

**Minute of NHTT Food Group Meeting – Thursday 19<sup>th</sup> November 7.30pm,  
Giffordtown Hall.**

**Present:** Valeria & Iliya students from Dundee University, Fred Reid ,Laura Turner ,David & Jill Maillie, Alison McIntyre, Stella McIntyre, Becky Little, Gillian, Tony Wilson , Barbara Holden, Hayley Mills, Kerstin Fricke, Andy McKie, Heide Mills & Bramble the dog.

**Apologies:** Katie Connolly, Elly Kinross, Hamid van Koten

**Fungi Presentation from Tony Wilson – Fife Ranger Service**

Tony Wilson gave an excellent presentation on edible and not so edible fungi, details below:

**Fungi** – What's safe to eat, what do you need to know, take with you, look for, how do you know its safe, how do you know its not, how do you collect your mushroom, how do you prepare them?

**For advice or training** go to Tony, East of Scotland Fungi group – training centres - £300 weekend course – Tony is free.

What books to read/buy? Good quality field guides like – Roger Phillips – Learn how to use them properly – keys & descriptions next to pictures. Also Easy Edible Mushroom guide – pictures + look alikes to avoid. Food for free – Richard Maybe. Wild food – Roger Phillips – recipe season by season. Go out on a few walks with people who know what they are doing. Toadstools – inedible. Fungi pickers code of conduct – only collect ½ of specimens you find – only fully mature & only 4lbs in weight to safeguard next years crop.

**For Fungi Foraging** What you need – a good field guide – a basket, allows spores to spread whilst walking or paper bag or cardboard box don't use polythene bags as they harbour bacteria , a knife – entire fungus out of the ground – look out for volva at base of stem – poisonous – only see it when you take it out of the ground. Trowel/spoon & a stick for poking about undergrowth. Look for right habitat. Certain types of tree certain types of fungi grow with. Right time of year. Right weather conditions – hot humid summer & mild autumn limit insects & infestations.

**Anatomy of the Fungus & Good Advice!**

White gills & volvas – stay away. Learn the most poisonous species first – then you will avoid them. Target a few species that you know. Never mix a collection. Always keep one specimen aside – for medical emergencies. Be aware of allergies.

**What to do if it's not safe?**

Don't panic. Go to Dr/Hospital. Take a specimen

**How to collect?** Check habitat, check what tree its with, dig up whole specimen, bruise the stem & base, cut the stem, check for colour change & see how many maggots are in it, if no burrows fine, store properly, use day you pick them/or preserve.

**How do you prepare them?**

Do it quickly, check for maggots, insects etc. Do not wash – mushrooms absorb water, brush stuff off. Pickle in oil or vinegar. Dry in airing cupboard. Freeze some species.

Saffron milk cap – yellow sap / woolly milk cap poisonous – pure white milk – dab on tongue – tastes unpleasant etc. Slides of various mushrooms – edible/poisonous & weird & don't just look outside – beware of new species popping up in the UK.

**Tony said he plans to do fungi forays next year - Food Group agreed they would like to do a fungi foray in spring & autumn 2010 with him. Hayley to incorporate this into the Food Group programme of workshops for 2010.**

#### **Visitors from Dundee University:**

Hayley asked if Valeria & Iliya had any questions they wanted to ask the Food Group. They asked what activities do we do? Hayley explained the various members & different sort of interaction, projects etc and explained a bit about transition. The Dundee Uni students were looking to develop expert skills in food facilitation workshops to foster communication.

#### **Food Group Business Agenda:**

##### **CCF Apple Press Project Update**

Hayley explained that the project was now complete and in place and that NHTT had had bookings of the equipment over the apple season. James said that MTP had had a successful Apple Day and they were keen to do it again next year. It was estimated that 30-40 trugs of apples were saved that would have not ordinarily been used.

The small kitchen top apple press had broken and it was agreed that Louise would compose a letter to ask for a refund. The group discussed whether we should buy another one but rather decided to put money to another use.

James said that the apple press shed hinges could be improved upon for security. James asked if MTP could build a lean too woodshed against the side of NHTT shed? It was agreed that this was fine as long as it didn't damage the shed.

**Action Point – Louise Barron to compose a letter to ask for a refund.**

##### **CCF Bulk Garden Supplies Pilot Project Update**

Becky gave a summary of the bulk garden supplies project and where things were at – 1 bay built as a trial bay, tree work done, research work done. Hamid was proposed as the liaison between sub group & Food Group for this project. After discussion of quotes James was awarded contract to build bays. The bulk garden supplies sub group are to monitor progress of the projects and the sub-group are to come up with management system for running the project when it is complete & bring back to the Food Group for information.

**Action point: The sub-group are to come up with management system for running the project when it is complete & bring back to the Food Group for information.**

#### **CCF Food Facilitation & Workshops:**

##### **Library**

Hayley reminded the group that the Green Library opening was on Sunday 22<sup>nd</sup> November @ Monimail Tower. The Green Library's focus is around helping people to reskill with more sustainable skills for a more localised future and

economy. There will be books on growing, preserving, brewing and much more. The NHTT has had good press coverage in advance of the opening.

**Alison said she got the East Fife Organic Growers Group newsletter and would get it linked to the NHTT bulletin.**

### **Food Workshops**

The Food Group had agreed previously that they would be keen to do some food focused interactive workshops and Elmwood College had come long to a meeting with the view of providing some of those. Karen Dawson had emailed Hayley to say that they could do some.

The group had some discussion and thought it would be good to seek out skilled people within the community first and if there was nobody able to do deliver the workshop then we could go to Elmwood College.

Laura also suggested that we use the NHTT survey data to also establish what workshops people were keen to do. Hayley explained that the final data results would be available soon.

James explained that MTP have updated their programme for next year and there will be courses on organic growing and permaculture. It was suggested that he linked these details to the NHTT bulletin to help with advertising them.

**Action point - Hayley agreed to pull a rough programme together for 2010 to mail out to the Food Group for comment and to see who might be able to do them within the community first.**

### **CCF Community Bulk Buying Scheme:**

Some discussion took place around taking this forward and the group were keen to use Green city – **Becky/James to take forward. James to check asap with MTP to make sure this is a goer.**

Who will administer – Admin issues. **Laura offered to do the admin to support scheme.** We could use the NHTT shed for storing. £200 minimum order.

**Hayley to email the Food Group with a proposed date for a Community Bulk Buying Scheme Sub Group meeting so as the detail can be worked out.**

### **CCF Bakehouse Feasibility Project:**

Hayley mentioned that there was nobody specific leading on this CCF project, there was a timeline and currently if nobody took the lead then it would not be met. There had been various bits of interest - Elly had expressed interest that MTP would be interested in doing a clay oven building workshop, and Neil had shown interest in terms of taking it forward with a view to a combination bakehouse/brewery/cafe. Hayley commented that the initial NHTT survey data collection had suggested that the community would support a local bakery. In order to take things forward – Hayley to email out to interested parties & Food Group to gauge real interest in who would take this project forward – otherwise the group would ask the CCF for the monies to be reallocated if possible.

**Action point - Hayley to email out to interested parties & Food Group to gauge real interest in who would take this project forward.**

**AOB – Next Food Group meeting will be in January 2010.**