Glenkens Food Month 2022

Celebrating local food and businesses

For more information, contact the GCAT Connecting in Communities team

Phone: 01644 420374

Email: lisa@catstrand.com

Follow us on Facebook @GlenkensFoodMonth

For more information visit www.gcat.scot



Glenkens Food Month 2022

Crossmichael Fish Fridays

- Friday 2nd September
- The Thistle Inn • 01556 670203

Fish Fridays sourced from West Coast Sea Products - traditional fish dishes added to our normal menu. Bookings for the Fridays quoting Food Month will receive 10% off food bill (discount excludes drinks).

'Meet the Producers' Tasting

- Friday 2nd September • 12:00 - 2:00pm
- New Galloway Town Hall • FREE

The Glenkens Food Hub Producers are coming together under one roof to meet, talk and taste with you. Order your food hub box for collection on Friday 2nd September and come and collect it, taste the range of foods on offer and talk to the people who make, grow and farm this delicious sustainable food.

Find out more and book at www.propagate.org.uk/glenkens-food-month

Food Month Launch - Showcasing the Produce of D&G

- Friday 2nd September • 6:00 - 9:30pm
- CatStrand, New Galloway • FREE

Producers, retailers and growers from the Glenkens area come together for you to taste and talk about produce. Everything from beer to cheese, there's sure to be something for everyone.

Platter and Music Evenings

- Friday 2nd September • CatStrand
- Bar open from 4:00 - 9:00pm

Come and enjoy our sharing platters, this month with an extra focus on local producers. Bar open from 4 pm; meat, fish and vegetarian platters available from 6pm.

New Galloway Community Shop, Balmaclellan Store and Wrights of Dalry have each kindly donated a little something special to the platters.

Themed LING Lunches

- Tuesday 6th September
- 12:30 - 2:00pm • £6
- New Galloway Town Hall

A 2-course lunch in a welcoming and informal atmosphere. Come along with some friends or meet new ones!

For more information visit the LING Facebook page

Pudding Fan Club taster

- Tuesday 6th September
- 6:30 - 8:30pm • FREE
- CatStrand, New Galloway

Come along with your favourite pudding and / or recipe and share with fellow fans! Free but booking essential by emailing Fiona at fiona@catstrand.com

For help with booking please email: info@catstrand.com



Sacred Cow - A Film Screening and Discussion

• Wednesday 7th September
• 7:00 - 9:30pm • Online • FREE

The Sacred Cow Project explores our relationship to the food we eat, and offers a different view on the future of food production.

Sacred Cow probes the fundamental moral, environmental and nutritional quandaries we face in raising and eating animals. In this project, we focus our lens on the largest and perhaps most maligned of farmed animals, the cow.

Find out more and book at www.propagate.org.uk/glenkens-food-month

Curry Night at the Smithy

• Friday 9th September • 5:00 - 8:00pm
• The Smithy, New Galloway

Sit in or take away.

See Facebook and website for further details or call us on 01644 420269

Crossmichael Fish Fridays

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• The Thistle Inn • 01556 670203

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Glenkens Producer Market Dalry

• Saturday 10th September • FREE
• 10:00am - 1:00pm • Dalry Town Hall

The Glenkens Producers Market is held on the second Saturday of each month in Dalry Town Hall from 10am to 1pm. As well as a range of local food produce there is tea, coffee and home baking available in the cafe. Please come along to all future events in 2022 and support local producers, businesses and crafts people in the Glenkens.

Seed, Plant and Produce Swap

• Saturday 10th September
• 12:00 - 4:00pm • New Galloway Park

Calling all growers and gardeners! Join us for the Glenkens Seeds, Plant and Produce Swap!

Bring your surplus produce, pickles and preserves to share and swap with each other. Any seeds you have saved or left over from the season. There will be a hints and tips area for chatting and networking.

We'll have a potluck food sharing area, but also some local food catering with teas and coffees.

Find out more and book at www.propagate.org.uk/glenkens-food-month

For help with booking please email: info@catstrand.com



Fungal Forage

• Sunday 11th September • 2:00 – 5:00pm
•FREE

Join forager Jesse Beaman for a wander around some local woodlands to find amazing mushroom treasures. Location to be revealed on booking.

Find out more and book at www.propagate.org.uk/glenkens-food-month

Tapas in the Garden

• Sunday 11th September • 5:00 – 8:30pm
• Carsphairn Tea Room & Bistro

Join Lindsay and Paul for a taste of the Mediterranean in Carsphairn! (Indoors if wet).

Please see our Facebook for menu.

To book please call 01644 460568 or contact us on Facebook

Themed LING lunches

• Tuesday 13th September
• 12:30 – 2:00pm • £6
• New Galloway Town Hall

A 2-course lunch in a welcoming and informal atmosphere. Come along with some friends or meet new ones!

For more information visit the LING Facebook page

Cookout with Loch Ken Rangers

• Tuesday 13th September • 6:30 – 8:30pm
• Under the Ken Bridge • FREE

Join Leanne from the Loch Ken Ranger Service to learn how to build and dismantle a campfire safely and enjoy cooking your dinner in the great outdoors.

FREE but booking essential through lktranger@protonmail.com

'In Our Hands' Film Screening

• Wednesday 14th September
• 7:00 – 9:00pm
• CatStrand, New Galloway

All change begins with a story and In Our Hands is the story of the farmers who, through hope, hard-graft and sheer bloody mindedness are refusing to be victims of history.

This one-hour documentary takes you on a journey across the fields of Britain, past the orchards of forgotten fruit and through the fields of ancient grains.

Join us for the film screening followed by a discussion around food sovereignty and land use in the Glenkens. In partnership with Glenkens & District Community Action Plan Steering Group.

For more information about the film, see https://inourhands.film/

Find out more and book at www.propagate.org.uk/glenkens-food-month

For help with booking please email: info@catstrand.com



Food and the Menopause

- Thursday 15th September
- 6:30 – 8:00pm
- The Smiddy, Balmaclellan

Join us for a herbal tea and healthy snack this evening.
Nutritionist Lorna Willock and Health Coach Lesley Atkins will take you through what to eat to support your hormones and minimise symptoms pre, during and post menopause. Including useful habit changing tips to help you incorporate these foods sustainably into your everyday lifestyle.

Find out more and book at www.propagate.org.uk/glenkens-food-month

Glenkens Food Hub Opens

- Friday 16th September
- www.openfoodnetwork.org.uk/glenkens-food-hub/shop#/home

Place your order for locally sourced, sustainably produced food from the producer-led Glenkens Food Hub.

We aim to bring you food that has been sustainably and ecologically produced, in a way that is good for biodiversity and nature. Our producers come mainly from the Glenkens, but we have also reached out to some of the best in Dumfries and Galloway.

Online shop open for orders 16th – 20th September, for delivery / collection Friday 23rd September.

Crossmichael Fish Fridays

- Friday 16th September
- The Thistle Inn • 01556 670203

Fish Fridays sourced from West Coast Sea Products - traditional fish dishes added to our normal menu. Bookings for the Fridays quoting Food Month will receive 10% off food bill (discount excludes drinks).

Dalry Community Café

- Saturday 17th September
- 10:00am – 12:00pm
- Dalry Town Hall

A monthly volunteer-run pop-up café. Come along for tea, coffee and home-baking, and pay just what you can. A great way to meet olds friends and make new ones!

Cookery Demonstration with Tony Budde

- Saturday 17th September
- 12:00 – 4:00pm
- CatStrand, New Galloway • FREE

Cook up a storm with the amazing Tony Budde who will enlist a couple of helpers from the audience to produce some tasty treats.

Booking not required.
For more information visit www.gcat.scot/whats-on/calendar

For help with booking please email: info@catstrand.com



Walled Garden Community Cooking with Nick Morris

• Sunday 18th September • From 11:00am • FREE • Garroch Estate, Walled Garden, Dalry DG7 3XR

Our walled garden allotment growers will select a variety of fresh organic produce and hand it over to our 'Chef for the day', Nick Morris of the Kirkcudbright Cookery School. He will cook with it live in the garden, creating healthy snacks for you to try.

Come along with seats or a blanket and your own picnic lunch to make a real event of it.

Demonstration times:
12 noon and 2:30pm.

Transport
There is limited parking at the Walled Garden, but why not save on the petrol costs and use the FREE transport provided?

Pick-ups: 10:30am @ Dalry School, 11:15am @CatStrand, New Galloway.

Return: 4.00pm

Transport booking essential through communityinclusion.ling@gmail.com

For more information visit the LING Facebook page.

Afternoon Tea in the Garden

• Sunday 18th September
• 12:00 – 2:00pm
• Carsphairn Tearoom & Bistro
• £13.50 pp

Join Lindsay and Paul for afternoon tea in the garden of the Carsphairn Tearoom and Bistro (indoors if wet).

To book please call 01644 460568 or contact us on Facebook.

Glenkens Food Hub Order Deadline

• Tuesday 20th September
• www.openfoodnetwork.org.uk/glenkens-food-hub/shop#/home

Deadline day for placing your order of local good food!

We aim to bring you food that has been sustainably and ecologically produced, in a way that is good for biodiversity and nature. Our producers come mainly from the Glenkens, but we have also reached out to some of the best in Dumfries and Galloway.

For help with booking please email: info@catstrand.com



Themed LING Lunches

• Tuesday 20th September
• 12:30 – 2:00pm • £6
• New Galloway Town Hall

A 2-course lunch in a welcoming and informal atmosphere. Come along with some friends or meet new ones!

For more information visit the LING Facebook page

Local Food Feast

• Wednesday 21st September
• 6:30 – 8:30pm • £5

Feed 25 people from within 25 miles.

A sit down meal with locally sourced and sustainably produced ingredients. Showcasing the best of the Glenkens Food Hub plus other producers.

Find out more and book at www.propagate.org.uk/glenkens-food-month

Smiddy Sizzle and UKE Jamming Session

• Wednesday 21st September • Free
• On the Smiddy Patio, Balmaclellan
• 7.00 – 8:30pm • FREE

Come along to the Smiddy to hear the newly re-formed Ukulele band strumming while treating yourself to some local BBQ produce.

FREE but booking essential through jo@catstrand.com to avoid food wastage.

Glenkens Food Hub Collection and Delivery Day

• Friday 23rd September
• 11:30am – 12:30pm

Collect your pre-ordered produce from our Hub at 26 Main St, St John's Town of Dalry, Castle Douglas DG7 3UP, or wait for your home delivery.

Crossmichael Fish Fridays

• Friday 23rd September
• The Thistle Inn • 01556 670203

Fish Fridays sourced from West Coast Sea Products - traditional fish dishes added to our normal menu. Bookings for the Fridays quoting Food Month will receive 10% off food bill (discount excludes drinks).

Seed Saving and Permaculture

• Saturday 24th September
• 12:00 – 4:00pm • FREE
• The Hidden Mill and Hidden Veg, Balmaclellan DG7 3QS

Join us at the Hidden Mill for a walk and talk about all things permaculture, a look at the Hidden Veg Market Garden and a practical activity on saving your own seeds. Part of the Permaculture LAND Network's My Green Community Initiative.

Free but booking essential.
Find out more and book at www.propagate.org.uk/glenkens-food-month

For help with booking please email: info@catstrand.com



Carsphairn Community Market

• 24th September • 10:00am - 2:00pm
• Lagwyne Hall, Carsphairn • FREE

Come along to Carsphairn where there will be a selection of fresh produce, preserves, baking and crafts on sale from around our community.

Bring your kids along too, Carsphairn childrens group 'Bairn Banter' will be at the event with fun activities.

Balmaclellan Ceilidh

• Saturday 24th September
• 7pm till late! • Balmaclellan Hall
• £10 for adults • £3 for children
• £20 for a family ticket(2 adults and 2 children).

Ticket price includes light supper but it is bring your own bottle (BYOB). Music by Border Reivers.

Tickets available from Balmaclellan Stores and the New Galloway Community Shop.

Apple Pressing and Juice Making

• Sunday 25th September
• 12:00 – 6:00pm • Garroch Estate, Walled Garden, Dalry DG7 3XR • FREE

Bring a picnic lunch and join us for an afternoon of pressing and juicing apples. Bring your own apples and bottles to take the juice away.

Find out more and book at www.propagate.org.uk/glenkens-food-month

Ken Bridge Bicentennial Celebrations

• Sunday 25th September
• Ken Bridge Hotel
• 5:00 – 7:00pm
• Live Folk music on the terrace
• FREE • Hotel Bar open

6.00pm BBQ with Locally Sourced Food - FREE
New Galloway Community Enterprise volunteers will be cooking up a storm on the BBQ.
Advance booking essential to avoid food waste.

7.30pm 'Galloway Agreement' Outdoor Concert
Wendy Stewart's specially commissioned Ken Bridge Song Cycle with Ruth Morris, Gavin Marwick, Stuart Macpherson and Beth Porter.

Plus the premier of a short film to mark the bicentenary.

FREE but concert tickets must be booked in advance due to limited seating.

Book at the CatStrand www.gcat.scot 01644 420374

Pizza Night at The Smithy

• Friday 30th September
• 5:00pm - 8:00pm
• The Smithy, New Galloway

Enjoy a hand-stretched and freshly prepared pizza – sit in or takeaway.

See Facebook or call us on 01644 420 269 for more details.

For help with booking please email: info@catstrand.com

LOCAL BUSINESSES

Red Kite Feeding Station

• Throughout September • Laurieston • Feeding at 2pm every day

See the iconic reintroduction programme in action and get close up the magnificent red kites. A £2 discount for every paying adult (usual price £5) when you quote "Glenkens Food Month" upon arriving. Children under 16 years go free. Refreshments and delicious cakes available on site whilst relaxing on the viewing veranda.

Shops

New Galloway Community Shop

- New Galloway • Monday - Saturday 8am - 6pm, Sunday 9am - 4pm

Wrights shop and Post Office

- Dalry • Monday - Friday 7am - 6pm, Saturday 8am - 6pm, Sunday 8:30am - 4pm

St John's Town Services

- Dalry • Monday - Saturday 8am - 6pm, Sunday 10am - 3pm.

Balmaclellan Store

- Balmaclellan • Monday & Tuesday 8am - 5pm, Wednesday 8am - 12:30pm, Thursday - Saturday 8am - 5pm, Sunday 8:30am - 11am.

Crossmichael Shop and Post Office

- Crossmichael
- Monday to Saturday 7am–6pm
- Sunday 8am–4pm

Mossdale Shop

- Mossdale • Thursday to Tuesday 9am–3:30pm • Wednesday Closed

Cafes/Restaurants

CatStrand

- New Galloway
- Open 7 days a week serving food from 11am - 4pm.

To reserve a table - 01644 420 374

Clachan Inn

- Sunday 12pm - 2pm and 6pm - 8pm, Monday and Tuesday: Closed, Wednesday – Thursday 12pm - 2pm and 6pm - 8:30pm, Friday – Saturday 12pm - 2pm, and 6pm – 9pm

The Smithy Cafe

- New Galloway
- Open Tuesday to Saturday 10am until 3pm for breakfast and lunch

See Facebook and website for further details or call us on 01644 20269

Café at Clatteringshaws

- Clatterings Loch, Queens's Way, DG7 3SQ
- 11am – 4pm (7 days a week)

07946 258104 or clatteringshawcafe@yahoo.com

Carsphairn Tearoom and Bistro

- Mon, Tues, Thurs, Fri 9am – 4pm
- Sat and Sun 10am – 3pm
- Closed Wednesdays.

01644 460568 or check Facebook page

The Gallery at Laurieston

- Laurieston
- Wed / Thurs / Fri 10am - 4pm
- Sunday 10am - 3pm

Artisan cakes and baking, looseleaf teas and fine coffees.

Glenkens Producers

Food Producers

The Stockbridge Mac and Cheese Co.

- Balmaclellan
- Friday deliveries to your door.

Buy any big macs (around 2kg) for £20 during Glenkens Food Month.

Order through Facebook 'The Stockbridge Mac and Cheese Co' or via thestockbridgemacandcheeseco@gmail.com.

Hidden Veg

- Balmaclellan
- Hidden Veg is a small market garden that uses organic and agro-ecological methods to produce a large range of seasonal vegetables.

Orders generally open on Monday around midday, and close on Thursdays at 5pm. We harvest to order. Friday deliveries are available within 5 miles, or you can collect from us. Visit openfoodnetwork.org.uk/hidden-veg/shop or call 07340 531506

Upper Dullarg Farming

- Buy our delicious eggs in New Galloway Community Shop or honesty boxes opposite Dalry Park.

Love to Eat

- New Galloway • 07393 199702
- dawn.spernagel@gmail.com

Offering bespoke catering for small events and delicious home-cooked frozen meals for those days when there isn't the time or energy to cook from scratch!

Fabby Cakes by Jax

- New Galloway
- Pop-up Shop open monthly

Delicious home-baked meals and treats straight from the kitchen. Advance orders only; see Facebook page and local posters for shop opening times or contact 07501 400333

Delivery/Buy from Van

Fleet Fish

- Weekly deliveries of fresh fish, fruit and veg.

From September we are offering door to door sales again, covering the Glenkens on a Thursday. So listen oot fur the toot folks!

Order at www.fleet-fish.co.uk before 9pm Sunday for delivery the following week.

Local Food Banks and other support

In these difficult times, it's good to know that there are ways to support others and to get help when you need it.

New Galloway has a Community Cupboard that is open 24drs/day in the carpark between the CatStrand and the Smithy Tearooms – do help yourself with what you need, and you can always leave sealed food packets in there if you have any over.

There's a bigger set-up in **Castle Douglas**: the Stepping Stones Food Bank is located on 198 King St, open between 10am and 12pm, Mon/Wed/Fri, and is for ANYONE who is struggling.

Contact them on 07730 788335.

Dalry also has a Kindness Cupboard that operates on the same principles. Take what you need and leave what you can. Open 24 hrs/day in the garden of Dalry library.

Also in Dalry are some **school uniform swap boxes**, open to everyone at Dalry Primary School, Dalry High School and Kells School. Open 24 hrs/day in the grounds of the Primary School – leave your too-small uniform and pick up some new ones that fit. Perfect!

Also in **Castle Douglas**, the Market Inn Hotel is running their Family Pass initiative:

Mostly used as takeaway, but also available to sit in space permitting, simply quote "Family Pass" UPON ARRIVAL, after which you'll all be served a hot meal. It won't be choice of the menu, but it will be hot, fresh quality produce. A soft drink is also included. Please don't ever worry about your children going hungry.

Lastly, don't forget that the **Dumfries and Galloway Citizens Advice Service** (DAGCAS) is a really useful source of information and support about a range of subjects – from making sure you're getting all the benefits you're entitled to, to advice on debt, work and housing.

More info on www.dagcas.org or ring them on 0300 303 4321





• GCAT / Connecting in Communities / CatStrand
bookings in person at the CatStrand or via www.gcat.scot or on 01644 420 374

• Propagate bookings through www.propagate.org.uk/glenkens-food-month.

Glenkens Food Month 2022 is a partnership initiative led by the Glenkens Community and Arts Trust through their Connecting in Communities team, and Propagate. We would like to thank the staff and volunteers of New Galloway Community Enterprises for starting the Food Month back in 2019 and their sterling work on it ever since. GCAT is glad to be able to take over their baton and plan Glenkens Food Month 2022 with all of Propagate's technical knowhow and enthusiasm.

Thanks to all the other community organisations and businesses who have contributed to this programme – in particular, New Galloway Community Enterprises, the Glenkens Food Hub, Local Initiatives in New Galloway, Dalry Town Hall, Balmaclellan Village Hall, Lagwyne Hall and the Loch Ken Trust. Thanks as well to the funders of Connecting in Communities, particularly the Blackcraig wind farm community benefit fund through the Glenkens & District Trust and Foundation Scotland, the funders of Propagate, particularly Third Sector Dumfries and Galloway, and to the Galloway Glens Landscape Partnership Scheme. Their support is how so many of these activities are provided for free, so thank you again!

We do hope you enjoy this year's Food Month and we hope to see you at plenty of the events!

For more information on any of the events, contact Connecting in Communities in the first instance on lisa@catstrand.com or 01644 420 374.

More events may yet be added to the programme, so do keep an eye on the Food Month Facebook page and local posters.

Glenkens Community & Arts Trust
Connecting Communities
PROPAGATE
NEW GALLOWAY Community Enterprises Ltd.
Glenkens Food Hub
LOCHKEN Trust
BALMACLELLAN VILLAGE HALL
LING Local Initiatives in New Galloway People, Places and Outdoor Spaces
GLENKENS & District Trust
Foundation Scotland
GALLOWAY GLENS Landscape Partnership
THIRD SECTOR Dumfries and Galloway