



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 29th 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

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