

Bite Newsletter

December 2009



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Bite launch event

Bite will be having an official launch event in the afternoon of the 14th January at Harpurhey Centre. We will be marking the change of the name of the project from HELF to Bite. There will be a lunch, speakers, activities and prizes. Invites will be sent out shortly-make sure to look out for yours!

Bite at the Recovery Conference

At the recent Manchester Mental Health & Social Care Trust's recovery conference at King's Church food was provided by two of Bite's projects- Good Mood Food and Harpurhey Centre. Staff and volunteers from Harpurhey prepared and cooked hot food on site and Good Mood Food provided buffet food, fruit and cakes. All the food was excellent – well done to everyone involved.

Local Food Fund grant application

I have recently submitted a grant application to the local food fund for three workers to support the Bite partnership- a catering co-ordinator, a growing scheme co-ordinator & a project administrator for three years. The total cost of the project is around £279k, we have been offered £30k from Manchester Food Futures as match funding if we are successful.

Bite visit to the Christmas market

As a festive treat I'll be taking staff, volunteers and service users round Manchester Christmas markets on the afternoon of the 14th December. If you or anyone you work with would like to come please let me know & we can arrange a meeting point.

Bite leaflet & map

We now have our very own Bite leaflet which I'll be sending round to venues. Joe from YASP has also created a Bite map showing all the venues around Manchester- I'll be printing copies of it very soon.

Bite venues

The Young Adult Advice & Support Project (YASP for short) Cafe is located on Stockport Road in Levenshulme. YASP is part of HARP and provides free confidential advice to people aged 15-25. YASP also offers a counselling service and works in partnership with Rotherham, Doncaster and South Humber NHS Mental Health Trust (RDASH) to deliver the Early Intervention Service in Manchester to provide a pro-active response for young people experiencing first episode psychosis. YASP is accessed via the Cafe which provides free internet access and offers a healthy cooked meal Mon-Fri. YASP also bakes cakes for Good Mood Food buffets.

There are opportunities for volunteers to help with the day to day running of the Café, cooking meals and baking cakes. To find out more about the Cafe or any of YASP's services please call on 0161 2213054.



Seasonal vegetable watch - turnips & swedes

Turnip & swede history

It is likely that turnips originated in Northern Europe around 2000 B.C. although some sources indicate it may be of Mediterranean origin or even Asian. Records suggest that around 1500 BC forms of wild turnip were grown in India for its oil-bearing seed.

In the Middle East in classical times the hardiness and drought tolerance of the turnip meant it was useful as an animal fodder. Similarly the Romans and the Gaul's cultivated the plant for these properties and they would use it as an animal fodder. Primarily however it was used as a cooked vegetable throughout these two ancient cultures and would have existed in a very similar form to the vegetable we know today.

The swede is thought to have originated in central Europe and has a relatively short culinary history compared with many vegetables. It was known in France and England in the seventeenth century and became an important European crop by the eighteenth century. During the nineteenth century it reached the USA and then Canada

So what's the difference?

There is often confusion about the differences between the turnip and the Swede. The Swede 'Brassica napobrassiac' is from Sweden (unsurprisingly) and was introduced to the UK as the Swedish turnip and the name later became shortened to Swede.

To add to the confusion the Swede is often known as a turnip or neep in Scotland and the turnip goes by the same name. Indeed the word turnip comes from the Scottish word 'neep'. The Americans however call the Swede a rutabaga, which comes from the Swedish word - rotabagge. However in some parts of the States the Rutabaga is called the yellow turnip and the turnip is known as the white turnip.

Turnip & swede nutrition

Swede has a good mineral content including calcium, magnesium, phosphorus, potassium and manganese. It is low in saturated fat and relatively high in sugars. It also provides some fibre and vitamins A and C

Turnips are a good low calorie source of vitamin C and fibre. Turnip greens contain large amounts of vitamin A and especially large amounts of lutein, which has been shown to help prevent cataracts and cardiovascular disease.

Tunisian Turnip (or swede) stew

Ingredients (to serve 4)

- 1 large onion, coarsely chopped
- 3tbsp olive oil
- 500g turnips or swede, peeled and grated
- 500g chopped tomatoes
- pinch of salt
- pinch ground black pepper
- 1½tsp organic paprika
- 1tsp coriander powder
- Pinch of cayenne pepper
- 500g spinach
- Large handful of parsley, finely chopped



Method

Fry the onion in oil in a saucepan. When the onion is soft, add the turnips and tomatoes. Season with salt, organic black pepper and organic spices, half cover with water and simmer, uncovered until the turnips are cooked but still crisp. Turn the turnips over once so that they cook evenly. Wash spinach, cut off stems and cut leaves into ribbons. Put them into the saucepan and cook, stirring, until they crumble. Serve hot and garnished with parsley.

Christmas recipes

Fancy trying some new recipes this Christmas- for some ideas have a look at the links below.

[BBC Christmas recipes](#)

[vegetarian society recipes](#)

[international Christmas recipes](#)

Healthy eating spotlight- Salt

Are you having too much salt?

You might not think so. But every day 26 million adults in the UK eat too much salt. You could be eating too much without realising because about 75% of the salt we eat is already in the food we buy. If you want to cut down, the good news is there are plenty of simple things you can do.

Eating too much salt can raise your blood pressure, which triples your risk of developing heart disease or stroke and since many people in the UK eat too much salt, that means that lots of people would benefit from cutting down. These are some of the benefits:

- Cutting down on salt reduces blood pressure, whether or not your blood pressure is high to start with.
- When your blood pressure goes down, your risk of developing heart disease and stroke goes down too, whatever your age.
- If you have high blood pressure, cutting down on salt could lower your blood pressure after four weeks. Try to make this a permanent change to carry on seeing the positive effects.
- You may start to notice a wider range of flavours in food, as your taste buds adjust to having less salt.

How much salt should you eat?

Adults should eat no more than 6g of salt a day which is around a teaspoonful. Reducing the UK's average daily salt intake for adults to 6g could prevent about 17,500 premature deaths a year

Which foods contain salt?

Most foods contain some salt. But it's the foods that are high in salt we need to watch out for because eating these can make it very easy to have too much salt. This is why it's important to choose foods that are lower in salt, when you can. Some foods are almost always high in salt because of the way they are made – you can still enjoy them, but try to have these in smaller amounts, or eat them less often.

With some foods, such as bread and breakfast cereals, it's because we eat a lot of them that they contribute a lot of salt to our diets and not that they're necessarily high in salt. For these foods, and for foods such as pasta sauces and tomato ketchup, there can be a really big difference between different types and brands. So next time you're shopping, take the time to compare the salt levels on a few similar products. And always try to choose the ones lower in salt. Making small changes like this can make a big difference to how much salt you eat, especially if it's a food you eat a lot of.

Foods that are often high in salt

Try to eat smaller amounts of these, or have them less often.

- Anchovies
- Bacon & Ham
- Cheese
- Chips (if salt added)
- Gravy granules
- Olives
- Pickles
- Prawns
- Salami
- Salted and dry roasted nuts
- Salt fish
- Smoked meat and fish
- Soy sauce
- Stock cubes
- Yeast extract

Foods where some brands/recipes are high in salt

Compare the labels on similar foods and choose the ones lower in salt.

- Bread products such as crumpets, bagels and ciabatta
- Pasta sauces
- Crisps
- Pizza
- Ready meals
- Soup
- Sandwiches
- Sausages
- Tomato ketchup, mayonnaise and other sauces

How can I compare the salt content of different foods?

When you're comparing the salt level of different food products, look at the nutritional information on the labels and make sure you're comparing like with like. The easiest way is to check the figure for salt per 100g on both labels. Choose the one that is lower in salt – even if there is quite a small difference in salt content, choosing the lower one can help you cut down on salt, especially if it's a food you eat a lot of.

If the label also tells you how much salt is in one serving or one slice, remember that the servings won't always be the same size from brand to brand – and they may also not be the same amount you would eat.

How can I tell if a food is high in salt?

Here is a quick way to tell if a food is high in salt by looking at the nutritional information on the label.

Look at the figure for salt per 100g.

High is more than 1.5g salt per 100g (or 0.6g sodium)

Low is 0.3g salt or less per 100g (or 0.1g sodium)

If the amount of salt per 100g is in between these figures, then that is a medium level of salt.

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