

Minister Nick McKim helps pack boxes

Because the seed funding for Local Food for Local People came from the Tasmanian Climate Change Office's *ClimateConnect* funding program, the Minister, Nick McKim, visited today to check out how the program is going and to help with packing our vege boxes (**photo, right**).

Nick rolled up his sleeves and put the finishing touch to the boxes with the parsley bunches. He expressed his enthusiasm for the concept from its inception and was really impressed with how the program was working and the many benefits. He noted - and was excited by - the community-building aspect of the program, which is fitting as it is the 10th reason to "Eat Local", discussed below.

The funding provided by the Climate Change Office was to cover the costs of the first "season" of the vege boxes, originally planned to run from January to June. The idea was that we would start up again the following January and the program would be self-funding from then on, using income saved this season to cover any shortfall next season. We are now looking at ways to access extra funding to carry the program through its first winter, so that we can provide an all-year round service.

On behalf of Channel Living, I would like to gratefully acknowledge the support of the Climate Change Office, which has enabled the successful implementation of "Local Food for Local People". And thanks to Nick McKim for his enthusiasm and delicious recipe! - Zoë

Why Eat Local? : Engage more with your community

Finally, we come to the tenth reason to "Eat Local" listed in the first newsletter: community. Community resilience refers to the capacity "to hold together and maintain the ability to function in the face of change and shocks from the outside" (Rob Hopkins, Transition Towns founder). Connection between community members is the foundation of community resilience, upon which other aspects of a resilient community can be built.

I remember on the second pick-up day back in January, it dawned on me that I would get to see *all* (or almost all) these great people – growers and subscribers - every week! I'm sure the volunteers would agree with me that the Vege Box program provides a great setting for meeting new people, and a fun way of contributing to the wellbeing of the community. I hope other subscribers also feel more connected.

Other related community-building activities we are working towards are:

- visits to growers' plots
- hiring more space for packing veges, which will leave room for more couches and "hang-out" space; and
- getting set up for members who are cooks and chefs to prepare meals for members from locally grown food.



Hearty Veggie Curry – Nick McKim, Minister for Climate Change

This was a favourite of mine to make when I was a bushwalking guide. You can use any combination of the vegetables listed, or whatever you can carry. And the spices aren't too heavy to tuck away in your pack. Enjoy!

2 tspns black mustard seeds	4 potatoes
2 tspns coriander powder	2 carrots
2 tspns cumin	½ a butternut pumpkin
½ tspn turmeric	5 tomatoes
2 red chillies	1 zucchini
2 cm piece of ginger	1 leek
3 cloves garlic	big handful of spinach
2 onions	coconut milk

Heat oil in pan and fry finely chopped onion, chilli, garlic, ginger, and spices. Add chopped potatoes, pumpkin and carrots, quartered tomatoes and 1 can of coconut milk (powdered* if bushwalking). Bring to boil, and simmer adding extra liquid if needed. When vegetables are almost soft, add zucchini and leeks. Cook rice. Stir through spinach just before serving.

*available from Channel Living Food Co-op!