

Seed to Saucepan Case Study

Introduction

Seed to Saucepan was a pilot project specifically targeted at:

- Adults and school leavers who are economically inactive and want to learn and get involved in growing and eating their own food. It aimed to bring new entrants into the growing, cooking, and processing of fruit and vegetables and include the creation of value-added products. It provided training in a learning environment suitable for vulnerable people and those with limited work experience.
- New and existing local growers to develop a 'hub' for managing and processing food surpluses at times of glut.

Aims of the Seed to Saucepan project:

1. Develop the training facilities at Ashfield to create an innovative learning experience based around sustainability.
2. Provide a safe environment for people of varied backgrounds and abilities to learn skills around growing, cooking healthy meals and preserving food in an integrated way.
3. Create and develop new recipes and supplies of value-added organic products based on foods grown locally.
4. Create a growers' hub for dealing with excess local produce at times of glut
5. Provide a community based model to address issues around food miles, food security and food surpluses that can be replicated elsewhere.

The project's aim was to undertake sessions growing and cooking throughout the year so that participants could see what they could do with what they grow at particular times of the year. Participants learnt skills associated with growing, planting, soil management, harvesting, food preparation and preservation, storing and labelling. The sessions were based around organic and sustainable principles.

Challenge

The main challenge for the project would be if anyone would attend the cookery and horticulture workshops held at Ashfield.

Another challenge was the location of Ashfield as there are no public transport links so would be an issue for those who are unable to drive.

Solution

A number of cookery and horticulture workshops took place at Ashfield through the Seed to Saucepan project including:

- Monthly tiffin lunch clubs
- Apple days
- Valentines demo
- Feeding the soil
- Halloween themed cooking workshops
- Ways to store your fruit and veg
- Chutney making
- Cooking with soft fruit
- Ways to help Fruit & Veg thrive
- Cooking with beans from the garden.
- Baking Bread & Cake
- Community 'Seed Giveaway'
- Cooking on a budget
- Growing vegetables from seed
- Fermented vegetables

Benefit

- Lots of social benefits for those with learning difficulties.
- The project encouraged the wider community to visit Ashfield and attend workshops.
- Schools taken allotments and building on the idea to create their own project at the allotment
- Social Care groups through referrals and networking visited project.
- Over 332 visitors took place in workshops arranged by the project in the 2 years. The original aim at the start of the project was for 100 visitors in the 3 years.
- The project engaged with local businesses whilst 'bartering'

Result

The cooking workshops were very popular but if the project was to continue less workshops would be held per month as they were a lot of work to organise and encourage people to sign up. The Horticulture workshops were held on the same day as cooking workshops with the same theme running throughout the day, this worked well E.g. Valentine's day, creating willow hearts and homemade chocolates complimented each other and proved a great success.

The Tiffin Lunch Club was a huge success with excellent quality meals created, this encouraged people of all ages to attend and join in.

The GLUT workshops were not very successful, although these were a good idea they required a lot of investment in terms of year after year and a lot of co-ordination with individual growers.

The project required more staff hours, more support of the local organisations and trustees. If this had happened, then there would have been more time to carry out the marketing of a great project. A lot of the project manager's time was tied up with admin to ensure the workshops were successful.

Project Outputs/Outcomes

Output (Case Level Indicator)	Achieved
No. of feasibility studies	1
No. of networks established	1
No. of jobs safeguarded	0
No. of pilot activities undertaken / supported	2
No. of community hubs created	0
No. of stakeholders engaged	51
No. of participants supported (awareness raising events only)	239

Outcomes	Achieved
No. of jobs created	1.26
No. of communities benefitting	6
No. of businesses benefitting	2

Project Contact Details

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Partners/Match Funders Logos



COMMUNITY FOUNDATION
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Project Details

Key Data	Project Specifics
Delivered by:	Seed to Saucepan, Ashfield
Start Date:	1 st April 2017
End Date:	31 st October 2019
LEADER Theme:	1: Adding value to local identity and natural and cultural resources

Financial Details

Description	Amount	%
Total Expenditure:	£53,766.15	100.00%
RDP Funding:	£40,230.04	74.82%
Match funding:	£13,536.11	25.18%

Case study completed on: 7.2.2019

Case Study of work undertaken with Cefynllys Primary School

Introduction

Cefynllys Primary School in the local town of Llandrindod Wells is based near the Seed to Saucepan project. Andrea, an Educational Learning Assistant from the school, came to see the Seed to Saucepan team regarding an old allotment plot that the school had used some years previously. She had a fantastic idea to involve the year 6 pupils to learn how to grow vegetables from seed and to create and eat a healthy dish with it.

Lucy our Horticulturist met with Andrea to decide which plot would suit them best. There was an ideal one that had been well weeded and fertilised and covered over the previous autumn that could be used with little additional preparation.

Andrea, along with Mr Mann, a retired teacher, brought the entire class across 3 weeks in February 2019, bringing 10 different children each week. They helped to prepare the ground and went into the Ashfield potting shed to sow seeds, leeks, broad beans, lettuce, and chard. The seed trays were taken back to the school to be looked after. When they were ready, the young plants were planted in the allotment. Andrea and Mr Mann visited the site on occasions to check on how their vegetables on the allotment were doing.

The seeds survived the winter and sprang into action in the spring where the vegetables grew beautifully, and the children harvested them on a sunny afternoon. A group of teachers supported the children in chopping up the vegetables and peeling their potatoes on the allotment, creating a lovely Vegetable Soup which all the children ate with so much enthusiasm, feeling excited by what they had been involved in.

Challenge

- Would the children engage outside of school and would they be interested in growing and cooking the food they had planted, as they had not had this challenge before? Lucy, the Horticulturist, said this wasn't the case. "Each group was completely engaged; it was very heart warming and encouraging to see. They were very interested in any creatures around too, like worms and insects."
- Budget is always a challenge when creating new ideas, so our Project donated some seed trays and compost, whilst the school bought the seed potatoes and Lucy advised on how many to buy.

Solution

Encouragement & enthusiasm: The children were so happy to be outside of the classroom as it was a very different learning experience for them and they engaged very

well with all of the processes of growing, leading them into the picking of the vegetables and cooking them.

Benefit

The benefits of the project were huge for the children and the staff. It was great for them to be in a learning environment outside, learning how to use different tools for the garden and the kitchen. It was also good to discuss the connection with their parents and grandparents that like to grow or be outside as well how good being outside makes you feel.

One young boy shared that “his grandfather grew vegetables and that he appreciates all the hard work that went into growing them now”.

Result

A positive outcome from the project for the children was learning how to cook a homemade stew as were able to see they can grow their own food and can save money by doing this. They were able to see what is available to them – other than supermarket canned food. With such a great response from the children the school have agreed to have an allotment on school grounds.

A fantastic and positive overall outcome from a great idea!

Date Case Study completed: 09.12.2019