

Canning Housing
Co-operative Ltd

NEWSLETTER

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BUZZ BUZZ BUZZ

Anybody interested in bee keeping?
In partnership with the Granby Toxteth Development Trust & Blackburn House we are looking at getting a hive or two (locations to be confirmed) a core team of volunteers (from the gardening club & the allotment project) will be attending a course at Blackburn house.

These core volunteers will be chiefly responsible for the maintenance of the hives & the care of the colony, but will be able to work with other interested parties, so if you are interested get in touch!

A NOTE OF THANKS

The management committee would like to take the opportunity to personally thank

John Rolfe

for his many years of voluntary service on multiple committees.

John has decided to step back and stand-down. Over the years he has been part of numerous maintenance, allocations and management projects.

LOCAL EVENTS & NEWS

If you hear of a local event happening in next few months that you think others would be interested in then let us know by email and we'll put it here to spread the word.

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Likewise if you spot a new; bar, restaurant, cafe, pop up, or have somewhere established that you think everybody should know about let us know and we'll share it.

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And finally if you happen to have a particularly enjoyable time at the theatre (remember the everyman has reopened it's shiny new glass doors) let us know about that too!!

SIGNAL BOOST

Do you know anyone in our community who's entrepreneurial endeavours would benefit from a bit of a signal boost in our humble publication, maybe you could yourself?

Send the details to:

submissions@canningco-op.org.uk

A WORD ON RUBBISH

We have received a request to remind everyone that unsecured bin bags and food sprinkled in gardens will attract vermin (eg: Rats)
If you wish to feed birds or squirrels there are numerous feeder products available which will not attract ground vermin.
Cheers.

Email:

submissions@canningco-op.org.uk

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or

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Drop a note into the office

FAO: Newsletter.

CANNING HISTORY UPDATE!!

Hi Everyone,

Just to bring you up to date with where we are in the Canning History Project...

We are in the process of arranging dates for training, and bringing together all interested volunteers who are going to be taking part in the training: there's going to be a session on audio-recorded interviewing (provided by North West Sound Archive) and a session on archive research (provided by Central Library).

We have had a meeting with senior staff at the Museum of Liverpool at their new site at the Pier Head and they have shown a huge interest in our project and are happy to support us in any way possible. There is also a possibility of the Museum using some of our research in their interactive displays.

Also for volunteers, we will be organising an informal group visit to the Museum of Liverpool – we're sure this will benefit us all as we commence the training. We'll also have a group visit to Central Library, and we'll be encouraging you to join the library if you haven't already.

David Bateman & Elizabeth Dolan
Canning History Project

(Supported by: Heritage Lottery Fund; BBC Radio Merseyside; National Museums Liverpool; North West Sound Archive; OMF Derek Cox Architects; and Liverpool Central Library & Archive.)

Please contact us at:

canninghistory@canningco-op.org.uk



Supported by

The National Lottery[®]
through the Heritage Lottery Fund



GET INVOLVED WITH OUR CO-OP

We are a co-operative community run by our members,
If you have some time to volunteer and would like to be involved
in the decision making process get in touch.

(Committees include but are not limited to: **Management / Maintenance / Allocations**)

Do you have a burning issue that you wish to share with our community,
or just a really great recipe? If so then share away.

All submissions for the newsletter should be directed by email to:

submissions@canningco-op.org.uk

or just pop your idea down on paper and drop it into the office

Alternatively do you have ideas for future events or activities within the Co-op if you do share
them with us all, please submit these to:

we_co-operate@canningco-op.org.uk

or just pop your idea down on paper and drop it into the office

UPCOMING CO-OPERATIVE EVENTS

ANNUAL GENERAL MEETING

Friday 11th July @ 6.45pm (In the office) & followed by a BBQ!!

GARDENING CLUB

The next meeting of the
Gardening Club
will be:
22/06/14 @ 13:00
(in the back garden of 49 Canning St)

CONVIVIAL EVENING

The next
Convivial Evening
will be:
20/06/14 @ 19:00
(in the back room of 49 Canning St)

COMMUNITY NEWS

GEORGIAN QUARTER ALLOTMENT UPDATE

Work at the allotment site is plodding along, more hands are always welcome, so if your feeling green fingered then get in touch with, Anne - "gqcommunity@gmail.com"

REFUSE AND RECYCLING COLLECTION

Below is a guideline on bin dates,

Refuse	Wed : 04/06/14	Wed : 11/06/14	Wed : 18/06/14	Wed : 25/06/14	Wed : 02/07/14	Wed : 09/07/14
Recycling	Wed : 11/06/14	Wed : 25/06/14	Wed : 09/07/14	Wed : 23/07/14	Wed : 06/08/14	Wed : 20/08/14

FOOD AND DRINK

PANEER W/ BROCCOLI & SESAME

Vegetarian dish made w/ Indian cheese, serve as is or with boiled rice

INFORMATION

Easy / 10 mins prep - 15 mins cooking / Serves 4

Kcal: 195 | Protein: 11g | Carbs: 5g | Fat: 14g | Sats: 6g | Fibre 3g | Sugar: 3g | Salt: 1.3g

INGREDIENTS

- 200g sprouting broccoli
- 1 tbsp vegetable oil
- 1 tsp cumin seed
- 1 tbsp sesame seeds
- 1 large green chilli, finely chopped
- ½ tsp brown mustard seeds
- 6 curry leaves
- 1 medium onion, sliced
- 140g paneer cheese, cut into strips
- 1 tbsp grated ginger
- 2 garlic cloves, crushed
- 1 tsp lemon juice
- ½ tsp ground mace

METHOD**1**

Trim the broccoli and boil or steam for 5-6 mins until tender but firm to the bite. Drain and cool under cold running water.

Heat the oil in a wok or large frying pan, then add the, cumin seeds, sesame seeds, chilli, mustard seeds and the curry leaves.

Cook for 1 min until fragrant, then add the onion and cook another 2 mins.

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Throw in the paneer, ginger and garlic and season. Cook on a medium heat for 4-5 mins until the paneer turns golden. Add the broccoli and mix through the paneer and spices, then add lemon juice, and twist of pepper.

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3**ENJOY!!!****TRY IT WITH...****Soave****(£4.00 - Sainsbury's)**

“Best served chilled, fresh & fruity this wine pairs well with the citrus tones and spiced character of the meal”

