

The final session at Lamancha Hub was enjoyed by everyone.



Final course served of Pick, Cook and Eat

OCTOBER'S highly successful Pick, Cook and Eat project at Lamancha ended this week.

Run by the Community Association it helped adults learn more about vegetables and fruit and how to incorporate them into everyday, affordable, easy to cook meals.

Peeblesshire councillor Catriona Bhatia joined the group for the final week and handed out certificates and recipe booklets to the participants.

Councillor Bhatia praised the initiative of understanding where food comes from, what goes into it and eating local and seasonal fruit and vegetables.

Funded by a grant from Community Food and Health Scotland the course involved participants going to Whitmuir Organic Farm and picking the vegetables for each session before the 'You Can Cook' company from Peebles held a hands-on cookery workshop at the Lamancha Hub, finishing with all

participants and helpers sitting down to enjoy the result of their efforts for lunch.

Kath McCaffrey, Development Officer at the Hub, told the Peeblesshire News: "We hope that all our participants have enjoyed our weekly sessions and gained new skills and confidence.

"Our group from the Greyfriars Community Project is certainly keen to find their own patch of green to grow their own food, before turning it into economical and healthy meals.

"We hope to develop this initiative and run similar projects in the future."