



Welcome to Transition Lostwithiel August 2011 e-newsletter

Workshops

- Due to popular demand **ART 4 U WORK SHOP** will be holding regular art classes at the Church Rooms, Lostwithiel
To book a place and find out more about this exciting art project: contact JACKIE 01208 872854

- **POTTERY WORKSHOP**

Children's workshops in the school holidays: pottery 17th August,
painting 24th August, mosaics 31st August

Phone Jane 01208 873651 for more details

- **THE PLANT SWAP ... every Saturday morning 10 – 12.30pm in the Church Yard**

SWAP YOUR PRODUCE ... bring any excess veg / eggs / honey/flowers and swap for plants or other produce

- **OFFER TIME:** become a 'Wonder person' and help out at events contact Lesley 873363 if you would like to be on our list or to find out more... no meetings or organising, just help out on the day, for example...
 - **Lostfeast** is being held in October and Transition Lostwithiel will be putting on an event and will need support on the day
 - **the Plant Swap** needs extra helpers once or twice during the summer season
- **Did you know that you can take your old batteries to Lostwithiel Library for recycling (as well as Londis and Coop) - pick up a timetable of local buses for Cornwall while you're there**
- **www.transportdirect.info** is a really good web site to use to plan a journey by Public Transport
- **LOSTCYCLE:** free ... Creda gas cooker .. for contact details .. email **info@transitionlostwithiel.org.uk**



The stall at the Rotarians Charity Fayre was a lot of fun, very busy and showcased the projects /ideas and events that Transition Lostwithiel has made happen and sponsored during the last year

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To whoever is slowly stealing the Golden Begonias from the Celebration Bed at Cott Road ... if you want more then let Transition Lostwithiel know and we will buy you some out of our funds...

meanwhile, we hope you enjoy the ones you have already taken which were supplied and planted by Lostwithiel Floral Art Group.

- **Grow a good runner bean , get great potatoes? Let us know which varieties you find grow well locally... so far:**

Runner Beans: White Lady and Achievement

Potatoes: Red Duke Dragon

Lettuce: Salad Bowl

Yum of the Month

Elderflower cordial

You'll need 25 heads of elderflowers (rinse them well first), 2kg sugar, 2 litres water and 2 large sliced lemons. Put the sugar, water and lemon in a pan and heat gently, stirring continuously, until the sugar has dissolved. Allow to cool then pour over the elderflowers. Leave to stand in a covered container for 2 days then strain and bottle (seal loosely in case of fermentation - bottles with corks are safest!). Store in a cool, dark place. To drink, dilute with three parts chilled mineral water to one part cordial. Use sparkling water if you prefer for fizzy elderflower.

For those over 18!!

Elderflower Champagne

7 heads elderflowers

1 gallon cold water

1 lb sugar

2 lemons

2 tablespoons of

white wine vinegar

Boil the water, pour over the sugar: when cold throw in the flower heads, slice lemons and add the white wine vinegar. Let stand for 24 hours. Strain and bottle, using strong bottles. Cork well, and it is very fizzy, true to its name