

News from ...  
**HARVEST WORKERS COOP**



Hello <<First Name>>

It feels a funny time of year right now. The days are lighter and nature has started coming to life with extra greenery and hedgerows and woods carpeted in bluebells. Plus I've just heard the first cuckoo on Dartmoor!

And yet, because its still cold and dreary weather it almost feels like February still. Plus we are in the 'hungry gap' and there is limited seasonal food available. This relates to the fact that most plants don't like growing in the UK in winter. It's cold, it's damp, and the short days and frequent cloud cover means there's not much light around to kickstart growth.

There are hardy vegetables that will survive it – things like winter brassicas and leeks – and those are our seasonal veg in winter. But by Spring these winter veg have been devoured by hungry mouths or are ready to run to seed. New crops for the summer have been sowed, but take several weeks to establish and be safe to put out in the ground without risk of frost (or serving as a buffet for slugs when it rains).

The good news is there are still a few seasonal treats like wild garlic to enjoy that we have in our shop!

Warmest of wishes :-)

Martin, Sara, Fran, Chris, Jo and Kevin

PS It is Hedgehog Awareness Week next week. More info [here](#)

# In the Shop

We have some delicious, seasonal produce to enjoy in May! From fresh asparagus, lettuce, salads and wild garlic and nettles that are nutritional powerhouses.

For those keen to grow their own we have vegetable plant from kale to lettuce to herbs to tomato plants, grown to suit the local climate.



# Project News



## Mobile Shop and Markets

### The Tuesday Market

**Hatherleigh Market** (market stall not mobile shop) 9am to 12.30pm

The mobile shop days have now been put into one day to make a longer Friday route and we have a new stop in South Zeal. The route and times are:

**Northlew, near the Green Dragon** 10:15 - 11:40

**Bratton Clovelly, by the Parish Hall** 12:00 - 13:00

**Sampford Courtenay, The Square** 14:00 - 14:30

**South Zeal, near the Oxenham Arms** 15:00 to 15.45

**Belstone, Car Park** 16.00 to 17.00

## Community Outreach

Our next newsletter will focus on our community outreach and events for the rest of the year but for now we are having a pause on these to focus on our co-ops resilience and growth

# Our Next Events

We are planning our events and workshops for the year.

If you have any ideas on topics you would be interested in learning about at one of our events, please email us at [hello@harvestworkerscoop.org.uk](mailto:hello@harvestworkerscoop.org.uk) or call into the shop.

# Education Info



## Hilltown Organics Blogs

**In harmony with spring greens and bugs**



**Dainty as a fairy's frock**



## 'Forever chemicals' found in UK food

PAN (Pesticide Action Network) UK has recently found PFAs forever chemicals (strongly linked with cancer, fertility issues and immune system function amongst other health issues) in **UK food from spices to a range of fruit and vegetables. Strawberries were the worst offenders.**

PFAs are entirely human made chemicals that didn't used to exist on the planet but now contaminate every single corner. The UK government is only focusing on reducing PFAs in industrial chemicals, not food. Yet PFAs are absolutely unnecessary for growing food.

What can you do to protect your health?

All of the produce at Harvest Workers Coop doesn't contain any PFAs. Organic produce in general reduces pesticides but reducing is different to not having them at all. Many big organic farms still use some pesticides and other unnatural chemicals, but it is definitely not the case for Harvest Workers Coop.

Whilst organic produce generally costs more than conventional, as evidenced in Chris's blog post, **organic food is better value for money in terms of nutrient density and health benefit.**

**Do you have any food facts that you feel people would be interested in? We would love to hear your thoughts! Email us at [hellow@harvestworkerscoop.org.uk](mailto:hellow@harvestworkerscoop.org.uk)**

**Looking for good vegetable growing advice? [Get 'no dig' growing tips from Charles Dowding.](#)**

### Reference Links

<https://www.pan-uk.org/pfas-forever-chemicals/>



<https://evolveyourhealthpersonaltraining.com/2023/08/22/why-organic-food-is-better-value-for-money/>



# Recipe Book



## Red Lentil Dhal

 2 servings  25 minutes

### INGREDIENTS

1/2 teaspoon cumin seeds  
 1/2 teaspoon coconut oil  
 1 onion  
 5 minced garlic cloves  
 1 teaspoon chopped ginger  
 1 teaspoon mango chutney  
 3 teaspoon garam masala  
 2 teaspoon turmeric  
 300g red lentils (rinsed in sieve)  
 1 can coconut milk  
 Pinch salt and vegetable stock

### SEASONAL SPRING OPTIONS

Wild garlic, nettles, spinach,  
 kale, spring onions

### DIRECTIONS

1. Heat pan over medium heat and dry fry cumin seeds for 1-2 mins
2. Add coconut oil, onion, garlic and ginger and fry for 2-3 mins
3. Turn heat to low and add mango chutney and spices
4. Simmer and stir for 5 minutes. Add water to make into a curry paste
5. Add red lentils and allow them to absorb spices for 2-3 mins
6. Add coconut milk and salt/stock
7. Bring to boil and simmer for approx 10 mins. Add veg and greens of choice
8. Simmer for 2-3 mins more or until lentils and veg is cooked
9. Serve with rice, quinoa or anything that takes your fancy!

### VERSATILITY

- Variety is the spice of life! Add any spice or herb of your fancy from coriander, parsley, paprika, chilli, cayenne pepper...
- Swap red lentils for yellow split peas, chickpeas, tofa or meat
- Add any veg or green of your choice or what you have to use up
- Swap coconut milk for tomatoes (if an abundant summer harvest!) and lemon-lime juice or natural yoghurt

### BANG FOR YOUR BUCK

- Organic red lentils are high in essential nutrients like protein, magnesium and iron and are relatively inexpensive
- Spices boost our immunity and turmeric is uniquely good at protecting our liver (a key detox organ) from toxins

Thank you for supporting Harvest Workers'

## Co-op

We are a **not for profit workers' co-operative** made up of farmers, educators and storytellers.

We grow and source good organic food for our little farm shop in Okehampton.

We create opportunities for our community to explore all things food and farming and to celebrate **Good Mood Food!**

It would be lovely to see you in the Harvest Farm Shop

Monday - Saturday 9:00 - 5:00 in Red Lion Yard or Tuesdays at Hatherleigh Market or out on the mobile shop on Fridays

Do keep an eye out for all our latest happenings on our **website**, in store, or on social media

[Visit our website](#)



*Copyright © \*2018\* \*Harvest Workers' Co-op Ltd\*, All rights reserved.*

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

