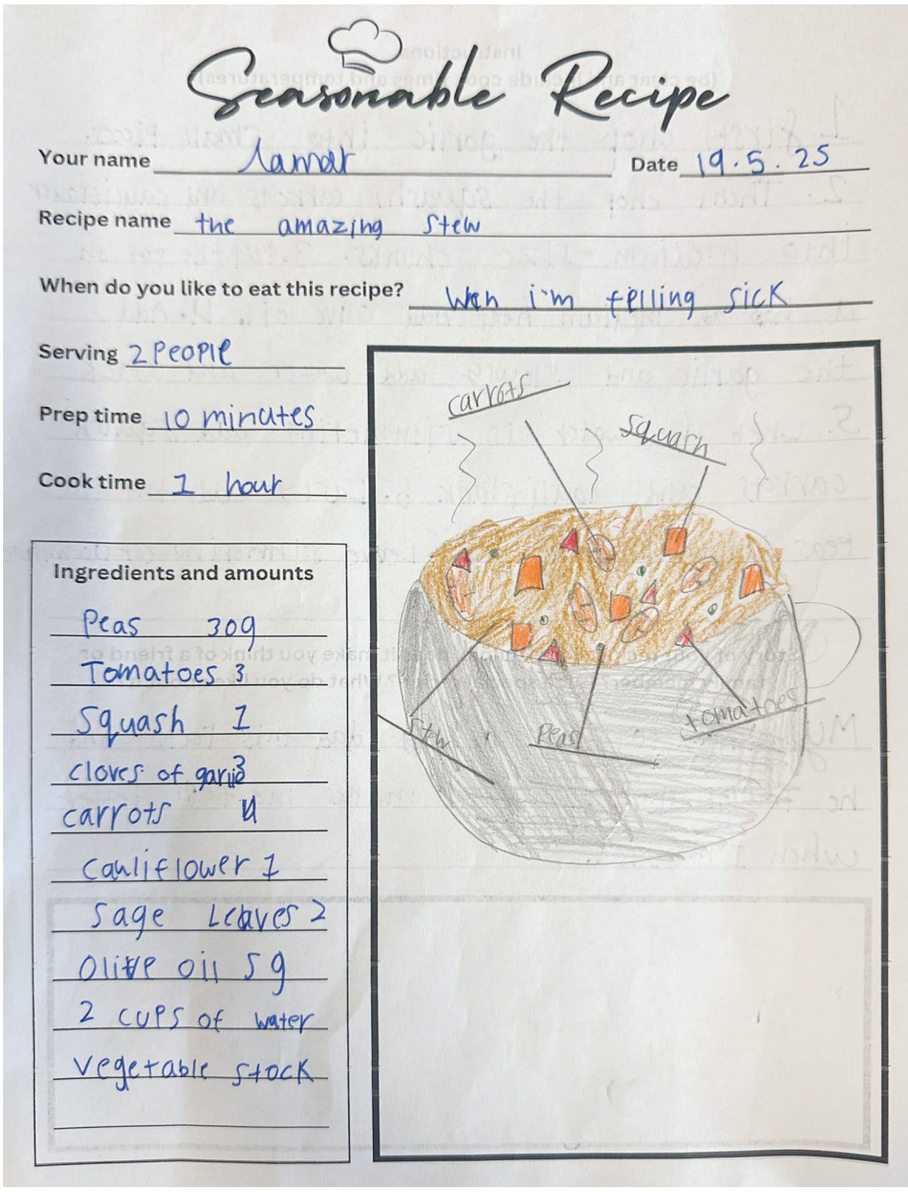
Cauliflower – 1

Sage leaves – 2

Olive oil – 5g

2 cups of water

Vegetable stock



Seasonable Recipe

Your name lamar Date 19.5.25

Recipe name the amazing stew

When do you like to eat this recipe? When i'm felling sick

Serving 2 People

Prep time 10 minutes

Cook time 1 hour

Ingredients and amounts

Peas 30g
Tomatoes 3
Squash 1
cloves of garlic 3
carrots 4
Cauliflower 1
Sage Leaves 2
Olive oil 5g
2 cups of water
Vegetable stock

1. First chop the garlic into small pieces.
2. Then chop the squash, carrots and cauliflower into medium sized chunks.
3. Put the pot on the hob at a medium heat and add olive oil
4. Add the garlic and slowly add water and stock
5. When the water is simmering, add squash, carrots and cauliflower.
6. Lastly add the peas tomatoes and sage. Leave simmering for 40 minutes

My grandfather taught my dad this recipe and he taught me. It always makes me feel better when I'm sick.

SPRING

Spring seasonal food

MARCH

Fruit: Rhubarb.

Vegetables: Artichoke, Beetroot, Cabbage, Carrots, Chicory, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Sorrel, Spring Greens, Spring Onions, Watercress.

APRIL

Seasonal fruit: Rhubarb.

Seasonal vegetables: Artichoke, Beetroot, Cabbage, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.

MAY

Fruit: Rhubarb, Strawberries.

Vegetables: Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.

Meron's Hone Chickpeas

Champions tip: Choose plant-based meals more frequently: incorporate a diverse range of fruits, vegetables, legumes and nuts. Reducing meat consumption, especially red and processed meats, can lower environmental impact and improve health.

Ingredients:

3 Shallots

3 Garlic

1 Teaspoon of turmeric

1 Teacup of powder Chickpeas

1 cup of water

1. Heat the oil, add the diced shallot till tender,

2. Add the garlic stir for 3-5 minutes

3. Bring the heat to a very low temperature and add the ground chickpeas bit by bit, stir occasionally for it not to be lumpy. While stirring add water bit by bit to make your paste is smooth without lumps.

4. Once you have the perfect consistency you can add water depending how thick or soupy you would prefer it to be.

5. Close the lid to low heat stirring occasionally for another 15 minutes.

6. Add diced parsley or fresh cream or simply enjoy it with flat bread and salad.

Personal Recipe by Hone Books Galore

This dish is traditionally eaten in Ethiopia with our sour flatbread called injera. I have improvised it by adding diced parsley and fresh cream. It does remind me of my childhood as this dish is a staple dish eaten everyday.

I do not recommend freezing, however it can be stored in the fridge for 2 to 3 days maximum.

My dish is very affordable and perfect for vegetarians, vegans and all.

Tip is if you use the same cooking method to make your red lentil it just works wonders too. With the red lentil you can use either turmeric or paprika.

Chef Kuljit's Pea & Mint Risotto with Lemon Zest and Toasted Seeds

Ingredients:

150g arborio risotto rice

500ml of homemade or shop bought veg stock

1 small onion or 2 shallots, finely chopped

1 garlic clove, minced

100g fresh or frozen British peas

Zest of 1 lemon

Handful fresh mint leaves, chopped

2 tbsp British rapeseed oil or local butter

2 tbsp dry white wine (optional, leftover OK)

Salt & black pepper to taste

1 tbsp sunflower or pumpkin seeds, lightly toasted

Tips from the Chef!

- Use seasonal British peas and fresh mint (best in late May – July)
- Lemon and seeds are low impact pantry staples to keep in stock
- This recipe has no air freighted ingredients!
- If you have leftover wine, or vegetable scraps, you can use them both in this recipe – the vegetable scraps for stock, and the wine in the sauce
- If you want to make the recipe healthier or non-alcoholic, you can swap the wine for water, and the butter for olive oil.

1. Sauté the onion in oil or butter until soft, about 5 minutes. Add garlic and cook 1 more minute.

2. Stir in the risotto rice and coat with oil for 1–2 minutes. Add wine (if using) and stir until absorbed.

3. Begin adding warm veg stock, one ladle at a time, stirring frequently. Allow each ladle to absorb before adding more.

4. After about 12 minutes, stir in the peas. Continue cooking and adding stock for another 5–8 minutes or until rice is creamy and tender.

5. Stir in lemon zest, chopped mint, salt, and pepper.

6. Sprinkle of toasted seeds and add a drizzle of extra virgin rapeseed oil.

British summer gardens — the smell of fresh mint and lemon zest evokes picnics, herb beds, and sunlit afternoons and childhood memories of sweet peas from pods.

Ayda's Easy Chickpeas and Spinach

Ingredients:

2 cans of chickpeas (drained)

1 large onion

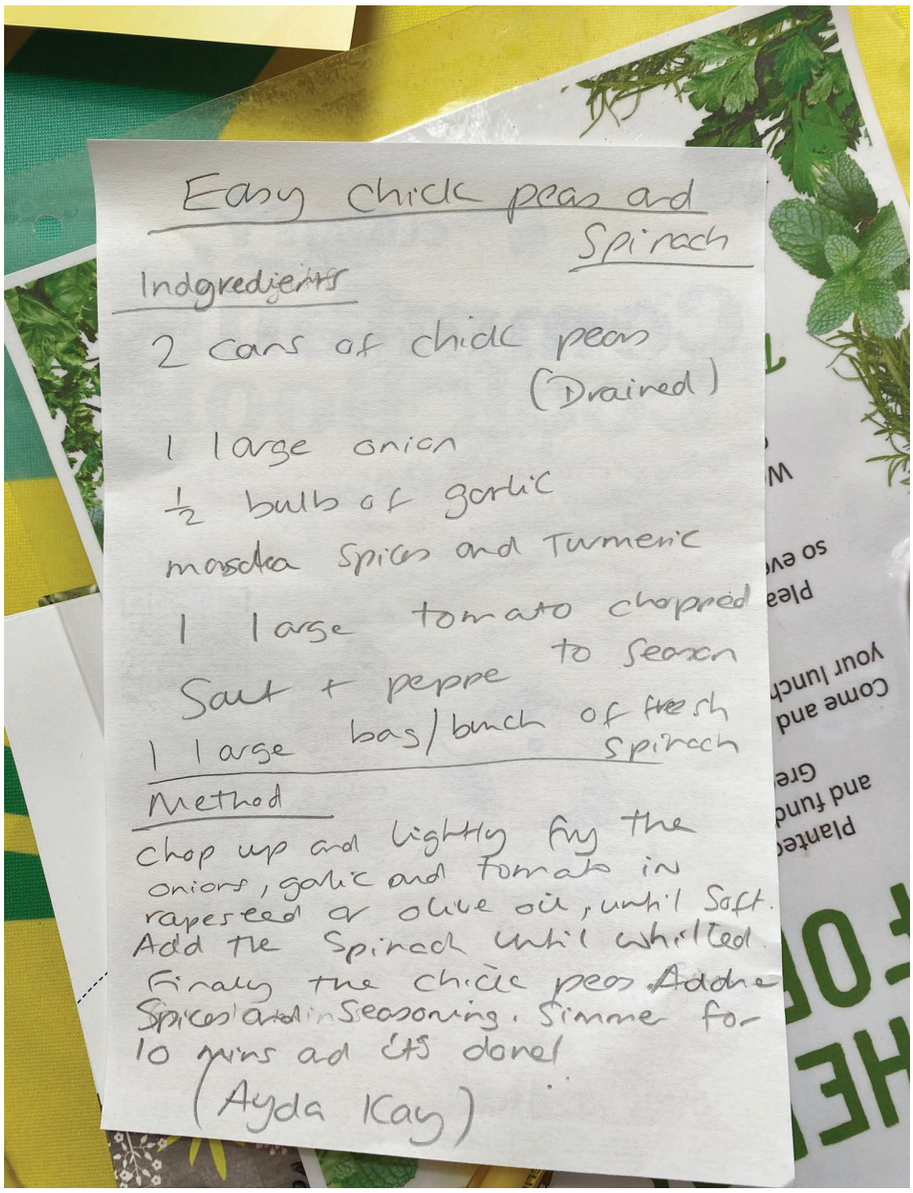
1/2 bulb of garlic

Masala spices and turmeric

1 large tomato chopped

salt and pepper to season

1 large bag / bunch of fresh spinach



Chop up and lightly fry the onions, garlic and tomato in rapeseed or olive oil until soft. Add the spinach until wilted. Finally the chickpeas. Add spices and seasoning. Simmer for 10 mins and it's done!

Josephina's Genovese Pesto

Champions tip: You can also freeze pesto portions in an ice cube tray.

Ingredients:

FOR A SMALL JAR:

70g of small Genovese basil leaves

1 clove of garlic, chopped and crushed

3 small handfuls of nuts (pine or walnut)

6 small handfuls of parmigiano and pecorino cheese

1/2 cup of virgin olive oil

Pinch of salt

I chop everything by hand as I like to keep it a little chunky, but it can be put in a food processer. I would also use a pestle and mortar. Add salt at the end and adjust to taste. If blitzing, do a slow blitz to your liking and cover jar with olive oil to preserve.

You can use it with spaghetti, because it's a clingy pesto. You don't need to use pasta with a hole because it's clingy! The pesto is never cooked, it's always put on after the pasta is cooked, so it's raw. I ate it with my husband's aunty, who lived in the Italian mountains, and she made the best pesto with her home grown Genoese basil, and every year when we went there she would make it for us. The children loved it. It became a tradition!

Lola's Elderflower Cordial

Ingredients:

MAKES ABOUT 2 LITRES

About 25 elderflower heads

Zest of 3 unwaxed lemons and 1 orange, and the juice

1 heaped tsp citric acid (optional)

1 kilo of sugar

1. Choose your elderflower, you want it to be flowers that are open and smell delicious. Cut close to the stem.

2. Inspect the flowers for insects, shake them to remove any on there!

3. Place the flowers, orange, lemon zest and juice, in a large bowl

4. Boil 1.5 litres of water and pour it over the elderflowers and citrus. Cover it (with a tablecloth is fine), and leave it for at least 24 hours.

5. Strain the solution through a sieve, or a piece of muslin. This means it will be just juice, and not have the flowers or citrus in it now!

6. Pour it into a saucepan and add the citric acid and the sugar

7. Heat to dissolve the sugar, then bring to a simmer and cook for 10 minutes or so.

8. Pour into sterilised bottles, ideally glass (or let it cool down and then pour into plastic bottles).

9. Keep in the fridge and enjoy! Remember, it's a cordial so only use a tiny bit and add water.

I used to make this with my family every summer. It reminds me of birthday parties and long hot picnics. I first made elderflower cordial by myself when it was covid, and the house I was living in had an elderflower tree in the garden. We made so much cordial that we were able to share it with all our neighbours, and make friends with them over the walls!

There's no food waste from this, which is beneficial for your wallet and the environment!

All you need to buy is citric acid, sugar and some fruit (optional). It's such a cheap and delicious way to make drinks exciting. It's definitely not healthy though! I ask neighbours to use their elderflower tree, or go to local parks and see what's there. It's often along canals and rivers or near ponds. Make sure you're certain what plant you're taking though, elderflower smells really strongly which helps with IDing.

Jojays Sweet Potato & Spinach Bhuna Masala

Champions tip: Preparing meals in batches and freezing portions saves time, conserves energy, and reduces the likelihood of food spoilage.

Ingredients:

2 tsp cumin seeds

2 tsp coriander seeds

8 tsp cardamom pods, seeds only

2 tbsp vegetable oil

2 onions, sliced

4 garlic cloves, chopped or crushed, Thumb size piece of ginger, chopped

2 tsp black mustard seeds

1 tsp turmeric powder, 1 tsp ground coriander

¼–½ tsp chilli powder, according to preference

1 tin of chopped tomatoes

1 tin of light coconut milk

1kg bag of sweet potato, diced

500g bag of frozen peas

Large bag of fresh spinach

1 lemon

1. Dry roast the cumin, coriander and cardamon in a frying pan over a medium heat and toast for a minute or two until they are fragrant. Once cool, grind the spices in a pestle and mortar or achieve a similar result by placing the spices in a freezer bag and using a rolling pin.

2. Heat the oil in a large pan over a low heat. Gently saute the onions, garlic and ginger for around 20 minutes, or until golden brown. Add the mustard seeds and cook until you see them 'popping'. Then add the ground spices, curry powder, chilli powder to the onions and cook for a further 10 minutes.

3. Add the tomatoes, coconut milk and sweet potatoes and cook until the potatoes are tender. Add the frozen peas and bring back to the boil, then cook as per the instructions on the packet. Wash and roughly chop the spinach and add five minutes before the end. The spinach will continue cooking after the heat is switched off. Squeeze the lemon juice into the dish at the end of cooking.

4. Serve with Basmati rice or roti. Serves 6-8

This recipe can be halved, or you can put half in the freezer. If you choose to cook the full amount, it can be kept in the fridge for 5 days. More precooked vegetables can be added to the leftover curry to add variety, such as butternut squash, mixed peppers or cauliflower.

Jojays Community Lunch Club

Enjoy a hot, nutritious vegetarian or plant-based lunch made with fresh ingredients for just £3, including a portion of fruit. Open to everyone on a first come, first served basis, this monthly lunch club offers a friendly space to connect with others, try sustainable meals, and enjoy delicious food. Takeaway options are available, and homemade cake is also on sale too.

Held monthly at the Beethoven Centre, Third Avenue, London W10 4JL
For information on upcoming sessions, email jojayscommunitylunchclub@gmail.com or call 07308 155938

SUMMER

Summer seasonal food

JUNE

Fruit: Blackcurrants, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries.

Vegetables: Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Turnips, Watercress.

JULY

Seasonal fruit: Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Rhubarb, Strawberries.

Seasonal vegetables: Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, New Potatoes, Onions, Peas, Potatoes, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Swish Chard, Tomatoes, Turnips, Watercress.

AUGUST

Fruit: Blackberries, Blackcurrants, Cherries, Damsons, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Rhubarb, Strawberries.

Vegetables: Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Watercress.

Ted's Burger Dressing

Champions tip: Perfect for a Summer BBQ!

Ingredients:

1 tablespoon of tomato ketchup

1 tablespoon of French mustard

1 tablespoon of mayonnaise (vegan or not)

1 tablespoon of grated or very finely chopped gherkins

1 tablespoon of grated or very finely chopped red onion

1. Mix the above ingredients with a spoon in a small bowl
2. Add generously to the top of your meat or vegetarian burger (or hot dog)*
3. Eat and roll your eyes out of deliciousness

* For even better results:

- place burger and dressing between two halves of a toasted, buttered brioche bun
- add a half-centimetre, lightly salted slice of the largest tomato you can find
- add a crispy lettuce leaf

tip: when grating onions use swimming goggles

My daughter Ted discovered this recipe at age 10 and every time she makes it, everyone melts with pleasure. She's out of London for now, so it makes me think of her.

Leftovers are arguably the best part of this recipe, it keeps for a good week in the fridge and very exciting to remember you have.

French French mustard is better than the more expensive jars.

Talya's British plums

Ingredients:

As many plums
as you can eat...

1. Go to Waitrose during the few weeks in Autumn when British plums are available.

2. Buy as many as you can carry without a shopping bag.

3. Take them home and enjoy them, and give them to your friends and neighbours.

There is nothing like fresh Victoria plums. They are longer, not round, purple plums and are grown here so no air miles! I wait for them to appear in the shops and eat as many as I can every year. They are the one fruit that reminds me about the seasons as they are only available for a short time.
I always look out for them and buy as many as I can.

If you have too many, give them away!
They are delicious! And if you still have some left, make jam.

Rachelle's Super Easy Tomato & Chickpea Pasta

Champions tip: Try to incorporate more plant-based proteins like beans, lentils, and tofu into your diet, as they are nutritious, affordable and better for our planet! Also, to help with moisture in the kitchen, you can keep lids on saucepans when cooking to reduce the moisture levels.

Ingredients:

1 onion chopped

2 tins chopped tomatoes

1 tin chickpeas

1 bag pasta (500g)

1 tspn salt, grind of pepper, 1 tspn sugar

1 feta cheese pack (optional) - cut up in small cubes

1. Soften the chopped onion in some olive oil in a saucepan.

2. Add the tins of tomatoes, tin of chickpeas, and salt and pepper to taste, and sugar.

3. Gently simmer.

4. Empty the bag of pasta in boiling salted water.

5. When pasta is ready - hold back one mug-full of pasta water - and drain pasta.

6. Mix the pasta with the sauce, and if needs a little more liquid, add the pasta water.

Serve with the feta cheese sprinkled on top!

Serves at least 4.

It's just a really tasty easy recipe with very few ingredients. You can substitute the feta, for parmesan or mozzarella, or no cheese. You could add olives, or capers or chilli flakes. A sprinkle of fresh herbs on top adds more colour.

Leftover sauce can be added to a soup. First soften a chopped onion, add your leftover sauce and a handful of red lentils, and a couple of cups of stock, boil up for 15 minutes - until lentils are soft. And blend!

You don't need to include the feta cheese.

Sophia's Norwegian Pickled Red Onion

Champions tip: Please recycle your food waste such as onion skins – you can put a range of food in your food waste bin. From chicken bones to coffee grounds to banana peels. Please check the resources page at the end of this book for more information on recycling food waste.

Ingredients:

3 large red onions

2 teaspoons salt

200ml white/cider vinegar

50g sugar

1 teaspoon pepper

1. Peel the onions and slice them into half-moons. Place in a bowl and sprinkle with salt, using your hands to mix. Make sure the salt coats all the slices. Leave to sit for an hour.

2. In a saucepan, combine the vinegar, 50ml of water, and the sugar. Heat gently, stirring until the sugar dissolves, then let it simmer for a few minutes. Remove from the heat and let it cool.

3. Pack the salted onions into clean jars, adding a little pepper between layers. Pour the vinegar mixture over the onions until covered. Seal the jars.

4. Store in the fridge and use within 2 to 4 weeks.

Pickled red onion is brilliant for salads, sandwiches, and anything grilled or fried. It's particularly refreshing to use in the summer, when it can add a bit of a fun tang to any meal.

I've loved pickled red onion for a long time. I am half Norwegian and used to make it with my aunt and cousins every summer when I was a kid for use in sandwiches for the beach, BBQs and salads.

Pickled red onion is brilliant for adding a bit of pizzaz to a leftover meal.

Use a cheap vinegar. Otherwise, all the ingredients are pretty cheap.

Chef Kuljit's Basil Panna Cotta with Charred Balsamic Strawberries
(sustainable version)

Ingredients:

FOR THE BASIL PANNA COTTA:

2 cups local milk

1 cup local cream (or full-fat coconut cream if vegan)

1/4 cup raw or unrefined cane sugar

2 tsp gelatin powder (or 2 tsp agar agar for plant-based option)

1 cup fresh basil leaves (preferably from your garden or farmers market)

1 tsp vanilla extract (optional)

FOR THE CHARRED BALSAMIC STRAWBERRIES:

1 cup seasonal strawberries, hulled and halved

1 tbsp local honey or maple syrup (vegan)

1 tbsp balsamic vinegar

1 tsp olive oil (sustainably sourced)

Basil Panna Cotta:

1. Infuse the cream:
In a saucepan, combine milk, cream, sugar, and basil. Gently heat over low-medium flame until just before boiling. Remove from heat and let basil steep for 15–20 minutes.

2. Blend and strain:
Blend the basil-infused milk mixture, then strain through a fine sieve or cheesecloth to remove solids.

3. Bloom the gelatin:
Sprinkle gelatin (or agar) over 2 tbsp cold water. Let sit 5–10 minutes.

4. Combine and heat:
Return strained mixture to heat. Add bloomed gelatin and stir until fully dissolved (do not boil). Add vanilla extract if using.

5. Pour and chill:
Pour into reusable ramekins or jars. Chill for at least 4 hours, ideally overnight.

Charred Balsamic Strawberries:

1. Prep a cast iron pan or grill:
Heat pan/grill until very hot. Toss strawberries with olive oil.

2. Char quickly:
Sear strawberries for 1–2 minutes until lightly charred but not mushy.

3. Glaze:
Drizzle with balsamic and honey/maple syrup. Cook for another 30 seconds until glossy.

To Serve:

Unmold panna cotta onto plates (or serve in jars). Top with warm charred strawberries and an extra drizzle of the balsamic glaze.

Sustainability Tips:

Use local dairy or plant milks to reduce food miles.

Grow basil at home – it's low-effort and reduces packaging waste.

Choose in-season strawberries or swap with another local fruit.

Compost all herb and fruit scraps.

Avoid single-use plastics: use glass

Swap cream for plant based yogurt

Lina's Homemade Falafel

Champions tip: Make sure the kitchen is well ventilated when frying. You could open a window or turn on a ventilator fan if you have one.

Ingredients:

225g of dried chickpeas or 2 tins of chickpeas

5 to 6 green onions, trimmed

4 medium garlic cloves, use less if sensitive to garlic

55g of packed fresh herbs, we love a combination of coriander, parsley, and mint leaves

1 teaspoon fine sea salt, plus more for serving

1 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon ground cardamom

1/8 teaspoon cayenne pepper, optional

1/4 teaspoon fresh ground black pepper

3/4 teaspoon baking powder, optional

Vegetable oil, for frying

Rinse the dried chickpeas and place them in a large bowl, covering them with cold water by about 4 inches. Cover and soak overnight or until the beans triple in size. Drain the soaked chickpeas, rinse, and pat dry, or add them to a salad spinner to spin dry.

The next day, roughly chop the green onions and fresh herbs. Then, add the soaked chickpeas, green onions, garlic, fresh herbs, salt, cumin, coriander, cardamom, cayenne, black pepper, and baking powder to the bowl of a food processor.

Pulse the mixture until very finely minced but not pureed, scraping the bowl down as necessary. You should be able to press a handful together and have it hold its shape (it will be loose and a little crumbly).

Transfer the falafel mixture to a bowl and cover. Refrigerate for at least 15 minutes to help the balls hold together when cooking. If you are making this ahead, you can refrigerate the covered mixture for a few days.

Use a spoon or small ice cream scoop to scoop out 1 ½ tablespoons of the falafel mixture, then gently squeeze and shape it into a ball and place it onto a clean plate. Repeat with as many falafel as you plan to cook. The mix will not act like dough but will hold its shape.

Optional step: As an extra fail-safe for preventing the balls from falling apart when they hit the oil, rest the falafel balls in the refrigerator for 30 to 60 minutes before cooking them.

Cook Falafel

Add at least 1 inch of oil to a deep saucepan, cast iron skillet, or Dutch oven. The smaller the pan, the less oil you will need. The wider the pan, the more falafel you can cook at one time.

Turn the heat to medium-high and heat the oil so that it is between 176°C to 190°C.

Fry the falafel in batches, placing them gently into the oil without crowding in the pan. Cook, without moving them, until they brown on the bottom sides. Using two forks, carefully flip the falafel to brown the other side, 3 ½ minutes to 4 minutes total.

Transfer the cooked falafel to a plate lined with a paper towel, sprinkle with a little extra salt, and then repeat with the remaining falafel balls. Serve immediately.

Falafel is a traditional, middle eastern recipe. Delicious, cheap and healthy to make. I make it always with my family and my children and daughter in law make it. We still spend mornings together where we come together and all make the falafels! Every country has a different little touch. These are Syrian.

Nta's Jollof Rice

Ingredients:

Depends on the amount of rice you're cooking.

Bell peppers

Fresh tomatoes

Onions (I prefer red onions but any will do)

Garlic

Ginger

Fresh thyme

Optional if you want it spicy: scotch bonnet

Seasonings such as mixed spice, curry powder, vegetable stock, smoked paprika, mixed herbs, all purpose seasoning is optional but you could do, salt to taste and a bit of oil (any oil can be used, olive or rape seed)

1. Once you have all your ingredients, get all the fresh ones apart from ginger– the bell peppers, tomatoes, onions, garlic, and thyme. Clean them and chop into small pieces. You can also put scotch bonnets in it if you want it spicy!

2. Put seasonings, salt, and mixed herbs and oil on the vegetables, and toss it all around so that the ingredients are all mixed up. Roast them, I use the air fryer but you can use the oven. It takes about 45 minutes to an hour, depending on the quantity.

3. Once you have roasted the fresh ingredients, you let it cool down. Get a blender, and add in the ginger, then blend everything! This is your paste for the rice.

4. Wash your rice. I use golden basmati rice for this.

5. Add a bit of oil to your pot, and then you have an extra onions that you slice and sautee.

6. Add tomato puree (again depending on the amount of rice). Mix it up with the onions for about 5 minutes. After this time season it with the spice, curry powder, all purpose seasoning. Now pour in the blended ingredients and mix.

7. Add hot water to dissolve the vegetable stock. Pour this into the pot. You could pour it straight in with the paste going, or add the rice first and add the stock.

8. Stir stir stir! Now add what is needed – salt to taste. The vegetable stock is already very salty, so taste first.

9. Use tin foil to cover the pot and put the lid on. I like to steam the rice on a very low heat, so that it cooks very slowly and doesn't get burnt, and all the flavour and sauce goes into the rice.

10. After about 30 minutes on the fire open it up to see if it needs any more water. At that point give it a stir and adjust if it needs more water. I use hot water as that helps it go quicker.

11. Because it's on a really low heat, it takes about an hour to an hour and a half. This depends on the amount of rice though!

Different regions of West Africa have their own unique takes on jollof rice, with varying ingredients and cooking methods.

Jollof rice is often prepared for celebrations and special occasions like weddings, birthday etc

A party without jollof rice is like a party without music!

Terrenz's Taiwanese Three Cups Chicken

Champions tip: Get creative with your leftovers by transforming surplus food into new dishes, such as using roasted vegetables in soups, salads or stir fries.

Ingredients:

Chicken thighs, boneless skin-on (cut into bite-sized pieces) – approx. 800 g

Ginger (sliced) - thumb-sized piece

Garlic – 4 cloves, smashed

Red chilli – 2 pcs, sliced or left whole (optional, to taste)

Cooking oil

1 Tbsp Soy sauce

3 Tbsp Rock sugar

2 Tbsp Rice wine (or substitute with Demerara sugar)

1 Tbsp Black sesame oil (or substitute with Shaoxing wine or dry sherry if unavailable)

1 Tbsp Thai basil – a generous handful

1. Heat the oil in a wok or deep skillet over medium heat.
Add the sliced ginger and sauté until golden and fragrant.

2. Add the smashed garlic and chillies. Stir-fry for 30 seconds until aromatic – take care not to burn the garlic.

3. Add the chicken pieces, skin side down. Let them sear until golden, then flip and brown the other side.

4. Sprinkle in the rock sugar (or Demerara sugar). Stir gently as it melts and begins to caramelise, giving the chicken a subtle sweetness.

5. Pour in the soy sauce and rice wine (or Shaoxing wine/dry sherry).
Mix well to coat the chicken evenly.

6. Reduce the heat to medium-low. Cover and simmer for 10–15 minutes, stirring occasionally, until the chicken is cooked through and tender.

7. Uncover and increase the heat slightly to reduce the sauce.
Stir occasionally until it thickens, leaving just enough sauce to serve.

8. Drizzle in the black sesame oil and toss in the Thai basil.
Stir briefly until the basil wilts and releases its fragrance.

9. Serve hot with steamed rice or noodles.

A classic Taiwanese dish traditionally made with equal parts soy sauce, rice wine, and sesame oil—hence the name "Three Cups." In the traditional version, the chicken is simmered until the sauce reduces completely, leaving a glossy glaze. This is my lighter, healthier take with a more balanced seasoning ratio. It's still rich and aromatic, but with just enough sauce to spoon over rice or noodles.

The leftovers could be used for fried rice or could keep in freezer.
To make it vegetarian, you can substitute the chicken with mushrooms, tofu or aubergine. Tofu and aubergine will need to be pan fried to avoid a smashed texture.

Jojays Caribbean Pelau Rice

Champions tip: Close the door of the room you are in, open the window and use an extractor fan when cooking. This helps you have good quality, clean air at home.

Ingredients:

1 tsp cumin seeds,

2 tbsp vegetable oil, 1 small onion + 4 cloves garlic + chilli pepper (finely chopped)

½ tsp of turmeric powder,
½ tsp ground black pepper,
4 sprigs thyme, 1 bayleaf

1 tbs vegetable oil,

450ml brown basmati rice (measure in a jug)

2 whole spring onion (chopped)

1 tin of gungo peas, rinsed

1 tin of coconut milk

500ml boiling water + stock cube (vegetable/ meat/ chicken)

½ tsp sea salt

Bunch of fresh parsley (chopped)

You will need a large frying pan with a tight-fitting lid.

Dry roast the cumin in a large pan over a medium heat and toast for a minute or two until they are fragrant. Add the 2 tbs vegetable oil. Once the oil is heated add the onion, garlic, chilli pepper and saute on a low heat without colour. Once soft, add the turmeric, black pepper, thyme, bayleaf and spring onion. Replace the lid and continue to saute for another 5mins. Add a splash of hot water if the anything is catching in the bottom of the pan.

Add the other tbs oil and then add the dry rice – no need to wash the rice. Stir the rice until all the grains are covered with the oil. Add the ready boiled water plus the stock cube of your choice. Add the rinsed gungo peas and coconut milk

Add the sea salt and stir once only, Bring to the boil then close the lid and leave on the lowest heat for 45mins. Taste the rice and cook for another 5-10mins if not yet fully cooked.

Once cooked, remove the lid and place kitchen paper over the rice so the rice doesn't become sticky. After 10mins fluff out the rice with a fork. Mix in the chopped parsley and serve

Serve with curry or meat dish of your choice. Serves 5-6

This recipe can be doubled for larger groups or you can put half in the freezer. Cooked rice should be used within 24 hours. Pre cooked vegetables can be added such as peas or carrots, and/ or meat; to turn it into a one pot meal

Carol's Cotswold Lemon Syllabub

Ingredients:

¼ pint of sweet white wine

½ pint of double cream

3 ounces of castor sugar and, of course 1 lemon

Iron Fish are cast iron in the shape of a fish, that you can add to your kettle or pot whilst cooking to increase your iron intake.

Iron Fish
(written at the Science Museum on Silver Tuesday)

I'm black and surprising heavy as I hold you in my hand.

Add me to your pot and I'll enhance the flavour of what's cooking.

We all need a little iron in our diet to keep us healthy.

This Iron fish originated in Cambodia and what tales it could tell.

October 24, 2024

January 2023 and the Coleman clan were gathered together to mark Patrick's 70th Birthday at the Holborne holiday park in the Cotswolds. I'd offered to make my piece de resistance for the celebratory meal. My famous lemon syllabub.

On the day of departure there was a national rail strike so I and Daniel, Patrick's youngest son travelled from Victoria coach station to Cirencester. We arrived in the pouring rain and tried to find shelter as our host was late meeting us. When we reached the holiday park it had been raining continuously for days and the lake had overflowed, thus rendering some paths out of bounds as they were well under water.

There was no way that I'd transport all the ingredients required so I sent a text to Lisa with my requirements. For 6 servings the recipe requires the following, so it needed to be doubled up.

It's quite easy to assemble said ingredients. The juice of the lemon goes into a bowl together with the wine, beat in the castor sugar and gradually add the cream until the mixture becomes firm and peaks just like a meringue. Then use a scoop to fill your dessert dishes before placing them in a refrigerator to set.

My dessert went down a treat, served in water tumblers with tasty sponge fingers.

Just one dessert

After thinking about the prompt for a minute I toyed with the idea of a citron tarte, then a chocolate mousse and finally hit upon 'a cheese board'. What mouthwatering delight there is in tasting cheeses from different parts of the UK. Mature Cheddar, delicious pungent Camembert, Leicester Red and Blue Stilton are some of my favourite.

Maya's Fruit Salad

Champions tip: You can switch up what fruits you use and adapt this to whatever is in season.

Ingredients:

Blueberries – handful

Raspberries – 7

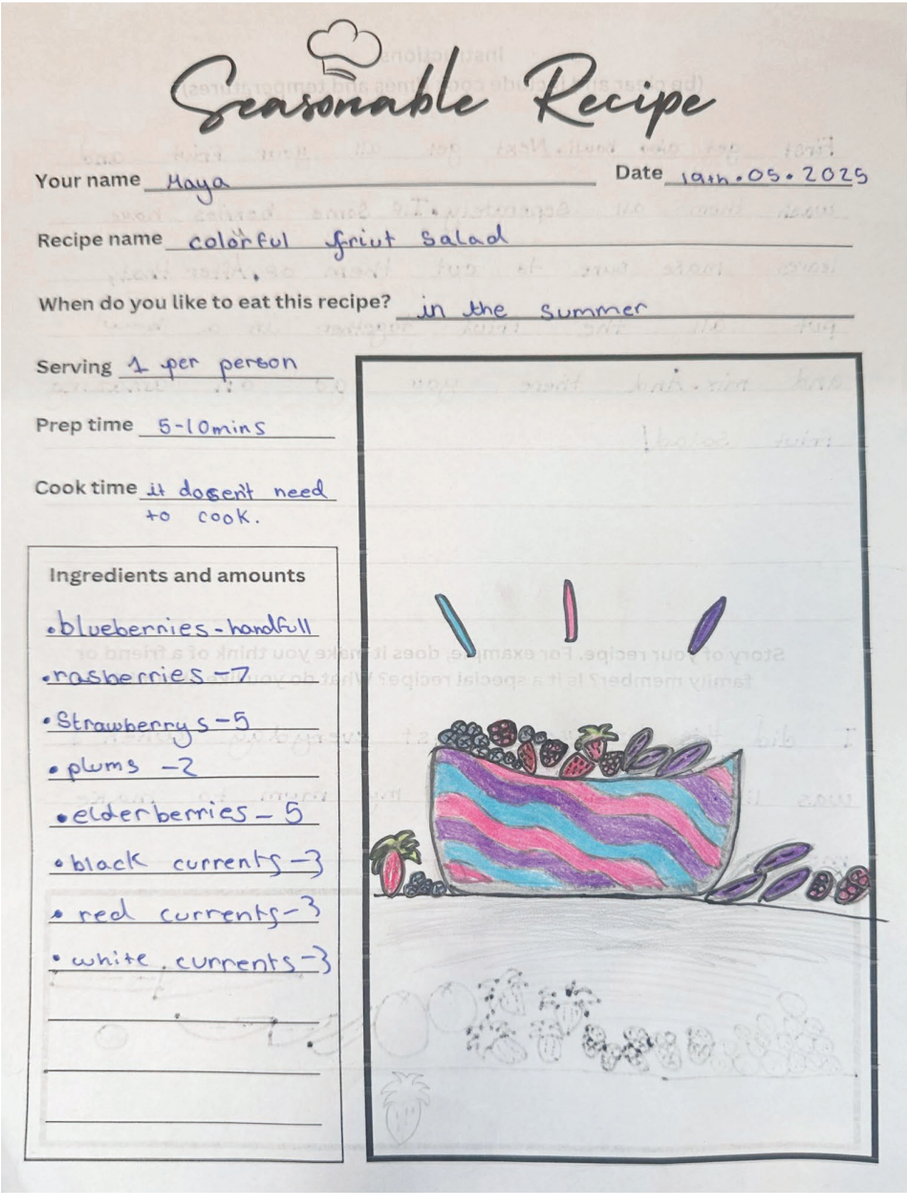
Strawberries – 5

Plums – 2

Blackcurrants – 3

Red currants - 3

White currants -3



Seasonable Recipe

Your name Maya

Date 19th.05.2025

Recipe name colorful friut Salad

When do you like to eat this recipe? in the summer

Serving 1 per person

Prep time 5-10mins

Cook time it dosent need to cook.

Ingredients and amounts

- blueberries - handfull
- rasberries -7
- Strawberrys -5
- plums -2
- elderberries - 5
- black currents -3
- red currents -3
- white currents -3

I like to eat this recipe in the summer.
It serves one person and takes 5 – 10 minutes to prepare.
It doesn't need cooking.

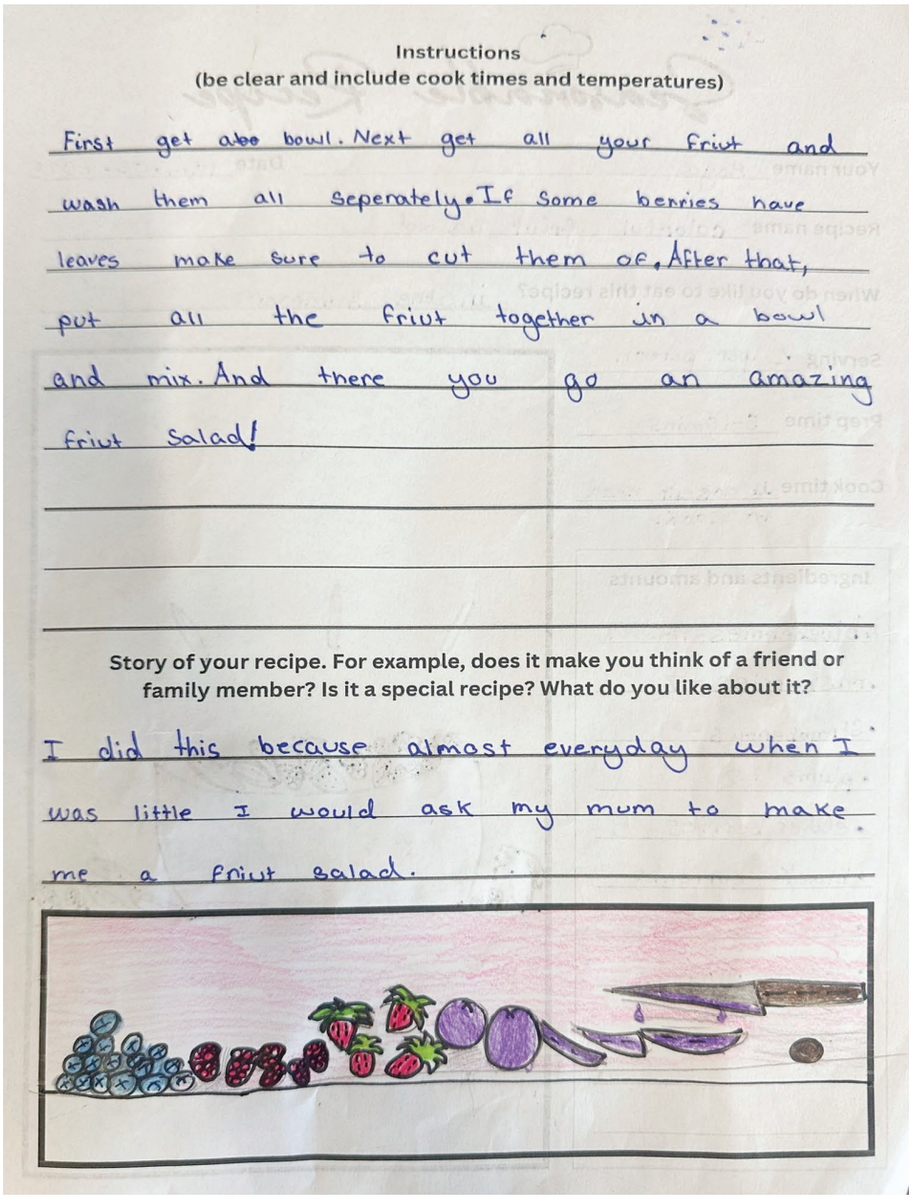
First get a bowl. Next get all your fruit and wash them all separately. If some berries have leaves make sure to cut them off. After that, put all the fruit together in a bowl and mix. And there you go an amazing fruit salad! I did this because almost everyday when I was little I would ask my mum to make me a fruit salad.

Youssef's Scrumptious Fruit Salad

Champions tip: Fruit salad is the perfect thing to have in hot weather as the fruit has high water content which helps you stay hydrated

Ingredients:

The ingredients are strawberries, raspberries, blueberries, and last but not least, plums. You can put any amount of fruit in the bowl!



Instructions
(be clear and include cook times and temperatures)

First get ~~abo~~ bowl. Next get all your Friut and wash them all seperately. If some berries have leaves make sure to cut them of. After that, put all the Friut together in a bowl and mix. And there you go an amazing Friut Salad!

Story of your recipe. For example, does it make you think of a friend or family member? Is it a special recipe? What do you like about it?

I did this because almost everyday when I was little I would ask my mum to make me a Friut salad.

I like to eat this in the morning in summer. It serves one person and takes 5 minutes to prep and 0 minutes to cook.

First you have to collect all the ingredients to make this scrumptious fruit salad. Once you get all the ingredients, cut all of them and put them in a bowl. Then mix it all up. To make it more scrumptious add honey on top of the salad. THEN ENJOY!!!

I like this fruit salad because when you eat it so many flavours melt in your mouth.

Inaaya's Carrot Cake

Champions tip: The UK grow 92% of carrots that are eaten here! Choosing seasonal produce supports local farmers, reduces emissions from long distance transport, is more affordable and often tastes better.

Ingredients:

Eggs

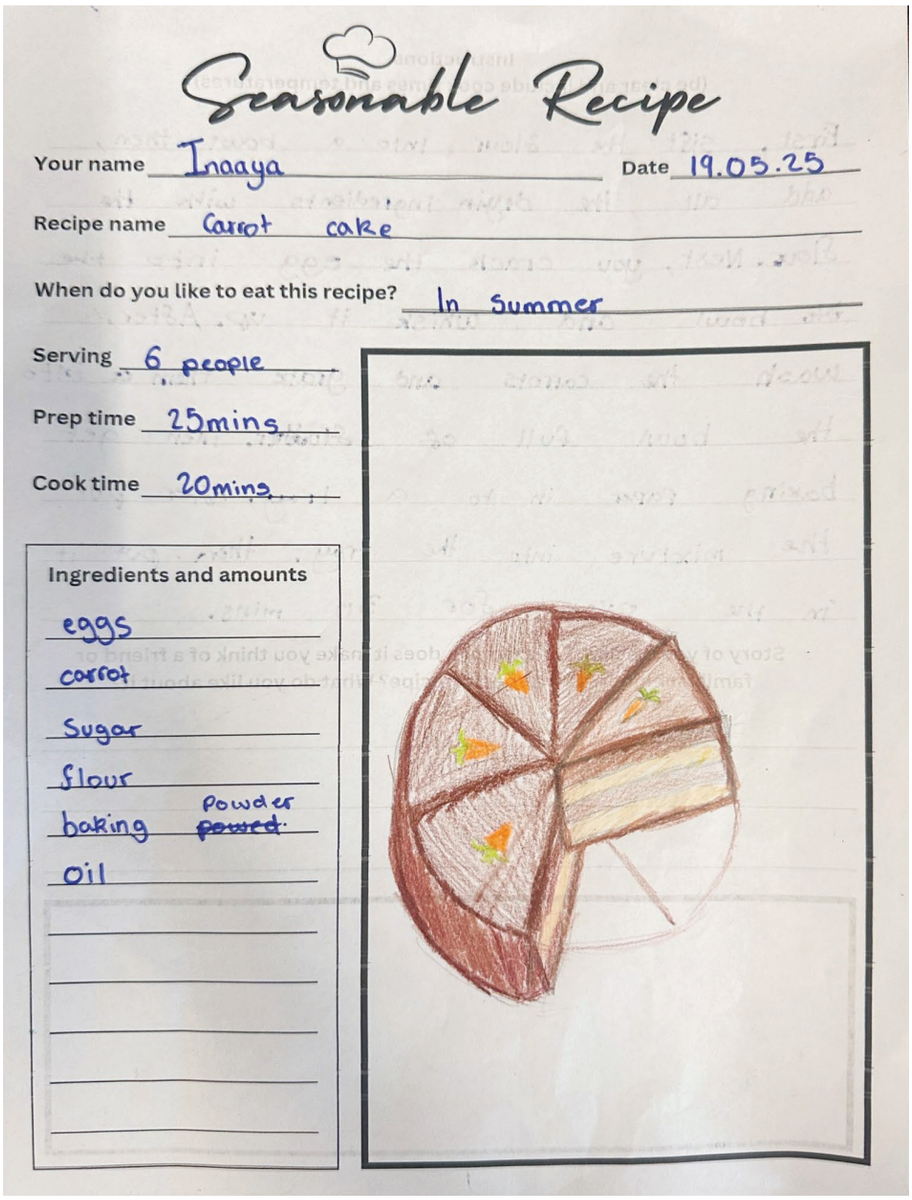
Carrots

Sugar

Flour

Baking powder

Oil



Seasonable Recipe

Your name Inaaya Date 19.05.25

Recipe name Carrot cake

When do you like to eat this recipe? In Summer

Serving 6 people

Prep time 25mins

Cook time 20mins

Ingredients and amounts

eggs

carrot

Sugar

flour

baking powder ~~powed~~

oil

I like to eat this recipe in summer. It serves 6 people, takes 25 minutes to make and cooks for 30 minutes.

First, sift the flour into a bowl, then add all the dry ingredients with the flour. Next, you crack the egg into the bowl and whisk it up. After, wash the carrots and grate them into the bowl full of flour. Then get baking paper in to a tray. After put the mixture into the tray. Then put it in the over for 30 minutes.

Sara's Spectacular Blueberry Muffins

Ingredients:

2 and 2/3rds cups of all purpose flour

2 cups quick oats

1 cup dark brown sugar

2 tsp baking Powder

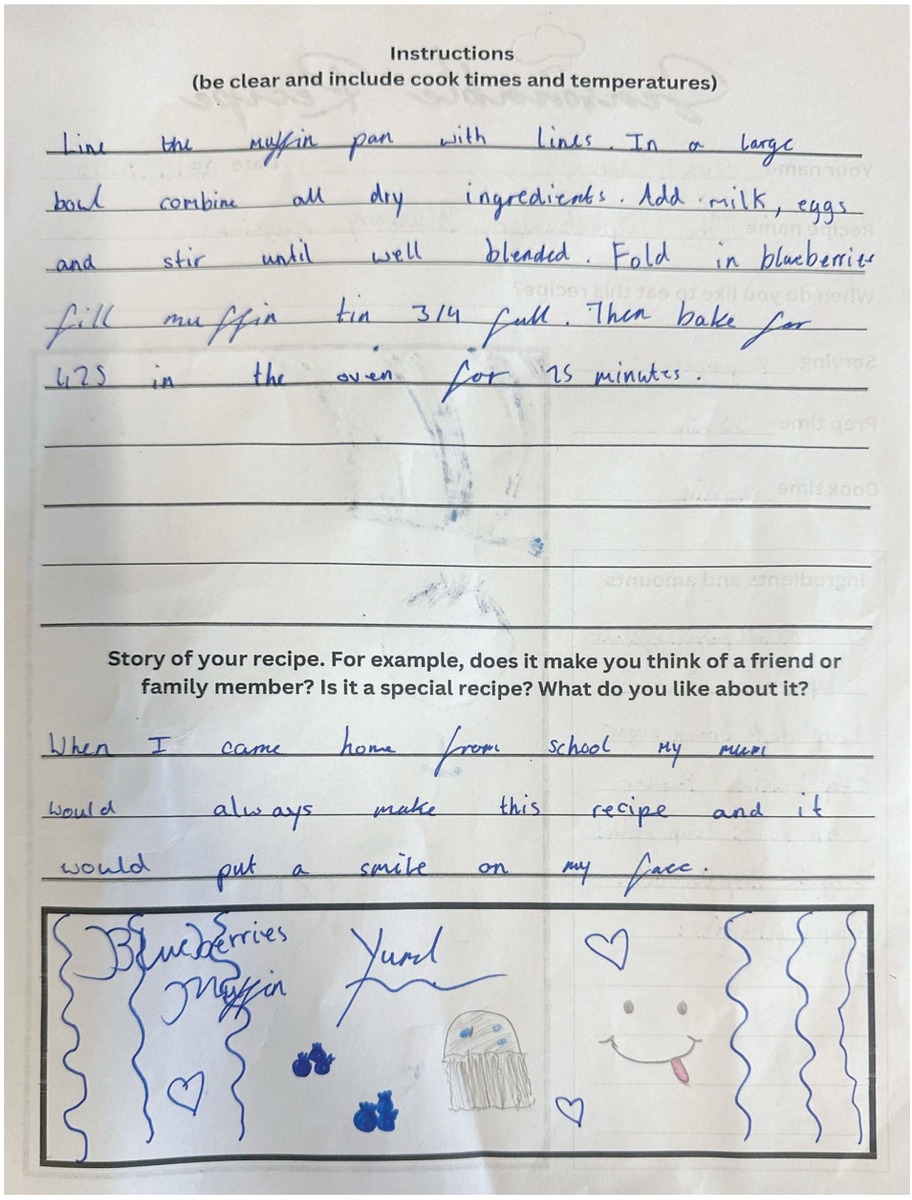
1 tsp salt

2 cups of milk

3 eggs

3 tbsp vegetable oil

4 cup blueberries



Instructions
(be clear and include cook times and temperatures)

Line the muffin pan with lines. In a large bowl combine all dry ingredients. Add milk, eggs and stir until well blended. Fold in blueberries fill muffin tin 3/4 full. Then bake for 425 in the oven for 25 minutes.

Story of your recipe. For example, does it make you think of a friend or family member? Is it a special recipe? What do you like about it?

When I came home from school my mum would always make this recipe and it would put a smile on my face.

Line the muffin pan with baking paper. In a large bowl combine all dry ingredients. Add milk, eggs, and stir well until blended. Fold in blueberries. Fill muffin tin 3/4 full. Then bake at 220°C in the oven for 25 minutes.

When I come home from school my mum would always make this recipe and it would put a smile on my face.

AUTUMN

Autumn seasonal food

SEPTEMBER

Fruit: Blackberries, Damsons, Pears, Plums, Raspberries, Rhubarb, Strawberries.

Vegetables: Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms.

OCTOBER

Seasonal fruit: Apples, Blackberries, Elderberries, Pears.

Seasonal vegetables: Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Peas, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash.

NOVEMBER

Fruit: Apples, Cranberries, Elderberries, Pears.

Vegetables: Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Potatoes, Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash.

Naziha's Chicken Tagine with Olive Oil

Ingredients:

1kg chicken

3 medium onion

Coriander

Garlic

Chicken stock

Olive oil

Black pepper

Turmeric

Salt

Cinnamon

Olives

Takes 30 mins

1. Combine the spices in a bowl, and season the chicken
2. Begin to fry the chicken in a Dutch oven or heavy bottomed pan
3. After about 5 minutes on each side, take the chicken out and start cooking the onions
4. After they're soft, add the garlic, stock, spices etc.
5. Add the chicken back in and simmer for about 15 minutes, until it is soft

When I cook this chicken tagine it reminds me of my childhood and my family. I don't have any leftover food waste because I only use onion, but the peel of the onion I put it in the food waste bin. You can make it vegetarian by using only vegetables, instead of adding chicken.

Katherine's Ackee and Tofu

Ingredients:

1 large tin ackee, drained

½ tin tomatoes, chopped

1 onion, chopped

2-3 cloves garlic, crushed

2 red peppers, chopped (or mix red and yellow)

1 pack fresh tofu, drained and chopped into cubes (firm one best – like Tofoo – make sure it's plain tofu)

Bouillon instant vegetable stock powder (we like to use the Marigold brand)

Salt and pepper

Olive oil

1. Heat a non-stick pan with a little oil. Spread out tofu, set at medium to low heat. Turn over regularly and when crispy and brown, then add stock granules to tofu, gently stirring so it melts. Fry for another couple of minutes, then remove tofu and set aside.

2. Add some olive oil to a wok or large frying pan and sautée onions and garlic on a low heat.

3. Add the chopped peppers to the pan, stir fry briefly then add tinned tomatoes. Put lid on and simmer for 5-10 minutes until peppers are soft. Add ackee and stir very gently. Add salt and pepper. Heat the tofu again briefly and mix in. Serve with basmati rice.

Note: we like to keep the tofu separate, sprinkling it on top of each serving so it stays crunchy

This recipe was given to me many years ago by a vegan Carribbean who replaced the saltfish with tofu. Adding the stock to the tofu gives it a similar saltiness. I've since used this recipe as one of my staples as it's easy to make and very tasty!

This recipes usually makes enough for 4 servings, so my partner and I have it 2 nights in a row. It could also be frozen, but in never lasts long enough in our house for this!

Ackee is quite expensive, so you need to shop around. There's a great Carribbean shop called All Nations just off Harrow Road that has a few different varieties of ackee and sometimes they are on sale so we can stock up.

Neil's Tasty Aubergine and Chickpea Stew

Champions tip: Embrace a variety of food forms: Fresh, frozen and canned fruits and vegetables can all be healthy choices. Frozen and canned produce are processed at peak ripeness, preserving their nutritional value and offering convenient, cost effective alternatives.

Ingredients:

2 red onions

2 tins chickpeas

2 x 400g cans chopped tomatoes

4 garlic cloves

Tomatoes

2 red chillies

1 teaspoon sugar

2 table spoons coriander

1 bunch mint leaves

1 bunch fresh coriander seeds

2 table spoons cumin seeds

Brown rice

1 large Aubergine

Small pot of plain yogurt

1 table spoon olive oil

Salt and pepper

A delicious stew for 4 people. Low fat, super healthy and 4 of your 5-a-day!

1. Peel and slice the red onions, peel and smash the garlic cloves, de-seed and slice the chilli, roughly chop the mint and fresh coriander, chop the aubergine into large chunks and drain the chickpeas.

2. Toast the cumin and coriander by putting them in a hot dry pan until they smell aromatic, crush in a pestle and mortar or in a bowl with the back of a spoon

3. Heat the oil in a heavy-based saucepan, add the onions and garlic and cook until they begin to colour

4. Add the chillies, coriander and cumin seeds. When the seeds give off a nutty aroma, toss in the whole aubergines, coating them in the onion and spices

5. Tip in tomatoes, chickpeas and sugar, cover and gently cook for 40 minutes, until aubergines are tender

6. While the stew cooks boil a full kettle. Put the rice in a large saucepan, cover with plenty of boiling water, cover and simmer for 20 - 25 minutes until cooked. Then drain

7. Season the sauce with fresh black pepper and a pinch of salt. Toss in half the mint and coriander - cover and simmer for 2 minutes

8. Sprinkle over remaining herbs, serve with the brown rice and a dollop of yogurt Delicious!

No story behind it, just something I picked up at the Beethoven centre a long time ago. There are lots of recipes I've picked up and never got round to trying out, but that one I did and as it was tasty and fairly easy to cook I've used it many times since.

I cook it throughout the year, on a hot day you could serve it at a cooler temperature or even cold.

I don't think I'd ever ground my own spices before this recipe, but tried it and found it easier and quicker than I'd expected! And quire satisfying in its own way.

Riyad's Chips

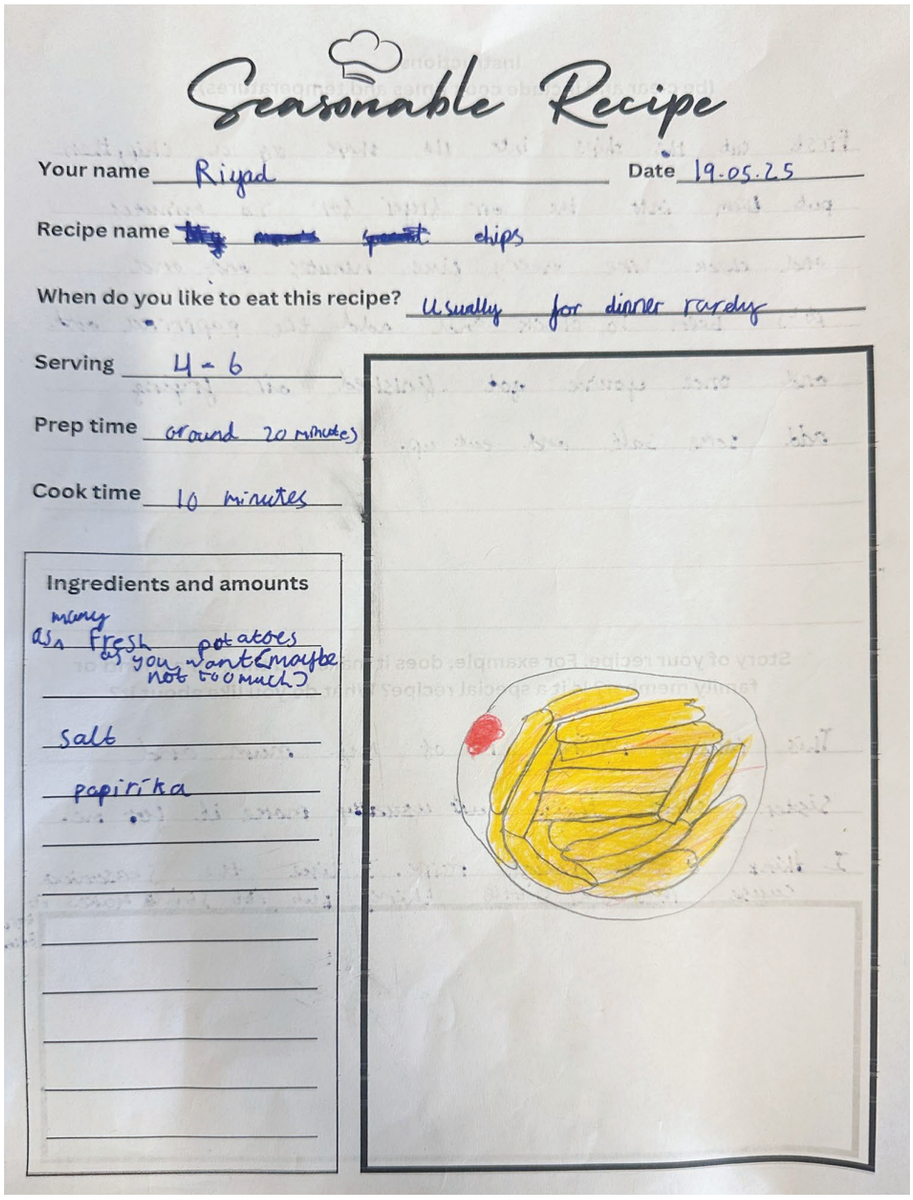
Ingredients:

As many fresh potatoes as you want (maybe not too much)

Salt

Paprika

Oil



Seasonable Recipe

Your name Riyad Date 19.05.25

Recipe name chips

When do you like to eat this recipe? Usually for dinner rarely

Serving 4 - 6

Prep time around 20 minutes

Cook time 10 minutes

Ingredients and amounts

as many fresh potatoes as you want (maybe not too much)

salt

papirika

I like to eat this recipe at dinner. It serves 4 – 6 people and takes around 20 minutes.

First cut the chips into the shape of a chip, toss in a bit of oil, then put them into the air fryer for 20 minutes and check like every five minutes and once it's been 10 check and add the paprika and once you've got finished air frying add some salt and eat up

This recipe reminds me of my mum and sister since they make it for me. I think it's a special recipe. I like the seasoning because it's a little thing but it still makes it taste better.

CLIMATE Champions

CONCLUSION.

We would love to hear from you if you've made any of the recipes! You can get in touch with us through contacting lola@pdt.org.uk, or texting us on 07762825271.

You can also join our regular WhatsApp group, where once a week we share information about free and low cost environmental activities in the area, through following this link https://chat.whatsapp.com/Bl5VefrIyl0HOsOuyGfBWr

You can get involved with our other projects and find out more about the Climate Champions by going to our website, https://www.pdt.org.uk/climate-champions

RESOURCES

Change4Life

Support for families with children up to 19 (or 25 with special needs) to eat well and stay active). Email change4lifeservice@family-action.org.uk or call 020 8960 0744 (Mon-Fri, 9am-5pm).
https://family-action.org.uk/change4life

One You

Free lifestyle coaching on healthy eating, weight loss, exercise and more for Westminster residents. https://oneyoukcw.co.uk

Healthy Start

Payments for eligible families to buy milk, fruit, vegetables and formula. Also includes free vitamins. Residents can get £4.25 each week of their pregnancy (from the 10th week of your pregnancy), £8.50 each week for children from birth to 1 year old, £4.25 each week for children between 1 and 4 years old.
https://fisd.westminster.gov.uk/kb5/westminster/fis/advice.page?id=f8lS7LgbfR8

Eat Like a Londoner

Tips, recipes and ideas for saving money and reducing food waste.
https://eatlikealondoner.com

Food waste recycling

Find out how to recycle food waste in Westminster. Email foodwaste@westminster.gov.uk or call 020 7641 2000
https://www.westminster.gov.uk/food-waste

Order a compost bin

Residents receive a discounted price on the bins. They start from £32.98 (plus shipping). Instructions are included in the package and bins can be ordered by calling 0844 571 4444 or via the website.
https://www.westminster.gov.uk/recycling-and-rubbish/reusing-andother-recycling-services/home-composting

Olio App

Share surplus food with neighbours to reduce waste.
https://olioapp.com/en/getting-started-on-olio/what-is-olio

GARDENING/FOOD GROWING

Get involved in growing your food locally:

HCGA (Healthy Community Gardens Association) Offers volunteer gardening, conservation training, and environmental education in Westminster. Regular volunteering sessions on Wednesday afternoons at WECH, Thursday morning at the Penfold Hub and Queens Park Gardens. For more information, contact the team at westminstergardening@hcga.org.uk or 075 0687 7174 or visit the website. https://hcga.org.uk/westminster

Friends of Queen's Park Gardens: a group of volunteers who garden together, creating a beautiful space for wildlife, residents and visitors to Queen's Park Gardens. Free community gardening sessions run every Saturday, 10am-12pm at Queen's Park Gardens, W10 4QJ. Contact the group at gardens@queenspark.org and for more information visit their website: www.queenspark.org

Let's Grow Westbourne is a free local gardening group for the Westbourne community, focused on growing food which people can then take home and eat. https://www.pdt.org.uk/lets-grow-westbourne/

WHAT WE EAT

Save money, eat better and help the planet!

The way food is grown and produced impacts soil health, water use and biodiversity. Eating a variety of foods, including more plant-based meals and those that are in season, helps support sustainable food systems and reduces the environmental impact associated with transportation and storage of out of season produce.

Nutritious food is essential for preventing diet-related conditions such as diabetes and heart disease, supporting both physical and mental health.

Wasted food means wasted money and resources. In London, 67% of the food thrown away is still edible.

In Westminster, up to 30% of household rubbish is food waste, yet many residents are unaware of the food waste recycling services available to them.

Due to farming and related use of land, raising animals for meat and dairy products has a negative impact on our environment with meat consumption being the highest food related consumption-based emission, and vegetables being the lowest.

By planning, cooking smarter, eating seasonally, and reducing food waste we can enjoy nutritious meals while saving money and helping the planet.

WASTE

The main items that can go in your mixed recycling are:

- Paper and cardboard. Please flatten cardboard boxes
- Plastic bottles, tubs, cartons, and food containers, including lids and caps Please rinse containers out quickly first.
- Glass bottles and jars
- Empty aerosol cans and rinsed aluminium foil
- Food and drink cans

Items you can place in your food bin:

- Food waste, such as plate scrapings or mouldy food
- Fish, meat and bones
- Dairy foods, such as cheese, yoghurt, eggs, including eggshells
- Tea bags and coffee grounds
- Rice, pasta and beans
- Bread and pastries
- Fruits and vegetables

Please do not put these in your food bins:

- Packaging of any kind, including compostable packaging
- Black plastic bags
- Liquids, such as milk
- Flowers or garden waste
- Oil and liquid fat
- Any material that is not food waste, for example cotton t-shirts, food tupperware, or food packaging.

CLIMATE Champions

A **community volunteering initiative** aiming to make North Paddington a **healthier, greener and more sustainable neighbourhood for all**.

www.pdt.org.uk/climate-champions

pdt paddington development trust