

ABUNDANT  
BORDERS



# Training Courses, Events & Workshops

Autumn Programme

Join Abundant Borders for a range of training courses in sustainable growing & healthy cooking, and a great selection of events and workshops across The Scottish Borders

For more information contact [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk)

# WORKSHOPS, TRAINING & VOLUNTEERING

Abundant Borders works within communities to create a network of food gardens across the Scottish Borders. The gardens act as a training base for people to learn how to grow food in a sustainable way and then to learn how to turn that food into healthy, inexpensive meals. Our aim is that everyone, regardless of personal circumstances, should have access to healthy, nutritious food.



## Basic Cooking Skills

**19<sup>th</sup> August : 10.00-13.00**  
**Duns Rugby Club**

Starting 19<sup>th</sup> of August, each Monday for six weeks, this course will give you basic skills to increase your knowledge and your confidence in the kitchen! Includes: food preparation, food safety, food hygiene and food presentation. Running in partnership with SBC LAC Disabilities Team

**22<sup>nd</sup> October : 10.00-14.00**  
**Reston Village Hall**

Starting 22<sup>nd</sup> October, each Monday for six weeks, this course will give you basic skills to increase your knowledge and your confidence in the kitchen! Includes: food preparation, food safety, food hygiene and food presentation. All ingredients provided and participants share a meal each session AND have food to take away. You can also gain a REHIS certificate in Elementary Cooking Skills. It's free but you will need to register by contacting [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk).

## Sustainable Growing Workshops

**No Dig Gardening**  
**21<sup>st</sup> August : 11.00 – 13.00**  
**Eyemouth Community Food Garden**

Come along to learn how to grow food and flowers with minimum effort!

**Grow Your Own Herbs**  
**28<sup>th</sup> August : 19.00 – 21.00**  
**Coldingham Village Hall**

If you want to improve your knowledge and gain confidence to start growing herbs, this is the workshop for you! We will give an overview of growing herbs in different conditions (pots, windowsills, balconies, raised beds etc.) and discuss some of the uses and properties of herbs. In association with Sea The Change. Contact [alice@seathechange.org.uk](mailto:alice@seathechange.org.uk) to book your place.





### **Introduction to Composting**

**19<sup>th</sup> September : 19.00-21.00**

**Ayton Village Hall**

Do you want to reduce the amount of food waste that goes into your bin? Are you interested in learning how to make the most of your compost heap? In this workshop you will learn all about how to make compost in your own garden and how to make the most of your space. In association with Sea The Change.

Contact [alice@seathechange.org.uk](mailto:alice@seathechange.org.uk) to book your place.

### **Choose Local**

**24<sup>th</sup> October : 19.00-21.00**

**Ayton Village Hall**

In this workshop we will focus on the importance of growing your own food and choosing local food. We'll discuss food miles/climate change/global impact/industrial scale farming and agriculture and everything in between.

In association with Sea The Change.

Contact [alice@seathechange.org.uk](mailto:alice@seathechange.org.uk) to book your place.

## **Harvesting and Preserving**

**11<sup>th</sup> September : 10.00-13.00**

**EU Community Church, Eyemouth**

This workshop starts at the top of Eyemouth where we will forage for Rose Hips. Then it's back to the EU Church to make Rose Hip Syrup and chat about preserving fruits and vegetables from the summer harvest. If you just want to do the making rather than the foraging, meet us in the church at 11.00.

For details contact [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk)



## **Community Gardens - Volunteering**

### **Ayton Community Food Garden**

The garden is just off The Beanburn, behind Summerhill Park.

Volunteers meet 13.00 to 15.00 every Tuesday and Friday.

Everyone is very welcome. Contact [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk) for more details or just pop along and say hello!

### **Eyemouth Community Food Garden**

The garden is within the allotments on the outskirts of the town, just off Harbour Road. Volunteers meet 10.30 to 12.30 every Friday morning. Everyone is very welcome.

Contact [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk) for more details or just pop along and say hello!

### **Hawick Community Food Garden**

The garden is centrally located just off the High Street. Look out for the Salvation Army Community Store because the garden is behind the store. Just follow the Garden Open sign! The garden is open every Tuesday and Friday between 10.30 and 14.30.

Contact [cath@abundantborders.org.uk](mailto:cath@abundantborders.org.uk) for more details or just pop in and say hello!



## Community Events

### Harvest Festival

**10<sup>th</sup> September: 10.30 - 13.30**

#### Hawick Community Food Garden

This is an opportunity for volunteers to show what we do in the garden and share their experiences with family and friends. BBQ lunch and fresh garden produce.

**1:30 – 3:00**

Come and celebrate our Harvest, we will be gathering, displaying and sharing all the harvested fruit and vegetables with the Hawick Food Bank and local community. If you have an abundance of produce and don't want to waste it, why not share it with others? Just bring it along on the day and we will make sure it goes to those in need.

### Kindness Garden

**24<sup>th</sup> September**

#### Hawick Community Food Garden

Help us pick our vegetables and learn about organic growing and outdoor cooking. Come along, enjoy a cuppa, relax and help us create a tree of kindness as part of Diversity Week 2019.

Contact [cath@abundantborders.org.uk](mailto:cath@abundantborders.org.uk)

### Big Diversity Soup Club – It's Souptastic!

**24<sup>th</sup> and 25<sup>th</sup> September**

#### Eyemouth Primary School

As part of Borders Diversity Week, and in association with Eyemouth Good Food Partnership, the young people will be learning about, and cooking for themselves, soups from people from all over the world who have made Eyemouth their home!

### Hawick Apple Day

**5<sup>th</sup> October : 10.30 – 15.50**

#### Hawick Community Food Garden

We will have the apple press in the community garden so why not bring your apples and make some delicious freshly pressed juice. Do you have a favourite way to preserve your fruit or recipes to share? Are you growing a particularly good cropper and want pass on your knowledge? Why not call in for a cuppa and a chat, we are always happy to see visitors and share abundance of food and ideas.

### Garden Conservation – Family Fun

**18<sup>th</sup> October : 10.30 – 14.30**

#### Hawick Community Food Garden

Join us on the wilder side of the garden as we investigate the secret world of insects, creating habitats and making a mini beast hotel for the garden wildlife to keep warm and cosy over the winter months.

### Fruit Carving Workshop

**26<sup>th</sup> October : 10.30 – 14.30**

#### Hawick Community Food Garden

Venture into the garden if you dare!

Wild woodland art: making apple critters and carving pumpkins in the community garden. Come along and create a crowd of wild faces in this fun and creative outdoor activity AND taste pumpkin inspired food.





## Community Meals

### Coldstream Soup Club

Wednesdays from 23<sup>rd</sup> October until End April 2010

### Coldstream British Legion

Abundant Borders will be providing tasty, healthy soup lunches in Coldstream throughout the winter months. We will also be training volunteers in community cooking and giving them the chance to gain a REHIS Hygiene Certificate. This allows volunteers to become involved with other good food initiatives in The Borders and to train to be a cooking instructor with Abundant Borders.

Contact [annie@abundantborders.org.uk](mailto:annie@abundantborders.org.uk) for more details



Abundant Borders (SC049008)  
web - [abundantborders.org.uk](http://abundantborders.org.uk) & [facebook.com/abundantborders](https://facebook.com/abundantborders)  
contact: [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk)