

OUTSIDE INSIDE

Newsletter



NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

Funded through the Hounslow Thriving Communities Response Fund

Let's Go Outside and Learn CIC Registration 9435120

Newsletter 19/ September 2020

Welcome to our newsletter!

A CUPPA & a chat

BYO*

*For now you must provide your own Cuppa, but once we can spend time together in the park we will provide it for you.

LET'S GO OUTSIDE AND LEARN

Connect with others and explore nature from the safety of your home.

We can't take you out for a stroll just now, but join our nature-based activities to learn something new, awaken your senses and connect with others.

See website for weekly activity details www.lgoal.org
TO JOIN IN PLEASE REGISTER. EMAIL outdoor.learning@outlook.com OR
Phone Mairi 07939001731 or Frances 020 8401 6837
facebook.com/LetsGoOutsideAndLearn/
Let's Go Outside and Learn CIC Registration Number 9435120

Join our weekly meetings from the safety of your home!

The weekly meetings are a great way to explore nature and meet new people. We meet every Tuesday at 11am for an hour for a telephone conference call to discuss nature related topics, to share experiences and keep in touch. It is easy to join, you can take part in some great activities as well as meeting new people.

There are new activities included on our [website](#) every week under the tab **NATURE AND WELLBEING**. We will feature some of them in our newsletter.



Next week on 15th September we are going to hold our telephone conversation as usual, but we are also going to trial a small group meet up in Inwood Park with social distancing in place. If you feel that you would like to join in, please get in touch. Numbers are limited by government restrictions so book early to ensure your place.

Contact us to book a place on the Stroll 15th September



Architecture in Nature

This willow tree fell in the recent wind on the footpath by the River Crane creating an elegant natural archway for walkers.

We love receiving your photos. Send us any nature related photos and we'll include them in the newsletter to share with others.

LET'S GO
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Pumpkins and blackberries

by Trudi Morgan

www.lgoal.org

CIC Registration 9435120

This week we asked Trudi to write something for the newsletter. Trudi is a great allotment gardener, and she has shared her thoughts about pumpkins and blackberries. She has also included her recipe for blackberry vinegar which sounds delicious and will be a reminder of the taste of autumn all through the winter, but if you don't have blackberries available you could experiment with other soft fruit.

[Read more about pumpkins and blackberries](#)

Blackberry Vinegar

300g ripe blackberries

300ml apple cider vinegar

Approx 450- 475g caster sugar

Plus 2 extra tablespoons

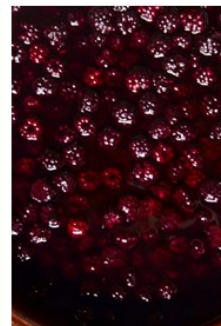


Put the blackberries in a large bowl. Add the cider vinegar with the 2tbs of sugar, stir and leave the blackberries to steep for 5 to 7 days. The longer it steeps, the stronger the flavour. Stir occasionally.

Strain the juice into a bowl through a muslin bag, leaving it to drain until the fruit has yielded as much juice as possible. Measure the juice and add 225g of sugar for each 300ml of juice.

Bring to the boil and boil for 5 minutes, before pouring into warm sterilised bottles.

It's delicious.



Trudi shared her recipe for blackberry vinegar which sounds delicious and will be a reminder of the taste of autumn all through the winter. If you don't have blackberries you could experiment with other soft fruit!

Thank you to Sheila who has shared her recipe for SEYCHELLOIS FRIKASE ZIRONMON (fricassee of pumpkin) which sounds delicious too. Let us know if you make it and if it tasted good.

FRIKASE ZIRONMON by Sheila

Cut up the pumpkin into manageable sizes and boil the flesh, discarding the seeds. (You can leave the skins on if you wish at this stage and then remove

Once the flesh is soft, mash it up and add in cooked onion, ginger and garlic, parsley and anything else that you think will taste good. The dish should have a thick consistency.

Mix a salad dressing with oil, lemon or vinegar, crushed chilli and salt.

Fry the mixture quickly at a high heat in a little oil and while it is still hot add in the salad dressing.

Sali taste tested the recipe for us and here is the result!



There are lots of ideas for other activities that you can do at home available on our website. Take a look at let us know what you think. Are there any topics that we haven't included yet. Just get in touch and we'll try our best to include something.

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Newsletter 2

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outdoor.learning@outlook.com

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