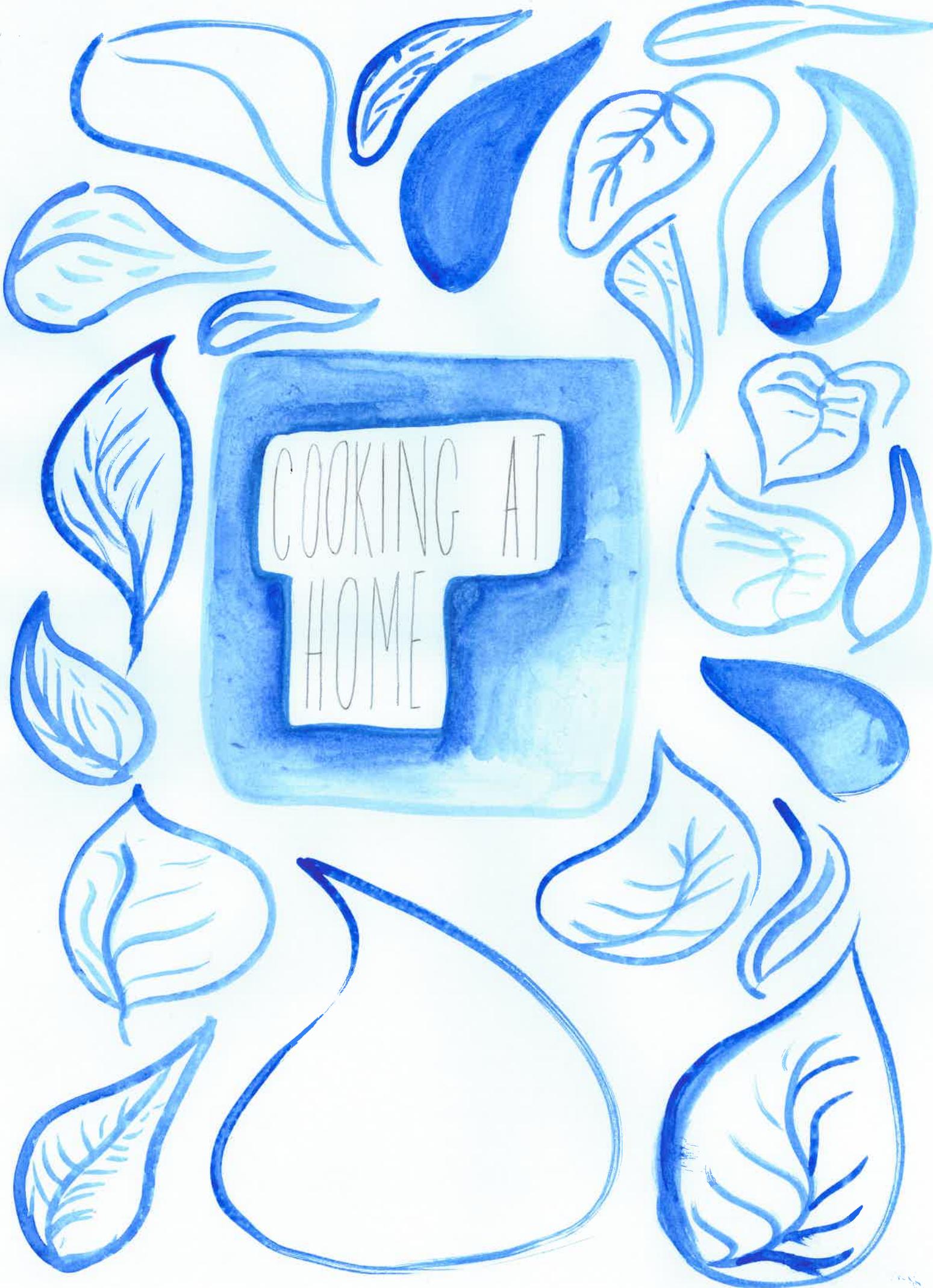




STIRRING UP A
STORM



COOKING AT
HOME

This week we are going to be cooking up a wee storm that will help us to think through local and global solidarity with the people that produce our food.

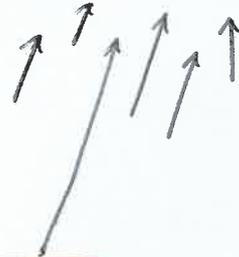
Lots of people both locally and globally have struggled to have access to food, to water, to land to grow on and to seeds. Many have not been paid fair wages for the food that they produce and many historically have been paid nothing at all and have been enslaved in order to produce food.

Countries like Britain stole both land and people, and made people work for no wages. They stole land from the peoples that had been nurturing it for thousands of years. Britain stole people and made them work for no money in horrific conditions. Land has been stolen for hundreds of years by countries like Britain, and many people all over the world are still fighting for their rights to access land, water and seeds which is becoming ever more difficult because of climate change and big bussiness.

Many all over the world have come together to create movements for change and stand up for what is right. Today we will be looking at the idea of the right to grow and harvest your own food from a movement called La Via Campesina. La Via Campesina is a global movement of farmers just like the crofters that you know in Helmsdale and Portgower, who believe that you should take care of the land to help and feed your community and neighbours, rather than make lots of money for big bussiness!

IS EVERYONE IN OUR COMMUNITY ABLE TO BUY SEEDS/EQUIPMENT TO GROW THEIR OWN FOOD?

DOES EVERYONE IN OUR COMMUNITY HAVE ACCESS TO LAND TO GROW FOOD?



THINK ABOUT SOME OF THESE QUESTIONS...
& FOOD SOVEREIGNTY IN OUR LOCAL CONTEXT...



WHO OWNS MOST OF THE LAND IN OUR COMMUNITY?

DOES EVERYONE HAVE EQUAL ACCESS TO THIS LAND?

DOES EVERYONE IN OUR COMMUNITY HAVE THE SAME OPPORTUNITY TO CHOOSE THE FOOD THAT THEY EAT?

There are
5.45 million
people living
in Scotland

**BUT ONLY 432 PEOPLE OWN 50% OF
THE PRIVATE LAND IN RURAL
SCOTLAND**

Is this
fair?

Use the space below to write/ draw what you think about this!

All over the world, there are many people challenging the amount of land that is in the hands of only a few people. Sometimes big businesses impact local communities access to land.



To produce 1 litre of Coca-cola it takes nine litres of clean water.

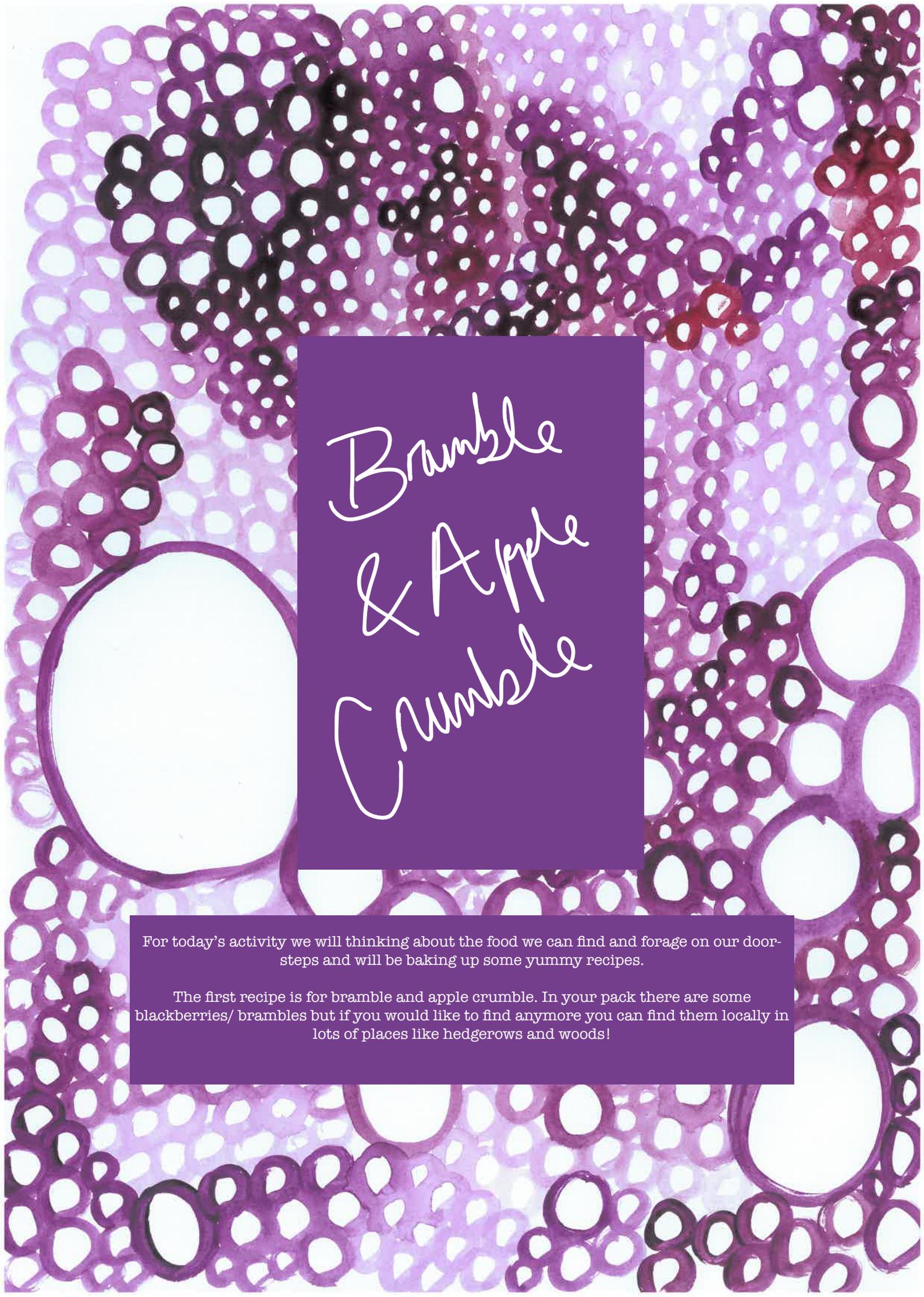
Plachimada is a little village in Kerala, India where the women organised and shut down a Coca-Cola plant in 2004.

Communities living nearby Coca-cola's bottling plants at this time were experiencing severe water shortages. This is because in order to produce Coca-cola massive amounts of water have to be extracted from common groundwater resources. (water that runs underground)

These water resources should be available to everyone. However, due to the amount of water that Coca-Cola was extracting the wells were running dry and the hand water pumps stopped working.

Due to the lack of water, polluted soil and water created by Coca-cola, there was huge crop failures, which massively impacted the local communities.

Thinking about all of these things in our local community and as part of a larger global community we can dream up big ideas about how we can listen and work together to make changes that ensure that everyone can access food, water, seeds and land.



Bramble & Apple Crumble

For today's activity we will be thinking about the food we can find and forage on our doorsteps and will be baking up some yummy recipes.

The first recipe is for bramble and apple crumble. In your pack there are some blackberries/ brambles but if you would like to find anymore you can find them locally in lots of places like hedgerows and woods!



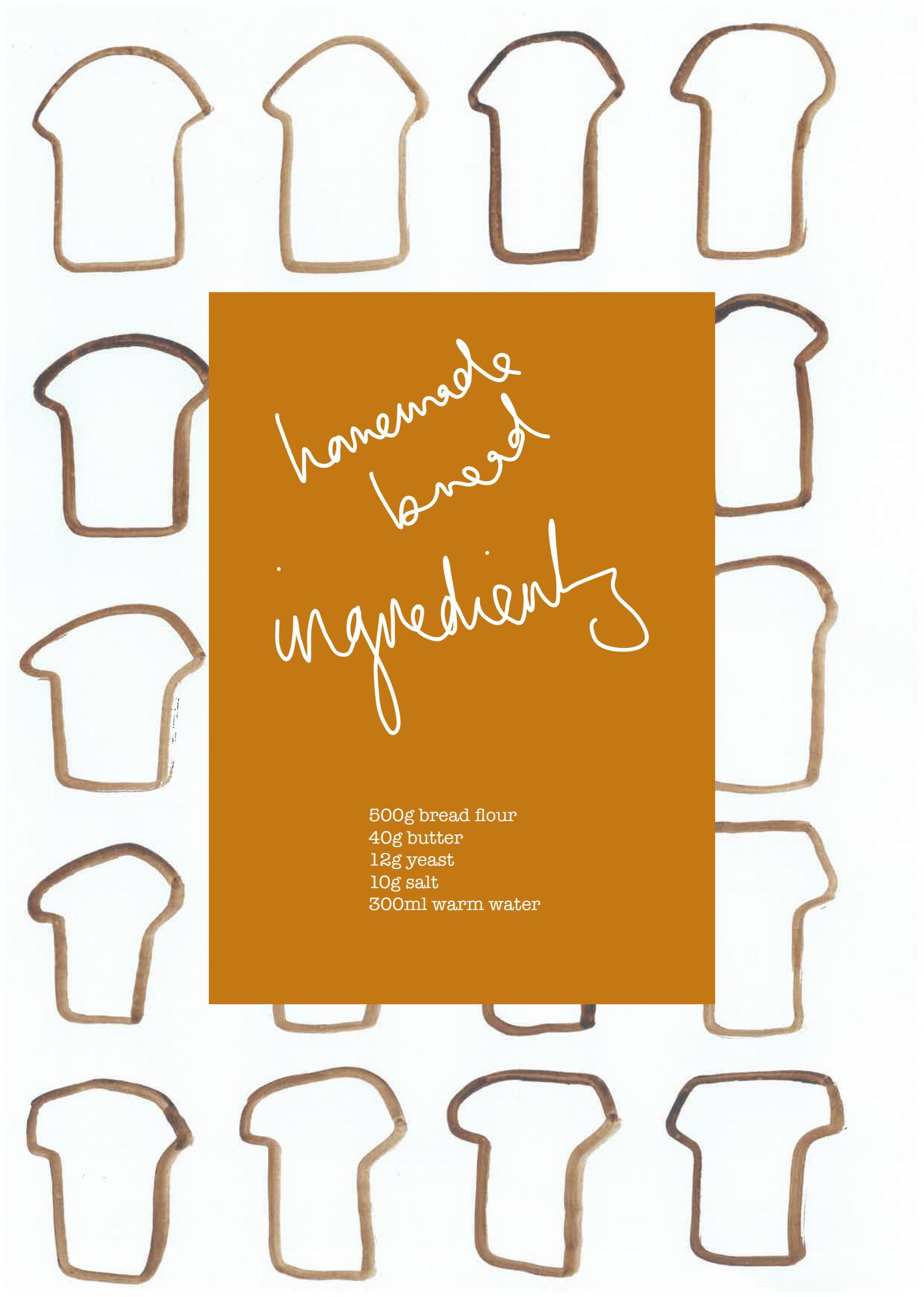
ingredients

200g Apples (Peeled and cored)
100g Blackberries (or extra if you
want collect more yourself!)
4tbsp water
100g butter
50g Brown sugar
A sprinkle of cinnamon
225g plain flour
50g soft brown sugar



Method

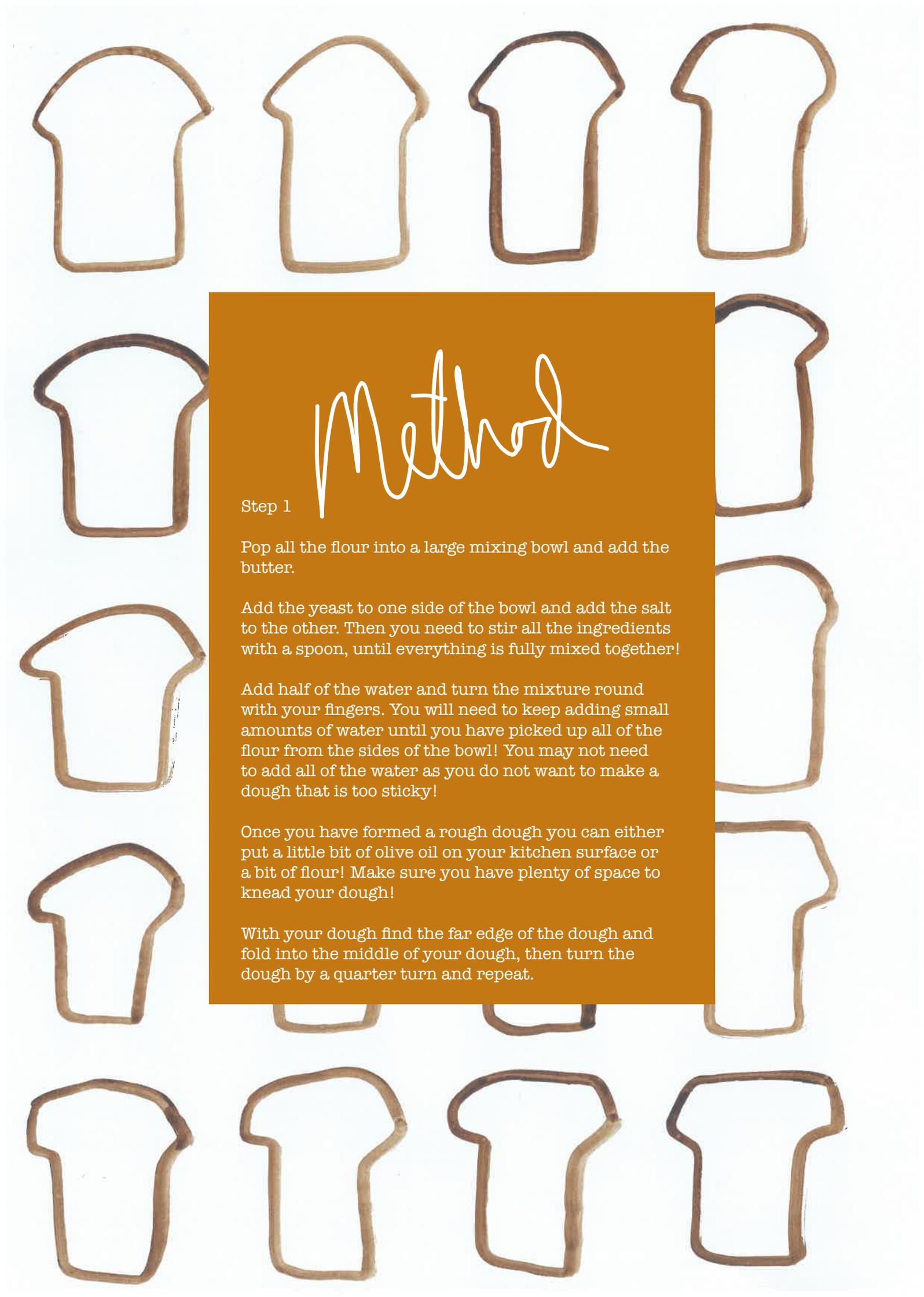
1. Turn on the oven to 200C
2. Put all your brambles/ blackberries and prepared apples and the sugar in a wee oven dish.
3. Put your flour and butter in a bowl. Rub them both together until it becomes like breadcrumbs. Add in the sugar and mix all together!
4. Spoon your mixture over the fruit and bake for 30-40mins until its all golden and bubbbbbly!!!!!!



homemade
bread

ingredients

500g bread flour
40g butter
12g yeast
10g salt
300ml warm water



Method

Step 1

Pop all the flour into a large mixing bowl and add the butter.

Add the yeast to one side of the bowl and add the salt to the other. Then you need to stir all the ingredients with a spoon, until everything is fully mixed together!

Add half of the water and turn the mixture round with your fingers. You will need to keep adding small amounts of water until you have picked up all of the flour from the sides of the bowl! You may not need to add all of the water as you do not want to make a dough that is too sticky!

Once you have formed a rough dough you can either put a little bit of olive oil on your kitchen surface or a bit of flour! Make sure you have plenty of space to knead your dough!

With your dough find the far edge of the dough and fold into the middle of your dough, then turn the dough by a quarter turn and repeat.



Method

Now use your hands to knead the dough. Push the dough out in one direction, then fold it back on itself, turn the dough a quarter turn and repeat. Kneading in this way stretches the gluten and makes the dough elastic. Do this for about 4 or 5 mins until the dough is smooth and stretchy. Work quickly so that the mixture doesn't stick to your hands. If it does get too sticky you can add a little flour to your hands.

Clean and lightly oil your mixing bowl and put the dough back into it. Cover with a damp tea towel and leave it to one side to rise (or sometimes this is called proving!).

This gives the yeast time to work and the dough will double in size. This should take about an hour, but will vary depending on the temperature of your room.

When the 30 minutes is up you can take your loaf out of the oven! To check if it is done, take it out of the oven and tap it gently underneath - it should sound hollow. Turn onto a wire rack to cool.



Method

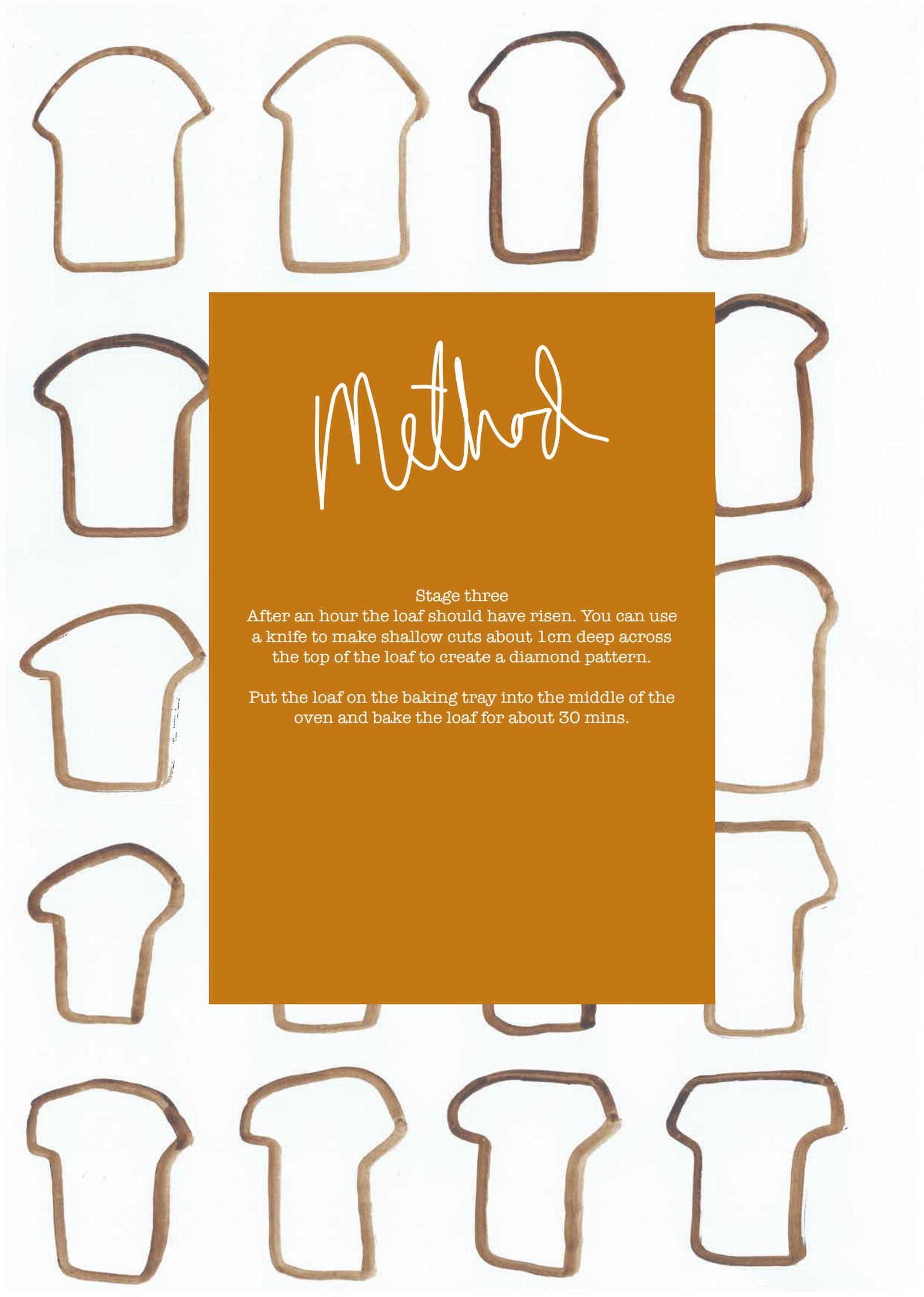
Step 2

Line a baking tray with baking parchment.

Once the dough has doubled in size you can scrape it out of the bowl to shape it. The texture should be bouncy and shiny. Put it onto a lightly floured surface and knock it back – use your hand to roll the dough up, then turn by a quarter turn and roll it up again. Repeat several times. Then use your hands to gently turn and smooth it into a round loaf shape.

Pop your dough onto your baking tray. Once again you will need to cover the dough with a tea towel and leave to prove again until it's doubled in size. This will take about an hour, but may be quicker or slower depending on how warm your kitchen is.

You will now need to preheat your oven to 220°C.
Please ask a parent or guardian to do this!



Method

Stage three

After an hour the loaf should have risen. You can use a knife to make shallow cuts about 1cm deep across the top of the loaf to create a diamond pattern.

Put the loaf on the baking tray into the middle of the oven and bake the loaf for about 30 mins.