



Helmdon Community Larder News

The story so far:

Helmdon Community Larder has now been in operation for 3 months. Here's how we are doing:

- Over **£1500** has been raised for the Hope Centre, which provides the infrastructure behind the larder.
- We have **45 members**, between 25 and 35 use us on a regular basis.
- **Over 270** purchases have been made.

When we opened we had no idea how many Helmdon residents would come through our doors. It has been an absolute delight to see so many people visit and benefit from what we do. What we can also report are the smiles on the faces of the people that come in - all thanks to our fantastic troop of volunteers who make the larder a warm, friendly place to buy great things and have a good old natter.

Thanks to the Parish Council

We would like to say a big 'thank you' to the Parish Council for helping us to get off the ground with a £200 grant to cover our initial running costs. It has been an enormous help and weight off our shoulders to know that you are behind us.

The Larder Café 'knocks the ball out of the park'.

Thanks to the sisterly smiles of Di Thorpe and Enid Kebble who have created the Larder Café, our customer have had the most delicious cakes, refreshing tea and zinging coffee. Most importantly, the café now covers future running costs. As a result, we have been able to book the Reading Room each Friday from now until the end of the Year.

The mysterious case of the unidentified green vegetable

Each week's delivery brings a different assortment of vegetables to the Larder. In addition to the 'staples' – potatoes, onions, and carrots, we regularly have cabbages, cauliflower, parsnips, bananas, apples and recently salad stuff, including lettuce, celery and even TOMATOES – WHEN THE SUPERMARKETS HAD NONE! But on two occasions we have had boxes of a green vegetables none of us could identify.



CAN YOU IDENTIFY THIS VEGETABLE?



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This is Kalette. A nutritious and delicious cross between brussels and kale. You can boil it, fry it in butter, roast, or sauté it. If left to crisp it apparently resembles the seaweed you get in South Asian restaurants. Who knew? Yum.

What next – Great news?

We are working to acquire a fridge/freezer. This will be of huge benefit as we will be able to offer chilled and frozen food including milk, fresh cheese, and frozen meats etc. This is fantastic news, which we will update you on when we have more to tell.

Volunteers, thanks

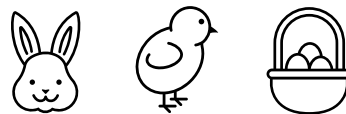
Finally, a huge thanks to all those who volunteer. We are a small community, and it is staggering how many people have been prepared to give up their time to make the Larder a success. It is humbling to watch such selfless dedication, a strong team, and a force for good in the community.

All volunteers are welcome. If you would like to help, please contact Lillian Hosea on Lillian.hosea@btconnect

Final note

The larder is not open on Good Friday. We will be back in action at 2.30 p.m. on Friday April the 14th in the Reading Room

Happy Easter!



A quick reminder about what we do

The **Helmdon Community Larder** is a volunteer run organisation set up to help your money go further by giving access to discounted food and household goods, whatever your circumstances. Open to all, the larder is a membership scheme, the annual fee is £10. You then select the number of items you want to purchase, either 10 items for £5 or 22 items for £10. Fruit and vegetables come free on top of your selected number of items! Surplus food is collected from local suppliers and supermarkets and offered at a significantly discounted price. Some of the items are close to their 'best-before' date, but many are not. Anything that isn't used is then taken to another larder in West Northamptonshire, so nothing goes to waste.