Sustainability, community action and social media
(what if no one turns up...?)

Ben Jones
difference between symbolic and actual practice. Where both are political and socially motivated, yet symbolic practice acts ‘through the representation of ideas and issues’ at a metaphorical level rather than true social engagement.

Spiced butternut squash with cous-cous

For the squash
1 large squash, peeled and cut into chunks
2 tbsp olive oil
½ tsp cumin
1 tsp coriander
½ tsp cayenne
Salt and pepper

180g dried chopped fruit
2 red onions, sliced
Rapeseed oil
Zest and juice of 1 lemon
One bunch coriander
1 tsp sugar

Method
1) Preheat oven to 200c
2) Toss squash in with all the other ingredients on a baking tray
3) Roast for around 45 minutes or until soft and starting to brown

For the cous-cous
500g cous cous
1 vegetable stock cube
1 tsp cinnamon
2 tsp turmeric

Method
1) Put the cous cous, fruit, turmeric, cinnamon and stock cube in a bowl
2) Boil 500g water and pour over the cous cous; cover and leave for five minutes
3) Mix the onions with the sugar, pour over some boiled water and steep for ten minutes
4) Drain the onions, pat dry and mix through the cous cous with the lemon zest and juice, 2 tbsp of rapeseed oil and a little salt and pepper.
5) Roughly chop the coriander and sprinkle on the top

Dahl

1 tbsp oil
100g diced onion
1 clove finely chopped garlic
1 tbsp finely chopped ginger
200g red lentils
½ ltr veg stock
1 tsp cumin
1 tsp coriander
1 tsp turmeric
½ tsp cinnamon
1 cardamom pod
½ tsp cayenne
2 tbsp tomato puree
1 tsp salt

Method
1) Soften the onion, garlic and ginger over a gentle heat
2) Add the spices and cook for a further minute
3) Add the lentils and tomato puree followed by the veg stock
4) Bring to the boil then allow to simmer until the lentils are soft
5) Season to taste and correct the consistency

Baba Ganoush

2 aubergines, peeled and chopped
Rapeseed oil
⅓ tsp turmeric
⅓ tsp coriander
⅓ red onion, sliced
2 cloves garlic, chopped
Fresh coriander

Method
1) Heat some oil in a pan then add the aubergine, onion and the spices.
2) Cook until softened then add the garlic and cook for a couple more minutes.
3) Blend to form a chunky dip and serve with some chopped coriander on top

All ingredients were bought locally. To find out where go to the ‘Saltwell Road Project’ website or use the ‘QR code’ to the right to get online using your mobile phone.
Saltwell Rd Project
@SaltwellRdProj

The Saltwell Road Project (SRP) is by and for the community of Saltwell, Gateshead with the aim of creating a space for creative ideas and solutions.

Gateshead · thesaltwellroadproject.wordpress.com

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Thanks for following. Get in touch if you enjoyed the recipes and let me know what you think #BandSCooks #saltwellRdproj #bensham

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Short crust pastry pasties #BandSCooks #SaltwellRoadProj #Bensham pic.twitter.com/KOzVJm3Yas

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Suet dumplings #BandSCooks #SaltwellRoadProj #Bensham pic.twitter.com/u4NCcqF1g8

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Leave to rest for 20 minutes. Can use with different fillings #BandSCooks #SaltwellRoadProj #Bensham

‘Issue based creative clusters’ (IBCC) in relation to community groups working below the digital divide and in isolation.

This grass area is approximately 60 by 16 metres in size. Its current use is a small park with benches and a large public art work, Colin Rose's 'Window' a large-scale stainless steel sculpture. It is sited next to the Whickham House pub on Bensham Road.
‘Repressive Tolerance’ - 'a hegemonic strategy neutralises undesirable ideas by granting them a place’

Marcuse, H (1965) 'Repressive Tolerance' in 'Community Art: The Politics of Trespassing' edited by Paull de Bruyne and Pascal Gielen, p. 29,