



# THE HAPPY GREEN COOKERY COURSE!

**This 8 week course will teach you lots of tasty meals that will not only impress your friends and family, but will help protect the planet too.**

We will be looking at recipes and ways of cooking that mean your footprint is much lower than the average kitchen's!

**Some areas we will cover are:**

- **Cooking with less meat and dairy**
- **Tasty menus with seasonal food**
- **Slow cooking methods**
- **Preserving fruits and other foods**
- **Making it all from scratch**



We will be exploring these areas by cooking a meal and then sitting down to eat it together and discussing why it's a low carbon meal. It will be a very sociable and relaxed course with even a possible glass of wine as we eat!

**The cookery will be taught by Pat Tweedie of 'Fits Cooking' and the discussions will be led by Peter Upton who works on food issues for an Edinburgh environmental organisation.**

## DATES

The course is 8 weeks long.

Tues 8th Feb until Tuesday 29<sup>th</sup> March (We will run during half term)

## TIMES

6.30 – 8.30pm

## VENUE

Fits Cooking Cookery School

Abbeymount (the orange and blue building just next to the Regent Pub)

EH7 5DL

## BOOKING

To book your place on this course please email [rosie@carbonhalo.com](mailto:rosie@carbonhalo.com)

There is no charge for the course but we do need a cheque of £10 to reserve your place. This will be returned to you in week 1. Cheques should be sent to Rosie Lewis, Out of the Blue, 36 Dalmeny St, EH6 8RG