

Avalon Abundance Course Information Sheet



Somerset
Skills & Learning



We hope you find the following information useful. If you have any questions please contact Nicole Vosper, Education & Training Coordinator: nicole@feedavalon.org.uk

Course title:	Avalon Abundance Course
Venues, Dates, Tutors & Times:	<p>Dates, Times & Locations</p> <ul style="list-style-type: none"> ○ Wednesday 29th October 2014, 10am – 12pm, People’s Kitchen, Bottling Workshop with Karin Shaw ○ Wednesday 5th November, 10am – 12pm, People’s Kitchen, Fermentation Workshop with Pavla Kislerova ○ Saturday 8th November, 11am – 4pm, People’s Kitchen, Winter Food Storage Course with Carol Stone and Michele Darnell Roberts. This longer course will explore low impact food storage including clamping, cellars & cool storage. Other winter storage will also be covered such as freezing and drying produce safely. Please bring some food (for yourself or to share) as it will run over lunchtime. ○ Tuesday 11th November, 12.30 – 2.30pm, Crispin Community Centre, Jam Making Workshop with Michele Darnell-Roberts ○ Tuesday 18th November, 12.30 – 2.30pm, Crispin Community Centre, Chutney Making Workshop with Michele Darnell-Roberts ○ Tuesday 2nd December, 11am – 1pm, People’s Kitchen, Soup Making with Michele Darnell-Roberts <p>Venues</p> <p>Feed Avalon CIC’s People’s Kitchen at, Gladtown Forge, Unit C1, Northover Buildings, Glastonbury, BA6 9NU (Down the road from the Red Brick Building, past the Tovey Coal Works, keep walking round the corner and you will see several workshops/vehicles/materials. Our workshop is the one with the plants outside). Please note there is limited parking.</p> <p>The Crispin Community Centre, 10 Leigh Rd, Street, Somerset BA16 0HA</p> <p>Tutors</p> <p>Karin Shaw, is an experienced smallholder and food producer, who started and runs Dragon Willows Farm: http://www.dragonwillowsfarm.co.uk/</p> <p>Pavla Kislerova runs Hej Gro, a small business that specialises in making products from seasonal, foraged and locally sourced organic ingredients including pestos, jams, chutneys, herb infused vinegars and</p>

oils, and herbal healing balms. <https://www.facebook.com/HejGro>

Carol Stone is completing an MSc Sustainable Horticulture & Food Production at Schumacher College and is an experienced grower and trainer. She is running the Growing Glastonbury Project and is part of the Feed Avalon workers cooperative.

Michele Darnell-Roberts is a member of Feed Avalon has been teaching growing and cooking courses. She is an experienced smallholder with abundant skills in preserving food.

Course Overview

The Avalon Abundance course is a series of practical workshops about harvesting, storing and preserving food that has been home grown, foraged or harvested from elsewhere.

What topics and themes will be covered? What is the style of learning?

Topics and themes that will be covered:

- How to make jams & jellies
- Super simple soup making
- Low impact food storage including clamping, cellars & cool storage
- How to make chutney
- How to store beans of all varieties
- How to dehydrate produce
- Bottling & canning
- How to freeze & chill produce safely
- How to make juices
- Techniques of fermentation

All workshops will involve demonstrations and advice from experienced tutors, as well as skills and knowledge sharing between participants. There will be a chance to have a go and get involved in a practical way.

What can I expect to have learnt by the end of the course?

The learning objectives are:

- 1 To know how to safely and successfully make a basic fruit jam.
- 2 To know how to make a soup from fresh vegetables and affordable ingredients.
- 3 To learn how to safely store food during the winter in a low-energy way, such as clamping, cellars and cool storage techniques.
- 4 To know how to safely and successfully make chutney.
- 5 How to use a dehydrator and dehydrate basic fruits and vegetables.
- 6 How to bottle fresh produce safely and successfully.
- 7 How to safely freeze different vegetables.
- 8 To learn basic fermentation methods.

Do I need any previous knowledge or experience? Who is the course suitable for?

Total beginners are very welcome. Basic cooking skills are an advantage – such as chopping vegetables, being aware of stoves and using utensils

How will my tutor provide me with feedback? How will my progress be assessed?

Your tutor will give you verbal feedback throughout the course and tell you what you are doing well and how you can further improve.

Do I need to bring anything to the first session?

- Pen
- Notepad for your personal notes
- Copy of your enrolment form(s) that have been sent to you in advance
- Camera (optional – if it will help you learn)

Are there any costs involved?

Workshops are free for individuals on benefits or a low income. Suggested donation of £10 per workshop for those paying, or £65 for the whole course. You are able to bring cash on the day, or pay by cheque or bank transfer. Please ask us for our details. All donations will go towards our grassroots work.

What follow on courses are available?

- If you are interested in 'refreshing' your skills in English or Maths call 0845 6880488.
- Go to www.move-on.org.uk where you can take fun tests to see which areas you might benefit from a 'brush up' in.
- Visit <http://www.learnsomerset.co.uk> for possible follow on courses in a range of subject areas.
- Please call 0845 6880488 if you need more information or would like to speak to a Learning Adviser from Somerset Skills and Learning.
- Find details of other courses with Feed Avalon you may be interested in here: <http://www.feedavalon.org.uk/projects/eat-project/>
- Get involved with Feed Avalon. There are diverse opportunities for grassroots community action, growing, livelihood creation and more. Get in touch with us to see how we can work together to feed our community.