

*Home
Grown
Knowledge*

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Community growing —
suitable for the green or clean fingered.

There are lots of growing spaces in Rochdale, urban allotments, green and grey spaces where people are growing. We want to make the most of that to upskill people to get them to cook what they grow, to stretch their budgets, save money and feed themselves well

HOME GROWN KNOWLEDGE includes stories from 3 community growing spaces in Rochdale: Q Gardens, Blooming Marvelous Garden, and PIER (Petrus Incredible Edible Rochdale). This project was led by Davina Unsworth and Roy Down from Plot2Plate, a community initiative to help people in Rochdale grow their own food.

Gwen Riley Jones, Socially Engaged Photographer in Residence at Open Eye Gallery, Liverpool in partnership with Royal Horticultural Society (RHS) Communities, collaborated with Plot2Plate growers to share stories of community gardening and what it means to them.



'You see different people and they show you how to make food in different ways.

I don't do gardening at home but I'll do it here.'

Mohammed, Q Gardens

Community growing spaces are supportive places - and if you don't like getting your hands dirty, there's lots of other things to do. 'Some people just sit, and watch the world go by. Some people bring their own arts and crafts, we have one gentleman who does graffiti art. Some people just want to be useful, like cutting the grass, doing maintenance, joinery, tidying up, preparing the food, helping to cook things, you don't have to be a gardener or even like gardening. You connect with other people, and that can be as important as any of the growing.'

Silvana, PIER

Julian is a wood-worker who has built raised beds, 'I've made three planters and a potting table for the garden. It's helped me, six months ago I didn't leave the house. Coming here gives me courage.'

Julian, Blooming Marvelous Garden

The garden itself is a little oasis full of bugs, insects and pollinators. 'I like coming to Q Gardens because I like learning about the different plants, vegetables and insects. Also I like it because it's very calm and vibey.'

Chloe, Q Gardens

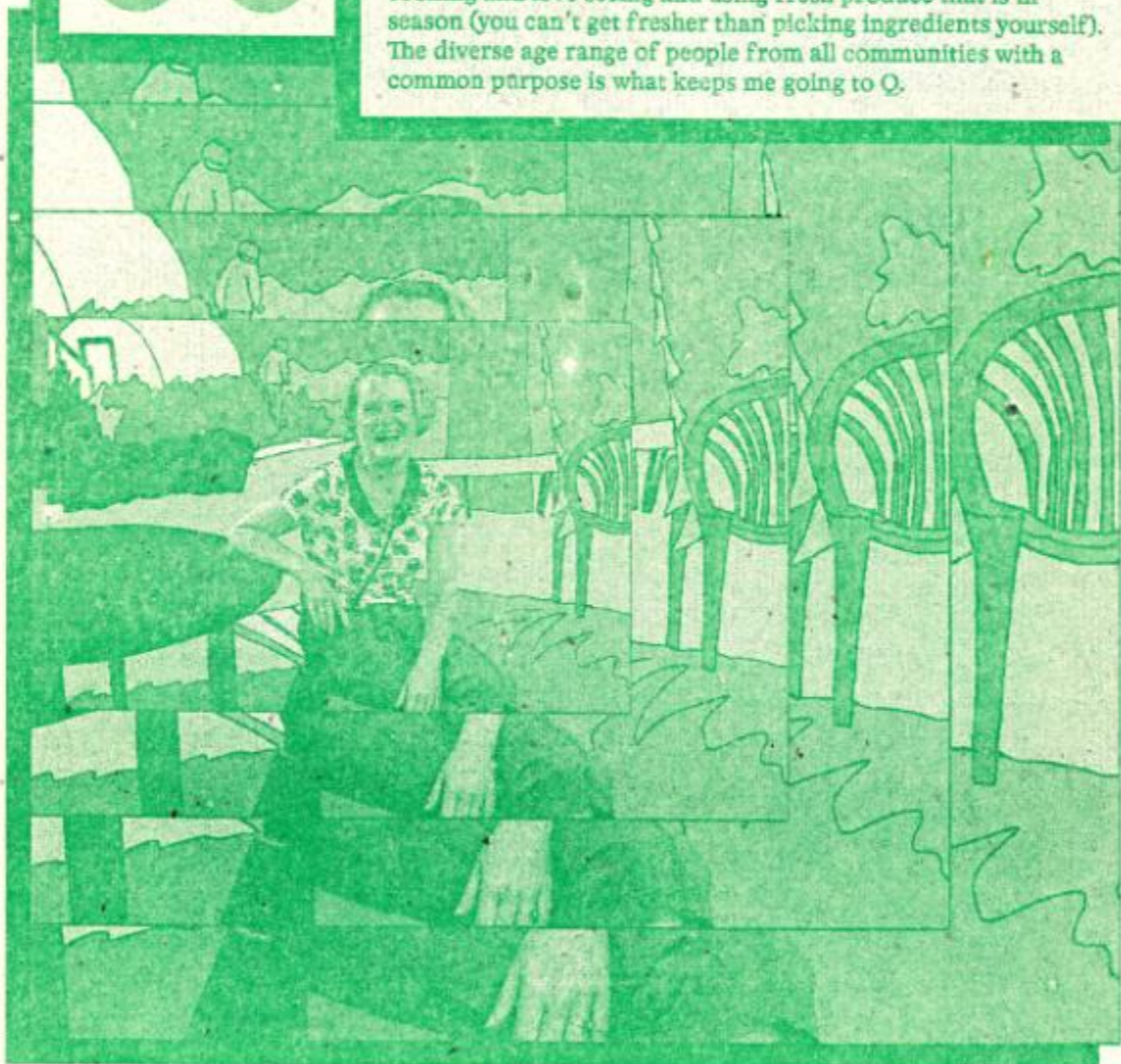
People
shouldn't be put
off by a lack of
knowledge

There's so many
people out there
that can help people
with
**Home Grown
Knowledge**



RACHEL

My name is Rachel and I retired nearly 12 months ago. I go to Q Gardens in Rochdale weekly for the social aspect. It gives me purpose and I might otherwise not see people I would not usually meet in the community I live in. I enjoy cooking and love seeing and using fresh produce that is in season (you can't get fresher than picking ingredients yourself). The diverse age range of people from all communities with a common purpose is what keeps me going to Q.



Rachel's White Chocolate and blackcurrant compote cheesecake

INGREDIENTS

For the blackberry compote:
2 tbsp water
½ lemon, juice
500g blackcurrants
250g sugar

For the cheesecake:
400g soft cheese
300g white chocolate, melted
50g caster sugar
300ml double cream
100g amaretti biscuits, crushed

METHOD

Pour the water and lemon juice into a pan and bring to the boil on medium-high heat. Add the blackcurrants and leave until they break down.

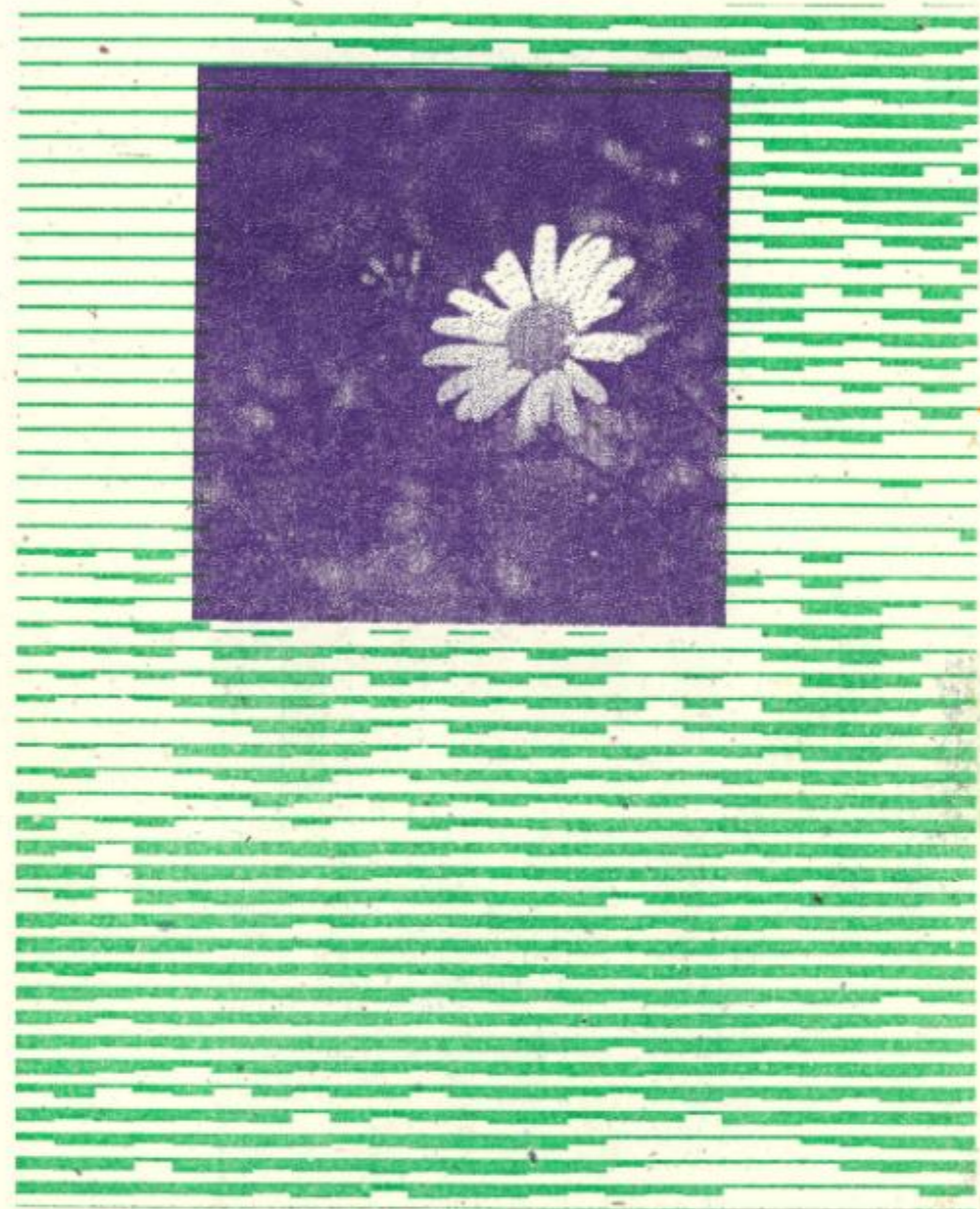
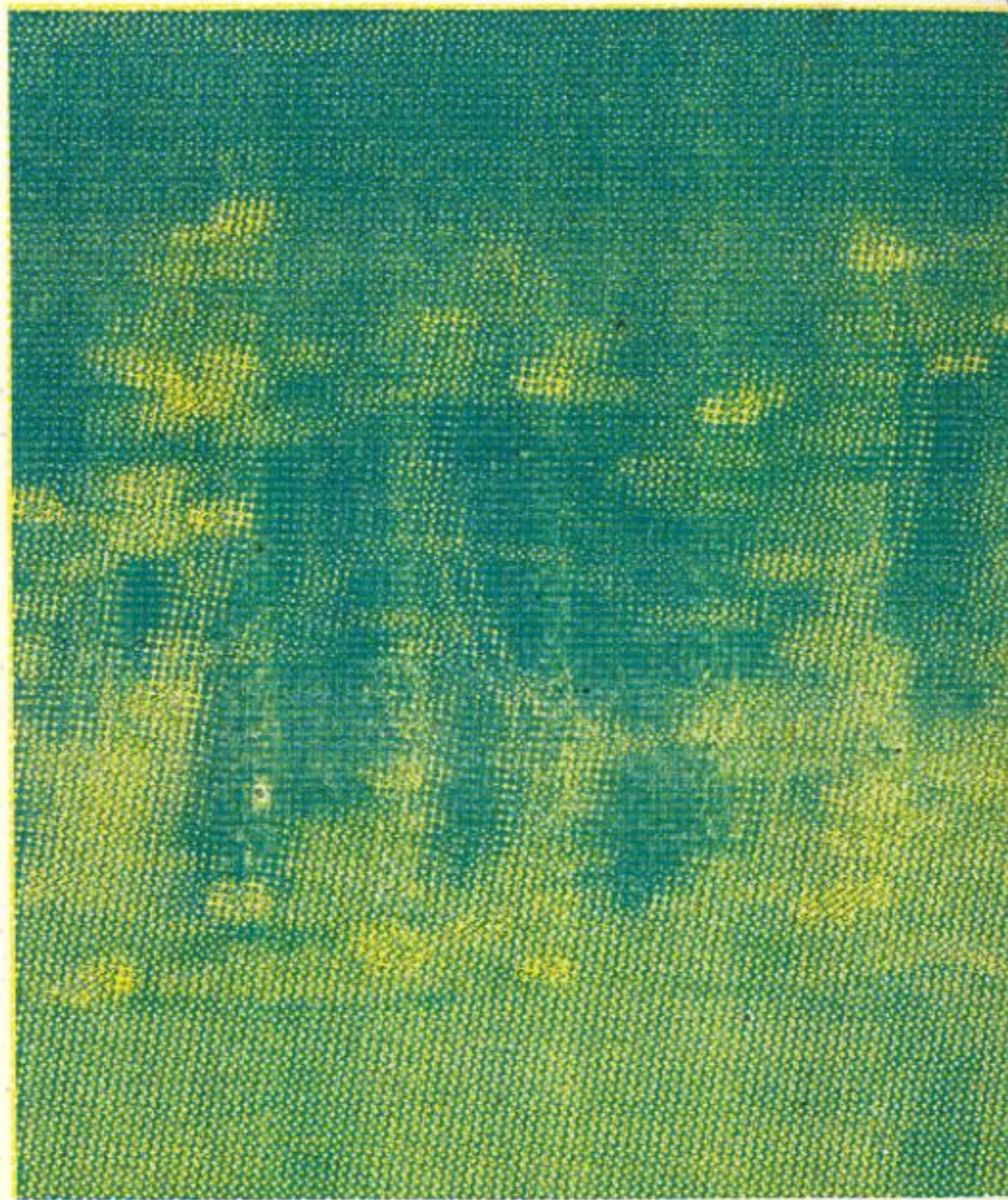
Mix in the sugar and heat to 105°C, checking the temperature with the jam thermometer. Once it has reached temperature, pour into a sterilised jar and leave to cool.

Meanwhile, beat the soft cheese, chocolate, sugar and cream together with an electric whisk.


Put half of the mixture into the loaf tin and spread evenly. Add half of the blackberry compote.

Put the rest of the creamy mixture into the loaf tin. Top the cheesecake with crushed amaretti biscuits. Plate up the cheesecake slices and serve with blackcurrant compote.





There is no schedule — Today you don't have to do this or that. its about choosing what you would like to take part in. if people want to sit quietly in one of the many seating areas they can do — If they want to do some weeding they can, if they want to do something in a group they can do.



Coming
here gives
me
courage

Coming here gives me courage, I've come on leaps and bounds with my mental health since I started. I've made 3 planters and a potting table for the garden. Its helped me, 6 months ago I didn't leave the house. I try and help anybody if I can. I lost a lot of confidence, anxiety and everything and coming here I feel like a part of the group.

Julian, Blooming Marvelous Garden



POTATO SALAD

DIG THEM UP,
WASH EM,

CHOP EM INTO
SMALL PIECES

BOIL THEM
UNTIL SOFT

PUT IN A BOWL

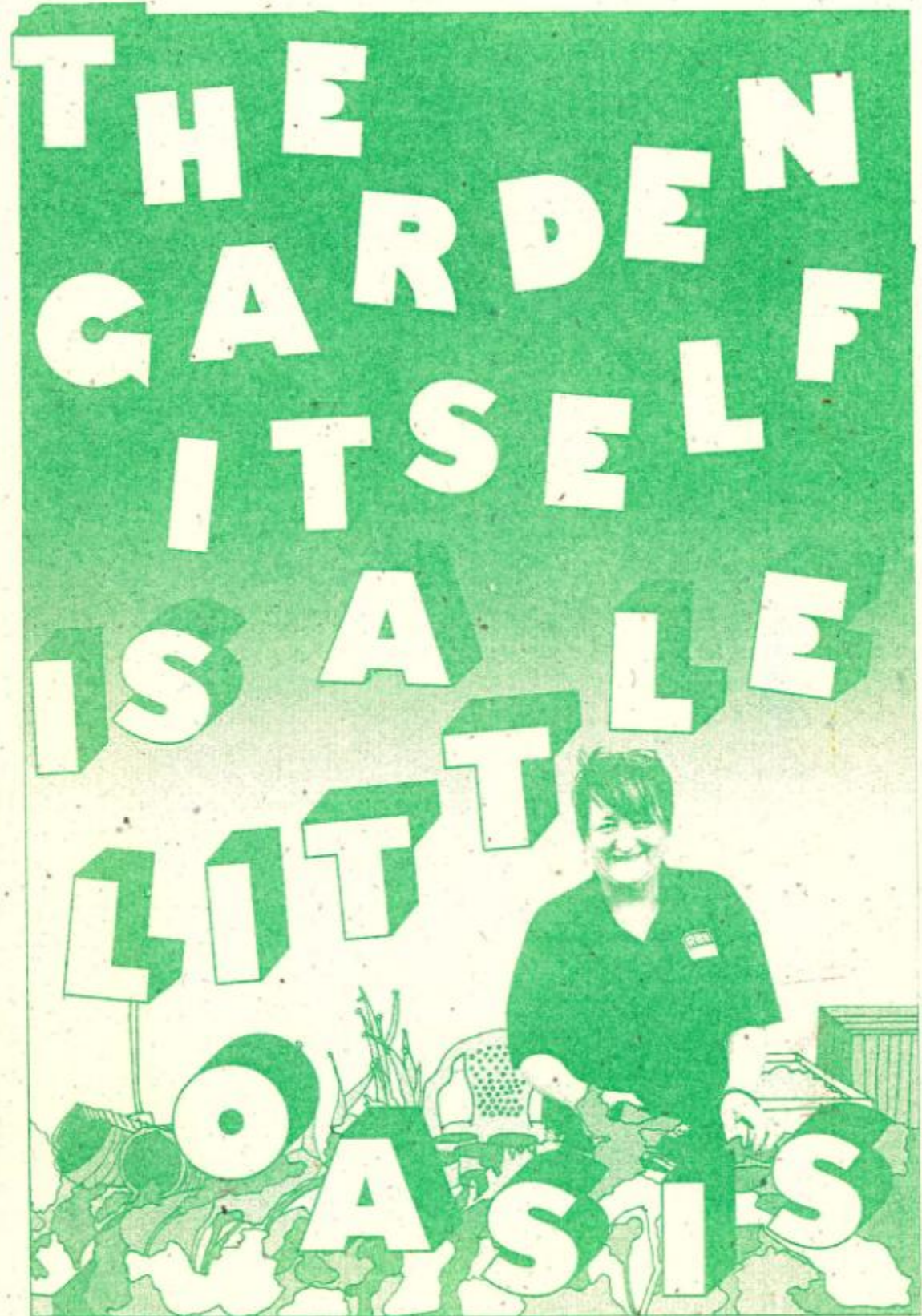
PUT IN MAYO

ADD SOME CHOPPED CHIVES

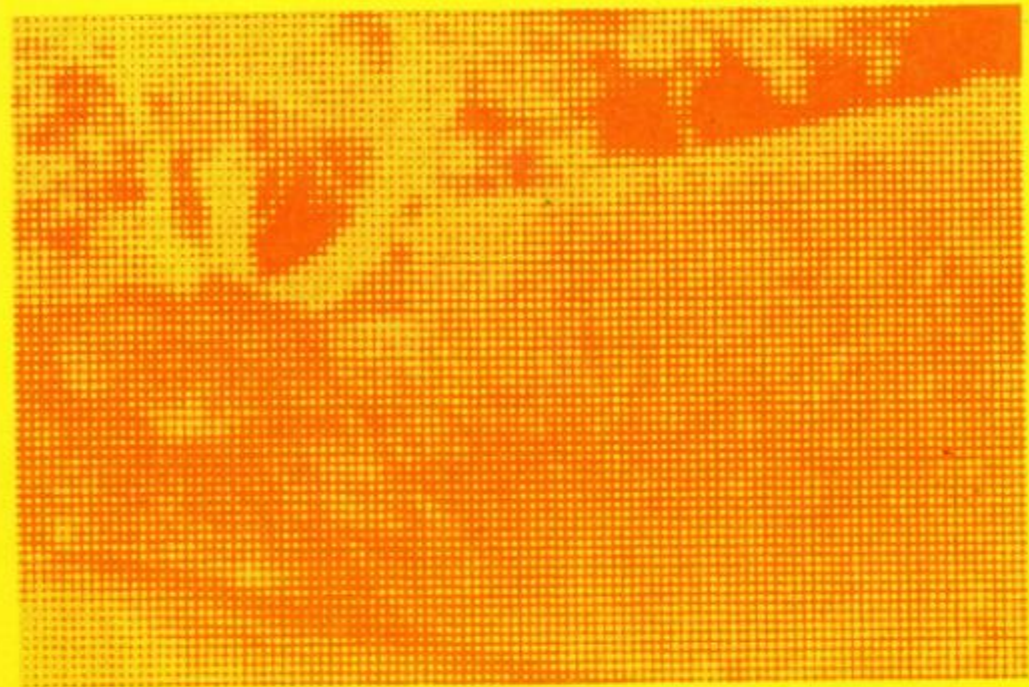
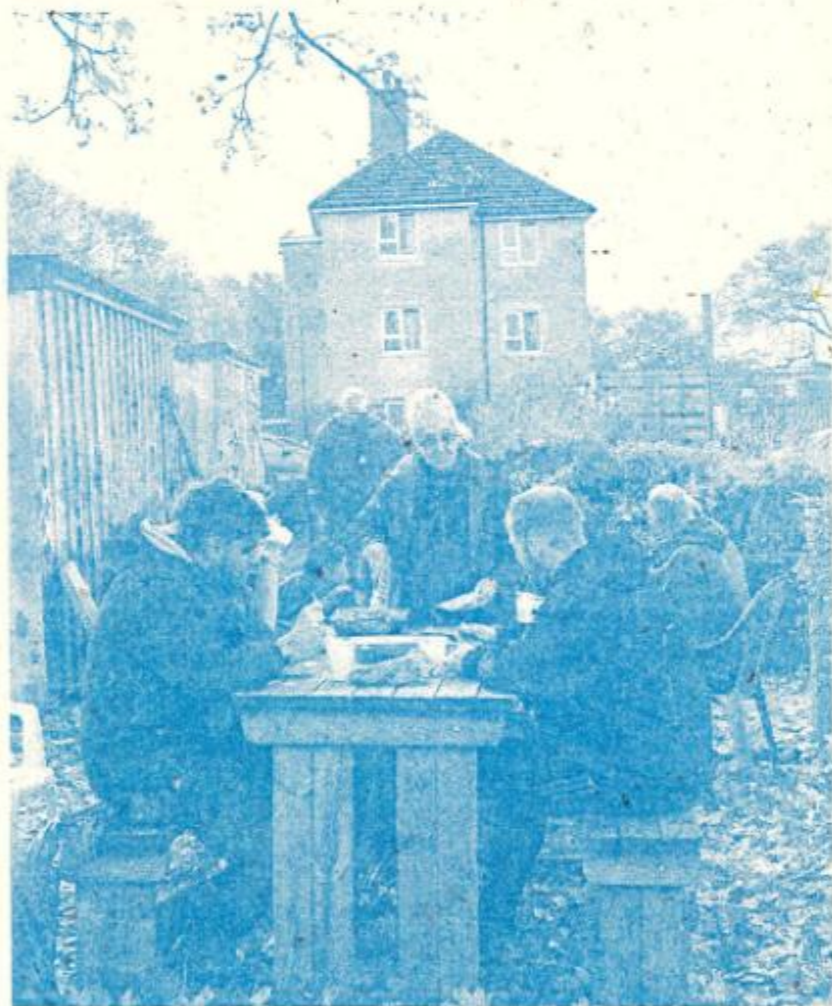
STIR

EAT.

I like potato salad
with chicken

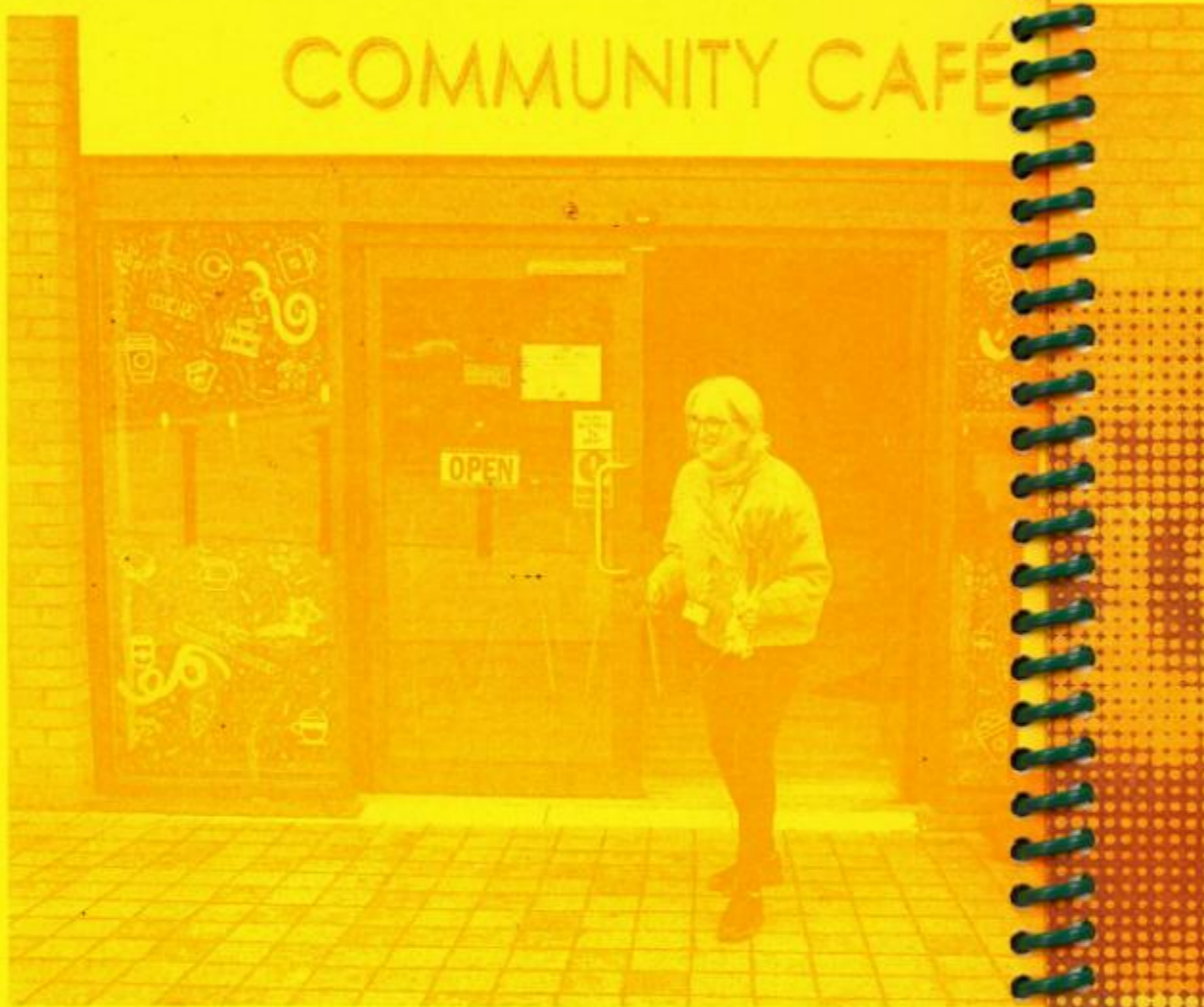


**You
connect
with other
people...**



**and
that can be
as important
as any of
the growing.**

COMMUNITY CAFÉ



COURTNEY

I like coming because I like to eat
the apples that we grow here.
I also like to see the friends that I have here.

Courtney
♡♡♡♡♡♡

(drawing of me and my apple)



Chloe's Spinach, Potato and Pea Curry

INGREDIENTS

120ml sunflower oil	1½ tsp ground cumin
1 tsp black mustard seeds	2 tsp ground coriander
2 brown onions, peeled and finely chopped	½ tsp ground turmeric
6 garlic cloves, peeled and minced,	1 chill
or 6 tsp garlic paste	450g new potatoes, halved
3cm piece fresh ginger, peeled and grated,	200g tomatoes, chopped,
or 3 tsp ginger paste	or 200g tinned chopped tomatoes and cut into 1½ cm-thick slices
	1kg chopped whole leaf spinach

METHOD

Pour the oil into a large, deep pan over a medium heat until very hot, then tip in the mustard seeds, and leave to fizz and crackle for up to a minute.

Add the onion, cook for eight minutes, until soft and golden.

Add the garlic, ginger and chill, and cook, stirring for about three minutes.

Stir in the tomatoes, ground spices and salt, and cook for about five minutes, until you can see the oil separate from the tomato mixture.

Add the chopped potatoes, spinach and 200ml of just-boiled water, put the lid on and leave to cook for 15 minutes, stirring every five minutes.

Remove the lid and cook for a further 15-20 minutes, until the liquid has gone and you are left with a thick curry.

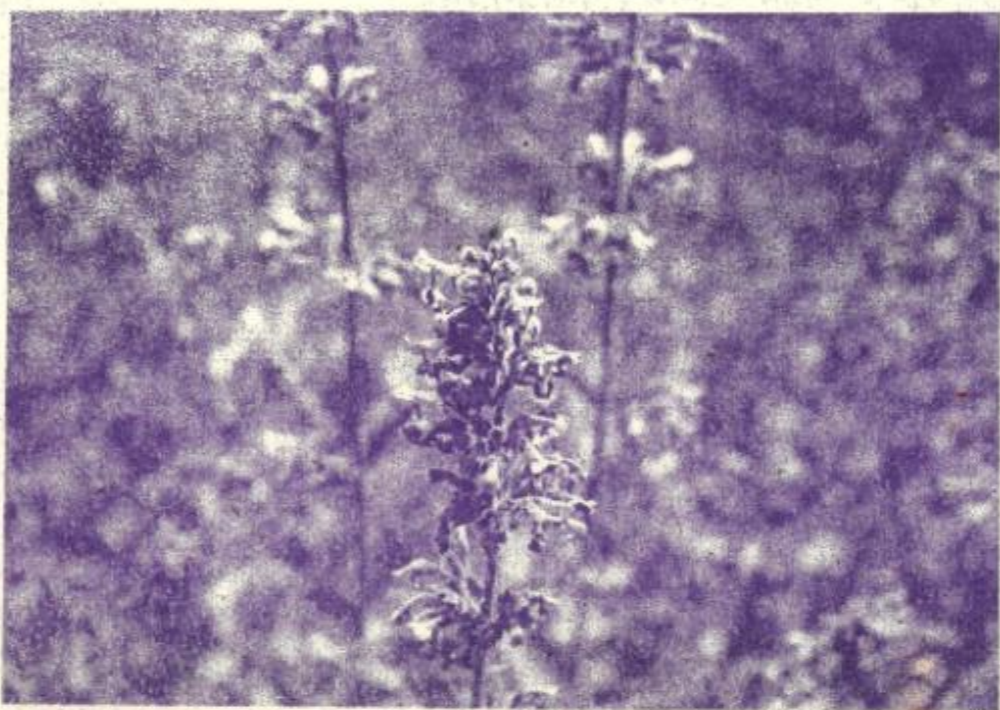
Top with coriander leaves and serve with naan bread.

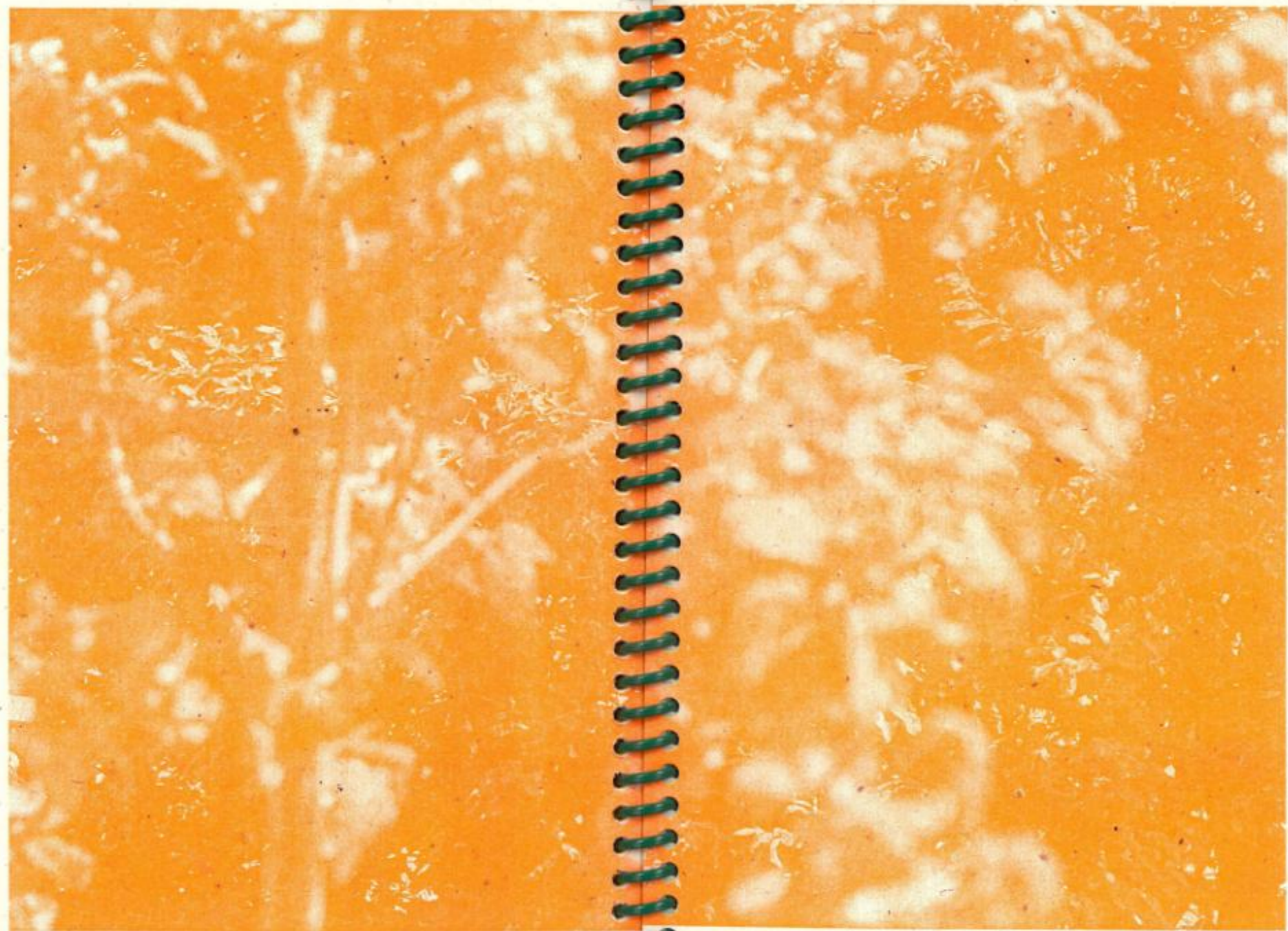
*The most
important
tool in the
garden is*



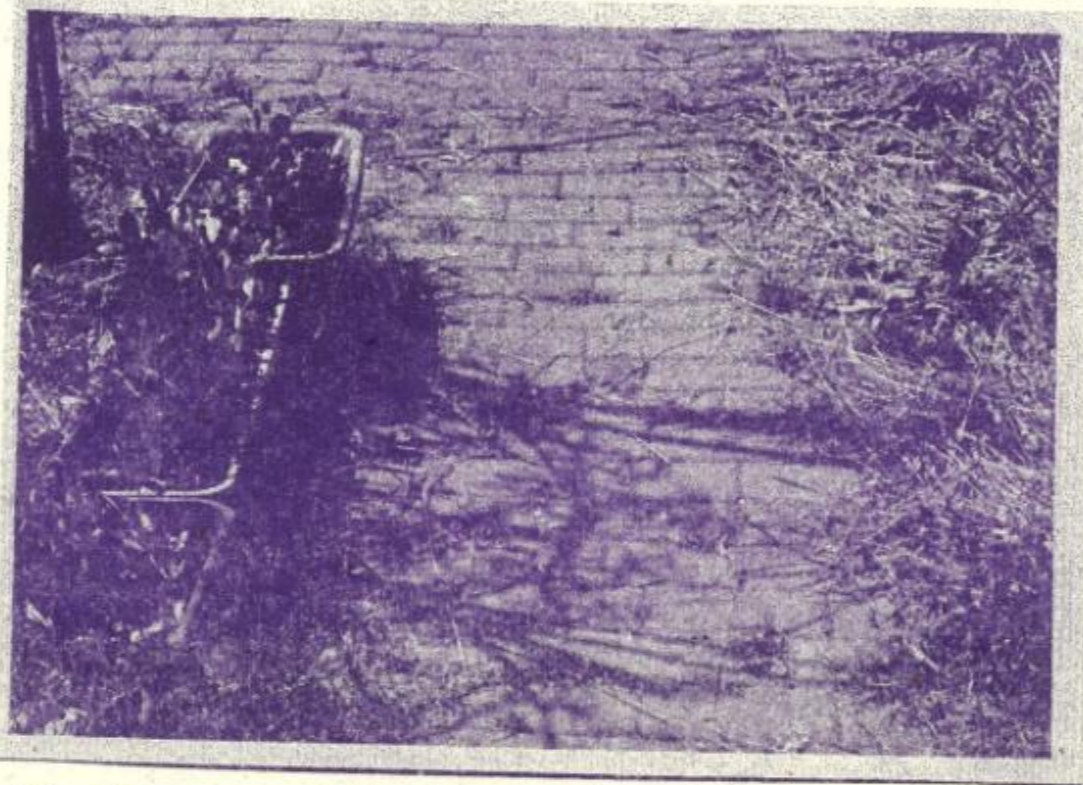
the bench







Ryan



I like this picture because I built the paths and it's was my first time do it. I love do it.

IT WAS TRIAL AND ERROR TO SEE HOW IT WOULD LOOK. WHEN I KNEW IT WAS RIGHT IT ALL WORKED TOGETHER. IF I DID IT AGAIN I'D FEEL MORE CONFIDENT OF DOING IT.



STRAWBERRIES AND CREAM

PICK EM
WASH EM

PUT CREAM ON EM
(ANY CREAM WILL DO)

EAT EM

Nathan



Davina's Kale Pesto

INGREDIENTS

Kale
Olive Oil
Walnuts
Garlic
Cheese

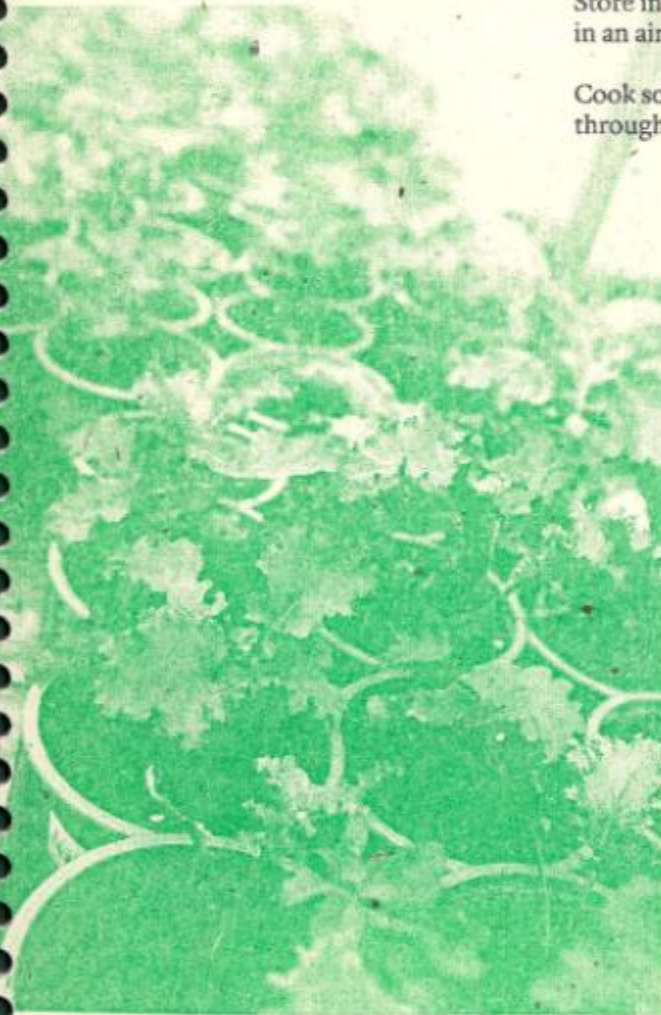
METHOD

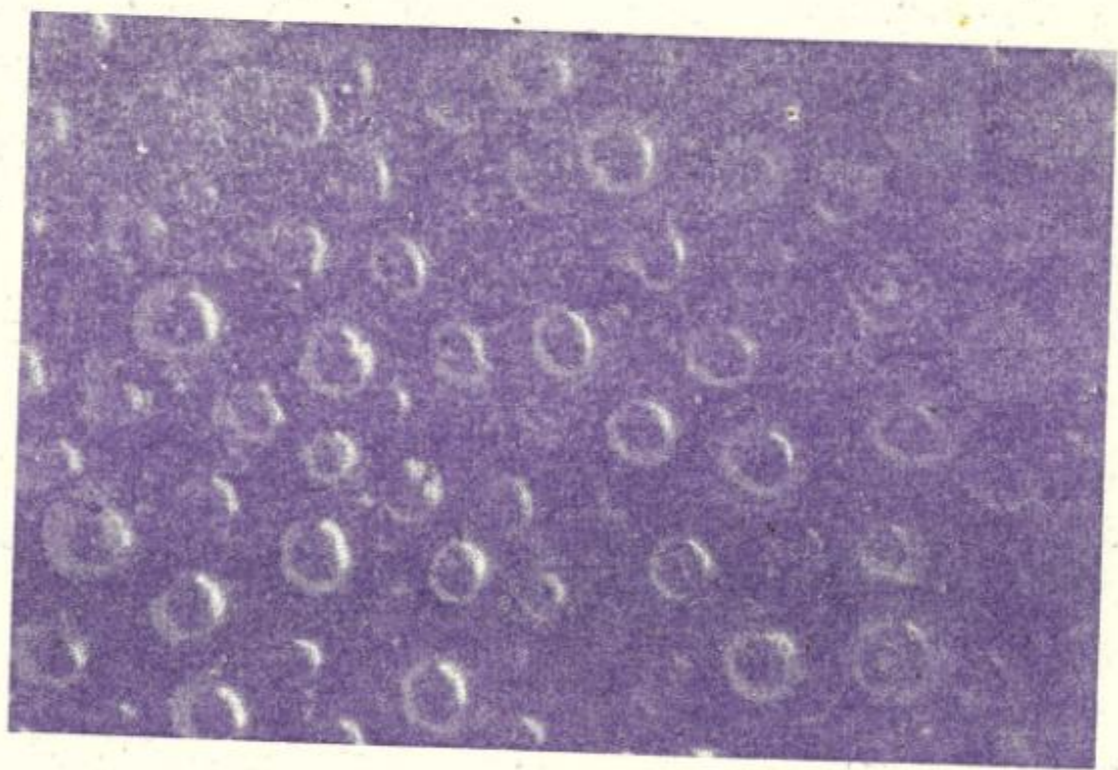
Strip the green leaf off the stalks
(save the stalks for soup or stock).
Chop the walnuts.
Chop the garlic.
Finely grate the cheese.

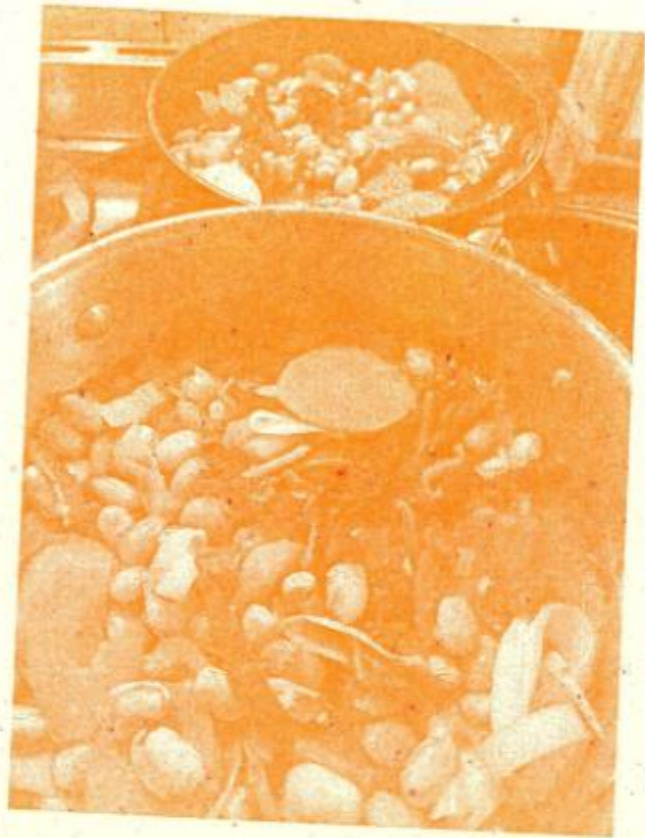
Add all the ingredients to a blender,
pour on some olive oil and blitz to a
smooth paste.

Store in the fridge for two weeks
in an airtight jar.

Cook some pasta, when ready stir
through some of the pesto, serve.









Borlotti Bean & Sweet Potato Masala

Serve with Cooked Basmati Rice

Serves 2

INGREDIENTS

1 onion, finely chopped
1/2 tbsp olive, sunflower
or coconut oil
Freshly ground pepper
2 tomatoes, roughly chopped
500g sweet potatoes
1 garlic clove

200g of soaked borlotti beans
or a 400g tin of
borlotti beans
(drained)
1 vegetable stock cube
100g spring greens
1 tbsp of curry powder

METHOD

1. Peel and finely chop the onion. Warm a large pan over a low heat for 2 mins, then add the onion with 1/2 tbsp oil and a pinch of salt and pepper. Put a lid on the pan and gently cook for 8 mins, stirring now and then, till the onion is soft and translucent.

2. While the onion sweats, roughly chop the tomatoes. Peel and chop the sweet potatoes into chunks around 1cm across. Peel and grate or crush the garlic.

3. Stir the garlic and tomatoes into the onions. Add 1 tbsp of curry powder. Give it all a good stir and cook for 1 min till the pan smells aromatic.

4. Stir in the sweet potatoes. Drain the borlotti beans, rinse and add them too. Crumble in the stock cube and pour in 500ml boiling water. Put the lid back on the pan, turn up the heat and bring to the boil. Once the pan is boiling, turn the heat down and simmer for 15 mins, till the sweet potatoes are tender when pressed with a fork.

5. While the masala simmers, slice any thick cores out of the spring green leaves. Shred the leaves into thin ribbons.

6. Stir the spring greens into the masala. Simmer, without the lid on, for 5 mins till the spring greens are bright green and tender.

7. Taste the masala and add more salt or pepper if you think it needs it. Divide the masala into two bowls and serve straightaway.



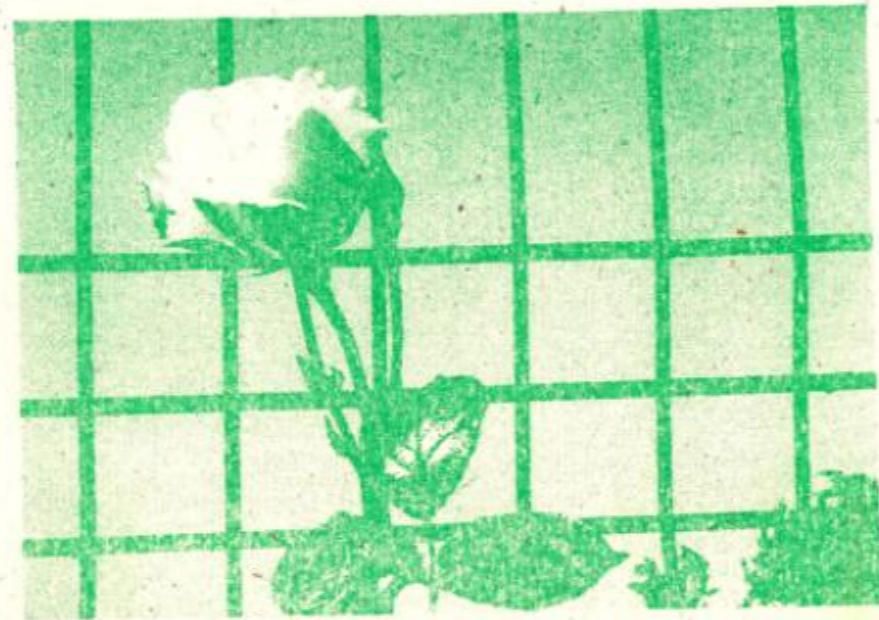
**"YOU SEE DIFFERENT PEOPLE
AND THEY SHOW YOU HOW TO
MAKE FOOD IN DIFFERENT WAYS.
I DON'T DO GARDENING AT HOME
BUT I'LL DO IT HERE"**



In an allotment you have your own space, but you can also be quite restricted by the rules of the allotment and you have to pay for that space. With a community garden its all about people coming down with different levels of ability, joining in, meeting people, learning how to grow and it being a shared experience.

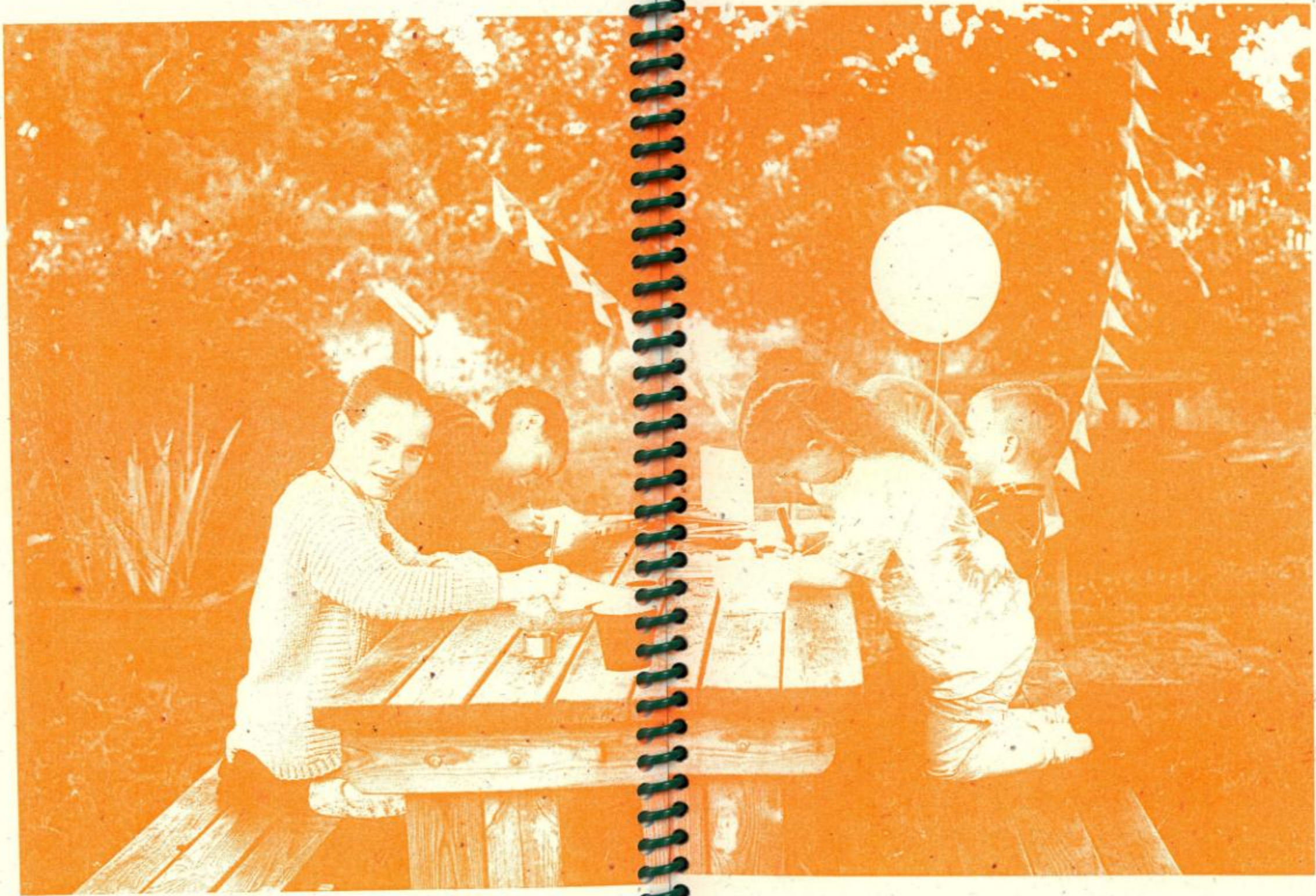


EILEEN



I LOVE COMING TO PIER BECAUSE ITS A PLACE WHERE VEGETABLES, FLOWERS AND PEOPLE GROW. PIER IS A SAFE PLACE SHOWN BY THE FENCE AND I LIKE THE ROSE STRETCHING UP TO THE SUN.

I LOVE THE SMELL OF ROSES AND LIKE SHOWING PEOPLE AROUND PIER AND ENCOURAGING PEOPLE TO USE ALL THEIR SENSES TO CHILL AND ENJOY THE GARDEN. THE ROSE ALSO REPRESENTS FREEDOM THROUGH ESCAPING INTO GARDENING.



With the biggest thanks and dedication to all the growers at Q Gardens, Blooming Marvelous Garden, and PIER (Petrus Incredible Edible Rochdale). Thank you for sharing your stories, recipes, tips, chats, tea, biscuits, time, humour, cheesecakes and potato bakes, but most importantly, your Home Grown Knowledge, with us.

Davina Unsworth and Roy Down
Plot2Plate

Gwen Riley Jones
Socially Engaged Photographer in Residence

Amrit Randhawa (Taxi Cab Industries)
Publication design, print and production

Liz Weiwora
*Project Management, Socially Engaged
Photography Network and Open Eye Gallery*

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The RHS is working with the Socially Engaged Photography Network to encourage and upskill communities in creative storytelling, through regional projects that follow the stories of local groups throughout the growing year and their experiences, motivations and activities.



RHS

OPEN
EYE
GALLERY



Socially Engaged
Photography Network

