



**Bike Trailer Kitchens**  
***An Open Source Project Handbook***

Morvern Odling





## **Bike Trailer Kitchens** ***An Open Source Project Handbook***

by Morvern Odling

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[www.edinburghtoollibrary.org.uk](http://www.edinburghtoollibrary.org.uk)



**AWARDS  
FOR ALL  
SCOTLAND**

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About  
The Project  
&  
A Manifesto

# About The Author & The Project

Morvern (Mo) Odling is an artist, designer and facilitator. Her practice has spanned from textiles to 3D printing, sculpture to photography and more recently has come to revolve around open source ideologies. She now works primarily in a socially engaged context, using her role as an artist to work with people, creating and encouraging new ways of looking at the world. Her work can be seen in exhibitions, on album covers and in the workshops and creative programmes she develops and delivers.

Fork In The Road came about when Mo travelled to Spain in December of 2015 to participate in Objetos Comunes, an Open Source Symposium and design hot-housing event at the Media-Lab Prado in Madrid. Designers, Academics and Programmers from all over Europe and beyond came together to collaborate on Open Source projects and prototype new designs.

Yannick Roels, an architect and designer from Cultureghem, a community organisation in Belgium, presented his initial ideas for a bike trailer kitchen. Mo and Yannick were joined by Suraia Abud, a chef and food activist, and team Kookmet bonded over a love of food and gathering people. With the support of students from the local Universities, the original unit design was created complete with community engagement materials, games and a manifesto for mobile kitchens. In this short period of time a prototype was completed, and two units were built using the Media Lab Prado's digital fabrication facilities. The team delivered shared meals and market engagements, finally celebrating their



creation with the wider community around the Media-Lab. After the event the two original units have become Suraia's project Cocinar Madrid and are being used around Madrid to cook shared meals and celebrate food cultures.

Mo returned to Scotland and began developing and delivering creative programmes for young people, alongside academic fabrication projects and her own sculptural work. The potential for mobile kitchens not forgotten, in early 2017 Mo met Chris Hellowell and the Edinburgh Tool Library and through working together it was clear that bike kitchens could come to Edinburgh. Fork In The Road was born and in the first year of the project the original Madrid designs were reworked for Edinburgh, becoming lighter and more streamlined, adapted to U.K bike trailers and steep hills.

After the successful application to the National Lottery's Awards For All, and with numerous community partners in place, Fork In The Road took 2018 head on. Mo cycled across the city; from Leith to Craigmillar, to Wester Hailes and The Meadows. The unit was the focal point of the project, and its versatility and novelty sparked interest and joy- the design really works! Fork In The Road discovered a universal truth: sharing food is a perfect way to meet people, foster community and collectively create.

This project has been about sharing positive experiences of food in the urban green spaces of Edinburgh, celebrating the hard work that goes into the gardens, parks and greens and encouraging new participation by introducing new people to these beautiful sites. Even though each workshop, meal and event has been different, the core values of the project remain: explore food, share experiences, enjoy the outdoors and celebrate community.





# A Manifesto for Open Source Ideologies in Community Engagement

## An Artist's Aim

This book illustrates why working in an Open Source context - setting aside time and resources to publish projects under an Open Source licence - is not only a positive thing, but an important way of developing, delivering and creating a legacy for any creative project within a socially engaged setting.

When I first began Fork In The Road, long before the unit was built, towed and used, I knew I wanted to see the real world impact of a design interacting with its environment and actively engaging in society. I wanted to explore, record and share the effect of one of my projects as it was used within communities, face to face with people. In fulfilling this intention I decided to make sure that all of the knowledge gathered and created around this project was not lost, but captured and actively shared through an Open Source publication.

I hope that what will be clear within these pages is the value of the knowledge and the legacy which this project allowed me to create. I took steps along the way to ensure Fork In The Road became a fully realised Open Source project and in this, the final part of this particular iteration of Fork In The Road, I put forward a manifesto. This is a statement of intent which goes some way to explore, collate and illustrate what Open Source can mean for future projects, drawing upon the Fork In The Road's research as an example.

## Open Source: An Exploration of the Term

Before writing a convincing argument for why adopting Open Source methodologies can be a beneficial way to work, it is necessary to set out the basic principles of the movement. I will discuss those which I specifically follow within my practice and, therefore, within this project.

Open Source began as an alternative way to licence software, however it quickly developed to include other forms of material. It can be perceived as a complicated topic, however, in most cases it is already applied in community settings: groups which share experiences and knowledge are engaging with non-formalised formats of open source. At its most basic, Open Source is the active publication of resources under a licence which promotes the continued use of those resources by others.

There are numerous organisations which lay out the core components of an Open Source project. I have taken inspiration from publications by Open Source Hardware Association and Creative Commons (under whose licence this work is published) as indicators of the existing community standards. From this research I have concluded that the following are the essential components which need to be shared within a project's publication.

- ▷ **Overview:** a statement of intent for the published iteration of the work and details of the history if it is a derivative of a previous project
- ▷ **Documentation:** design files including drawings, CAD files and photographs
- ▷ **List of Materials & Equipment:** everything needed to carry out the project
- ▷ **Instructions of Use:** how does each element work
- ▷ **Attribution:** all authors named and whether the project is all shared under the same licence
- ▷ **Licence:** which licence is used and any further instructions for sharing



Under the most open licence projects can be published with the aim of being distributed, recreated, adapted and then shared again. However, under some licences adaptation is not permitted, or publishing changes under the same conditions is not a necessity. It is up to the original author to choose the most appropriate licence. When it comes to sharing your licenced work you can do so in a number of ways; on your own website or using services dedicated to promoting Open Source work who can host it for you. Of course you can always distribute physical copies, just as with this book.

Alongside the required components there are other aims and principles to consider. The following are the core ideals which I apply to the Open Source projects which I create. These are fundamental to the ethics of Open Source publishing and, in my opinion, without these a project cannot claim to be truly Open Source.

- ▷ **No Discrimination Against Persons or Groups:** Work with respect and openness - you cannot exclude a certain group from using your work when it has been published.
- ▷ **Active Sharing:** Just giving your work a licence is not enough; take measures to share the project, making it as easy and accessible as possible for others to find and use.
- ▷ **Clarity & Collaboration:** Everyone involved with the project and the creation of resources should be aware of the aims of the work and given the conscious choice to share their input.
- ▷ **Specific Attribution:** Always credit specific parts to their authors, never claim another's work as your own. Within the project there will be work which came from other people and they must be licenced as such. Credit a project's history if it is a derivative of an existing project.

## The Potential Positive Impact On Community Engagement and Socially Engaged Art

I was inspired by the people who I met whilst cycling out into green spaces and by the ideas and attitudes of the organisations supporting these places. I was energised by their interest and participation in the project I had created so involving them throughout, and ensuring that the resources were made available to all, was key.

Fork In The Road illustrates that Open Source ideologies are more than a set of rules and a licence. They are an attitude, a mindset and a positive perspective on engaging with communities. What can happen if community organisations and their teams (e.g. artists, gardeners, youth workers etc) start to engage with Open Source? In my opinion there are no limits to the potential benefits.

Working with different organisations I was struck by the wealth of knowledge held by the people working within communities, who create and support projects reflecting every aspect of life. These projects come and go- unfortunately funding rarely lasts forever- and one way to capture and preserve their contributions is engaging with Open Source. By publishing the knowledge and resources created within projects we can ensure that they exist outwith of the time and place in which they took place. This means that more than just the initial group of people can engage with it; instead it can inspire other projects and people across the world for years to come. This legacy is vitally important for forging connections between organisations in different countries, bridging geographical distance as well as social divides. It allows us to openly learn from one another, whilst celebrating collaboration and the exchange of knowledge.

Alongside the facilitators' and organisations' perspective, are the voices from within the communities themselves. Fork In The Road published two co-created books containing stories,

ideas and recipes gathered from participants in Craigmillar and Wester Hailes. These books, to be passed around at every place the project visited, gave a platform for participants to share their voices back into the project. When I spoke to the key partners they all agreed on the value of people being given the opportunity to provide input back into projects.

Peer-to-peer learning builds bridges between communities creating mutual respect, reducing social isolation and building community feeling. Open Source creates a open, non-discriminatory space where people can actively engage with sharing their work, knowing that others will benefit. Knowing that your work is worth sharing, that your idea can positively impact on another person's life, brings confidence for the sharer. It shows everyone that voices outwith of the commercial realm are just as worth hearing and listening to. When discussing this with the partners, multiple strands of ideas grew from the idea of formalised sharing, and how it would work within their projects. People already share, of course- but to have a formalised, active participation in that sharing could inspire so much more.

This brings us to a discussion of authorship. In this book there are recipes, photographs, plans and drawings contributed by other people so, although I am the main author, the work of many people has gone into this. Open Source gives each individual the right to create with intent and control what happens with the things that they share. They are no longer a passive party in sharing, as with the social media model. Instead, the people sharing do so with intent and purpose. Open Source celebrates the ancestry of resources and, if followed through many iterations, it can give us a history of our work and the many people who have had a hand in creating it. It tells us that we can have a positive impact on our world and that our knowledge is valuable.

There is no one person or organisation overseeing Open Source and there are many licences and ways of sharing your work. At

its heart it is a community driven format and set of ideals. This means it is always changing and adapting, each project using the format differently and taking it into their communities in the most appropriate way. It is therefore up to each community to explore and make use of this methodology to the greatest advantage for its members. Fork In The Road is the perfect example of an Open Source project which has brought an idea and new perspectives from one community in Belgium, to another in Spain and then on to Scotland. By publishing every aspect needed to replicate the project, and sharing it in the most simple and accessible fashion, it is now ready for more communities in any part of the world to replicate and learn from the research and creation which Fork In The Road facilitated.

### **Reading On, In Conclusion**

This book is a fully realised open source project. From the blueprints of the unit design, the research interviews with partner organisations and the recipes and workshop workflows. If you take everything in this book you have a fully realised account of how to replicate this project, with jumping off points and ideas for adaptations and changes for your community.

I hope you do: make changes, modify things for your needs, use them as inspiration for new projects and then, take the time to share everything again.

Morvern Odling, January 2019






# Manifesto Directives

## Open Source

- ▷ allows projects to have a **continued impact** beyond the time and place in which they occur. It creates a **lasting record**, capturing knowledge and resources generated.
- ▷ creates a **platform for alternative voices** by sharing projects from individuals to grassroots groups and organisations. It provides an alternative to the big corporations and capitalist, money-driven economy, **placing importance on people and their ingenuity**.
- ▷ **links communities** from around the world to one another, **sharing peer-to-peer in an open conversation** which values each individuals' right to be named as the author of their work, with the intent that their ideas be shared and replicated.
- ▷ **inspires confidence in sharing ideas** with a wider community. This is supported with a deliberate, formal structure which states that **individuals' voices and knowledge are worth sharing**.
- ▷ **is equal**; it doesn't recognise age, race, gender, wealth - it is for everyone, everywhere.
- ▷ can be both **digital and physical**, and promotes and encourages active sharing and engagement in the wider open source community.
- ▷ **provides a framework** for artists' and facilitators' engagement with communities, circumnavigating the issues around 'Us and Them' and creating an **open space** within which **ideas are replicated, modified and shared**.
- ▷ adapts and **is influenced by the needs of the people who use it**. It is not a set in stone rule book. As any work or resource can be published as Open Source, **whatever knowledge a community creates, it is useful to someone, somewhere**.

A hand is holding a green fabric pouch with a white label. The pouch is made of a green fabric with yellow and green horizontal stripes. A small metal pin is attached to the top of the pouch. The label is white with a dashed red border and contains the text: "To create a supportive community, have some good harvests, experiment with different plants & have fun!". The background shows a tree trunk and some foliage.

To create a supportive  
community, have some  
good harvests, experiment  
with different plants &  
have fun!

# Voices From The Community

# Fork In The Road's Main Partners

*Fork In The Road worked with a wide range of different groups and organisations across 2017 and 2018. In researching and writing this book we interviewed four of the key partner organisations, speaking to the people who had been instrumental in bringing Fork In The Road to their community and other organisations in their area.*

## **Karin Chipulina, Carr Gomm**

Craigmillar Community Grows Community Development Worker

"My remit is to get people together and I do that in various ways, but mainly in the outdoors... the people come first and whatever their activity is it secondary... Carr Gomm is mainly about stopping people feeling isolated, getting them out and because we know it can be a really big killer and it's quite prevalent in an area like Craigmillar."

Carr Gomm is a person-centred organisation that supports people to lead their lives safely and to do the things they want to do: in day-to-day living, in planning for the future and in realising dreams. We do this by providing support at home and in supported services which are delivered by highly trained and committed workers. [carrgomm.org](http://carrgomm.org)

## **Soraya Bishop, Rhona Donalson and Ally Hurcikova, Grass Roots Remedies**

The Core Team of the Workers' Cooperative

Soraya: "... to make herbal medicine accessible... in the past herbal medicine folk medicine has been the form of medicine that's been available to everyone and today it's almost sort of flipped over and it's and it's ...the alternative that you pay for... all these like traditional skills are being lost... [but] lots of these things are becoming starting to become kind of popular again"

Grass Roots Remedies is an Edinburgh based workers' cooperative

whose central philosophy is that herbal medicine is the medicine of the people and should be accessible to everyone. We offer a series of practical courses and workshops, run the low cost Wester Hailes Community Herbal Medicine Clinic, a private clinic in Granton, the Blackford Glen Medicine Garden, and produce simple resources to enable folks to practice herbalism at home.

[grassrootsremedies.co.uk](http://grassrootsremedies.co.uk)

## **Stacey Wilson, Tasting Change**

**Tasting Change Coordinator**

"To address food insecurity in a dignified fashion, so it's not like the food banks sticking plaster approach. Through initiatives like community meals, we do a lot of events... it is getting people to come together to eat and to provide free food in a way that is dignified."

Tasting Change is a multi agency partnership set up to tackle food insecurity and promote positive food and health opportunities in Wester Hailes. The delivery organisations are The Wester Hailes Health Agency, Whale Arts, Score Scotland and Chai.

[facebook.com/tastingchangewh/](https://facebook.com/tastingchangewh/)

## **Kirsty Frankland, Tasting Change at WHALE Arts**

**Create Development Worker**

"[WHALE Arts' aim is] to be the creative heart of the community here and to be a community-led arts organization that responds to the needs of the local people... so that means that we do a huge array of different sort of work... The [Tasting Change] sessions are completely evolved dependent on what people actually need."

Since being set up by local people in 1992 WHALE Arts has firmly established itself as the cultural anchor organisation for Wester Hailes. As a community-led arts charity and social enterprise, WHALE Arts' mission is to be the creative heart of a vibrant, thriving community. [whalearts.co.uk/](http://whalearts.co.uk/)



# A Summer of Culinary Cycling

*What did the bike kitchen bring to the partners' communities? Each area brought forward new ideas and challenges and Fork In The Road brought something different to each!*



## Carr Gomm

With Karin the Bike Kitchen got its first outings into the world and hooked up to the bicycle we rolled into Craigmillar's community gardens and green spaces. With the numerous connections which Karin shared with the project we were able to meet more local people, collaborating with a storyteller, cycling to the top of a hill to make medieval soup and celebrating the local organic community allotments. With Karin's groups Fork In The Road made fridge pickles and shared meals in the sunshine and ran a range of creative workshops, finally making gardening stools as a final celebration of a truly excellent start to the summer.

## Grass Roots Remedies

Fork In The Road collaborated with the Grass Roots Remedies team, specifically working with their CommuniTea project at the Calders Community Garden - also known as The Willow Garden - next to the canal in Wester Hailes. The Bike Kitchen was overwhelmed with the generosity of the local gardeners who brought bountiful selections of vegetables to share at the sessions. This collaboration was centred around using the produce which the group grew, sharing excess and celebrating their commitment to learning about Herbalism and supporting Grass Roots Remedies' Clinic. Together Grass Roots Remedies and Fork In The Road held an end of season celebration in October, inviting people to share their memories and recipes around foraging and herbalism in the form of a co-created book.





## Tasting Change

Tasting Change enabled the bike kitchen to explore the Wester Hailes area. Stacey brought Fork In The Road along to the busy, multi-partner community events which were held in different communities during the summer. The kitchen cycled along to fetes, play days, an exploring event and the inaugural successful and celebrated Community Market Day at the Wester Hailes Plaza. As an introduction to the smaller communities which make up the wider area of Wester Hailes, the collaboration with Tasting Change introduced the bike kitchen to a huge number of local people. We shared surplus bread, accompanied by large quantities of soup and stew, fruit kebabs in the sunshine and pancakes indoors when the weather turned colder.

## Tasting Change at WHALE Arts

With Kirsty Fork In The Road found a kindred spirit and the bike kitchen collaborated with her groups to explore creative ideas around plants and the outdoors. The kitchen unit and the bike were hosted at WHALE Arts and the project was able to return to the groups for more than one workshop, making the Bike Kitchen's time at WHALE lush with creative energy and curiosity. Together the groups discovered natural dyeing and Shibori techniques, herbal drying and methods of using foraged and cultivated herbs to create natural skin care. The workshops were group explorations of different techniques and ideas, where an idea shared was an idea multiplied!





# Introducing The Communities

*Placing people at the centre of their work is the key ideology which unites Fork In The Road's four main partners. This section establishes who the people making up these communities are and what the partners aim to achieve or create when working with them.*

**Karin, Carr Gomm:** They all live here [in the Craigmillar area] ... and we try and work with any age group, any ability ... what's really nice is it is the mixture of these people that makes this place.

Our aim is supporting, encouraging, trying to get them out, trying to get them to meet other people, trying to stop them feeling isolated... What happens with a lot of people here is that they have multiple issues... running the groups you'll find it's quite a lot of different people: different abilities, different cultures, different levels of these issues because some people have no issues and some people have many.

**Soraya, Grass Roots Remedies:** People that have felt confused about modern biomedicine, or that feel like it's not working for some reason and so are seeking alternatives. There are definitely people that come along because they just enjoy making things and/or enjoy growing as well, and want to get outside and there's sort of everything between that.

CommuniTea [the project which Fork In The Road mainly engaged with], it's come out of a few years of doing stuff in Wester Hailes... the aims of CommuniTea was to hold sessions where people could sustainably forage along the canal which is the amazing wildlife corridor that runs right through Wester Hailes. One of our desires was that it would complement the clinic well because people can go and see folks in the community clinic and then also come to workshops and have more of a ... hands-on



approach to things.

**Stacey, Tasting Change:** With each of the strands, what the participants all have in common is that they're all from Wester Hailes. Quite a lot of them are experiencing poverty but what I think is important for this project is that we want to be open to everybody. So we don't have a stringent criteria but we're obviously aiming to reach and attract certain people. So we go to food banks with flyers and we get referrals from GPs.

Many of them are experiencing issues such as food insecurity - that's our main remit - to try and address that in a holistic way through the different activities. I think a common thing is social isolation as well - that's something that we've found that the cooking and the eating together has been a really important aspect.

**Kirsty, Tasting Change at WHALE Arts:** I have two different groups. "Let's Create" is a group that I do every Tuesday and it's a group for women.... It's an adult women-only group and we work with a range of arts and crafts. The most important thing about the group is creating a safe environment, so the women feel comfortable being there. They're doing an activity and as a consequence of that it's led to many of them talking about some of the issues and some of the problems and getting some small level of support from each other from the group.

The other group I run is... 12 mothers who, between them, come from 10 different countries and speak as many different languages. They have 26 children between them. When we started to meet and I asked, "What you want to do, what are you interested in?" and they said, "Well, we really want to start our own businesses and we need help and we need advice and we want to try a range of creative activities." So their needs are very different from the needs of the ladies that come on a Tuesday.

# Ideas of Partnership

*Central to the philosophy of an open source community project is collaboration and partnership work. Here the partners share what they feel is important in a collaborative partnership and what benefits bringing a new partner into a project can have for their community of participants.*

**Karin:** Something that people might not have had access to, so ideas, interesting ideas and workshops... Obviously, I need to connect it to the outdoors, so I look for people who are doing stuff themselves in the outdoors and connected to food growing and things that are good and beneficial for health and wellbeing and takes them outdoors... A common ethos, that you're coming from the same vantage point that there is no exclusion - it is not "Them and Us" it's all about "Let's do this together!"

I wouldn't have someone bringing in something that cost a lot of money just because it would be pointless to me and the way that I work, the way that I think... [People] need to be learning things that they can just go out there and do. Things that they don't really need money, that much knowledge or fancy equipment for... but actually making life more interesting and help them get better by themselves.

**Soraya:** Someone that can bring something that we're not quite providing. Right? So, for example, the Community Bike Kitchen, it was amazing because we essentially just carried on doing what we've always done, the core of one of those sessions, but it undoubtedly made the sessions much more enjoyable. Way more of a social hub, the fact that there was time for people to just share food together.

**Ally, Grass Roots Remedies:** ...Having the same broadly similar sort of values and having good communication feels enough.

**Soraya:** The big one for if we collaborate with other organizations is that we get to go in and and... be a part of a group, with their groups, people that we maybe wouldn't access otherwise.

**Stacey:** Communication! Just in terms of the partnership, you need to have regular meetings. Trying to integrate the projects, so trying to collaboratively work within each strand. The events are also a nice way to bring the team together, to work together in the same space with a wide range of our community.

**Kirsty:** The key to a successful collaboration is having someone that can actually just come in, hit the ground running and deal with the challenges as they arise. It's very hard to predict how any one of my sessions will actually go because it is dependent on what's going on in the women's lives outside of here. So with a successful collaboration, I think the key is people with real flexibility and an understanding of community work and, perhaps, the needs of vulnerable people to a certain degree. But also just people with a really good energy, who want to work. People who really want to engage with participants. That's absolutely crucial I think.

## A Bike Kitchen In Action: Partners' Impressions

*The summer with Fork In The Road was full of culinary cycling adventures, exploring the urban green spaces and community gardens across Edinburgh. In this section the partners' share their impressions of the workshops, meals and events. How had hosting a bike trailer kitchen affected their summer?*

**Karin:** I think [the workshops] were really good, really interesting and, in fact, I wish I could get all of your ideas and put them on a piece of paper and take them away with me and the ones that I didn't see because you've probably got loads of them!

People who come to the groups are really curious and really interested in other cultures and other things that are going on for people. So, the groups and the workshops really help with that, with people starting to ask questions ... finding out what they might be interested in that they might never have thought about before... That's really good, so not just keeping it in here but bringing stuff from outwith here into here. I think that's really important.

**Soraya:** People sharing food together is only a good thing and I would just love that to be a thing in everything that we do ... It just made our sessions seem much more of a community, like it's just a celebration .... relaxed and obviously that was benefited by the amazing summer that we had as well, but you know, it felt like people just came and hung out and got involved

**Rhona, Grass Roots Remedies:** I think that a lot of people came that wouldn't have come to the CommuniTea session on its own and for us that was a window for those people to see the other side of what we were doing, it was another way in... I think on top of that, when we got the money to build the shed on that site,

that's exactly the sort of thing that I imagined might be able to happen on the site because of the shed. I think that's the most successful kind of thing we've had there since then... On that day, I had that real feeling that this is what my desire to build the shed was about; it was about making a space work really differently and that was the day on which it felt like this is it, this is what I had in mind.

**Stacey:** When you came along with us to the events, I think that people were really (and I include myself in it because I hadn't seen a bike kitchen before) interested and surprised.... I think that the structure itself is eye-catching, people are really interested in that. It's really nice that it's interactive and that people are watching. The cooking is live and it's there, happening...It's just really nice to be able to see the cooking in action. I think that it's just a perfect way to engage people and it's a lovely novelty that wouldn't wear off. It's just something special, and something different.

**Kirsty:** Fork In The Road coming here to engage with my groups, it was like a breath of fresh air!... And seeing the reaction of the women in my group as well that just really lifted my spirits, beyond measure, beyond words - It was great, I loved it and so did they! And it was something so different, I think it was also really key that it was nothing any of us had ever seen or thought about before: this amazing fold-out kitchen! Yeah, it became so many different things; the range of workshops that you delivered with that one little kitchen was amazing! I think a part of it was it being so unique and that it instantly created a wealth of interest around it. ...[What was great was] how adaptable you were to suit different groups' needs at different times, to be one week be making soup at a fete, then the next week you'd actually be delivering a workshop on soaps or hand-creams and you're taking people out to our garden.



## A Bike Kitchen In Action: Participants' Experience

*Fork In The Road met a huge number of people over the course of the summer and the response was enthusiastic. Everywhere we went there were smiles from happy people! We wanted to know from the partners what feedback they had received from their community; what did the people who came along to the events, meals and workshops think of this project?*

**Karin:** It's quite a kookie thing isn't it? It's unusual to begin with, the look of it and it got people interested... I think that all the groups liked it because they kept coming back! Outside In [one of Karin's groups], they really enjoyed it or they wouldn't have stayed ... and obviously [the Wauchope Gardeners] came to all of them. In the English as a Second Language (ESOL) group one of the women was quite into making the dried plantain, she really enjoyed it and learning about calendula and what to do with the plants. The ESOL tutor often mentions it... he said "do you know, those balms work really well"...

**Soraya:** First off, I was really impressed by the standards and quality of the food. ... hearing from people that were coming to the sessions that the food was really tasty.. There was some ingredients that people asked "what is that" but were really surprised when they tried it: "Wow, this is tasty and I might like look for this now in the supermarket"... which I think is pretty cool.

**Rhona:** My experience was of people asking for recipes and things... what I heard most was people enthusing about, "what's in that? How can I do it like that at home?"

**Soraya:** [The end of season celebration was] a really wonderful celebration going right through the garden with people kind of just doing their own thing and it wasn't too intense ... people were

just there having a nice time milling about and I felt like some people that were there were just actually really quiet and just kind of soaking it up and maybe didn't want to chat too much but it felt like they were comfortable being there doing that which was really nice... People just really loved the food and it was really nice having the book workshop in the shed.

**Stacey:** From my experience, I think you coming along to the Community Market day was brilliant. That was a brilliant event, you just seemed to attract people! You always had a queue and because of the nature of what that event was - it was a little bit of a different event because it was a market type set-up and I think that your presence made that more like an authentic market. You brought a touch of class! And also, I think you've added so much to all the events you've come to and the one at the Calders was good because it was kind of cold, and you had soup!

The feedback from just talking to people during the event, and then we got some written feedback as well, the reactions were so positive - everything, all the data that we gathered, was so positive that people would like to see events like this happening so that's why we're doing another festive market day!

**Kirsty:** It was the breadth that you could actually offer from that tiny space that was probably of the biggest value... [To evaluate,] I gave [the participants] each a massive blackboard and I put all the photographs out on the table. ... Every single woman had at least three, if not four, photographs from the workshops that you did and I think that just says a lot in itself. There was different elements that were interesting to different people... For one woman, it was actually being outside and working in nature, and that was one of the strongest things for her. Another was most into the tie-dye workshops. They were really interested in that whole process and realizing that you could use something that grew to chop it up and then turn it into something that could die your fabric

## A Bike Kitchen In Action: Feedback for the Future

*Every project needs feedback to evolve. Your most valuable resource is your community and listening to advice is one essential aspect of engaging with partners. Looking back at the summer and planning for the future for bike kitchens (or indeed other community projects), the partners shared some words of wisdom to help Fork In The Road get better and stronger.*

**Karin:** If I had to say anything, I'd say you gave yourself a lot of work and I do it myself, but the problem with that is then you lose time with people and that's really important...[a suggestion is] to have organised the stuff so you could have cooked while you were talking... I saw that in the way that I work, and so I try to pair everything down or have it all somewhat pre-prepared, and that's a really difficult thing to do when it's just you. People aren't expecting it anyway, it's your own expectations and what you want to give and sometimes you can be giving too much.

**Rhona:** There's a lot to be said for regularity... if our rotations were regular we would have more people. Because we hadn't committed to every fortnight or every first Friday in the month I think people didn't always know there was one on and I think if you have regular engagements then people get more used to it being on and plan for it and come to it. Regularity is good because then people think, "Oh I wonder if there's something on because it's Friday"... That would have benefited us and you as well. Not that you had the time to do it regularly, and we didn't either but for the future!

**Soraya:** I think we were just so lucky with the weather this year... If it happened again would [be beneficial] to have a cover or canopy shelter? ... On the celebration day you set up on the porch didn't you? So maybe actually it's not officially a bit too cold for food preppers... but if you didn't have nice weather having [a shelter] with you would be useful

**Stacey:** The nature of projects can sometimes mean that... somebody will come into a project and do the eight week course and then go off and that's it. And sometimes that's not quite enough, you know, so to be able to then refer on to other projects or just to keep people informed of events, it's just keeping them engaged and benefiting.

**Kirsty:** The only thing I could think of would be to have you come out more often... to give you more time to get to know the group... you came up with a lot of ideas for the workshops, and they were things they [the participants] wanted to do. We mentioned dyeing and you said "I could do Shibori dyeing" and then you said "I know how to do soaps and hand creams" and I thought "Wow, that's what the group want to do!" But it might be nice if you'd been able to come more often for you to work more closely with the women and a whole host of new opportunities might have opened up.

# The Potential of Bike Kitchens

*Fork In The Road was run with one bike, one trailer kitchen unit and one determined artist cycling from central hubs within the communities out to different projects. In this section, the partners share if they would use a unit within their own project, how it would fit into their work and what ideas they would have for using a bike trailer kitchen.*

**Karin:** Yes, absolutely! Probably for cooking because the gardens don't have many facilities ... so bringing it all like that is great. I wish I could get a community food gardener to help me while I do the other stuff, because people will come and stay if there's food.

Not all community gardens have a space to cook in and [the unit] can be kept clean ... you can take it all the way without having to wash it up on site... you can just put it all in the unit instead of leaving it there, because then what do you do with the pans? You can't wash them [and] it gets complicated ... I run lots of workshops so I would use it to help me to do that, and transport! I spend so much time taking things from one place to another by car.

**Soraya:** It would be potentially great for the sort of longer, celebration session style of engagements.... the obvious thing is that providing food at every session is a really great thing!

**Rhona:** We could use it and bring someone along to cook... It wouldn't be us because I think in the sessions we struggle to do the things that we need to do... it would open it up to more people... Certainly in Wester Hailes if you provide free food, generally you get a lot more people.



**Stacey:** Absolutely, definitely, it's been nothing but positive experiences! And it's not just food right? You [delivered workshops on] the soaps and stuff, and so if that was appropriate and people wanted it to be used for other things then we could be open-minded... I think that it's a balance, there is loads to be said for going to where people are to engage them and to let them get to know you and to build a presence and familiarity and then when that happens then naturally people will then come to things that you put on...

**Kirsty:** Every single event that we host or go to! ... There are massive barriers for people entering buildings that they feel just aren't for them, for a whole host of different reasons. So having a unit that could go to where people are completely flips that on its head, especially in terms of community consultation because I suspect we have massive issues... it doesn't matter what it is: for a lot of people just have that "That's not my space, I don't belong there" and that stops them crossing that line. But yeah, you take it to their own back gardens, and it offers some free food, so you've got an actual winner!

# Open Source In Communities

*Having established how Fork In The Road defines Open Source as an ideology, we discussed what the partners thought of this concept and how it could affect their communities and the various organisations which work with them.*

**Karin:** Every year they do specific workshops connected with seasons in the garden. So we'll make jam, because the fruits come every year so I try and get things that happen yearly. So people get into their heads what happens each year... [the participants] know how to make it and it would be lovely if they could illustrate it, photograph it and make the recipes for that... Maybe a booklet about what they find when they go off foraging themselves... but maybe don't have access to a camera or a computer, or anywhere to print that stuff... It would be grand if they could make their own booklet but there are barriers there... The blueprint would be a way of doing it which was as easy and accessible as you possibly could make it, with less energy and less money being spent.

**Ally:** The knowledge that we have, it's not our knowledge... It's like these are the plants that people have been using and had relationships with forever and ever ... So we're just kind of like custodians and sharing it with whoever, which is a really powerful message for sure. I suppose it'd be considered anecdotal, rather than claiming that some particular herb will in all cases have particular outcomes... Start with food and then see, drop in herbs [later]... It's quite hard to know in advance, isn't it? Whether there is all these things that people would love to be able to share or whether for quite a lot of people they're just starting. They're just learning again ... There's this generation gap, isn't there, of people who don't have these skills, who haven't learned this stuff. So a number of people are just getting into it and then obviously there are people who do have lots of knowledge.

**Rhona:** I don't think [the participants would be] sharing knowledge, their sharing experience.... they're stating something about that experience, their experience of that plant.

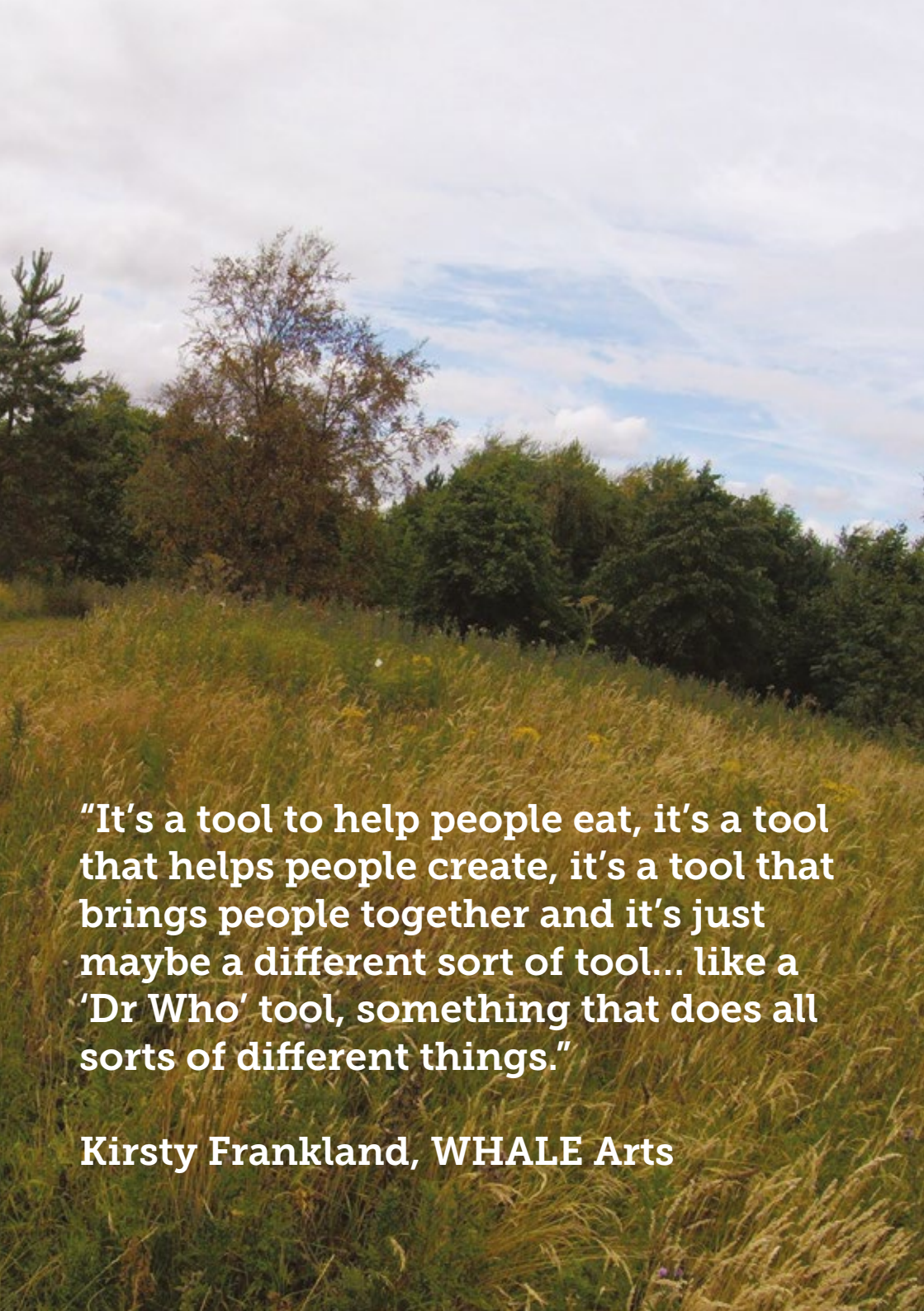
**Stacey:** Particularly in the "Taste and Share" strand, the weekly women's group... led by the women that come, they bring their own recipes ... and I think that it would actually be really nice to collate them... I think in terms of resources at the moment, we have our cooking groups, for example, and recipes will be shared on Instagram and social media - so, that sort of thing. But we don't have anything like [a sharing platform], and actually I think that would be something maybe useful to tap into ... Obviously, we've got all of our What's On Guide and our literature and that sort of thing, and our promotional tools ... [in the community] Facebook is a widely-used source for information ... [and] the collation of the resources.

**Kirsty:** It's just like the possibilities are exponential! If you think even of just the resources from the workshops that you did: [for example] making soaps, we revisited that once but it was never nearly as good as the one you did... Simple things like that: recipes and instructions ... the possibilities are just infinite! If I ever think of how much time I spend if the group want to do a workshop on something that I've not done before... , I'll never say "No, I don't know how to do it." I'll always just go look up how to do it and spend time researching.

[The groups are] very caring of each other, I think, but possibly more than that. They offer each other support and comfort... I think perhaps there isn't one specific thing or resource that any of them would like to share just the act of sharing and caring for somebody else is important.





A landscape photograph showing a field of tall, golden-brown grass in the foreground. In the background, there is a dense line of trees with green and some autumn-colored foliage. The sky is filled with soft, white clouds, with a patch of blue visible. The overall scene is peaceful and natural.

**"It's a tool to help people eat, it's a tool that helps people create, it's a tool that brings people together and it's just maybe a different sort of tool... like a 'Dr Who' tool, something that does all sorts of different things."**

**Kirsty Frankland, WHALE Arts**



# Team Fork In The Road

*A few words from the core volunteer team of excellent women.*

## **Steph Marsden**

I describe my interests as being food, furniture, facets and film. I also enjoy foraging, fermenting and erm...alliteration! My goal is to find a career in which I can fuse my background in design with my interest in food. Having just completed a MSc in Gastronomy I hope to continue to do this by becoming a food researcher. I really enjoyed the variety of communities we worked with, especially going to areas of Edinburgh I had not spent much time in before. I also loved the interactivity and collaborative nature of the Mutual Memory publications, people in all of the communities seemed happy to share memories and participate, often they were very friendly/chatty once they realised we were there to just share food and chat about what we were cooking. I also was pleased when people asked if they can take food home with them, it was there to nourish people, I'm glad we could do that.





## Pela Couroyer

My life is oriented around food, activism and crafts on the one side, and university struggles and joys on the other. I try to cultivate alternative ways of interacting, living and thinking. In practice, I'm a passionate advocate for open borders, environmental justice and sustainability.

All the participants have been so kind, curious and interesting! I rarely travel outside the centre of Edinburgh so meeting the multicultural communities of Clovenstone and Craigmillar was a good reminder of the actual diversity of Edinburgh. The curiosity of people as to 'what is this bike unit?', 'what is this soup made of?' or 'can we really eat nettles?' was demonstrative of the relevance of the Fork in the Road project. The most touching moment for me happened at the Clovenstone community garden. Mo helped me deliver my first workshop to the community there and the happiness I witnessed in one of the participants as she was reconnecting with embroidery was priceless. She used to make fine floral embroidery when she was a teenager and seeing her rediscovering this forgotten hobby was very touching. Mo and I gave her an embroidery loop, some needles and threads, she was so happy!

## Silje Graffer

I'm a English Literature graduate working with communication and digital strategy in higher education and as a freelancer. I'm interested in reading, nature, eating, singing, emotional intelligence and walking. My aspirations are to feel like I have a purpose in my work, to enjoy life rather than worry too much and to be interested and interesting.

I love food and hate food waste. I also love cooking and the challenge of making something tasty out of limited resources or what I have in the fridge. I also like cycling and meeting new people, so this project seemed to tick a lot of boxes... People seemed to be quite impressed with how tasty the food we made was - maybe they didn't expect much? It was very nice to have quite a few people ask about how the soups were made and visibly being excited about cooking something similar for their kids in the future. I got the sense that they hadn't cooked something like that before, nice to be a part of someone else's food journey!





### **Lisa Nowak**

I am an Austrian, who after living in Scotland for almost 7 years feels a little bit Scottish at heart. I am interested in all things relating to sustainability and sustainable development. Over the past years, this has evolved into an interest in sustainable and just food systems. I have now linked this knowledge with research I have been doing on climate change, as well as Fork in the Road, of course!

Edinburgh is such a beautiful city with many different communities with different stories but we all like to come together over food. This is why Fork in the Road is such an amazing project: it provides opportunities of encounter and moments of joy. One of my favourite moments was when we were cooking a community meal and asked everyone to bring along one ingredient. Everybody was so generous and brought much more than one ingredient that we were able to give everybody food to take away. It was a wonderful moment of sharing.



# Two Co-Created Books

## Mutual Memory Cookbook & The Book of Foraged Memories

When sharing the findings and resources from Fork In The Road it's impossible to do so without mentioning these events. Held in Craigmillar in June and Wester Hailes in October the bike kitchens collaborated with Mutual Press, a community-oriented risograph printers, to create two artists' books which reflected mankind's heart-held relationship with food.

These events were a combination of an artistic workshop and a communal meal, Fork In The Road invited the community to come and share memories and eat together outdoors. We asked everyone to write down a recipe, a memory or an instruction and create a small illustration to go alongside their words. The result were two beautiful co-made books of culinary inspiration, stories and illustrations which we printed in limited runs as loose leaf risograph publications.

These books are available to download from [www.morvernoding.co.uk](http://www.morvernoding.co.uk)







Beginning to see  
Rather than  
Having to look  
That is foraging  
To me...



## Flu Brandy Elixir

Gather...

- 1 cup Hawberries
- 1 cup Rosehips
- 1 cup Elderberries
- 1 cup Blackberries
- 1 cup Calendula flowers
- Drosp! Honey
- 1tbsp Ginger (chopped)

Antiviral

Antioxidants!

Vitamin C!

**Elixir**

Put all in a Big Jar and  
cover with Brandy.

Leave for 2 months, shake regularly,  
Strain!

## SPECIAL BROCCOLI

INGREDIENTS:

- 1 HEAD OF BROCCOLI
- OLIVE OIL
- 2 GLOVES GARLIC CHOPPED
- SALT + PEPPER

STEP 1:

PUT OLIVE OIL +  
GARLIC IN A PAN  
ON MEDIUM/HIGH  
HEAT (~5 MIN)

STEP 2:

REDUCE HEAT +  
ADD BROCCOLI (CHOPPED)  
FOR A COUPLE  
MINUTES

STEP 3:

ADD WATER TO PAN  
TO COVER HALF OF  
THE BROCCOLI + COVER

STEP 4:

WHEN THE PIECES  
TURN BRIGHT GREEN,  
REMOVE COVER

STEP 5:

WHEN ALL WATER  
EVAPORATES,  
ADD A LITTLE OIL  
(FOR 5-10 MIN)  
ADD SALT + PEPPER

## Pan-fried Tofu

Ingredients:

- hard Tofu
- olive oil
- sesame seeds (white)
- dark soy sauce
- wasabi powder (optional)
- salt & pepper

- Cut Tofu into pieces
- heat 2 teaspoon of olive oil  
in a pan
- once heated, put in dark soy  
sauce, sesame seeds into the oil
- Fry tofu pieces on medium-high  
heat until golden brown
- add wasabi powder and salt &  
pepper to taste.



# BORSCH (Борщ)

BEE T SOUP!!

My MAMA'S RECIPE, BY ACEAE  
GREN UP IN LATVIA, USSR

① BOIL STOCK (VEGGIE OR CHICKEN)

② FRY ONION, TOMATO, CARROT

③ PEEL & CHOP POTATO

WHILE PUT INTO STOCK (BOILING)

④ SHRED BEETS

⑤ ADD (2+4) TO STOCK

WHEN POTATOES ARE ALMOST DONE

⑥ ADD SALT & HERBS TO TASTE

AMOUNTS, CUT SIZES, & TIMES TOX TASTE MEAT or TROPIC! GO WITH YOUR GUT!



## HONEST TO GOODNESS CHERRY BRANDY

Take one empty brandy bottle - fill with cherries - top up with brandy. Leave until ready; or until your willpower runs out. How long is a matter of taste.

2 weeks - 2 months

Sugar only subtracts from the honesty of the fruit

## Endrinas

I'm not sure what they are called in English, but in Spain endrinas grow in abundance amongst the grapes & back-berries of La Rioja amongst other places. When I was little we would pick them in summer & make sachar...

MEMORY  
Lara, Luna, Bailey 1983!!



Resources:

The Design,

Recipes

&

Workshops

# Fork In The Road's Open Source Resources

As an Open Source project Fork In The Road has published all of the resources which the project has created so far, not just the plans for the unit but a fully illustrated how-to inspiration guide of what is possible with this design.

In the case where the author is not Morvern Odling, the author has been stated. All resources have all been published under a Creative Commons Attribution Share Alike 4.0 International Licence.

For the full details of this licence see page 130.





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Sandy's Migas  
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Chunky Garden Veg Salad  
Karin's Foraged Herb Pesto  
Feta & Spring Onion Pancakes  
Morven's Spicy Tomato Chutney  
Summer Fruit Kebabs

## Workshops

Fridge Pickles  
Herbal Drying & Herbal Powder  
Herbal Oil Infusion  
Basic Hand Cream  
Basic Lip Balm  
Melt & Pour Herbal Soaps  
Herbal Face Masks  
Crafting A Sense of Place  
Concrete Stool  
Turmeric & Onion Skin Dye  
Shibori Style Folds

# The Unit Blueprints

## Rendered by Porai Gwendere



These designs are the updated Edinburgh specific versions of the original plans designed by Yannick Roels, Morvern Odling and Suraia Abud in 2015. As with any design this is just one iteration of the central idea, we encourage anyone who wants to recreate this project to consider all of the resources presented in this book and adapt the design to your own specific needs and wants.

### The Construction of The Unit

12mm Birch Ply - The base and centre panel pieces.

8mm Birch Ply - for all other surfaces

Reclaimed Plastic Insulation Sheeting - Removable Shelves

Telescopic Metal Tubing - 2x Outside size, 4 x Inside size

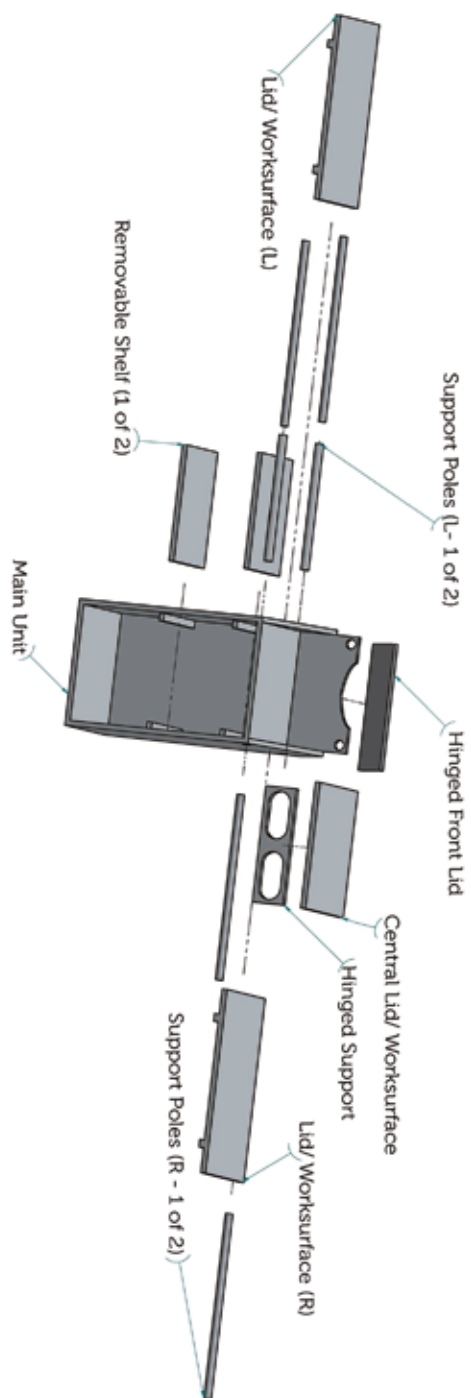
2 meters of 5mm Sailing Rope to secure lids

6 x Butt Hinges for moving parts

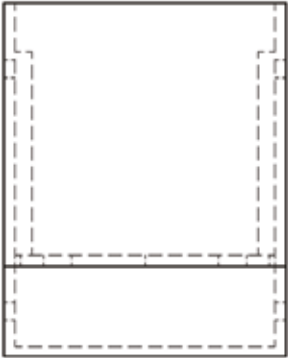
2 x D ring fastening for fastening front shelf

1x 2cm Sailing D-shackle for fastening front shelf

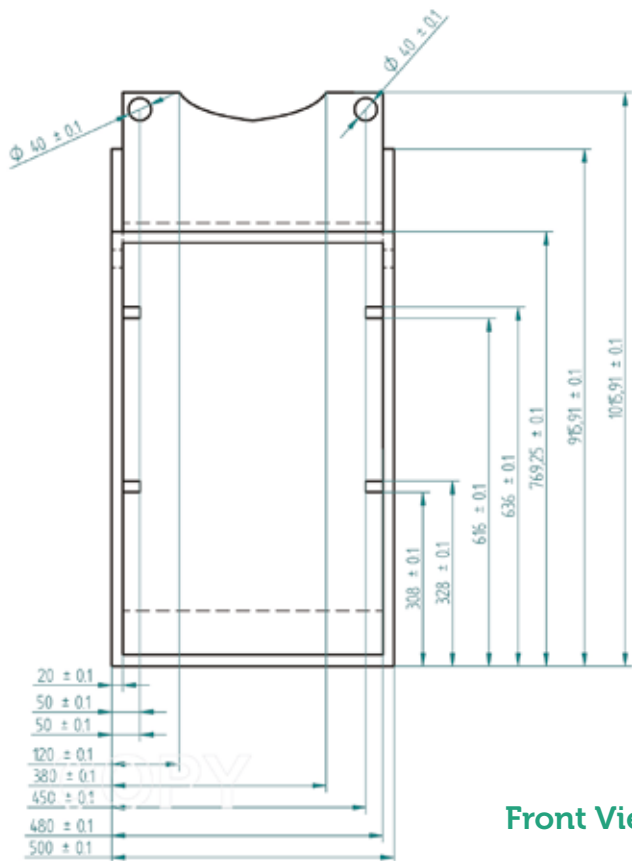
Standard bike trailers available in the U.K come with a 500mm wide platform, so these plans reflect that. Many different types and brands are available to buy, Fork In The Road used a VidaXL Bike Cargo Trailer and modified it by flattening load surface with an angle grinder then bolting the unit to the resulting base plate. Other trailers will require different modifications.



All measurements are in mm and angles in degrees.

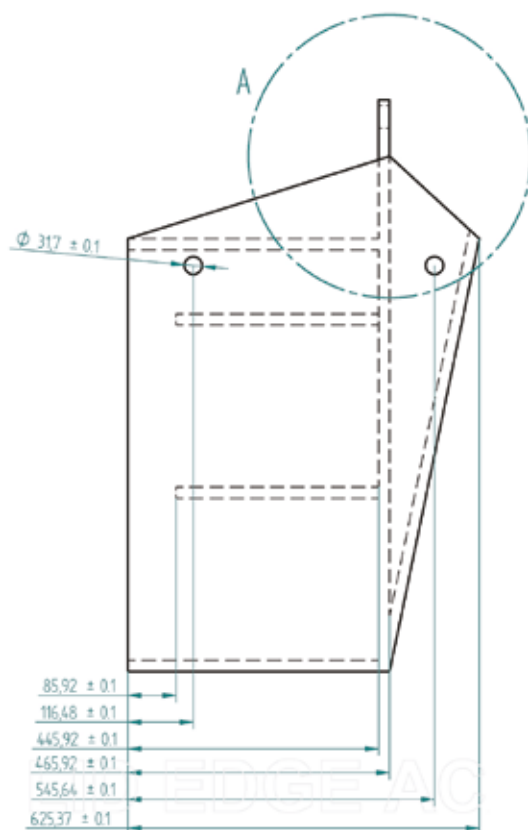
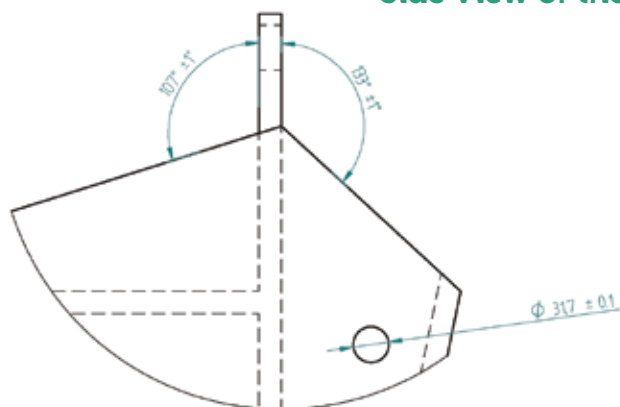


Top Down View



Front View

## Side View of the Unit

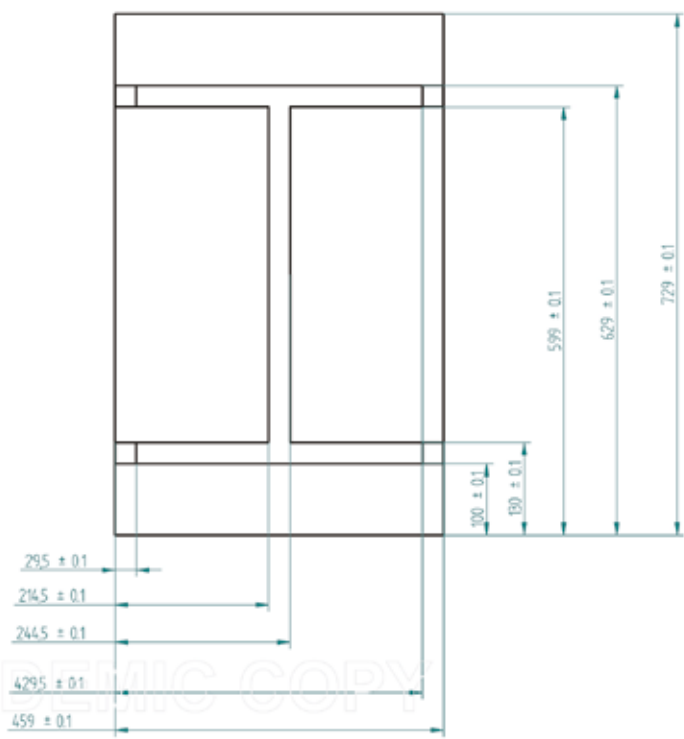
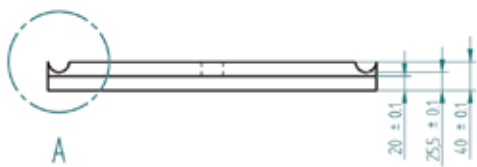


All measurements are in mm and angles in degrees.



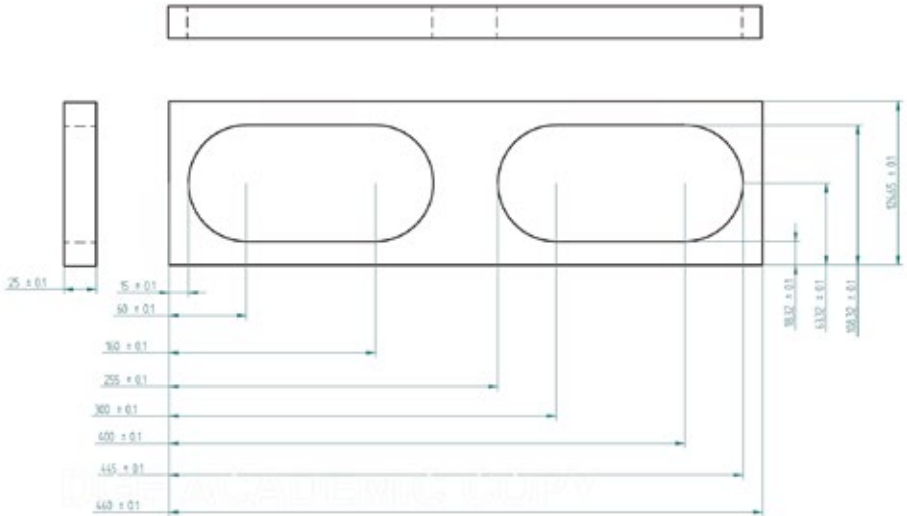
The Lids/ Worksurfaces

DETAIL A



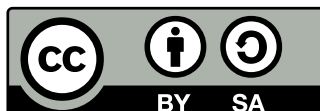


## The Central Lid Stand



These blueprints are available to download online, with all of the components and instructions. For the complete inventory of digital files go to [www.morvernodling.co.uk](http://www.morvernodling.co.uk)

These designs are published under a Creative Commons Attribution Share Alike 4.0 International Licence.



# A Mobile Kitchen Kit List

The kit for Fork In The Road consists of the lightest versions of everything, keeping the weight of the unit to a minimum is very important. So in finding equipment look for light and durable equipment with lids; the lids help to maximise the efficiency of the flame by stopping heat escaping from the top of the pan.

What follows is the complete list of the equipment we used in delivering all of the food workshops, meals and events. Only when a specific number of a certain piece of equipment proved essential is a quantity included.

## Heat Source

Two Portable Camping Stoves with Butane Gas Canisters

## Storage & Organisation

Sealable Large Containers for equipment

Sealable small containers for foodstuffs

Two Refillable Water containers

## Cleaning Equipment

Antibacterial spray

Two sponges

Washing- up liquid

Two Hand Wash Containers\* see instructions on next page

## Food Safety Equipment

Aprons

Oven Glove

Tea Towels

Food Waste Bin

## **Cooking Equipment**

Large Saucepan w/ Lid  
Small Saucepan w/ Lid  
Large Frying Pan w/ Lid  
Extra Large Soup Pan w/ Lid  
Hob Kettle  
Wooden Spoon  
Wooden Spatula  
Ladle  
Large Sharp Knife  
Bread Knife  
Small Serrated Knife  
Small Sharp Knife  
Flexible Colour Coded Chopping Boards  
Thermometer  
Sieve  
Peeler  
Tongs  
Serving Spoons  
Whisk  
Juicer  
Masher  
Scissors  
Small Mixing/ Serving Bowl  
Large Mixing/ Serving Bowl

## **Food Service**

Compostable cups, bowls, forks, spoons & napkins  
Paper Bags

## **Non Food Workshop Equipment**

If you are using the unit to deliver workshops which don't involve food then don't use your kitchen equipment, this kit needs to be kept separate and completely clean for food preparation. Keeping any non-food equipment in separate, clearly marked storage containers keeps things simple.



# Hand Washing

## Keeping your hands clean without a sink

Music festivals are a great place to learn how people do things 'off grid', this method was part of Morvern's music festival cafe routine and works perfectly- if done properly!

### Equipment

- Two Containers
- Antibacterial liquid hand soap
- Hot water
- Scrubber - a coconut husk or sponge
- Hand Towel
- Signage

### Instructions

1. Put the kettle on to the hob, the water doesn't need to boil but it does need to be hot.
2. Make sure your two containers are completely clean and then put some soap in the left hand container along with the scrubber and hang the towel nearby.
3. When the water is hot fill both tubs half full, if the water is too hot add some cold until it is comfortable for the hands.
4. To use - thoroughly clean and scrub your hands in the first tub, paying attention to between your fingers and under your nails. Make sure the water has enough soap in it to froth and is hot! Then rinse your hands in the second tub, to rinse off the soap and dry with the hand towel.
5. Make sure the tubs are not mixed up, this is where signage comes in handy.

Everyone who touches any food, or food equipment needs to have clean hands. Make sure everyone who is using the kitchen understands how to use the hand wash station and knows that the hand towel is for clean hands only. Change the water over whenever necessary, before your participants eat it is a good idea to refresh the water.





**"There's no activity like food to bring people together in such a way. It is such a vehicle for social change"**

**Stacey Wilson, Tasting Change**









# Cooking on a Bike Trailer Kitchen

Cooking on a bike trailer kitchen presents a unique set of challenges, with many variables and aspects to consider with every workshop, meal or event requiring something different. For example a bike kitchen chef has to consider the weight of what is needed for the meal, the amount of time it will take to cook any one dish and if water is needed to be brought to the site. Then the chef has to factor in the element of surprise, if gardeners will be bringing their surplus veggies for the communal meal (you could end up with six cabbages and very little else, but still many hungry mouths to feed) or if unexpectedly you have double the amount of people you expected to feed.

These recipes were the staple of what we cooked on the bike kitchen throughout the summer, serving as the framework for all of the soups, stews, curries, salads and sweet dishes we shared. Each recipe is a very basic sketched outline of a dish with a lot of room to experiment, change and adapt. They are a small glimpse of what is possible, even with the most limited equipment and time.

They were all cooked outdoors on the bike kitchen in the summer of 2018.

They are each, individually shared under a Creative Commons Attribution Share Alike 4.0 International Licence.

# One Pot Wonders

Great for when you're in a hurry for some food but need a cooked meal! This recipe is ideal if you have lots of little bits of vegetables left over and is as easy to do outdoors as indoors. From a stew to a curry – this is purposefully vague to allow for adaptation.

## Ingredients

- Vegetables –onions are always good but everything is up to you!
- Oil – vegetable, coconut, olive – your choice!
- Dried Spices – Cumin, Paprika, Turmeric, Cumin Seeds, Coriander, Black Pepper. You can also add mixes such as Curry Powder or Garam Masala.
- Fresh Garlic, Ginger, Coriander, Thyme ... etc!
- Stock Cube(s)- depending on how much you will make!
- Chopped Tomatoes or Passata, Coconut Milk
- Hot Sauce & a whole Lemon
- Tinned Chickpeas, Butterbeans, Cannellini Beans (optional)

## Equipment

- Chopping Boards
- Sharp Knives
- Scissors (optional)
- Peelers (optional)
- Grater
- Large Pan with Lid
- Wooden Spoon

## Instructions

1. Chop up all of your chosen vegetables ready to be cooked. Hard vegetables like potatoes, sweet potatoes, butternut squash or turnip need longer to be cooked and should be cut into very small pieces 2cm ish cubes for quick cooking! For even quicker results,grated works the best!

2. Chop up your fresh spices and herbs, scissors make quick work of this if you have them.
3. Put your oil into the pan, you want a reasonable amount of oil but no more than to easily cover the bottom of the pan.
4. Turn on the heat and add the dry and fresh spices and garlic, constantly stir as they begin to fry. If they bubble a lot then turn the heat down, they will start to brown and then add in the onion – usually about 2 minutes afterwards.
5. Cook the onions on a medium heat, stirring a lot! If the spices start to get claggy and stick to the pan, add a little water.
6. When the onions are starting to soften, add in your hard vegetables and enough chopped tomatoes or passata to cover them. Add in one stock cube per tin of tomatoes.
7. Stir the pot and cover.
8. When the vegetables start to soften then add any vegetables which are more easily cooked – e.g. courgette, peppers, cauliflower, broccoli....
9. If you want to add some protein, pop in some beans or chickpeas at this stage.
10. Stir the pot, adding the coconut milk if required. Taste test for spice, if more is needed add it now – this is a good time to add a little hot sauce or some lemon peel! Cover and leave on medium heat.
11. Check in with your pot at regular intervals, testing the hard vegetables with a spoon! As soon as they are soft you are ready! Giving the pot an energetic stir will help the sauce thicken so give it a big stir before serving.
12. Serve with rice, cous cous or bread!



# Stove Top Pan Bread

No bread? No worries! These wee flat breads go well with pretty much anything and can be made really quickly without an oven. This is the first recipe that Fork In The Road shared and it's a winner - stove top bread is great for soups, stews, curries and outdoor campfire eating – wrap the dough around a stick if you didn't bring a pan.

## Ingredients

This recipe is for one batch of dough, which will make between around 10 panbreads -depending on their size!

- 600g self raising flour, plus extra for dusting
- 1 heaped teaspoon sea salt
- 6 tablespoons olive oil
- 150ml water plus extra as required
- Optional but recommended - add whatever extras you fancy – cheese, rosemary, black pepper, chopped olives, sundried tomatoes, garam masala, onion seeds ..... etc!

## Equipment

- Table Spoon
- Tea Spoon
- Measuring Jug
- Large Bowl
- Chopping Board
- Flat Pan
- Wooden Spatula

## Instructions

1. Mix your dry ingredients together then make a little dimple for the oil and water, mix until it starts to combine – if it's too dry add a little more water until it becomes a nice bouncy dough. Find a flat, clean surface and dust it for

kneading – the more you knead the more elastic the dough becomes so around 5 to 10 mins will do the trick.

2. Let the dough rest for the same amount of time, somewhere warm if possible.
3. As the dough rests you can sort out any wet ingredients, like olives or sundried tomatoes, that you want to add by chopping them up and putting them in a bowl ready to be used.
4. You can shape as you go or separate the dough out equally before you start! Tear off a handful of the dough for each flat bread. If you want to add ingredients you can do it one by one for different flavours or just add your extras to the main batch and fold through.
5. Flatten each dough ball out into roughly shaped pieces, no more than 1cm thick, and then put into a lightly oiled pan on a medium heat – turn over after a couple of minutes, you're looking for a nice golden colour.
6. To get a sense of how long your breads take to cook, tear into one after 2 minutes of cooking and check how well done it is – it should resemble bread and not be too doughy.
7. You can eat immediately or set aside for later, but they should be consumed on the day of making.



# Scottish Medieval Soup

Caboches \* in Potage. 1111.

Take Caboch<sup>9</sup> and quar<sup>r</sup> hē and seeth hem in gode  
broth with Oynōn<sup>3</sup> y mynced and the whyte of Lekes  
y flyt and corue smale \* and do þ<sup>3</sup> to fafrōn ā salt and  
force it w powdō douce<sup>9</sup>.

Pottage was a staple dish in Medieval times, so when Fork In The Road cycled up to make food in the woods next to the beautiful Craigmillar Castle we wanted to share a little taste of what people would have been eating when the castle was built. This recipe is simple and quick – it's delicious and great for these staple garden vegetables!

## Ingredients

- Onions, Cabbage, Leeks – add peas if you have them!
- Veg Stock Cube
- Fresh Herbs – e.g. rosemary, mint, basil.
- Salt & Pepper (pepper isn't historically accurate, but is definitely tasty)

## Equipment

- Chopping Board
- Sharp Knife
- Large Pan with Lid
- Wooden Spoon

## Instructions

1. Dissolve stock cube in a little water in the bottom of the pan.

2. Wash and chop the cabbage and leeks and thinly slice the onions
3. Finely chop your fresh herbs
4. Add your veg and herbs to the pan and then cover with water, giving it a good stir.
5. Bring to the boil and simmer for 10 minutes.
6. It is that quick, don't cook for too long or it won't taste so nice!

Image Reference: <http://www.medievalcuisine.com/Euriol/recipe-index/caboches-in-potage/Cabbages%20in%20Pottage.JPG>



# Pela's Mafe

This recipe was shared by our volunteer Pela for the first book making event. It went down a treat and we ate over seven litres of it at the event! She says: "Enough of the neverending succession of French starters, the roast and its five sides and the mini sweet tartelettes, instead bring in a huge plate of Senegalese Mafe on a layer of rice and dig in with your spoon! Reviving the celebration meal of my childhood in a vegetarian version; this recipe traditionally contains meat, usually beef.

## Ingredients (5 persons.):

- 2 Small Onions
- 3 Garlic Cloves
- 2 Carrots
- 500g Cassava/Manioc/Yuca (if you can't find this then use yam, or potatoes, or a bit of each)
- 1 Sweet Potato
- 1 Fresh Chilli (or more, to taste)
- 1/2 bell pepper
- 1 Can Chopped Tomatoes
- 1/2 Cup (or more, much more!) Peanut Butter
- Salt, Pepper, Bay Leaves & Cumin Seeds and Smoked Paprika (my additions)

## Equipment

- Chopping Boards
- Sharp Knives
- Peelers (optional)
- Large Pan with Lid
- Medium Pan with Lid
- Wooden Spoon

## Instructions

1. Caramelize sliced onions with oil/butter in a pot. Add thinly chopped garlic and chilli; cumin seeds and paprika; and finally sliced bell pepper.
2. Add peeled and cubed sweet potato and carrots to the pot, fry slightly and then cover with chopped tomatoes (add stock water if tomatoes aren't enough).
3. Reduce heat, add peanut butter and bay leaves. Cover and simmer until carrots are cooked.
4. During this time, pre-cook cassava: cut it into a few chunks and boil it for 15 min. Take cassava out of the boiling water, peel it (skin should come easily now) and add to the pot. Let everything to marinate a bit longer, adding salt and pepper to taste.
5. Serve on basmati rice, you can add fresh parsley and spring onions at the end.





# Sandy's Migas

## A recipe from The Old Bread Zone Library

Fork In The Road encountered The Mazi Project just before the end of the summer season. The Mazi Project has developed a toolkit for building local, community wireless networks and promotes community autonomy and practical knowledge. Mo made a localised network for the kitchens and at the final celebration event with Refugee Community Kitchen, Fork In The Road gathered Stale Bread Recipes as part of the Old Bread Zone Library. Of all the recipes shared that day, this one is the perfect bike kitchen recipe.

This recipe was shared by artist Sandy Sigala. Sandy says: "Migas is a hearty traditional Portuguese stew-style fry up recipe, great for sharing and utilising yesterday's bread. I was taught how to cook Migas while at an artist residency in Gois, Portugal. Bring some sun with you wherever you are with a tasty delight for winter dinner parties"

### Ingredients

- 1 Bunch Cavolo Nero Kale
- 1 Bunch Kale
- Approx. 3 cups Olive Oil or 1 Cup Olive Oil- 2 Vegetable Oil
- 5 Onions
- 1-3 Garlic Cloves
- Two Tins of Black Eyed Beans (or Cannellini)
- 1/2-1 Loaf of Stale Bread
- Salt and Pepper to season

### Equipment

- Chopping Boards
- Sharp Knives
- Large Pan with Lid
- Wooden Spoon

## Instructions

1. Drain the beans and set aside to dry a little.
2. Wash the kale and pat dry. Use a sharp knife to shred the leaves very, very finely.
3. Chop up the garlic and onions
4. Heat the oil in a frying pan over medium heat. Throw in the garlic and onions and fry briefly to flavour the oil.
5. Cut bread into 2cm ish cubes and then add and fry until golden brown.
6. Add the kale and black-eyed beans and toss until heated through. Season with salt and pepper and you're done!



# Edible Flower Couscous

A beautiful, colourful accompaniment to any meal! Easy to do outdoors as it only requires hot water and a bowl for the couscous, making it perfect for campfire or campstove cooking. Depending on what you have, it can be flavoured in different ways, but a firm favourite is to make it with lemon, oil and salt.

## Ingredients

- Cous Cous - you will need 1 cup of water for every 2/3 cup of couscous
- Vegetables – think bright colours, carrots, beetroot, peppers, broccoli, peas.....
- Edible flower petals – Marigold, Nasturtium, Pea or Chive flowers. Always check your flowers are edible!
- Stock Cube(s)
- Oil
- Lemon
- Dried Herbs and Spices to taste (optional)
- Fresh Coriander (optional)
- Dried Fruit (optional)

## Equipment

- Chopping Board
- Sharp Knife
- Peeler (optional)
- Kettle
- Wooden Spoon
- Large Bowl
- Plate which fits over the bowl

## Instructions

1. Put the kettle on to boil, it will need to be just boiled when you add it to the cous cous.

2. Chop up all of your chosen vegetables, they will be eaten raw. If the veg is hard and crunchy make sure to cut thin slices.
3. Mix your dried spices, the stock cube and any herbs into the bowl.
4. Pour boiling water onto the stock and herb mix and stir to dissolve lumps.
5. Add the cous cous into the hot stock mix, stir and then cover with the plate. It should be ready to fluff up with the spoon in 5- 10 minutes.
6. Once fluffed, add your chopped veg.
7. Juice half lemon over the cous cous and add a splash of oil, give it a stir. You can add the dried fruit at this stage, if you choose a fruit larger than raisins then give them a rough chop.
8. Rinse your chosen flower petals and shake dry then add to the cous cous just before serving.



# Chunky Garden Veg Salad

No salad leaves? No problem! This healthy salad makes a great main or side and is ideal for using home grown veggies, without the need for expensive leaf salads. This dish is really tasty if you make a dressing from the next recipe - the foraged herb pesto - by adding extra oil and lemon juice.

## Ingredients

- Vegetables - Root veggies work well, so do peas, broccoli, cauliflower, radishes...
- Chickpeas, Butterbeans or Lentils
- Olive Oil
- Lemon
- Salt and Pepper
- Fresh Herbs – e.g. Basil, Thyme, Mint, Parsley

## Equipment

- Chopping Board
- Sharp Knife
- Peeler (optional)
- Wooden Spoon
- Large Bowl

## Instructions

1. Wash all of your veg and shake dry.
2. Chop up the larger veg - they will be eaten raw. If it's hard and crunchy make sure to cut into small chunks
3. Put the veg into the large bowl.
4. Drain and rinse your chickpeas, beans or pulses of choice and add to the bowl, give it a good stir.
5. Finely chop your fresh herbs, and sprinkle them onto the bowl
6. Pour a generous amount of olive oil, lemon juice & season
7. Stir gently until thoroughly mixed and serve !





# Karin's Foraged Herb Pesto

This recipe has been shared by Karin Chipulina from Carr Gomm, it's a great foraging recipe and perfect for spring picnics. Fork In The Road recommends! Keep in the fridge, it's good with oat cakes or try adding a spoonful in tomato sauce.

## Ingredients

You can use any of the following washed and drained in spring. If you aren't sure that you've identified them correctly, then don't pick that plant- better safe than sorry.

- Nettle tops
- Cleavers or (Sticky Willy)
- Chickweed
- Wild Ramsons
- Rocket
- Nasturtiums
- Ground elder
- Lemon, olive oil, salt & pepper – optionally you can add hard cheese and nuts as well.

## Equipment

- Chopping Board
- Sharp Knife or Scissors
- Wooden Spoon
- Large Bowl

## Instructions

1. Wash your foraged herbs thoroughly and drain.
2. Chop finely with scissors or sharp knife – if you have access to a blender you can use that to get a paste texture.
3. Add lemon juice, olive oil, salt and pepper to taste.
4. Mix thoroughly and vigorously to combine
5. At this stage you can add an optional addition of crushed nuts such as pinenuts, hazel nuts or walnuts and grate in some hard cheese such as parmesan or pecorino. Yum!



# Feta & Spring Onion Pancakes

This savoury pancake is perfect for a live cooking demonstration as they cook quickly and are made to order. The feta cheese crisps up, the onions soften making these a lovely lunchtime meal or extra tasty accompaniment to salad or soup.

## Ingredients

This recipe is for one batch of batter, which will make between 6 – 10 pancakes depending on their size! The ratio to remember is 1 cup Flour, 1 cup Milk, 1 large Egg. An American 'cup' is roughly 235ml.

- Flour – could be all self raising plain white, a wholemeal mix or add some rye to taste
- Freerange Large Egg
- Milk – or milk substitute , Oat Milk works well
- Feta
- Spring Onions
- Black Pepper (optional)

## Equipment

- Chopping Board
- Sharp Knife
- Flat Pan
- Wooden Spatula
- Measuring Jug
- Large Bowl
- Two Small Bowls
- Whisk
- Ladle

## Instructions

1. Chop up your spring onions into very thin slices and place in one small bowl
2. Roughly chop the feta and crumble, place in the other small

bowl

3. Measure out your milk and crack the eggs into the large bowl, whisk vigorously for about one minute
4. Add in the flour as you whisk and stir until the consistency of thick yoghurt
5. Add the oil to the pan and put on a medium heat – wipe away any excess
6. Ladle one measure of the pancake mix onto the hot pan , tilting the pan around to cover more area with the mixture
7. Add a sprinkle of spring onion and feta cheese on top of the pancake, if you like you can add the black pepper at this stage.
8. Wait for a couple of minutes, shaking the pan to make sure the pancake has not stuck , use the spatula if you need to help it get unstuck.
9. Slide your wooden spatula under the pancake and swiftly flip it over, the underside should be a golden brown
10. Leave the pancake for another minute or two – if the pancake feels spongy when you press it – it's ready!



# Morven's Spicy Tomato Chutney

This recipe is a staple of the Refugee Community Kitchen's fundraising and food waste work in Edinburgh. It has been shared by chef and campaigner Morven Lindsay.

She describes it as: "An easy basic chutney that you could add a choice of ingredients to depending on what you might have to hand. You could add fruit to the tomatoes while whizzing them up or you could add pieces of fruit and veg into the chutney while it's cooking for a chunkier version. Add apples, plums, apricots, grated root veg, peppers, roasted aubergine, courgette, use what you have and what's in season!"

Refugee Community Kitchen does vital work for displaced people in Northern France and the U.K., if you use this recipe consider donating to their cause and help to provide food to people who need it. For more information search online for **Refugee Community Kitchen'**

## Ingredients

- 8-10 ripe tomatoes or 500ml tomato passata
- fresh root ginger, chopped
- 3 cloves garlic, chopped
- 3 green chillies (or so)
- 2 cloves, 1 cinnamon stick, 1tsp whole cumin
- 2 tsps brown mustard seeds
- 1 bayleaf
- 1 cup sugar
- 3/4 cup vinegar
- 2 onions, diced
- 1 dessertspoon garam masala
- 1 teaspoon chilli powder (to taste)
- 1 tablespoon curry powder
- 2 tablespoons sultanas or other dried fruit
- salt and pepper

## Equipment

- Chopping Board
- Sharp Knife
- Peeler (optional)
- Kettle
- Wooden Spoon
- Large Bowl
- Clean Glass Jars
- Large Pan
- Ladle

## Instructions

Cook: 40min, Makes 24 portions or 4 x 200ml jars

1. Fill a saucepan with water and bring to the boil. Place tomatoes in boiling water, and cook for 3 to 5 minutes, or until skins begin to crack and peel. Remove from water, cool and peel.
2. Purée tomatoes with ginger, chillies and garlic in a food processor or blender.
3. \* If using passata miss out these first 2 stages and add ginger, garlic and chilli after the onions.
4. Temper whole spices in some hot oil (if tempering spices).
5. \*To make the chutney more simple you could use some or all of these whole spices, or miss out this step altogether.
6. Sauté onions until golden brown, add the curry powder and garam masala and stir in the rest of the ingredients.
7. Simmer over medium heat until thick, keep stirring and check seasoning, Cook for around 40 minutes or until it is sticky and reduced.
8. Cool and refrigerate until ready to use, or sterilise jars and preserve the chutney.

\*To sterilise jars and lids, wash thoroughly and rinse, place in the oven at 140c for 10 mins.

Spoon the chutney in the jars while they are both still hot and put the lids on, store in a cool place until ready to use.



# Summer Fruit Kebabs

A hit with kids, this is a healthy fun snack to make outdoors and can be easily modified to taste. The sauce makes a great cake topping as well, bonus!

## Ingredients

- Chocolate – Dark for Vegan but can be any chocolate.
- Coconut Oil
- Fruit – Apples, Bananas, Melon, Oranges... use whatever you like!
- Popcorn or Chopped Nuts (optional)

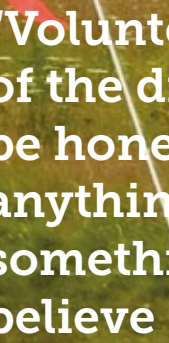
## Equipment

- Chopping Board
- Sharp Knife
- Wooden Spoon
- Large Bowl
- Sauce Pan
- Bamboo Skewers

## Instructions

1. Fill the sauce pan half full of water and put onto a medium heat
2. Break your chocolate into the bowl and place in on the sauce pan, the chocolate will begin to melt
3. Chop up all of your chosen fruit, make sure the chunks are big enough to skewer!
4. Add one tablespoon of coconut oil to the melted chocolate – one tablespoon per 500g bar is enough, this stops the chocolate hardening when it meets the cold fruit.
5. Stir the mix and then turn the heat to low.
6. Prepare your kebabs by skewering a mixture of fruit pieces onto the bamboo skewers.
7. Drizzle chocolate onto the fruit – add nuts or popcorn to give it some crunch!





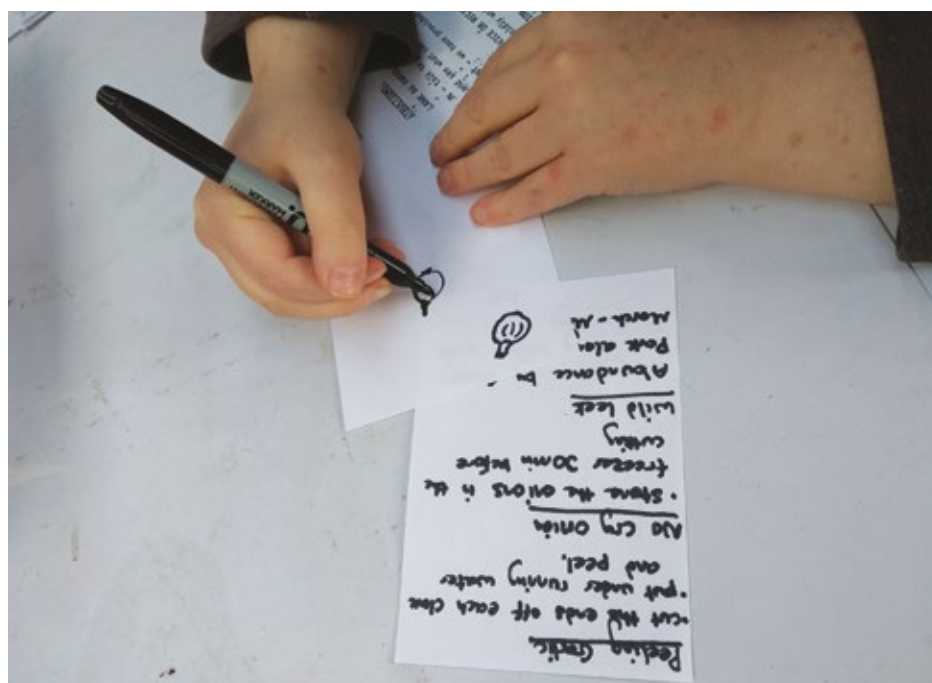
**"Volunteering is a great way to be part of the discussion, the change and, to be honest, an act of self-care. Is there anything more rewarding than doing something because you believe in it: believe in change, believe in people?"**

**Pelagie Couroyer**









# You Don't Just Cook In Your Kitchen

Exploring its versatility as a design, and in the tradition of artists' kitchens the world over, Fork In The Road ran workshops which were 'food adjacent' for groups across Craigmillar, Wester Hailes and the Meadows. Sometimes it wasn't appropriate to cook food with a group, or food was already provided, so Fork In The Road explored other aspects of community gardens, outdoor making and using natural resources in these interesting food-for-thought sessions.

All of the workshops were tailored to the interests and needs of the participants and invariably involved being outside, sharing experiences and encouraging the exploration of urban green spaces with a creative aim. These workshops don't require any prior knowledge and can be delivered to groups as well as used by individuals.

They were all delivered outdoors from the bike kitchen in the summer of 2018.

They are each, individually shared under a Creative Commons Attribution Share Alike 4.0 International Licence.



# Fridge Pickles

Keeping these tasty morsels in the fridge will keep them good for about one month, they should stay nice and crunchy gaining with extra flavour over that time. If they start to smell funny or go fizzy then best to discard the remainders. If the pickles are too sour or tangy then your pickling solution needs more sugar, if they are too sweet then less sugar. If they go off very quickly then more vinegar is needed.

## Ingredients

Change these up and try different combinations, if you have an excess of something this can be a great way to preserve a harvest or save food from being wasted. This recipe is purposefully vague to give you room to experiment!

- Assorted Vegetables or Fruits
- Herbs (e.g. Sage, Mint, Lemonbalm, Rosemary etc) , Spices (e.g. Mustard Seeds, Peppercorns, Chillies, Fresh Ginger, Turmeric etc) , Citrus Peel
- 1 cup vinegar (distilled, malt, apple cider, wine – balsamic is too strong but can be mixed in to others for a distinct flavour)
- 1 cup water
- 1/4 cup granulated sugar ( a mix of white and dark sugar can add to the flavours)
- 1 tablespoon salt

## Equipment

- Measuring cups and spoons
- Knife
- Cutting board
- Jars

## Instructions

1. Wash and dry the jars.
2. Prepare the vegetables and fruits to be pickled- they should be

clean but not wet!

3. Prepare your flavours - chop up your fresh herbs and spices, measure out your dried herbs and spices.
4. Pack the vegetables into the jars, leaving a 2cm (ish) space at the top. Pack them in as tightly as you can without mashing them.
5. Make the pickling liquid. Place the vinegar, water, sugar, salt, and dry spices in a small saucepan over high heat. Bring to a boil, stirring to dissolve the salt and sugar.
6. Add the brine to the jars. Pour over the vegetables, filling each jar to within 2cm ish of the top. You might not use all the brine! Gently tap the jars against the counter a few times to remove all the air bubbles. Top off with more pickling brine if needed.
7. Tightly seal the jars.
8. Cool the jars at room temperature, then refrigerate for 24 hours. Store the pickles in the refrigerator. The pickles will improve with flavour as they age — try to wait at least 24 hours before trying them!



# Herb Drying & Herbal Powders

A core ingredient for a number of workshops, these powders can be used as an ingredient in soaps, facemasks, oils and you can also use this method to create herbal salts and sugars for cooking, just mix your herbal powder with sugar and salt before adding to soups, roasts, cakes etc!

If you're starting from scratch begin with well-known edible herbs such as mint, sage, rosemary and do some research into other herbs properties for your identified purpose.

## Ingredients

- Dried Herbs: the drier the better, fresher herbs will go mouldy. See photo for an idea of how to make bunches, hang up in a dry, warm place out of direct sunlight for a week or until completely dry. Don't harvest after it has rained and if you wash your herbs then pat dry with a paper towel to remove as much surface moisture as possible.

## Equipment

- String
- Blender (a jug one not a stick blender)
- Jar for storage with silica package
- Sieve

## Instructions

1. Wash and completely dry the blender, no moisture should be left to avoid contaminating the herbs.
2. Half fill the blender with the dried material and then blend in short bursts until powdered.
3. Empty contents into a sieve to remove any larger pieces of material, this can then be blended again with the next batch or discarded.
4. Store with a silica package in a sealed jar, out of direct sunlight or use immediately.



# Herbal Oil Infusion

This method extracts the properties from the herb into the oil, You can use different combinations of oil and herbs and this oil is the base for the balms and creams recipe. You can also use this method to infuse vegetable oil with herbal flavours for cooking, think garlic and chilli infused olive oil – yum!

If you want to see what properties different plants have, you can look to Grass Roots Remedies for their expertise for example but if in doubt always contact a qualified herbalist!

## Ingredients

- Dried Herbs – the drier the better, fresh herbs have a high water content which will go mouldy quickly, see previous recipe for advice on how to dry your herbs. Depending on what the end oil will be used for look up properties of various herbs, for healing, moisture, skin texture, aches and pains, sun burn etc.
- Oil – e.g. Coconut, Olive, Vegetable – It depends on what the end oil will be used for, so have a research as to what will work best for your purpose.

## Equipment

- Small Saucepan
- Loose Change
- Large Wide Mouth Jar
- Spoon
- Scissors

## Instructions

1. Wash and dry the jar
2. Roughly cut up the dry herbs into 2cm – 5 cm ish pieces and place in dry jar.
3. Fill jar with preferred oil, just enough to cover the dry herbs. If using coconut oil then you'll need to melt it a little first so it is



liquid.

4. Place jar in pan with coins stopping complete contact of the bottom of the jar with the pan and fill the pan with water so the water meets the level of the oil in the jar.
5. Do not let the water boil as it can upset the jar but keep it hot and on a low heat. Do not leave unattended while it's on and stir occasionally to move the material around.
6. Leave for one hour or more.
7. Remove from heat and allow to cool, then strain the material out keeping as much of the oil as possible. Seal the jar with a lid and store in a cool dark place.
8. This method is good for a short workshop, you can also leave infusions to extract into the oil for a week to get the same effect, this just speeds this process up!



# Hand Cream

This is a basic recipe for home-made hand cream, you can adjust and adapt it for different purposes. For example add cooling peppermint for a refreshing foot cream, or add more beeswax for a massage bar, include coffee beans or oats for texture. If your mix is solid enough you can experiment with soap or cupcake moulds for different shapes. You can add different essential oils for smell if you want to, but this can be quite expensive as you will need more drops of the oil to make the smell come through, but it depends on the size of your batch!

## Ingredients

- Infused (Macerated) Oil
- Beeswax
- Shea Butter or Cocoa Butter (optional)
- Essential Oils (optional)

## Equipment

- Pan
- Large Wide Mouth Jar
- Coins
- Storage Jars with Lids
- Dishcloths
- Spoons
- Measuring Cups or Scales
- Oven Gloves

## Instructions

1. Wash and dry all of your jars ready for the hand cream.
2. Measure out **1 part Beeswax to 4 parts Oil** into your jar. Vary the amount of beeswax depending on how hard you want your balm to be. You can adjust the oil with a cocoa or shea if you want something extra moisturising.
3. Put your coins in the pan, this will stop the jar having complete

contact with the hot surface

4. Put the jar in the pan and fill the pan with water so the water meets the level of the oil and beeswax in the jar. Do not let the water boil as it can upset the jar but keep it hot and on a low heat. Do not leave unattended while it's on.
5. Gently melt the beeswax stirring all the time, while its melting get your jars ready to pour the mixture in quickly before it hardens, it is best to place them on dishcloths to protect your surfaces.
6. When the liquid is completely melted you can add in the essential oils. It takes some experimentation to know how much to add, so try a couple of drops at a time and test it by letting some cool on your spoon.
7. When you are ready to pour your hand cream, carefully pick up the jar with the oven glove and slowly pour into the jars. If the material hardens onto the side of the jar you can place it back in the hot bath to melt again, try to get all of the material melted and into a jar.
8. Allow jars to cool and label them clearly, they should last for at least 6 months or more if stored in a dark cool place!



# Lip Balm

Ditch expensive products and make your own! When making things that you put on your lips or on your face a good rule to follow is: if you can eat it then it's safe. Don't put anything you wouldn't happily eat on your lips or your face! Lip balm can also be changed to be nail balm for strengthening your nails with the right herbal infusion, or for a solid perfume with the right mix of essential oils.

## Ingredients

- Plain or Infused (Macerated) Oil – e.g. coconut, almond, olive
- Beeswax
- Biodegradable Cosmetic Glitter
- Essential Oils - check they safe for cosmetic use, e.g. peppermint, lavender, bergamot.

## Equipment

- Pan
- Large Wide Mouth Jar
- Coins
- Storage Jars with Lids
- Dishcloths
- Spoons
- Measuring Cups or Scales
- Oven Gloves

## Instructions

1. Wash and dry all of your jars ready for the Lip Balm. They can be small plastic tubs if you want, just make sure they are food or cosmetics safe!
2. Follow the instructions for melting the beeswax from the hand cream recipe until step 5.
3. When the liquid is completely melted, add one to a couple

of drops of your chosen essential oil – think of how it will smell when you put it on. Do not put in too much and test the mixture adding a little at a time.

4. If you want to add some sparkle, add your biodegradable glitter now!
5. Carefully pick up the jar with the oven glove and slowly pour into the jars. If the material hardens onto the side of the jar you can place it back in the hot bath to melt again, try to get all of the material melted and into a jar.
6. Allow jars to cool and label them clearly, they should last for at least 6 months or more if stored in a cool, dark place.
7. Try some on and admire your handiwork!





# Melt and Pour Soaps

With a ready to use soap base you can make lovely handmade soaps without all of the difficulty and mess of making the soap from scratch. Soap bases are easily found online or from a craft supplies store. You can personalise the purpose, look and smell of your soap, creating something useful and lovely. They make a nice gift there are lots of different patterning techniques and qualities you can explore.

## Ingredients

- Melt and Pour Soap Base
- Herbal Powders
- Oil, infused or plain
- Cocoa or Shea Butter (optional)
- Essential Oils
- Poppy Seeds or Oats for exfoliation
- Soap Dyes (optional)
- A Spray Bottle of Rubbing Alcohol (optional)

## Equipment

- Chopping Board
- Sharp Knife
- Bowls
- Spoons
- Measuring Spoons
- Silicone Soap or Cupcake Moulds
- Pan
- Large bowl which fits over the pan
- Jug

## Instructions

1. Cut and weigh out your soap base, then cut the desired amount into small cubes and place in the large bowl.
2. Fill the pan half full of water and put onto a medium heat,

placing the bowl with the soap chunks on top of the pan. Stir occasionally.

3. Prepare your other ingredients, measuring out the ratios of additional materials into separate bowls for dry and wet ingredients. There will be some degree of experimentation and adjustment.
4. When the soap base has completely melted you can add your ingredients, if you are adding shea or cocoa butters add these first as they will need to melt first, then add any other material and take off the heat.
5. Dip the jug into the remaining hot water for a few seconds to warm it up, then dry off. This warmth will stop the soap cooling and sticking to the jug.
6. At this stage if you want to create layers of different colours or textures you can separate the soap into two containers and add the dyes. Remember you will need to let the first pour set a little before adding additional layers. If you drag a toothpick through the layers you can create a lovely marbled effect.
7. Transfer the ready soap mix into the moulds and give them a little wobble to help any air bubbles disperse. At this stage if you want to remove the small bubbles which form on the surface spray the soaps with the rubbing alcohol, being careful to not breathe any of the spray in.
8. Leave to cool without disturbing the moulds for at least 30 mins, but 1 hour is better or until the soap has completely cooled.
9. You can then pop the finished soap out of the mould and it is ready to use! Any remaining soap which has cooled and stuck to the jug or the bowl can be re-melted or scraped off and hand pressed into a useable soap ball. A neat trick for garden hand washing is to use an old tight leg or thin sock filled with soap ends hanging next to the tap for a handy wash station.
10. Give your hands a good wash and enjoy!

# Face Masks

A lovely way to treat yourself, take a moment out to relax and nourish your skin. There are a lot of resources on the internet about homemade face masks, if you are seeking a specific result for your skin it is a good idea to research what will do the job! Always patch test if you have sensitive skin or suffer from any allergies, behind your ear or the inside of the elbow are good places for a patch test. Don't include ingredients you are allergic to eating, as they are likely to upset your skin if they upset your stomach!

## Ingredients

- Herbal Powders (see previous recipe)
- Clay Powders
- Honey
- Water or Oat Milk
- Oil, infused or plain
- Mashed Banana, Avocado or Cucumber

## Equipment

- Bowls
- Spoons
- Fork
- Jar for storage
- Sticky Label

## Instructions

1. Place your desired mix of dry ingredients in one bowl, considering the purpose of your mask – e.g. cleansing, balancing, moisturising .Mix dry ingredients together and remove lumps. If you want to share the mask then package at this point, including instructions of what wet ingredients to add to make up the ready to use mask. Always include an ingredients list and a date!

2. Choose your wet ingredients to compliment the dry ones, think about smell, texture and the purpose of the mask.
3. Prepare your fresh fruit or veg, mashing with the fork to make a paste. Add these more solid wet ingredients first, slowly adding the more liquid ingredients to create a hummus like consistency.
4. It's best to use your mask immediately, however you can keep any leftovers by storing in a clearly labelled jar in the fridge and using it within a couple of days.
5. Relax and enjoy! Try keeping a recipe book of your different face masks for future reference.



# Crafting A Sense of Place

A zine by Pela Couroyer

## What is your Wish for the garden?

① Make a tag

→ Pick a fabric,  
a tag & a pair of  
scissors...



★ A thread  
+ needle

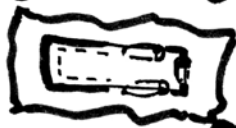


③ Write, your  
wish!

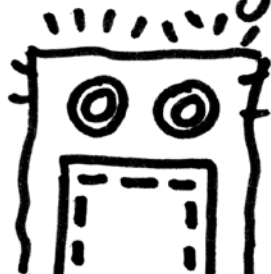




→ Stitch or pin  
your tag.



→ Add 2 eye lids



Add to it!

Appreciate it!

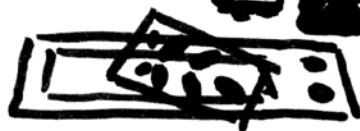
Remember it!



Peta\_Cayr

② Customise  
your tag  
(if you want to!  
you can use:

★ A stencil  
+ paint



Crafting  
a  
sense of  
place







# Concrete Stools

These are really great for using up short branches or old broom handles to create gardening stools, saving your knees and back from bending over all day! They are really simple, look stylish and can be modified in lots of ways. For the bucket moulds go to a local café and ask for old mayonnaise or olive buckets – they are the perfect size!

## Materials

- Ready Mixed Fine Concrete
- Old Broom Handles, Cut Branches or Wooden Dowel
- Spray Paint
- Screws
- Newspaper

## Equipment

- Wheelbarrow or Bucket for mixing
- Spade
- Buckets for Moulds
- Saw
- Power Drill
- Sandpaper
- Duct Tape
- Masking Tape
- Scissors
- PPE – Gloves, Masks, Eye Protection

## Instructions

1. Measure out the lengths of dowel to be cut into legs of the stools, each stool will have three legs of equal length. Shorter is better or the stool will become top heavy.
2. Saw each leg, and then clean up on end of the wooden dowel with sandpaper.
3. Screw two screws into the rough end of the dowel, this will

be the end which embeds into the concrete. They should be 2 cm ish from the end and opposite one another – to make it look like a T. This will provide extra grip for the legs when the concrete has set.

4. Mask off and spray paint the visible ends of the legs, you can create patterns or simply coat in colour. Leave to dry.
5. Mark out the depth of the concrete on the inside of the bucket – with tape or marker. It must be at least 3 inches deep, and 5 inches is a good depth – too much and the concrete will be very heavy. This part depends on the diameter of your bucket mould.
6. Mix the concrete, being careful not to add too much water – the mix should be heavy but stick easily together. Follow the instructions on the bag carefully. When you are finished with the mix, immediately clean out the wheelbarrow or bucket and any equipment you used to mix to avoid it setting.
7. Check that the spray paint on the legs is dry, and mark on the bucket where the legs will be placed. Cut three pieces of duct tape ready to secure the legs.
8. Measure out the concrete into the bottom of the bucket mould and tap it on the group to settle air bubbles.
9. Push the end of the dowel with the screws into the middle of the bucket, into the concrete but don't touch the bottom of the bucket. Then angle the legs and tape to the side of the bucket.
10. Leave the stools for 24 hours at least in a warm, dry place. A couple of days to a week is good to ensure the concrete has fully set.
11. When the concrete has fully set and dried, the stool should be easily removed from the bucket – if not flex the plastic around the concrete base.
12. When the stool is removed you can sandpaper off the rough edges and you can level off the bottoms of the dowel legs if you want to. One final additional step is varnishing the wooden legs, if they will be kept outside for long periods.
13. Admire your handy work and sit down!







# Turmeric & Onion Skin Dye

Onion skins have been used to colour cloth for centuries in Scotland and turmeric is a mainstay of dyeing in India - it's effective, quick and gives a beautiful strong colour on cotton, silk and linen fabrics. You can use either Turmeric for a yellow colour, Onion for a brown or a mix! The dyed fabric is reasonably wash safe, but will fade quickly if left in direct sunlight. You can use regular kitchen pans for this, as it is completely non- toxic.

## Fabric Preparation

- 4 cups hot water
- $\frac{1}{4}$  cup salt

Dissolve the salt completely in the hot water and use enough to cover your fabric, soak for an hour in a large tub stirring occasionally.

## Dye Bath Ingredients

- Enough water to fill large pan  $\frac{1}{2}$  -  $\frac{3}{4}$  full
- 100 g Fresh Turmeric
- 2 Tablespoons Powdered Turmeric
- Lots of Onions Skins
- White Distilled Vinegar

This should be enough for a large quantity of fabric, such as one duvet cover or similar – if you are dyeing smaller amounts half this recipe.

## Equipment

- Large Pan
- Wooden Spoons
- Small Sieve
- Tongs
- Scissors
- Bowls
- Towels or Tablecloth
- Gloves



## Instructions

1. Chop up the fresh turmeric into small pieces, wear gloves as it stains your hands a bright yellow!
2. Put the fresh turmeric into the pan with the water and bring to the boil. Stir occasionally. You can add the onion skins at this stage if you are using them.
3. Once the pan boils, turn down the heat and simmer for at least an hour.
4. Check the colour of the dye bath and add dried turmeric until the water is cloudy with the yellow colour.
5. Add in roughly 250 ml of distilled vinegar per 2 litres of dye bath, stir well
6. Sift out the chopped turmeric
7. Keep the dye bath hot and add your prepared fabric, stir the fabric around to move the dye around the fabric to avoid paler patches. Leave the fabric in for at least 30 mins if possible, longer is better and keeping the mixture hot but not boiling.
8. Remove from dyebath with tongs, and wearing gloves give the fabric a squeeze to remove excess dye liquid. Rinse in cold water and hang to dry!
9. You can then wash with a PH neutral soap if you are worried that the colour will transfer.
10. Stand back and admire!



# Shibori Folding Techniques

Illustrated by Pela Couroyer

## Kanoko



## Shibori folding



## Itajime



Step 1:



Don't roll fabric !



Step 2-A:



Square  
Pattern



Bind tightly  
with string  
or elastic

Step 2-B:



Triangle  
Pattern



Pela Caye









# MUTUAL MEMORY COOKBOOK

Mutual Memory and Food: In the Mutual Memory community, we share our recipes, stories and memories. We are a community of people who are passionate about food and the stories it tells. We are a community of people who are passionate about food and the stories it tells. We are a community of people who are passionate about food and the stories it tells.

INSTRUCTIONS:

1. Cook the recipe or story in the book.
2. Cook the recipe or story in the book.
3. Cook the recipe or story in the book.
4. Cook the recipe or story in the book.
5. Cook the recipe or story in the book.
6. Cook the recipe or story in the book.
7. Cook the recipe or story in the book.
8. Cook the recipe or story in the book.
9. Cook the recipe or story in the book.
10. Cook the recipe or story in the book.

Thanks,  
Definitions  
&  
Further  
Reading





# Fork In The Road's Partners

Fork In The Road was proud to partner with a huge number of community organisations in Edinburgh over the course of 2017 and 2018. Our thanks goes out to everyone who helped to make this project a success.

Action Porty

Annuale 2018

CarrGomm

Craigmillar Library

Edible Estates

Edinburgh Community Food

Edinburgh Lothian Greenspace Trust

Edinburgh Voluntary Organisations' Council

Food Sharing Edinburgh

Fresh Start

Grass Roots Remedies

Greendykes Organic Allotments

GROW Edinburgh University Society

Garden

Invisible Edinburgh

Leith Walk Police Box

Mrs Mash, Storyteller

Mutual Press

The Pavilion Cafe

Refugee Community Kitchen

Scottish Slow Food Youth Network

Tasting Change

Whale Arts

Fork In The Road would like to say a specific thankyou to the funders who supported the project.



# Author's Acknowledgements

This project could not have happened without the support, participation and encouragement of a huge number of excellent people. Here I thank just a few by name, with my ongoing and heartfelt thanks going out to everyone who was involved in Fork In The Road over the last couple of years.

First and foremost I have to salute, celebrate, and send my eternal thanks to my team of brilliant women - the Fork In The Road volunteers - who made the summer the success that it was! To Lisa, Pela, Silje and Steph my hat is off to you, thank you so much, each of you helped and contributed to the project, and this book, in so many different ways.

To Lisa particularly, who will be taking Fork In The Road on to more places and making it her own, I'm so pleased you're on board and I'm so excited to see where the project will go!

To Chris Hellawell, who is the champion of so many people, and one of the main reasons that Fork In The Road exists in Edinburgh. Anyone who has ever met Chris knows that he is the best of us, and this project stands as a testament to what can be achieved if you create a platform and support people to do their best work.

As for the rest of the Edinburgh Tool Library team, I am always proud to be a part of such an enthusiastic and dedicated group - keeping community sustainability a reality and always a source of support when a teammate needs it.

To Porai, for helping me finish the plans and render them in mind boggling 3D - thanks to your hard work and precision this project is easy to replicate for anyone who wishes to do so.

To Kat, Kate, Steph, Lisa & Tom - your keen eyes for proof reading made sure this all made sense! You are all so wise.

Thanks to the wonderful partner organisations who brought Fork In The Road out into their communities and introduced us to so many people. A special thanks to Karin, Soraya, Rhona, Ally, Stacey and Kirsty for sharing your words of wisdom and experiences with us in the interviews.

To Mutual for being an excellent studio and especially Mutual Press, a huge thanks for printing our wonderful community created books.

A salute to our funders, Vegware Community Fund, Edinburgh Airport Community Fund, and most especially Awards for All who saw from our application what this project could do and gave us the support to make it happen.

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Finally, I have to thank my family who are always supporting me with advice and words of encouragement - I'm eternally grateful for your support! You are my heroes. I'm so lucky to be able to rely on you to always proofread my words, even when I send twenty documents at once.

And to my long suffering and inexorably supportive Tom, without whom none of this would have happened at all, all I can ever say is thank you and hang in there big tomato.

Projects do not exist in a vacuum, and I am the product of so many people's support - thank you all and I hope to see you out on the road soon.

Morvern Odling, January 2019

# Definitions

## Creative Commons Attribution Share Alike 4.0 International Licence

"Under this licence you are free to:

Share — copy and redistribute the material in any medium or format

Adapt — remix, transform, and build upon the material for any purpose, even commercially.

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No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the licence permits."

Creative Commons, <https://creativecommons.org/licenses/by-sa/4.0/>

## Open Source

Fork In The Road defines Open Source as any resource which has been made available through the active publication and sharing of the project, with all of its essential components, under a licence. Different licences allow others to freely use, replicate and produce all parts of the project anywhere in the world whilst, even at its most free, asserting the right of the original author to be named.

Other stipulations can be added using variations on the most free licence. The core of this ideology is that sharing, remixing ideas and giving a platform for alternative voices is a beneficial and inspiring way to work.

## Tool Library

A community led organisation which shares tools in the same way a book library does. It promotes sharing as a community resource and all the connections that sharing brings. It may also support community workshops, artist led projects and training programmes.

## Community Garden

"Community gardening, an umbrella term that includes a range of practices (from small-scale farming to growing activities for socially excluded people) that share in common a community-led organization" (Sonnino and Hanmer 2016, p. 215)

Sonnino, R., Hanmer, O., 2016. Beyond food provision: Understanding community growing in the context of food poverty. *Geoforum* 74, 213–221. <https://doi.org/10.1016/j.geoforum.2016.06.011>

## Urban Green Space

Green spaces such as parks and sports fields as well as woods and natural meadows, wetlands or other ecosystems, represent a fundamental component of any urban ecosystem.

World Health Organisation, Urban Green Spaces

<https://www.who.int/sustainable-development/cities/health-risks/urban-green-space/en/>



## Food Poverty

Defined as "the inability to afford, or to have access to, food to make up a healthy diet"

Department of Health, 2005. Choosing a Better Diet: A Food and Health Action Plan. UK Government: London

"Food poverty is worse diet, worse access, worse health, higher percentage of income on food and less choice from a restricted range of foods. Above all food poverty is about less or almost no consumption of fruit and vegetables."

Tim Lang, <https://www.sustainweb.org/foodpoverty/whatisfoodpoverty/>

## Social Isolation

"Social isolation refers to the quality and quantity of the social relationships a person has at individual, group, community and societal levels. " (Teuton 2018, p. 3)

Teuton J. Social isolation and loneliness in Scotland: a review of prevalence and trends. Edinburgh: NHS Health Scotland; 2018.

## Bio-Medicine

"Modern western scientific medicine is often called "biomedical" because it explains health in terms of biology. It attaches importance to learning about body structure (anatomy) and systems (physiology), in particular to understanding mechanisms like the heart, arteries, nerves, brain and so on."

Lloyd 2012, The Open University

<https://www.open.edu/openlearn/body-mind/health/health-studies/what-biomedicine>

## Herbalism

"Medical Herbalists make use of plants whose traditional uses are backed up by modern scientific research and clinical trials."

National Institute of Medical Herbalists <https://www.nimh.org.uk/whats-herbal-medicine/>

## Shibori

"Shibori is the Japanese word for a variety of ways of embellishing textiles by shaping cloth and securing it before dyeing. The word comes from the verb root shibori, "to wring, squeeze, press." ... Cloth shaped by these methods is secured in a number of ways, such as binding and knotting."

Dartmouth University, <http://www.dartmouth.edu/~matc/math5.pattern/ShiboriDefinition.html>

## Risograph Printing

Risograph aka RISO printing is a high-speed, photocopier meets mimeograph printing system, named after the manufacturer, Riso Kagaku Corp. This piece of machinery was produced for high volume copying and printing back in mid 80s. It can duplicate prints from the built in scanning bed, but also has the ability to be used as network printer, which is very appealing to designers and illustrators when producing editions or self-published comics, zines and books. People of Print, <https://www.peopleofprint.com/general/top-15-risograph-printing-studios/>

## Further Reading

Fork In The Road exists within a community of organisations and projects, here is a collated list of those which have been mentioned in this book or which directly relate to Fork In The Road, either as a resource or for further reading on the Open Source movement.

### Projects in Edinburgh

**Morvern Odling - Scottish Artist, Designer and Facilitator**  
[www.morvernoding.co.uk](http://www.morvernoding.co.uk)

**Edinburgh Tool Library - The UK's first Tool Library**  
[www.edinburghtoolibrary.org.uk](http://www.edinburghtoolibrary.org.uk)

**Mutual Artists - Artists Co-Operative & Risograph Press**  
<https://mutual.coop/>

**Slow Food Youth Network Scotland- Network of Young Food Leaders**  
<https://sfynscotland.com/>

**Edinburgh Lothians Greenspace Trust - Managing community green spaces, includes map of community gardens in the city.**  
<http://www.elgt.org.uk/>

**Leith Walk Police Box - Community Project in Leith**  
<http://leithwalkpolicebox.com/>

**Greendykes Organic Allotments - Community Gardens in Craigmillar**  
<http://goag.co.uk/>

**Annuale 2018 - Edinburgh-wide Grassroots Art Festival**  
<https://annuale.co.uk/>

**Food Sharing Edinburgh - Tackling food waste in Edinburgh**  
<https://www.shrubcoop.org/what-we-do/food-sharing-edinburgh/>

### Open Source Resources

**Creative Commons - Licence creator and library of open source projects**  
<https://creativecommons.org>

**Choose A Licence - Help to choose the right licence for your work.**  
<https://choosealicense.com/>

**Open Source Hardware Association- Advice & articles on non-software projects**  
<https://www.oshwa.org/>

**Precious Plastics - Open source plastics recycling machine**  
<https://preciousplastic.com/en/machines.html>

**Open Source Seed Initiative - Protecting seed varieties with licences**  
<https://osseeds.org/>

**Open Textbook Library - Repository of open source licenced academic textbooks**  
<https://open.umn.edu/opentextbooks/>

**Libre Objet - Resource for open source product design**  
<http://libreobjet.org/>

**Open Source Publishing - Repository of open source graphic design**  
<http://osp.kitchen/>

**The Noun Project- Library of Open Source Licenced graphics**  
<https://thenounproject.com/>

**The League of Moveable Type - Database of Open Source Licenced Fonts**  
<https://www.theleagueofmoveabletype.com/>

**Flickr - Photo sharing website, with a section for Open Source images**  
<https://www.flickr.com/creativecommons/>

**Inkscape - Open source drawing software**  
<https://inkscape.org/>

**Open Source Design - Resource list for anyone wanting to learn more**  
<https://opensourcedesign.net/resources/>

## **International Projects**

**Mazi Zone - Toolkit for building local, community wireless networks**  
<http://www.mazizone.eu/>

**Cocinar Madrid - Bike Kitchens in Madrid**  
<https://www.facebook.com/cocinarmadrid/>

**Cultureghem - Community engagement projects in Brussels**  
<http://www.cultureghem.be/>

**Media Lab Prado - Digital Media Museum & Workshop in Madrid**  
<https://www.medialab-prado.es/>

**Refugee Community Kitchen - Providing food for refugees**  
<http://www.refugeecommunitykitchen.com/>

THE JOURNAL of  
POST KEYNESIAN ECONOMICS

We are photographing  
this month if you do  
not wish to be  
photographed please  
let us know.











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