



Welcome to Transition Lostwithiel
October 2010 e-newsletter ...

EVENT: LOST IN FOOD WEEK



SECOND HELPINGS..YUM YUM

a day of food activity for all ages - Wednesday 27 October 11-3 Church Rooms in Lostwithiel.

- **Have lunch** - Zero waste Yum Yum noodle bar lunch 12.30 – 2.00 - completely run by a group of young people in the town - eat in or take away
- **Learn about** the Abundance community harvesting project
- **Create** chutney, bread, fridge biscuits, and much more to take home along with recipes
- **Beth's** homemade cakes will be on sale

BIG EXCHANGE: bring along your home made jam, chutneys, eggs, honey to swap for something else

Love Food Hate Waste -Information and free gifts from Cornwall Council

Come and enjoy fun with food!

LOST THREADS + xtras Royal Talbot

Diary dates:

- Monday October 4
- Monday October 18
- Monday November 1
- Monday November 15

10-midday ... Dickensian workshops and community quilts

****and Tuesday 19 October FIRST *evening 7.30 onwards**

Celebrate Abundance

Do you have apples, pears, medlars, quinces dropping to the ground or is your tree a challenge to pick? We help harvest and distribute spare fruit in the Fowey Estuary area in the community for free.

Contact Anne-Marie on 0784 9073394

mail@amculhane.co.uk or visit the [Abundance blog](#) to find out more

Traditional orchard survey

People's Trust for Endangered Species are conducting a survey of old orchard relics. If you or anyone you know has knowledge relating to Cornwall that would contribute to the inventory, they would be very grateful to receive it.

Read more [about the survey](#) or complete [this questionnaire](#).

Winter Plants ... and support a local Charity

Churchtown has just started getting plants ready for winter. They have cyclamen now and in a few weeks time will have wallflowers, pansies and polyanthus. As ever they will be cheaper than garden centres - they can be bought directly from the trolley outside the centre in Lanlivery. There are also a few camellia plants which are good big pot grown plants and very reasonable priced.

New life for old street lamps

Many of the re-used cloches have gone to good homes and have generated more donations for our funds... We can still get them, so contact Lesley or Richard Bower 873363 if you want any for the next season... they are free as we can't officially sell them but a small donation is very welcome and will go towards funding some children-sized garden tools for the Children's Community Garden at Mount Pleasant Lostwithiel.

Recycling printer ink cartridges

You can now collect a recycling FREEPOST bag to send off your ink cartridges (except Epson or lasers) from Watts Trading, the Community Centre and the Co-op. The Red Cross will get a donation for each cartridge recycled. Thanks Jill!