

The Field Seasonal Recipe

Sometimes referred to as the 'Marmite' of the vegetable world, Florence Fennel has a wonderful liquorice (or aniseed) flavour. The bulb has the strongest flavour while the leafy fronds have a much more delicate taste.

To use the fennel bulb, perhaps the simplest thing to do is slice it into wedges, throw it in a roasting pan, add some olive oil, lemon juice, a little balsamic vinegar and black pepper and roast for between 30 and 40 minutes at around 200°C. Try roasting it alongside other veg such as courgettes, carrots and onions.

To use the tops, remove the leaves from the stalks, chop them finely and sprinkle over salad or fish. To freeze, put a teaspoon or two into each section of an ice cube tray, add another 1 or 2 teaspoons of water and freeze.

The stalks can be quite tough but can be used for stock or added when poaching, grilling or roasting fish.

You can of course put the fronds in a vase to set off some of your Field flower display!



Summerfest is all about having a good time up at the field. It is a chance for you to enjoy the open space there and see what it is like. There are lots of games too. This year we showcase **The Turnip Tosser**: a cross between a coconut shy and throwing the shotput! Except with a turnip - or swede actually. Then there is the treasure trove of a bric a brac stall for bargain hunters, a children's art event, throw the tattie in the welly, longest tattie peel, poetry competition (Ode to a vegetable of your choice) and more. Our wonderful produce stall will be up at the field on the day instead of its usual place outside the Duchess Anne at the Cross. There will be homemade soup too and lots more. See you there. Ps Walk up Brae Street as there is limited parking.

If you've been inspired by Flora's performance in the Great British Bake Off, then we hope you will take part in our very own version, won last year by – well you know who! (clue below) Don't forget, your recipe must contain at least one vegetable.



Getting involved

If you are interested in getting involved with The Field, getting in touch is easy. You can call Dave Roberts 01350728962 or Dave Amos 01350 727763 or check out our website – www.dunkeldfield.co.uk And you will find us on Facebook... @ The Field Dunkeld & Birnam

We are a Scottish Charitable Incorporated Organisation (SCIO) No: SC042496

Our objectives are:

- To advance citizenship and community development by encouraging cooperation and mutual support to produce food organically for local consumption in a changing economic and physical environment.
- To achieve this by managing a sustainable and environmentally responsible growing project for the benefit of all.
- To promote education within the community in organic food growing, care, harvest and distribution and ensure a better understanding of the connection between what we eat and how it is produced, delivered and prepared.

Dates for your diary

12th September 1-3pm at The Field - Summer Fest

19th September at The Birnam Arts **Live Earth Birnam.**

A celebration of community action in Dunkeld & Birnam. **2-5pm**
Information and involvement session

7:30pm evening entertainment and local climate change film
premier *£5 ticket price* towards costs, local and global charities.

6th November at the Duchess Anne **The Field AGM and Harvest Supper**

23rd November 7:30pm The Birnam Arts

Joint meeting of the Dunkeld & Birnam Historical Society and The Field. A talk is being given by **Professor Geoff Squire** on **Scottish Agriculture Through the Ages**. While covering developments over the last 5000 years, the focus will be on the last 500 years. The talk will also include what may happen, including the main 'threats' to continued production, as we head towards 2100.