In 2009, Grey Court offered Ham United Group (HUG) a site to set up a community allotment. HUG enlisted the services of local volunteers, inmates from Latchmere House Prison and the British Trust for Conservation Volunteers. As a result, a wasteland of hardcore, scrap metal and brambles was transformed into an area with 19 accessible raised beds ready to be planted. In 2010 Grey Court won the People’s Millions bid for Grey Court Community Chickens – 40 free range hens to produce eggs for the community.

**Chris’ Comment**

“Rainbow Chard is a tough old plant and can even be grown through the winter. Give your seedlings a strong start in a propagator or greenhouse and once they’re established, transfer them outside. For a bigger crop, pinch out any flower buds so that the plant uses all its energy to produce lovely leaves.”

**What’s Growing in Autumn?**
- Rainbow Chard
- Spring Onions
- Kale
- Garlic
- Rocket
- Carrots
- Brussel Sprouts

**Paul’s Pick**

Rainbow Chard … and some freshly laid eggs

**Home Grown Hints from our Grey Court Growers**

“The Rainbow Chard looks like our rhubarb. The difference is it’s OK to eat chard leaves but not rhubarb leaves – they’re poisonous!”
Rainbow Chard & Potato Frittata with a Spring Onion dip

Ingredients

Serves 4

For the Frittata
5 free-range eggs
1 good bunch of rainbow chard, washed and chopped (including stems)
2 medium size potatoes, peeled and diced into medium sized cubes
5 mushrooms, thinly sliced
1 tomato, diced fairly small
Olive oil
Paprika to season
Optional for the meat lover! 1 chorizo, sliced

For the Dip
1 small pot of organic crème fraiche (200g)
2 spring onions, finely chopped
Paprika to season

Method

1 Bring a pan of salted water to the boil and add the diced potato. The parboiled potato should be 90% cooked and still firm (approx 8 minutes). Strain and set to one side to cool.
2 Fry the mushrooms with a little olive oil on a high heat in a non stick frying pan. When all the juices have evaporated, remove the mushrooms to a bowl.
3 If you want a meaty version, use the same frying pan, fry the chorizo for 3-4 minutes on a medium heat then tip into the bowl with the mushrooms.
4 Using the same frying pan again (you don’t need to wash it in between or add any more oil!) fry the diced potato until lightly golden and add to the bowl.
5 Finally lightly stir-fry your rainbow chard (2-3 minutes) and add to the bowl too.
6 Add the finely diced raw tomato to the bowl.
7 In a separate bowl, crack the eggs and beat with a whisk until well blended.
8 Turn on the grill to a medium/hot setting.
9 Pour the eggs into the bowl with the other ingredients and gently combine together with a wooden spoon.
10 Season with a little Paprika. If you didn’t add chorizo, also season with a pinch of salt.
11 Pour the mix back into the non stick frying pan and cook for one- two minutes on a medium heat (remember, don’t move it around with the spatula).
12 Take the pan and put under the grill for approx 5 minutes, or until the frittata is golden brown on top and firm to the touch.
13 Quickly slide the frittata out of the pan onto a chopping board and leave to cool for 2 minutes.
14 Add the chopped spring onions to the crème fraiche, give a quick mix, and sprinkle some paprika on top.
15 Slice the frittata into wedges and get dipping!

Equipment

1 x vegetable peeler
1 x sharp knife
1 x non-stick spatula
1 x medium saucepan
1 x large non-stick frying pan
1 x colander
2 x mixing bowls

Cook’s Code

Par Boil: the partial boiling of food as a first step in the cooking process, mainly used to soften vegetables before roasting

Frittata: an egg-based dish similar to an omelette or quiche, enriched with ingredients such as meats, cheeses, vegetables and herbs.

Chorizo: A cured pork sausage from Spain or Portugal that has a distinctive deep red colour and smoky flavour due to the addition of smoked, dried red peppers.

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