



FOOD & ENVIRONMENT

Ideas and recipes for your Workcamp!

The food choices you make influence your camp's eco footprint quite a lot. There are a variety of things you can change and do in terms of food.

1. Reduce the consumption of meat.
2. Buy mainly local and/or regional foods and if possible fair trade products.
3. Have you ever heard of "waste cooking"? There is a whole movement concerned with the waste of food in many countries. Make use of this idea and try to make sure that you do not throw away leftovers. Instead, be creative in preparing meals from these!

However, experience shows that switching to a more or less plant based diet is quite difficult in a lot of camps. The volunteers come from different backgrounds where meat is an essential part of the diet as well as a representative of a certain standard of living and you might be faced with a lack of understanding if you want to reduce meat consumption in your camp. As it is already helpful to reduce the consumption of animal based foods, here are some ideas as to how you can manage to balance the diet in your camp, e.g. buy organic meat for main dishes and prepare vegetable spreads. Also, try to serve carbohydrates such as potatoes and bread and refer to the camp budget as meat is usually not as affordable as plant based foods.

To help you get started we have prepared a few ideas as to how to present the topic. Last but not least, we have listed a few recipes that will make your camp meals a delight and help you cut on the budget as well as the eco footprint:

1. Have a **Candle Light Night** - „candles instead of electricity“ - and prepare a special **Vegan Dinner** - look for cook books at your local library (or the internet?). You can use this event to introduce the Sustainability Campaign!
2. „What have you got in **your region**?!“ Are there any eco farms, gardeners, waste separation sites, biogas plants that you can visit or where you can buy your food? Make a trip and choose the food for the next meal.
If you need an idea where you could find Eco-farms in your area, try checking the WWFOOF website: <http://wwoofinternational.org/> There you will get an idea where you could buy locally produced and organic food. If you google „organic farming“ for your country or region you will also find places and market to go to.
3. Eating **seasonal products** avoids the exploitation of farming soil and environmental pollution through transportation. At the same time it rises the quality and joy of nutrition. Here is a list of summer fruits and vegetables, usable in most of Europe (verify the seasonal products before going in a new country particularly when there is a specific climate).

June

Fruits: Apricot, blackberry, currant, cherry, strawberry, raspberry, melon, plum

Vegetables: Aubergine, beet, carrot, celery, cauliflower, cucumber, fennel, green bean, leaf beet, leaf salad, leek, onion, round-seeded, pea, paprika, potatoe, radish, salad, spinach, tomato, zucchini





July

Fruits: Apple, apricot, blackberry, blueberry, cherry, currant, fig, melon, nectarine, peach, pear, plum, raspberry, redcurrant, strawberry, watermelon

Vegetables: Artichoke, asparagus, aubergine, beet, broccoli, carrot, celery, cauliflower, corn, cucumber, fennel, green bean, leaf beet, leek, leaf salad, onion, round-seeded pea, potato, radish, salad, spinach, tomato, zucchini

August

Fruits: Apple, apricot, blackberry, blueberry, cherry, currant, fig, gooseberry, melon, mirabelle, nectarine, peach, pear, plum, prune raspberry, strawberry

Vegetables: Artichoke, aubergine, beet, broccoli, carrot, cauliflower, celery, corn, cucumber, fennel, green bean, leaf beet, leaf salad, leek, onion, paprika, potato, pumpkin, radish, spinach, salad, tomato, zucchini

September

Fruits : Fig, Raspberry, Melon, Mirabelle, Blueberry, Peach, Pear, Apple, Plum, grapes

Vegetables: Artichoke, aubergine, beet, broccoli, brussels sprouts, cabbage, carrot, celery, cauliflower, corn, cucumber, endive, fennel, green bean, leaf beet, leaf salad, leek, onion, paprika, potato, pumpkin, radish, salad, spinach, tomato, zucchini



Source: www.foodcarecic.org.uk

4. How about a **Movie night** (Filmtipps: More than Honey, Home (<http://www.youtube.com/watch?v=jqxENMKaeCU&feature=share>), Bananas*!, We feed the World, Sushi – The global catch, China Blue, There once was an island: te henua e hnoho, The Zero Waste Home (Youtube), The Story of Stuff)
Some sites to look for inspiration:
 - <http://green.tv/>
 - <http://www.howtooilafrog.com/>
 - <http://lifeonterra.com/>
 - http://www.filmsforaction.org/watch_sustainability_videos/
 - <http://altering-perspectives.com/2013/11/119-documentaries-expand-consciousness.html#>
5. We strongly recommend to check out the [cookbook 4 climate action](#) for further „recipes“. Here you will find ideas as to how to address the very pressing topic of climate change.
6. Did you know that 2014 ist the **International Year of Family Farming**?
 - 70% oft he world' food production is provided by family farmers and 40% of the world's households depend on family farming. Thus, supporting family farming contributes to poverty alleviation, biodiversity protection; it guarantees food supply and generates welfare. As mainly women can make up to 80% of the rural labor force, family farming strongly supports their role. These aspects highlight yet another point in the role of farming food in sustainable living and development. Depending on where your volunteering takes place you might want to have a look at what role farms play in the region. Go for an outing, a little excursion, and explore eco – and family farms. The places, people and conversations will surely be enriching for all volunteers.

<http://www.familyfarmingcampaign.net/>



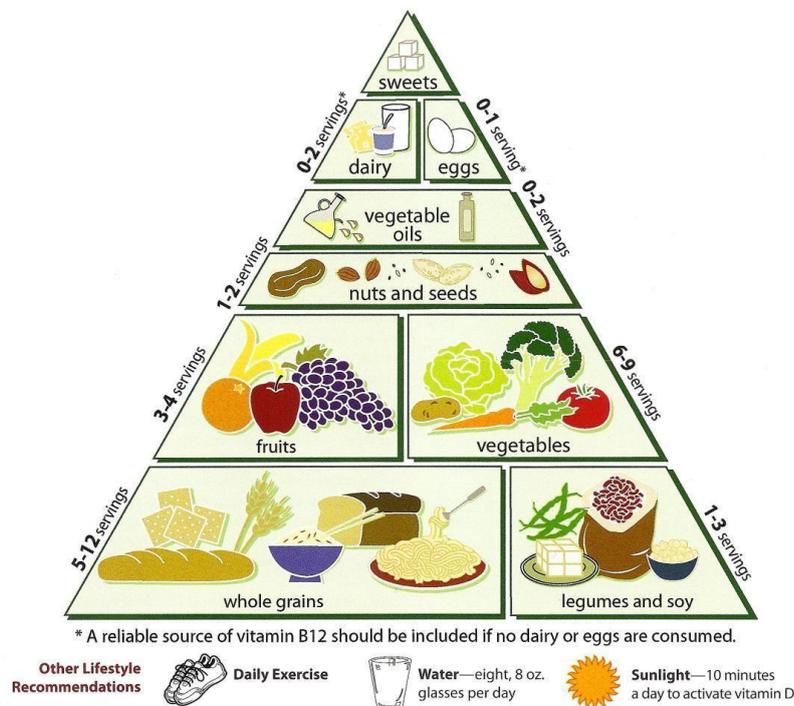
7. Some **facts and figures** that are helpful to know:

The Green house effect of different ways of eating (by producing the food) per capita and year in kg CO2:

- Vegan: eco 33kg/conventional 74kg
- Vegetarian: eco 235kg/ conventional 289kg
- ✓ „normal“: eco 521kg/conventional 566kg

Producing one kilogram of pork is using about five times as much energy as producing one kilogram of conventionally grown wheat. To produce 1kg of beef you need 16kg of grains and more than 15.000l of water. Industrialized use of animal stock is responsible for 8 % of the global water usage, especially for feed. Half of the global grain and 80% of the global soy harvest are being used to feed livestock. Only 3% of the global soy production is used for the vegan or vegetarian diet (adding important protein to the diet).

<http://www.provegan.info/eng/vegan/introduction/>



8. RECIPES

To make your (vegetarian or vegan) cooking a guaranteed success we have a few suggestions as to what to bring:

- Hand held blender (especially for vegan spread important), grater for raw veggies (grated carrots or fresh are great with lettuce! Add a few sunflower seeds, oil and vinegar and some herbs!)
- Spices! (e.g. pepper, cayenne, curry, turmeric, garam marsala, cumin, nutmeg, etc.)
- A few dried herbes - from your garden maybe? (e.g. rosmaty, oregano, basil)
- Soy protein products for vegan tomato sauce, Chilli sin Carne, Lasagne (also possible without meat substitute or you could use legumes to add protein)
- Soy sauce: good to marinate and roast tofu



1. BREAD SPREAD - you can easily make spread with a small budget!

Spread with green Beans and Cashew nuts

Purée 1 glas of green beans (pour off water) with 1 bin cashew-nuts (salted or not salted does not matter).

Lentils spread

100g brown lentils
1 carrot (cut in cubes), 5cm leek
1/2l vegetable stock
1 little onion, 150g margarine
Salt, pepper, herbs

Cook lentils with the carrot cubes and fry the onion in a little bit of margarine. Melt the rest of the margarine and purée everything together. (Can be kept in the fridge for one week)

Millet-tomato-spread

For 40 Persons:
500g Millet
1250ml vegetable stock
boil 5-10 minutes, then let it swell 20 minutes.
When it's cold mix with:
7-8 tomatoes in cubes, 400g margarine, fresh herbs chopped, garlic, salt and pepper

Tomato-carrot-spread

125g margarine
200g tomato paste
3 Carrots
1 onion
Basil and other herbs, salt

Cut onion and carrots in little pieces, as well the margarine. Purée everything together with the tomato purée and mix with herbs.

2. SOUPS

Carrot Soup (for 12 Persons)

2-3 onion, diced
1kg carrots, grated
600g leek, chopped in fine slices
300g mushrooms
2 ¼ l vegetable stock
Salt, pepper, nutmeg
fresh parsley
soy cream or coconut milk (not necessarily required)

Fry onions and grated carrots in a big pot, add vegetable consommé after 3min and boil until the carrots are soft. Mash with blender, then add mushrooms and leek and boil for 10 more minutes. At the end add parsley, soy cream and season with salt, pepper and nutmeg.

Green soup

Leek, broccoli, bin of green peas, vegetable stock, soy cream, nutmeg and other spices, left over bread

Cook leek and broccoli in vegetable stock and add green peas. Take a bit of the vegetables out before you mash the rest with a blender. Season and add soy cream. Cut the bread in dices and roast in butter. Serve the soup with the roasted bread-crumbs.

3. DISHES TO SERVE WITH RICE

Cauliflower-Curry

1 Cauliflower
250g potatoes, peeled and diced
Curcuma, Cumin, Cayenne, Coriander > (or Curry)
salt
1 clove of garlic, pressed or diced very fine
1 onion, diced
1 tomato, diced
2 tb lemon juice

Cook potatoes until they are half done. Heat some oil in a big pot and add all spices, garlic and onion. 5 minutes later add the cauliflower (divided in its florets) and fry 5 more minutes. Then add approximately 1 cup of water and salt. After another 5 minutes add potato and tomato dices, the lemon juice and cook until it's done. It's good with rice.

Kai Koottu (Indian vegetables)

900g white cabbage, cut in fine slices (or grate with cucumber slicer)
8 big potatoes, peeled and diced
8 tomatoes (divided into eighth)
300ml water
clove, cardamom, cinnamon, curcuma
2 tb Fresh ginger, grated

Fry potato dices until they are slightly brown and put aside. Fry cabbage with ginger and curcuma (has to be moved a lot). Add tomatoes, potatoes,



salt and water and cover with a lid. Cook on small fire until it's done. Before serving, mix with the other spices. It's great with rice.

Hot zucchini pan

1,5 kg Zucchini, cut in little sticks
Thyme, salt, pepper, cayenne
9 tb Soy Sauce
3 tb Honey (for vegan version use any kind of syrup)
oil
750g rice
3-4 tb curry
¾ vegetable stock
Oil/margarine
2-3 onion, diced

Marinate zucchini sticks in a mixture of soy sauce, cayenne and honey (or syrup) for 20 minutes. Fry onion dices in margarine, add curry, rice and vegetable stock. Boil and let swell on little fire. Fry marinated zucchini in oil and with the marinating sauce. Season strong with thyme, salt and pepper and you have a nice zucchini-rice-meal.

4. PASTA DISHES

Gorgonzola pasta sauce

450g gorgonzola cheese or half mascarpone, half gorgonzola
600ml cream
Approx. 20 walnuts
Salt and pepper
1,5 kg pasta

Cook pasta. Boil cream in a pot and add gorgonzola and mascarpone and stir well. Season and add walnuts.

Brown lentils pasta sauce

Amount for 500g pasta:
Onion and garlic, diced
1 tb margarine
100g brown lentils
300ml water + 200ml soy cream (if you don't have soy cream you can use milk for not vegan version)
Salt, pepper, nutmeg
2 tsp. vegetable stock powder
4 tb chives

Fry onion dices in margarine, add washed lentils. Then add vegetable stock, water and soy cream. Boil for 30-40 minutes on low heat. 10 minutes before it's done add garlic. Season with salt, pepper and nutmeg and add chives.

Spaghetti soygnese

1 package fine soy shreds
500 ml tomato purée
2 bins tomatoes in pieces
250g small fresh tomatoes in quarters
2 onions in dices, 3 cloves of garlic in fine dices
herbs (oregano, rosemary or thyme, balsamic, salt, pepper, paprika, curry
olive oil, soy sauce

Prepare soy shreds like described on the packing (Normally it has to swell with vegetable stock 10 minutes). Then squeeze them through a sieve to remove spare fluid and fry them in a bit olive oil and soy sauce. When the soy got a bit color add onions, curry, paprika and later on the garlic. If everything is quite done pour balsamic and season with salt and pepper (attention: soy sauce is already salty!). Add tomato purée and tomato bins and boil until it has a good consistence. At the end add fresh tomatoes, herbs and a bit olive oil and season again.

Broccoli peanut sauce

Broccoli, peanut butter (crunchy), coconut milk or cream, peanuts, onions, cayenne or chili

Boil broccoli until it is nearly done. Then fry together with the onions. Add coconut milk, peanut butter (attention taste in between! Too much is not tasty) and peanuts and season with cayenne and salt.

5. DISHES WITH POTATO OR BREAD

Potatoe bean pan

Potatoes (cut in wedges)
Green beans in bin/glass
Onions, garlic, both diced very fine
Olive oil
Tomato paste
Vegetable stock
Dill, salt and pepper

Fry onions and garlic in oil, add potatoes and fry 5-10 more minutes. Add beans, tomato paste and



vegetable stock and boil until potatoes are done. Season and serve with white bread and red wine.

Chilli sin Carne

2 onions, diced fine
2 paprika, diced fine
Garlic (diced very fine or pressed), thyme, chili
½ - 1l vegetable stock
Tabasco, salt and pepper
1 bin peeled tomatoes in pieces
2 big bins kidney beans (red beans), washed
Fine soy shreds or bulgur to replace meat
Soy sauce

Fry diced onions and paprika. When it is quite done add beans, tomatoes (with its sauce) and garlic. Prepare soy/bulgur like written on packing (boil in vegetable stock, let swell and fry with oil and soy sauce then). Add vegetable stock and season with Tabasco and spices. It needs 30 more minutes of boiling to be done. Particularly tasty with turkish bread (flat bread) or other white bread.

6. SIMPLE AND YUMMY IF YOU HAVE AN OVEN

Pizza

For the dough (for one baking tray):
500g flour
1 p. dry yeast
1 tsp. salt
2 tb olive oil
50-100 ml water or soy milk

For sauce

½ bin peeled tomatoes
¼ tube tomato paste
1 tb margarine
Salt, pepper, paprika, oregano

For topping

All kinds of vegetables

How to replace cheese for vegan version

2 tb margarine
4 tb yeast flakes (to buy in organic food store or big supermarket)
3 tsp flour
1 tsp salt
Sweet paprika powder, curcuma, pepper
150 ml soymilk or water
1 tsp mustard
Sunflower seeds

Knead wheat, yeast, salt and fluid (water or soy milk) until it is a mixture that is not sticky anymore (needs some time, add more flour/water until the consistence is good). Put for 1 hour on a warm place and cover the bowl with a damp cloth. Purée tomatoes and heat up in a pot with margarine and tomato paste. Season with salt, pepper, paprika and oregano and bring to boil for a moment.

Roll out the pizza dough (you can use an empty bottle), place on the baking tray, spread sauce and vegetables over it.

To prepare the mixture that replaces cheese as topping: Mix all dry ingredients. Melt margarine and stir with mix and mustard creamy. Add soymilk until you have a thick mash. Before, scatter sunflower seeds on top.

Vegan lasagna

Ingredients for the sauce/filling: have a look at "spaghetti soygnese" and add vegetables as you like

For the topping that replaces cheese have a look at the recipe for pizza!

Lasagna pasta plates

Prepare like described in the other recipes. Just notice: between the pasta plate on top and the yeast flake mix has to be a little of the tomato sauce!

Oven vegetables

Celeriac, pumpkin (Hokkaido) and potatoes.
"Quark"/yogurt, sour cream (half/half)
Onions diced, olive oil
Rosemary, parsley, basil or others
Sunflower seeds

Cut vegetables in big cubes and marinade them in a mixture of olive oil, rosemary, salt and other herbs. Spread them on a baking tray, scatter sunflower seeds on top and bake in the oven. Mix yogurt and sour cream with fresh diced onions, olive oil, herbs, salt and pepper. Serve quark mix with the baked vegetables



Recipes from Alice, trainer and counselor in health and nutrition (alice_auvrignon@hotmail.com):

Savoury loaf with nettles and goat's cheese:

3 eggs
 150g of wheat, spelt or einkorn flour (ancient wheat)
 7g of baking powder (1 bag)
 100 ml of oleic sunflower oil or olive oil
 130 ml of soy or rice milk
 200g / 1 roll of goat's cheese
 1 handful of fresh or dried nettles
 Salt and pepper

Preheat the oven to 180°C. In a big salad bowl, whisk together the eggs and flour. Add the oil little by little, then the previously warmed milk.



Season with salt and pepper. Strip the nettles, wash and dry them then chop them finely. Cut the roll of goat's cheese into slices, and add it with the nettles to the mixture. Prepare a loaf tin by oiling and coating with flour. Pour the mixture into the tin. Bake in the oven for 45 minutes approximately. Let it cool, turn out of mould and serve.

Tricks for this recipe

For the nettles: I just pick the first 4 or 6 tender leaves. Pick them in a preserved place far from animal husbandry and cars pollution.

After washing them, put them in a tea towel and knead them in your hands for one minute, so that they won't sting any more. This way, you can handle the nettles and cut them safely!

If you don't want to use baking powder, you can use the beaten egg whites, by adding them delicately in the mixture just before baking the loaf in the oven.

Marrow gratin

1kg of potimarron (marrow with a sweet taste, and you don't need to peel it!)
 2 onions
 Sugar
 Coriander seeds
 Olive oil

Wash the potimarron under water, cut it in two, remove the seeds and finely chop the marrow. Cut it into slices of no more than 1 cm broad. Preheat the oven to 180-200°C.

Chop the onions. Spread the slices of marrow in a gratin or a round flat dish, then sprinkle with the onions, the coriander seeds, and the sugar. Salt and add a dash of olive oil.

Place in the oven for about 20-30 minutes. It's ready when you can easily prick the marrow with a fork.

7. SIMPLE AND YUMMY IF YOU HAVE A BLENDER

Humus with beetroot:

2 cups of cooked chick-peas
 1 to 2 beetroot (uncooked or cooked)
 1 to 2 cloves of garlic
 3 tablespoons of lemon juice
 2 tablespoons of sesame seeds
 1 tablespoon of olive oil



How to prepare the chick-peas

The day before, leave the chick-peas to soak in a big bowl of salted water (to avoid losing any minerals during the soaking). The next day, rinse the chick-peas and place them in a large casserole dish with 2,5 times their volume of cold water. Cut the beetroot into cubes and add to the chick-peas (if you are using cooked beetroots, add to the chick-peas just before mixing with the blender). Leave to cook for 1h to 1h30. Taste the chick-peas to check if they are cooked enough.

Leave to cool, sieve and keep the cooking water that's left to one side.

Mix all the ingredients together in the blender until the mix becomes smooth and creamy in texture (little by little add the cooking water or just water).



8. DESSERT

Banana pancakes :

1 big or 2 little bananas
180g of flour (rice, wheat or einkorn)
2 eggs
160 to 180 ml of plant-based
milk (rice milk preferably)
1 tablespoon of unrefined
cane sugar
1 teaspoon of baking powder
Olive or oleic sunflower oil



Mash the bananas into a creamy pulp using the back of a fork. Add the eggs and beat the mixture. Add the flour previously mixed with the baking powder, then the plant-based milk. The consistency must be just thick enough to spread in the frying-pan.

Heat a little oil in a frying-pan. With a ladle, make rounds of 10 cm in the frying pan (The more you can so that you won't waste energy!). Let them cook over a medium heat, then flip and cook through the other half.

Serve with: oilseed pastes (almond, sesame, peanut etc.), chocolate cream, marmalade etc.

Buckwheat with apples and hazelnut

1 kg of apples
200g of cooked buckwheat or 65g of dry
buckwheat
1 glass of plant based milk
60g of honey or sugar
60g of hazelnut paste
1 tablespoon of water

Cook the buckwheat

Place the buckwheat in a saucepan and heat without liquid over high heat. In the meantime, in another saucepan on in a kettle, bring to boil 2,5 times the buckwheat's volume of water. Off the heat, pour slowly the hot water over the buckwheat. Let it cook over low to medium heat for 15 minutes.

Peel (or not!) the apples, and save one for the decoration. Cut the apples into large dice and cook or steam them for 10 minutes, and then mash them to make a compote. Mix together the compote, the buckwheat and the vegan milk and

pour in a gratin dish. Cut the leaving apple into thin slices, and decorate the dish. Place in the warm oven for 45 minutes. Serve tempered or to room temperature with the hazelnut sauce made by mixing the hazelnut paste, the honey or sugar, and the water.