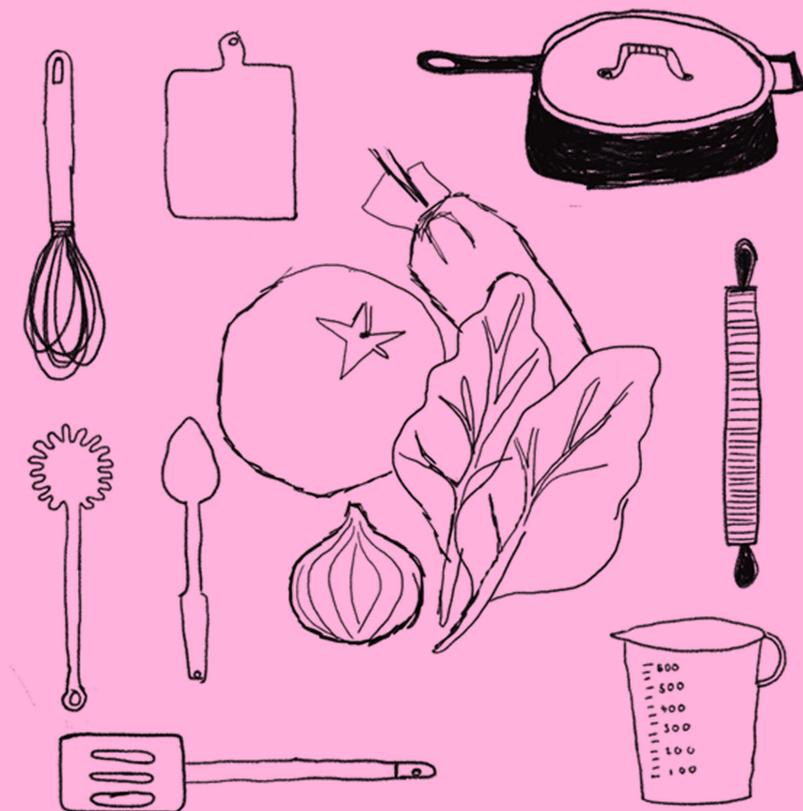


# NOURISH



**A collection of Stories and  
Recipes from Whalley Range**



Welcome to Nourish,  
a zine that explores and celebrates the  
interconnectedness of food,  
community and wellbeing.

For this zine we spoke to different  
community groups and people in Whalley  
Range about what food means to them.

We collected their favourite  
recipes, we spent time talking about the  
different ways that food can bring people  
together, we learnt how places are growing  
their own food to eat and how nothing  
goes to waste, and importantly we spent  
time eating together.

Through out our conversations there were some key themes that came up, which were;

The Power Of Eating Together

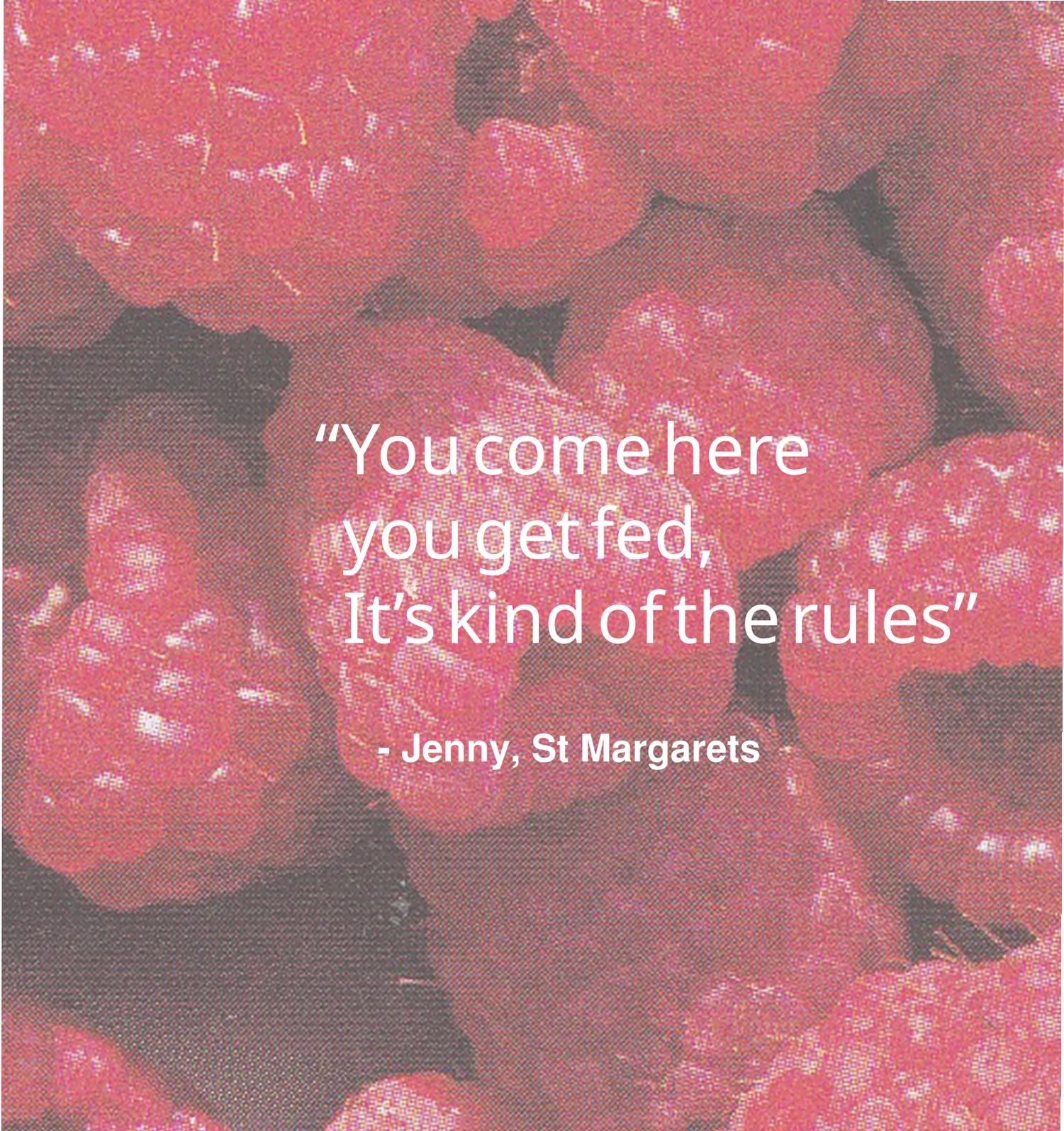
Sustainability

Food Waste

Barriers To Healthy Eating

Creating Balance

Through out this zine we explore these themes and invite you to reflect on what they mean to you.



“You come here  
you get fed,  
It’s kind of the rules”

- Jenny, St Margarets

## The Power of Eating Together

There's something powerful about a shared meal. It's not just about food, it's about eye contact, conversation, laughter, and care. Many groups spoke about how eating together helps ease loneliness, builds trust, and makes people feel seen.

At Time To Change, we spent time with group member Katie making Eat Well plates using collage materials, cutting out colourful fruits, grains, and warm bowls of food from magazines. It sparked big conversations about what eating well really means, especially when you live alone.

One group member shared how hard it can feel to cook just for yourself, having to plan, prepare, and clean up every single time. "Sometimes it just feels like a lot" a group member said. "When you're always the one doing it all, you lose the joy."

They suggested that more local groups like the wonderful Time to Change, should exist, where people come together regularly to share meals and share the load. They imagined neighbours meeting on their streets, cooking in small groups, eating together, and helping each other with the washing up.

That spirit came to life when Lewis, one of the group members, cooked a big, warming pot of shakshouka for everyone. We ate together around the table, then helped clear up, singing while washing the pots. It turned a simple meal into something joyful, memorable, and shared.

## Lewis' Shakshouka

- 1 onion
- 3 garlic cloves
- Teaspoon of chilli
- Teaspoon of cumin seeds
- Tablespoon of tomato paste
- 2 red bell peppers
- 7 large tomatoes
- 1 tin of chickpeas
- 1 packet of parsley

Serves 2-3

- Heat some olive oil in a pan on a medium heat.
- Finely slice the onion, cut the peppers into small chunks and fry for 5 minutes until the onions are translucent and soft
- Crush the cumin seeds, add to the pan for a minute or two
- Crush the garlic and add, with the chilli and tomato paste. Cook for a minute or so
- Finely chop the tomatoes and add to the pan. Cook for 20 minutes or so until the tomatoes have broken down and the sauce has thickened
- Add the chickpeas and cook for a further few minutes.
- Finely chop the parsley and mix in, then remove from heat.
- Serve with warm pitta bread

For a non-vegan version, use a large frying pan and instead of adding chickpeas add one egg per person by making small wells in the sauce and cracking eggs into them. Leave for a few minutes to cook, then finish under the grill



# Recipes with Roots

Food is never just food, it's history, memory, and identity. In our workshops, community members shared the meals that reminded them of home, family, and celebration. Some recipes were passed down through generations; others were made up on the spot with whatever ingredients were at hand.

Below, Hong shares memories that reminded her of Vietnam.

"I grew up in Vietnam. We don't have dairy at all. We rely on tofu and soybeans as sort of protein, vegetable protein, and we get a lot of calcium from tofu as well, and also from green vegetables like spinach. But my favorite vegetable is what? a variation of spinach, and it's got a weird name.

It's called Morning Glory. It's like a cross between spinach and tender stem broccoli. It's got long stems and leaves which absorb all the flavour.

So my favourite dish would be garlic, chili, sesame oil, stir fried with some of this morning glory. It's just, I mean, I could just eat that every day.

You can buy it here but it's very expensive, because you can't grow it here. It's got to be humid and needs lots of water, we grow it in streams like rice."



Morning Glory Stir Fry

"Rhubarb is one of my favourite vegetables as well, because we don't have desserts really in Vietnamese cuisine. We steam a lot of stuff. We steam rice with a bit of beans and sugar, ...with rhubarb we make it into a soup with fish, so it's all savoury. We never have rhubarb as a sweet. The soup has this sweet and sour taste. I do also like rhubarb crumble now!"



## Samina's Chaat Masala Potatoes

"I make this at every family gathering"

Serves: 4

Ingredients:

4 large potatoes

2 green chillies,

2 tbsp vegetable oil

1 tsp cumin seeds

2 tsp garlic paste

1 tsp ginger paste

2 tbsp tomato purée

1 tbsp chaat masala

Large handful of coriander

½ lemon, juiced

Fill and boil the kettle. Peel and cut the potatoes into 1 cm cubes. Slit the chillies lengthways.

Heat a wok over a high heat, then add, in order: 200ml hot water from the kettle, the oil, cumin seeds, diced potatoes, garlic paste, ginger paste, green chillies, tomato purée and fine sea salt to taste. Stir, then cover with a lid and cook for 7 mins.

Remove the lid from the wok, add the chaat masala, stir and cook, uncovered, for another 5 mins, or until the potatoes are fork tender. Meanwhile, chop the coriander. Switch off the heat, then add the coriander and lemon juice.



Favourite Dishes from  
Around the World

Lamb Biryani - South



Fu Fu - Nigerian



Dolma - Kurdish



“Food is Trust”

# Growing Together

"I like watering the plants. It makes me feel calm. Like I'm helping something grow."

At Forever Fields, a community allotment based in St Margarets Community Centre, we met people who are planting seeds together, not just in the ground but in their community.

At the community allotment, we found an unsung hero: chard. It's growing in abundance with big leafy bunches in vibrant greens, yellows and reds. Chard is one of those amazing plants that just keeps giving. It's easy to grow, hardy, and incredibly versatile, yet many people pass it by in the shop or don't know how to use it at home.

Thankfully, Ursula, a volunteer at Chit Chat Chai, knew exactly what to do with it. She turned the garden's harvest into a warming, nourishing soup that had lots of fresh herbs and veggies from the garden and from Unicorn and everyone asking for seconds

Eating food grown in a community allotment helps reduce waste, cuts down food miles, and it also helps keep us connected to the seasons.



Chit Chat Chai is a group that teaches English as a new language, provides a community cafe and cycling training. Each week group members and volunteers come together to eat the soup of the day, made with seasonal ingredients from the garden.

Soup is the global language of comfort, and it kept coming up in the conversations we had with people. We heard about how in Vietnam they have pho, in Poland they have zurek, and in Nigeria they have egusi soup which is eaten with fufu.

#### Soup in 5 Easy-ish Steps:

1. Find a pot – Preferably clean. Big enough to hold all your ambitions.
2. Sauté the good stuff – Onions, garlic, maybe some leeks. Your kitchen should smell like hope.
3. Throw things in – Veggies, noodles, lentils, leftover chicken... go wild.
4. Add liquid – Broth, water, coconut milk, or all three. No one's watching.
5. Simmer and season – Salt, pepper, herbs, a splash of vinegar if you're feeling bold.

There's no wrong way to soup. Just start with what you've got, let it simmer, and taste as you go.

What's your favourite soup combo?



# Nothing Goes to Waste

Food waste is a huge issue nationally, around 40% of food in the UK goes to waste but places like Forever Fields show a different way forward. Instead of letting food rot in landfill (where it releases harmful greenhouse gases), scraps are returned to the soil where they belong.

All the food waste from different sessions at St Margarets Community Centre goes to the compost bin. This feeds the worms which then creates the compost full of nutrients that helps to grow the next season of food.

## Composting in Whalley Range: Simple Tips

### start Small

You don't need a big garden - a bucket, tub, or even a balcony planter can be the start of your compost journey.

### Wormeries Work Wonders

Worm bins are compact and perfect for flats. Worms love fruit/veg scraps, coffee grounds, and tea bags and they produce liquid fertiliser that plants adore.

### Join a Community Scheme

Many allotments, or community gardens have shared compost heaps. Collect your scraps in a caddy and drop them off weekly. Perhaps you could ask your neighbours to start your own!

### Balance "Greens" and "Browns"

Greens = food scraps, coffee, grass clippings.

Browns = cardboard, dry leaves, paper.

Mix them to keep your compost healthy and smelling fresh.

### Avoid the No-Nos

Skip meat, dairy, cooked foods, and oily scraps, they attract pests and upset the balance.

# Radish Leaf Pesto

from Jo

One Way of creating less food waste is by seeing how we can use up different parts of a plant

Tip any leftover radish leaves into a food processor

Add 1 roughly chopped garlic clove

Add 30g grated parmesan (or veggie alternative)

Add 30g roughly chopped nuts (like walnuts/pine nuts/ almonds)

Add 4 tbsp extra virgin olive oil

Blitz in food processor adding in more olive oil if needed

Season with salt and pepper

Radish is also really easy to grow yourself! Why don't you give it a go?



# Food Isn't Always Easy

There can be lots of barriers to people eating well. Not everyone has the time to prepare healthy and fresh food, which can leave people with little option but to go for what's on offer in big supermarkets, much of which contains ultra-processed food. Whilst eating something is always better than nothing, it's important to try to choose whole foods where you can. One way to make this easier is meal prepping: cooking a larger dish one evening and then portioning it out for the days ahead. Chilli, curries, soups, roasted veggie bowls, or even simple pasta bakes can all be stored and reheated, saving time and reducing stress later in the week.

Another barrier that Liam from Time to Change highlighted, is that some people are prescribed medication which can make it harder to manage their weight. This isn't a reflection of willpower, but rather a side effect that many face. In these cases, focusing on balanced meals, regular movement where possible, and self-compassion can be especially important.

For some people who rely on food banks, there is the added challenge of not always being able to choose the food they receive. This can make it difficult to consistently eat fresh or balanced meals, as much depends on the donations available at the time. More broadly, this reflects the issue of food insecurity, when individuals or families don't have reliable access to affordable, nutritious food. Factors such as low income, the rising cost of living, lack of transport to larger supermarkets, or living in areas with few fresh food options (sometimes called 'food deserts') can all make it harder for people to eat well, even when they want to.

In Whalley Range though, there are lots of community initiatives that are doing their best to tackle these food inequalities. Whalley Range is also lucky in that it has many local shops selling a wide variety of fresh fruit and vegetables. Just a short walk away in Chorlton you have Unicorn, a well-known cooperative supermarket specialising in organic and sustainable produce, and many of the small local supermarkets in the area stock fresh herbs, spices, and seasonal vegetables, often at affordable prices. These community strengths mean that, despite the challenges, there are local resources to support healthier eating.

"Time is a luxury. When you're working two jobs, you eat what you can, when you can."

## Meal Prep Example

### Tuna & Tomato Pasta Bake

#### Ingredients:

500g dried pasta  
2 × 400g tins chopped tomatoes  
4 thyme sprigs, leaves picked  
300ml double cream  
198g can no-added-salt sweetcorn, drained  
3 × 120g cans tuna in spring water, drained  
100g cheddar, grated  
50g parmesan, grated

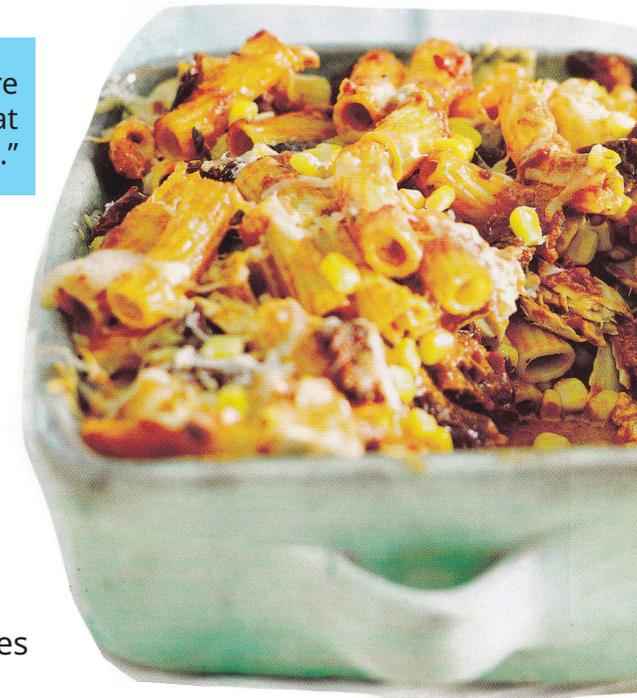
#### Method:

Heat the grill to its highest setting. Boil a large salted pan of water and cook the pasta for 1 minute less than the pack instructions.

Meanwhile, heat the chopped tomatoes and thyme in a large pan with a little seasoning and the cream. Stir for 5 mins.

Drain the pasta, reserving a little of the cooking water, then stir into the tomato sauce. Add the sweetcorn and tuna. Layer into a baking dish (ours was 22 × 29 cm), scattering over the grated cheddar between layers.

Sprinkle over the parmesan and grill for 5 mins until the topping is bubbling and golden.



# Sweet Treats

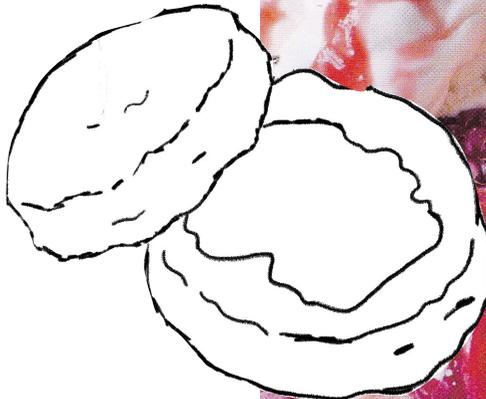
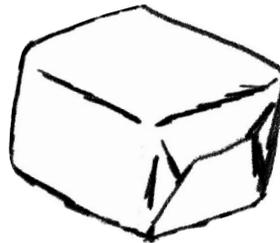
"I'm sorry but Life Is Too Short To Make Your Own Pastry!"

At St Margarets Community Cafe on a Thursday there is always a sweet treat ready and waiting, from scones with home-made jam and cream, to a different cake or bake made freshly each week.

The week we went we tried a twist on a Bakewell Tart, with Elderflower and Lemon curd, it was delicious!



Rhubarb and Vanilla Jam from Amanda



Amanda and other volunteers use fruit from the community orchard to make jams and chutneys. These homemade preserves are then sold locally, with the funds helping to support the annual community Christmas dinner. It's another lovely example of how people come together to share skills, reduce food waste, and give back to the neighbourhood.





## Sophie's Lemon Drizzle Cake Recipe

### Ingredients:

115g butter

115g sugar

2 eggs

115g self-raising flour

Zest of 1 lemon

### Drizzle:

Juice of 1 lemon

50g sugar

### Method:

**Preheat oven to 180°C (160°C fan) / 350°F. Grease a small loaf or 6-inch cake tin.**

**Cream butter and sugar. Beat in eggs, then fold in flour and lemon zest.**

**Pour into tin and bake for 30–35 mins.**

**Mix lemon juice and sugar. Pour over hot cake after baking.**

**Cool, slice, enjoy!**

**Coitact**  
*More than just a place to stay*

## The Future We Can Taste

Imagine a future where everyone has access to fresh, nourishing food. Where school gardens bloom. Where meals are shared in warm kitchens and community halls. Where no one eats alone unless they want to. Where food waste is composted, not binned. Where children learn to grow herbs on windowsills and elders share recipes passed down through generations.

But here's the good news: we don't have to imagine everything, some of it is already happening right here in Whalley Range.

Whalley Range is full of people quietly making that food-loving future real, one recipe, one garden, one act of sharing at a time. If you're feeling stuck, or not sure how to get involved, just reach out. There are groups all over this area doing amazing work and they're always happy to welcome a new face, an extra pair of hands, or someone just curious to learn.

## Whalley Range Community Forum

JNR8 Youth & Community Centre, 82 Cromwell Ave, M16 0BG. 0161 881 3744

Since 1998 we have been based at the JNR8 centre (pronounced generate) in Whalley Range.

The Forum facilitates a range of adult weekday classes/courses, including exercise, art, music groups, social groups, meetings, and Age-friendly meals and events - to bring people together for support, chat and to reduce isolation.

### Leg Up

Leg Up club on Wednesdays 11.45 - 1:30 pm is a social group and NHS partnership for people with health conditions, particularly leg/mobility issues: a great opportunity to meet new people and health workers and share experiences over a free hot meal.

### The JNR8 Friday community Warm Hub

10-1:00 pm offers chat, support, tea and toast, soup and fruit - and a listening ear.

We often have toiletries to distribute and a preloved clothes rail with warm clothing. <https://whalleyrange.org>

### Time To Change

Volunteer led self-help mental well-being social group. With a focus on preparing and eating a low cost, fresh veggie meal each week.

Activities range from art, poetry, Tai chi, singing, table tennis, trips, discussions, Celebrate volunteering.

Every Friday evening 5-7 pm

Call Carol if you are interested - 07788855544

### Whalley Range Women's Group

Whalley Range Women's Group currently meet at JNR8 on Mondays for chat, company and friendship.

Contact Salma: [salmarasul@icloud.com](mailto:salmarasul@icloud.com)

## St Margarets Centre and Playing Fields

We are a vibrant Community Centre and playing field based on Brantingham Rd, Chorlton, M21 0TT.

We are the home of Maine Rd FC, Little Seedlings Baby and Toddler Group, The Forever Garden Project and Orchard, Chit Chat Chai, Kimbilio Trust, S.A.L.V.E charity and a Community Art Class ran by Artist Mandy Beck. We also have Yoga, Dance Fit, Dance Like A Mother classes and several Community churches that run from the centre.

If you would like any more information please email [stmargaretscentre1@gmail.com](mailto:stmargaretscentre1@gmail.com)

### Chit Chat Chai

Free basic English classes for women on Mondays 9.30am with creche at St Margaret's centre.

Cafe for women Mondays 11 am.

[Chitchatchaim16@gmail.com](mailto:Chitchatchaim16@gmail.com) 07404 887996

Nourish is published by Celebrate Festival 2025.

Celebrate is the annual community festival for Whalley Range, held every year since 1998. The theme of Celebrate 2025 is 'Cooperate - build a better world.' The festival is organised and promoted by Whalley Range Community Forum and Whalley Range Youth Opportunities Association, who bring together a wide range of community partners, local schools, artists and performers.

A programme of community workshops and pop up performances culminated in the Festival day in Manley Park on Saturday June 14<sup>th</sup>

Festival Coordinator - Jess Coulson

Nourish project manager and designer - Georgina Fox

Thank You to all the participants for their inputs and recipes.

For more information contact: [celebratewhalleyrange@gmail.com](mailto:celebratewhalleyrange@gmail.com)  
[www.whalleyrange.org/whalley-range-celebrate/](http://www.whalleyrange.org/whalley-range-celebrate/)

As you read through this zine, we invite you to think about food in your own life, what are your favourite recipes? How can waste be reduced, what different produce can be grown and how can sharing food and skills strengthen our community?

What does eating well mean to you?

Together, small steps add up to big change.



WHALLEY RANGE YOUTH  
OPPORTUNITIES ASSOCIATION

Charity No. 512666