

FOOD

AND NUTRITION SUMMER PROJECT

YOU HAVE SO MANY CHOICES THIS SUMMER OF HOW TO APPROACH YOUR TRANSITION PROJECT.

BUT MAYBE HAVING A FOOD AND NUTRITION STARTING POINT MIGHT BE FOR YOU?

DO YOU HAVE TO BE A MASTER CHEF, OR A PRIZE WINNING GROWER OR A MARINE

BIOLOGIST? **NO**

DO YOU HAVE TO HAVE AN INTEREST IN EATING? **YES, AFTER ALL IT IS SOMETHING YOU ARE GOING TO DO FOR THE REST OF YOUR LIFE!**

THERE SQUILIONS AND TRILLIONS OF PROJECTS YOU COULD DESIGN RELATED TO FOOD AND NUTRITION ON OUR WONDERFUL ISLAND, BUT IF I LISTED THEM ALL IT WOULD TAKE YOU ALL SUMMER TO READ THEM, SO INSTEAD HERE ARE A FEW IDEAS YOU COULD ADAPT, CHANGE OR BE INSPIRED TO DO SOMETHING COMPLETELY DIFFERENT BY. SO HERE ARE MY TOP 3:

1. JERSEY PRODUCE



THE TRANSITION LESSON ABOUT MAKING A DISH FROM JERSEY PRODUCE CAN INSPIRE YOU TO CREATE YOUR OWN DISH MADE FROM AS MANY JERSEY INGREDIENTS, IT CAN BE AS SIMPLE OR AS COMPLICATED AS YOU LIKE. I PRODUCED STEP BY STEP PHOTOS OF HOW I DESIGNED AND MADE MY FRITTATAS, YOU COULD INCLUDE PHOTOS OF YOU COOKING TOO. OR EVEN HOW YOUR FAMILY ENJOYED WHAT YOU COOKED. THERE ARE ENDLESS POSSIBILITIES OF HOW YOU COULD DISPLAY THIS WORK, USE YOUR IMAGINATION.



2.GROW YOUR OWN

THIS SUMMER YOU COULD KEEP A GROWING VLOG, BLOG OR DIARY OF WHAT YOU HAVE DECIDED TO GROW IN YOUR GARDEN, ON YOUR BALCONY LIKE ME, OR EVEN ON YOUR WINDOW LEDGE! ALTERNATIVELY IF YOU ARE A KEEN FISHER YOU COULD CATCH YOUR OWN TROUT AND DOCUMENT THE EXPERIENCE OF CATCHING YOUR DINNER! AGAIN THIS MIGHT SPARK YOUR IMAGINATION TO COME UP WITH A PROJECT FROM LOCAL PRODUCE.

I GREW SOME LOCKDOWN MANGETOUT (WHICH MEANS EAT EVERYTHING IN FRENCH BY THE WAY.)

I GREW THEM FROM SEEDS AND EVEN MADE MY OWN LITTLE SEEDLING POTS BEFORE I PLANTED THEM IN A MORRISONS SHOPPING BAG! LOOK WHAT I MADE THE SEEDLING POTS OUT OF. I ALSO USED THE PLASTIC CONTAINER FROM MY JACKET POTATOES AS A MINI CLOCHE (MINI GREENHOUSE, HONESTLY, GOOGLE IT.)



3.FORAGING FOR FOOD IN JERSEY.

WHAT PLANTS CAN YOU EAT, WHICH SEAWEEDS ARE NUTRITIOUS? AT LOW TIDE WHAT ELSE CAN YOU FIND TO EAT?

THIS PROJECT WOULD BE BASED ON WHICH FOODS ARE EDIBLE IN OUR LOCAL SURROUNDINGS. YOU COULD ALSO LINK THIS TO HISTORY AND FIND OUT WHAT OCCUPIED JERSEY RESIDENTS ATE AND DRANK WHEN FOOD SUPPLIES WERE RUNNING LOW.

THIS CAN BE DOCUMENTED IN PHOTOGRAPHS OR ART WORK OF THE PLANTS AND OR CREATURES YOU FIND WHICH ARE SAFE TO EAT. USE YOUR IMAGINATION ON HOW TO DISPLAY THIS WORK.

FOR EXAMPLE, DID YOU KNOW IF YOU PICK A NETTLE LEAF FROM THE BACK. (THE STINGING PART IS ON THE FRONT.) FOLD IT UP AND EAT IT, IT WILL NOT STING YOU? IT WILL ALSO GIVE YOU VITAMIN A, C, K,IRON AND POTASSIUM.



The Benefits of Nettles

Vitamin A - Vitamin C - Vitamin K - Iron - Potassium - Silicon



Even though it has long been considered a weed, nettles are very useful for healing our bodies. Some of the benefits include:

- ◆ Promoting pain-free muscles and joints
- ◆ Warding off anemia
- ◆ Preventing and healing eczema
- ◆ Keeping blood healthy and promoting healthy clotting
- ◆ Balancing blood sugar levels
- ◆ Help with reducing symptoms of rheumatoid arthritis
- ◆ Acting as a natural diuretic
- ◆ Promoting a healthy prostate
- ◆ Relieving symptoms of urinary tract infections
- ◆ Healing insect bites

DID YOU KNOW: The stems and leaves of nettle contain natural anti-inflammatory substances to help with a variety of ailments including seasonal allergies. Try adding nettles to homemade pesto, soups, and tea.

Facebook: Autumn, Fall Vegetables

