



Hextol Tans Reopening!

Hi #teamhextol

Exciting times! We are in the last stages of preparing the Tans for reopening next Monday after being closed for over 6 months.

We're giving it a lick of paint and finalising the menu—your favourites will still be there but look out for some great new dishes too. Keep an eye on our social media for more info.

Most importantly we are making sure we are operating in a COVID secure way.

It's not just the Tans which is a hive of activity—the gardeners are also working really hard with loads of new work coming in and the new van being put to good use with more volunteers able to work on their jobs.

So good news all round—and it's fabulous that so many of you will be returning over the next couple of weeks. I can't wait to see you all. Till then—stay safe—Bruce



Veggie
National Vegetarian Week 10-16 May 2021

Take the Veggie 123 challenge!
It's as easy as...

- 1 Go veggie for one week
- 2 Nominate two people to do it too
- 3 Donate £3 to the Vegetarian Society

Join in at [nationalvegetarianweek.org](https://www.nationalvegetarianweek.org)
#nationalvegetarianweek

Cauldron REGULATOR Vegetarian



National Vegetarian Week 10-16 May 2021

We love celebrating National Vegetarian week in the Hextol Tans but we are still a few days from opening so this year we want you to get in the spirit at home.

Vegetarian food doesn't have to be dull and, done right, can have so many benefits! Plant-based diets are generally lower in saturated fats, higher in vitamins and minerals and helps reduce your carbon footprint too! Even eating vegetarian some of the time will mean you see some of these benefits.

Are you up to the challenge?

Visit <https://www.nationalvegetarianweek.org/> for loads of information, recipes and to sign up for the Veggie 123 Challenge!

The Hextol Foundation, 14C Gilesgate, Hexham, Northumberland, NE46 3NJ

01434 605253 - contact@hextol.org.uk - www.hextol.org.uk

Company number: 5896869 VAT number: 131 9118 36 Registered charity number: 1120857



The Hextol Foundation
The Hextol Tans



@HextolCharity

Whilst thinking about having a more vegetable centred diet, **try growing some of your own!** You don't need an allotment or garden to grow some salad, just a window sill will do...

Grow baby lettuce that could last until Autumn!

Produce your own mixed salads by growing a range of leafy salads and vegetables that can be cut and will then sprout again. Harvesting the young leaves when you need them prevents plants from maturing and ensures several harvests of small, tender, mild-flavoured leaves over a long period of time.

Follow this web link to find out how:

<https://www.rhs.org.uk/advice/profile?PID=618>



What's your favourite vegetarian dish? Here are some of ours...

Bruce's favourite veggie dish

Three bean Chilli



Nicky's favourite veggie dish

Pea & paneer curry



Claire's favourite veggie dish

Butternut squash & sage risotto



Claire's favourite vegetarian recipe

Butternut Squash and Sage Risotto

- 1kg butternut squash, peeled and cut into bite-size chunks
- 3 tbsp olive oil
- Small bunch of sage, leaves picked, half roughly chopped, half left whole
- 1½l vegetable stock
- 50g butter
- 1 onion, finely chopped
- 300g risotto rice (we used arborio)
- 1 small glass white wine
- 50g vegetarian hard cheese, finely grated
- Add the squash, chopped sage, 1tbsp oil and salt and pepper to a shallow roasting dish and stir. Roast in a 180°C oven for around 30 minutes until browned and soft.
- Meanwhile, add the onion to a medium saucepan along with half of the butter and cook gently until soft (but not brown).
- In a separate saucepan, heat the vegetable stock and keep on a low simmer.
- Once the onion is cooked, add in the rice and stir to coat with the butter. Allow to cook slightly, stirring consistently for a few minutes. Add the wine and stir until all absorbed.
- Slowly add the stock, 1 ladle at a time and stir in between. All of the stock should be absorbed before you add the next ladle...this should take about 25 minutes in total so if it's going too quick turn down the heat slightly. The finished risotto should be creamy and the rice should be just cooked in the middle.
- Mash half of the cooked squash and stir through the risotto along with the cheese, remaining butter and a little salt and pepper. Place on a lid and allow to stand off the heat for a couple of minutes.
- Heat 2tbsp oil in a frying pan until very hot. Carefully toss whole sage leaves into the oil (it will spit so stand back) for about 30 seconds until crisp and golden. Fish out with a slotted spoon and drain on kitchen roll.
- Serve and top with the chunks of squash and the crispy sage leaves. You won't miss the meat!