



newsletter



SCAN ME



WE'RE LOOKING FORWARD to seeing you at EATS Hub and Living Room Café, and out in the Fife sunshine enjoying EATS Greenspaces.

EATS Community Garden has some exciting new additions, including a chalet and a pagoda, creating more space for learning and sharing. Thanks to Crown Estate funding, we're also adding a "PolyCrub" a durable, all-weather polytunnel that will greatly expand our growing capacity.

This issue highlights the EATS Educates project, funded by Fife Council's SW Community Recovery Fund and OVO Energy. The project team has been inspiring children to actively improve their health and interest in their environment.

At the end of the project a lasting educational programme will be shared to sustain and expand the project's impact.

On a personal note, this will be my final newsletter. I'll be leaving EATS at the end of May to pursue a qualification in Horticulture, my passion. I want to sincerely thank the board, staff, and volunteers for their support, fun and friendship. I will miss you all!

I leave knowing that EATS will continue to thrive with a lucky new General Manager who will lead the next chapter.

**Charlotte Oakley
GENERAL MANAGER**

ENTHUSIASM FOR EATS Educates PROJECT



• *FUN IN THE SUN...Kings Road pupils with Joe, Laszlo and Josh*

EATS Educates is our community-based food education project running in all four primary schools in Rosyth. The curriculum - focused programme enables children to engage in sowing, planting, growing, harvesting, tasting, and cooking fresh fruits and vegetables. The enthusiasm from pupils, teachers, and families has been incredible.

The project started last summer with groundwork to create growing spaces at each school, since then the EATS Educates team - Joe, Laszlo and Josh, have been delivering sessions every week to classes at each school. Find out more overleaf.

DATES FOR YOUR DIARY

• VE DAY WORKSHOP

Tuesday 6 May 3-5pm

Dig For Victory & Wartime Cooking Competition

EATS Living Room Café

• SPRING PICNIC/

Greenspaces Open Day

Sunday 11 May 12-2pm

Free entry & plant sale

• BACK TO 80'S

Saturday 17 May 7-10pm

Music, games, dancing.
Tickets £25 from EATSHub

• ROSYTH GALA

Saturday 31 May 12-5pm

EATS Living Room Café will be open for breakfast 10-12 noon

CAMDEAN PRIMARY SCHOOL



● **RAISED BEDS...**growing onions, potatoes and beans

AT CAMDEAN WE'VE built six new metal raised beds to create growing areas in the extensive greenspace at the school for the **EATS Educates** project.

So far, we have worked with classes from P4 to P6, with over 90 pupils involved! They've planted a range of veggies in the new beds, including broad beans, onions and potatoes.

The diverse school grounds support lots of wildlife and habitats, and the pupils have been really engaged in maintaining and improving these during EATS Educates sessions -constructing a marvellous minibeast mansion and installing hedgehog houses.



● **BEAN TRELLIS....** a great teamwork task

ST JOHN'S RC PRIMARY

● **WE HAVE QUITE** the undertaking at St Johns with 3 internal quads and 7 large external raised beds to use for the EATS Educates project.

● Pupils have been busy restoring and improving these spaces and are nearly ready to harvest the fruits and vegetables of their labour - as the beans, garlic, spring onions and potatoes are flourishing, with flower and herb beds in vibrant blooms too.

● The pupils also helped to improve biodiversity and tackle a flooding issue just outside the school gates, by planting 25 Alder trees in collaboration with Fife Coast and Countryside Trust.

KINGS ROAD PRIMARY

● **THE INTERNAL QUAD** at Kings Road creates a positively continental climate, which we experienced during our recent Spring Open Day in the Easter holidays.

● To make the most of this hospitable growing area, we redesigned the space and built six new timber raised beds. The Quad is now brimming with produce from rhubarb to radishes, and courgettes to chicory.

● The pupils loved a tasting session in the Autumn term where we celebrated carrots - eating them three ways and learning how to cook our home grown veg!



● **ACTIVITY IN THE QUAD...**pupils getting stuck in

PARK ROAD PRIMARY

DESPITE MOSTLY being concrete playgrounds, Park Road is fortunate to have lots of raised beds.

We repaired 5 of them at the start of the project to make the most of the space available.

Pupils have planted blackcurrant and raspberry bushes, salad leaves and beans. We've also sown heritage wheat seeds for an activity supported by Scotland the Bread, and in the autumn we will be harvesting, milling and baking bread – a fantastic activity for the pupils to see the process from "Soil to Slice".



● **DIY SEEDBOMBS....**exploding wildflowers

www.eatsrosyth.org.uk

INSPIRING EVERYONE TO GROW, NOURISH AND SHARE

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