

Especially during winter and the festive season food is more than just fuel, it's a way to lift spirits and entertain others.

Up to a third of global warming gases come from our food and food production but you can enjoy preparing and entertaining with tasty, uplifting food whilst still being mindful of our impact on the planet.

1. Increase plant based eating

Studies over several years now have shown conclusively that eating a vegan or more plant based diet massively reduces the damage to the environment caused by food production. The research showed that vegan diets resulted in 75% less climate-heating emissions, water pollution and land use than diets in which more than 100g of meat a day was eaten. Vegan diets also cut the destruction of wildlife by 66% and water use by 54%, the study found.

2. Eat seasonally

Another key factor is eating seasonal as much as possible which saves on the extra energy used to heat greenhouses for out of season produce.

Fresh, seasonal fruit and vegetables aren't as plentiful as the summer / autumn months but there is still a good range of produce to choose from:

December - February
Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chicory, Cranberries, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Purple sprouting broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

3. Eat locally

So much of our food is imported, travelling long distances in refrigeration which not only affects the nutritional content of foods but also adds to carbon emissions.

If you use local producers and suppliers you are not only contributing to the local economy and supporting local farmers you are helping the environment and ensuring that you have the freshest, healthiest foods. For example, locally grown and produced **rapeseed oil** is an excellent choice in place of olive oil as it is actually healthier when cooking at high temperatures. This delicious golden oil is available in refillable bottles from the Farmers' markets and also Roots Farmshop at East Rounton for example.

4. Reduce food waste

Cut your food waste: Try to cut any waste by planning ahead - be realistic about how much food you need and use up leftovers. Instead of cling film, use Tupperware, foil and wax cloth covers to keep leftovers nice and fresh!

Some delicious, warming, winter plant based recipes

1. Festive Wreath with cranberries & dill

Put 250g spinach in a colander, then pour over a kettle of boiling water and leave to wilt. Once cool, wring out the excess moisture using a clean tea towel, then chop the spinach and put in a large bowl. Stir in 250g silken tofu, 2 tbsp olive oil, 50g pine nuts, generous grating of nutmeg, 2 garlic cloves crushed, lemon zest from 2 lemons, 1 small pack chopped dill, 1 tbsp sour cherries, ½ tbsp dried cranberries, season generously and set aside. On a well-floured surface, roll 500g

block vegan shortcrust pastry out into a 60 x 20cm rectangle. Leaving a 1cm border, spoon the spinach mixture along the length of the pastry, leaving a 2cm gap at both short ends. Fold in the two short ends to stop any of the filling coming out, then roll the pastry away from you to enclose the filling and create a long sausage shape. Join the two ends together to create a wreath shape and stick together with a little almond milk.

Transfer the wreath to a baking tray lined with baking parchment and chill for 20 mins. Can be made up to this point a day in advance and kept covered in the fridge. When ready to bake, heat oven to 200C/180C fan/gas 6. Using a sharp knife, cut slashes across the top of the wreath. Mix a little almond milk with some olive oil (this will help the pastry colour) and brush all over the wreath. Bake for 40-45 mins until golden brown. Leave to cool for 5 mins, then transfer to a board and decorate with some dill fronds and some dried cranberries.

2. Seasonal Spiced Apple & Pear crumble

Peel 5 apples and 3 pears, then chop them into bite-sized pieces, discarding the cores. Place the chopped pieces into a saucepan with 1 tsp each ground cinnamon and ginger and 150g raisins, plus enough water to cover the bottom few centimetres of the pan. Let the fruit gently cook over a medium-low heat for about 20 minutes, until it's really soft. Preheat the oven to 200°C (fan 180°C).

Meanwhile, make the crumble layer. Place 200g pecans in a food processor for about 30 seconds, until they form a flour. Tip into a bowl and mix in 300g oats and 2 tsp vanilla extract. Place 4 tbsp coconut oil, 8 tbsp date syrup, 1 tsp each ground ginger and cinnamon in a saucepan and gently heat the mix until the coconut oil melts. Pour this

into the oat mix and stir it all together. Once the fruit has cooked, place it in a baking dish (mine is 31 x 21cm) and spread the crumble layer on top. Bake for 20 minutes, until the top turns a golden brown. Serve with coconut yogurt, if you like.

3. Vegetable peel crisps

This recipe not only uses seasonal veg but is a good way to reduce food waste.

Preheat oven to 190°C, fan 170°C, gas 5. Pat dry 400g scrubbed root vegetable peelings (beetroot, salsify, carrots, parsnips, potatoes) and put in a large bowl. Toss with 3 tbsp rapeseed or olive oil, 2tsp garlic granules, 1tsp smoked paprika, 2tsp ground cumin, salt and black pepper. Spread the peelings out in an even layer on 2 baking trays and roast for 20-25 minutes, turning halfway, until dried and golden brown. Keep an eye on them to avoid burning.

Leave to cool and crisp up and then enjoy as a snack, or as a crunchy topper for winter soups such as the following:

4. Warming, winter veggie soup

Heat 2 tablespoons rapeseed oil in a large non-stick saucepan or large flame-proof casserole and fry one sliced onion and 3 chopped cloves of garlic gently for 5 minutes, or until softened but not coloured, stirring occasionally. While the onion is frying, cut 2 carrots, 2 turnips, 1 large potato and 1 large parsnip into roughly 1.5cm/³/₄in chunks.

Add the root vegetables to the pan with the onion and garlic and cook over a low heat for 5 minutes, or until beginning to soften, stirring occasionally. Stir in both 1 teaspoon sweet and 1 teaspoon hot smoked paprika and fry for a few minutes. Add 1

400g tin of tomatoes and 1 tablespoon of tomato purée into the pan, increase the heat a little and cook for 2-3 minutes, stirring regularly.

Add 100g rinsed and drained Puy lentils and the 1.75 litres veg stock into the pan and bring to the boil. Reduce the heat and simmer gently for 45 minutes, or until the vegetables and lentils are tender, stirring every now and then.

Add 100g cavolo nero, kale or spring greens to the pan with the vegetables. Cook for 5 minutes or until softened, stirring regularly.

Season the soup with salt and lots of freshly ground black pepper. Serve in deep bowls, with a dollop of coconut yoghurt and a sprinkling of paprika.

To find more recipe links and links to sources of information included in this leaflet use this QR code or visit <https://casav.uk>



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How to tackle climate change with warming winter cooking

