

**CAMBRIDGE
SUSTAINABLE FOOD**



**Saturday 15th October
2022**

10 am—2pm

Fee : **£35**

**Tutor : Cambridge
Sustainable Food**



Tap into an abundance of cookery expertise with local chefs Rosie Sykes and Bea Brown in a fun and friendly cook-in. You'll prepare a simple but delicious, 2 course lunch, using local, seasonal produce. We will round off the session by eating together (or take the food to eat at home!) You'll pick up lots of tips and ideas to help you save time and money in the kitchen, and be kinder to the planet too!

Workshop run in partnership with Sustainable Cottenham Eco Eats and Cambridge Sustainable Food.

About Your Tutor

Rosie and Bea are both part of Cambridge Sustainable Food's acclaimed work; they relish repurposing surplus food, promoting climate-friendly eating and sharing their passion for good food with others! Rosie's third book *Roasting Pan Suppers* was published by The National Trust in 2021.

What you need to bring to the first session

Apron

Additional costs

All Ingredients provided!



How to book

You may enrol by:

- Phone: 01954 288751
- Email: community@astreacottenham.org

Course fees are payable in full at the time of booking. Bookings and course fees must be made at least 5 working days before the start of the course.

Ways to pay

- Payment can be taken by cheque, payable to Astrea Academy Trust or by credit/debit card in person at Cottenham Village College.
- Credit/debit card payments can be taken over the telephone on 01954 288751

Please note refunds can only be made if a class is cancelled or closed.

Terms and Conditions

Full terms and conditions can be found on our website:
<http://community.cvcweb.net/home/learner-information>

Equalities Statement

The Trust operates an Equality of Opportunity Policy. We believe everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. Please contact us in confidence to discuss any support you may need.