



Theresa Describes Missing Giant Chili Pepper.



Latest News On Our Food Crisis

- ♦ 'Let Them Eat Swede' says Minister As Stockholm Warns Against Travel To UK.
- ♦ Salad Experts Advise 'This Is Only The Tip Of The Iceberg'.
- ♦ Dig For Britain; It's Under There Somewhere!
- ♦ Take Back Control Of Your Vegetables' suggests Boris.
- ♦ 'By Their Fruits Shall Ye Know Them' Warns Archbishop.
- ♦ Coffey Denies Stocking Up On Tea.
- ♦ Pupils 'Heartbroken' Over Broccoli Shortage!

'Oh no; not chips again!' Says One Distraught Teenager.

'I Couldn't Face Another Burger' Laments Another.

**Want Vegetable Free Recipes?
See p11**



NORTH MUNDHAM PARISH COUNCIL

Working for the whole community

North Mundham Parish Council Report

First, a note for your diaries – the Annual Meeting of Electors will take place on the evening of Tuesday 14 March, in the Small Hall at North Mundham Village Centre starting at 7pm. As well as a report from the Parish Council about what it has been doing in the past year, and reports from your County and District Councillors, there will be a presentation from two of our local Police Community Support Officers about scam and fraud prevention. I look forward to seeing you there.

You may have seen some articles in the local press announcing that the District Council has published a proposed submission of its Local Plan for 2021 – 2039 for consultation. You can find the details at this link: <https://chichester.oc2.uk/document/45> Anyone can comment on the proposal, and that web page tells you how to do so. But the consultation ends on 17 March, so time is short.

The three undecided planning applications in the parish, for up to 30 houses at Streamside (21/03448/OUT), 19 houses at Post Office Lane (21/02878/OUT) and 94 houses at Charman's Field (22/02191/OUT), remain undetermined. One of the effects of publishing the Local Plan for consultation is that the emerging plan requires all new housing in our part of the Plan Area to contribute to a scheme of improvements to the strategic road network. The delivery of this plan could be influenced by any further permissions, and so planning policy officers have recommended that no further applications for new housing should be determined for approval until further advice is provided. Therefore, we can expect the three planning applications in our parish to remain undetermined until that has happened.

On a local matter, some of you will have noticed that we have had to clear the books out of the telephone box at the entrance to Palmer Place. Unfortunately, the very heavy rain over the winter revealed a number of leaks which meant that any books inside were no longer fit for use. We have a plan to address the problem, and we hope to have the box watertight again later this month.

I have written before to remind you that the local elections are coming up on 4 May this year. It is likely that one or two of your parish councillors will choose not to stand for re-election, and so we may have vacancies to fill. The parish council recognises that our schedule means attending evening meetings, and this may be difficult for those with responsibilities for children or the elderly, who may face the expense of paying for a carer or child-minder. We have therefore made provision in our budget to pay an allowance to councillors next year, which we hope might make the idea of serving as a parish councillor a more realistic proposition. If there is anyone who is interested in standing for election, and would like to find out a bit more about what is involved in being a councillor, please feel free to contact me or the Clerk (clerk@northmundham.org or 01243 303050). Any discussions will be entirely in confidence unless you choose otherwise.

Tim Russell, Chairman. 01243 781052. t.russell@northmundham.org

The current Parish Council Newsletters can be found by clicking here. [PC Newsletters.](#)

Councillors.

A list of your Parish Councillors can be found here:

[Parish Councillors | North Mundham Parish Council](#)

The Parish Council meetings schedule is here:

[Schedule of Meetings | North Mundham Parish Council](#) .

Links to local walks in the parish can be found on:

[Footpaths and Bridleways in and around the Parish | North Mundham Parish Council](#)

Some useful emergency contact details are :-

- For planning issues, the Planning Authority is Chichester District Council. Their general contact number is **01243 785166**. For contact out of hours call **01243 785339**.
- For planning use **01243 534734**.
- For reporting all sorts of footpath or road defects, you can also use Love West Sussex at: [Love West Sussex - Love Where You Live](#)
- But for street lights of any kind, including traffic lights and illuminated bollards, click on: [West Sussex Street Lighting Services | Report a fault with an item \(lightsoninwestsussex.co.uk\)](#)

What's Happening: Local?

MANHOOD WILDLIFE AND HERITAGE GROUP. Volunteering: March 2023

We have lots of interesting sites for you to work on next month.

We will be running volunteer work parties on some Thursdays and Fridays. A good way to get fit and enjoy some beautiful local sites.

Each week we will post more details of where we are working, what we will be doing, where to park, what to bring etc. You can sign up then.

This is what we have planned for March so please do pop these dates into your diary:

TO VOLUNTEER FOR ANY OF THE BELOW ACTIVITIES PLEASE SIGN UP ON THE [MHWG WEBSITE](#) SO YOU CAN RECEIVE THE LATEST UPDATES.

Each week we will post more details of where we are working, what we will be doing, where to park, what to bring etc. You can sign up then.

Friday, 3rd March 2023 - path replenishment with woodchip at Triangle pond, Birdham

Thursday, 9th March 2023 - vegetation management at Hilton Park Pond, East Wittering

Thursday, 16th March 2023 - vegetation management at Cakeham Manor Estate, West Wittering

Friday, 24th March 2023 - vegetation management at Haydons Pond, Almodington

Thursday, 30th March 2023 - vegetation management at West Itchenor Pond, West Itchenor



Any time you can give, even an hour, is really helpful to us in this important work.

We will always send out an email on the morning of a working party if it is going to be cancelled due to dangerous weather conditions or a last minute issue.



ROSE GREEN CENTRE of ART & CRAFT

PAINTING WITH PASTELS

*A One-day Course on
the Use of Pastels in Painting
for Beginners and Experienced
Painters*



with
Nigel Ingram NDB, ATC, MA, PhD

Course Participants may choose whether they wish to paint a landscape, still life or portrait. Nigel will provide some images, or you may bring your own. He is a specialist in the use of pastels, and will demonstrate different processes and give individual guidance and tuition throughout the day as required.

- REFRESHMENTS
- FREE PARKING
- ACCESS
- A friendly environment for developing and honing your skills!
- All welcome!



Essential Materials for Participants to bring:

- ❖ Good cartridge or pastel paper. The paper should be the size you are comfortable with when working, i.e. up to A3 size (32.5 x 46cm).
- ❖ Paper to be secured to a backing-board using gummed or masking tape.
- ❖ A sketch book.



Saturday 11th March 2023,

10.00 a.m. to 3.30 p.m.

£35 per person

SIGN UP NOW!

**PASTELS INCLUDED
FOR YOUR USE!**

Bring a packed lunch!



For further details please phone, or call into

22-24 Rose Green Rd., Rose Green,
nr. Bognor Regis

Telephone: 01243 262 059

North Mundham French Exchange



As part of our ongoing programme to raise funds to entertain the French when they visit in 2024 - here is something of particular local interest

A Talk On The Birds of Chichester Harbour With Kerry Jackson



As well as being a former Chair of the Chichester RSPB, Kerry leads guided walks and volunteers for the group. She is a keen bird watcher and has travelled extensively in the UK and abroad.

Later in the year we hope to persuade her to lead a walk for us. This is an opportunity not to be missed to listen to our own local bird expert, **so put the date in your diary and contact Celia on 07799 646390 to book your place in North Mundham Village Hall on 24th March 2023, at 7.30 for an interesting and informative evening.**

What's Happening: Local?



Chichester Farmers' Market

North and East Street. Every 1st and 3rd Friday of the month, 9am to 2pm
Look out for promotions, offers and events throughout the season



Spring	Summer	Autumn	Winter
1 & 15 April 6 & 20 May	3 & 17 June 1 & 15 July 5 & 19 August	2 & 16 September 7 & 21 October 4 & 18 November	2 & 16 December 20 January 3 & 17 February 3 & 17 March



 www.chichester.gov.uk/farmersmarket ChichesterDistrictEventsandMarkets @chidiseventsmkts

Last months MMM promoted the Laser Light Show at the Canal Basin , which was a great success. Below are some comments and photos.

Thousands of people came to enjoy a laser light show spectacle at Chichester Canal Basin at the weekend.

The free event was organised on by Chichester District Council and Chichester Canal Trust. The lasers were provided by Horizon Fireworks.

Spectators were treated to two eye-catching light shows set to music on both nights. There was also extra free entertainment including an LED hula hoop artist and The Glow Jugglers, plus local food and drink stalls, while the canal café was also open to visitors.

The event generated lots of positive comments including:

"Wow!! It was brilliant and far exceeded my expectations. I've since told many people how amazing it was."

"Thank you so much for putting this on for the public. It was lovely to see such a good turnout, and the lights and music were simply fabulous."

"Dorothy Cox, volunteer Trustee at the Chichester Ship Canal Trust, said: "It was a wonderful sight to see the Canal Basin lit up with the colourful and vibrant laser beams. It was a great event for families and young people to enjoy, at half term, and the Canal Trust was delighted to co-host the event. We are very grateful to Chichester District Council for making it happen, and for the support of our volunteers and those from the Rotary too."

See also [Laser light show success: Chichester District Council](#)



Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell

What's Happening: Local?



Volunteer with MWHG

This year is Manhood Wildlife and Heritage Groups 25th Anniversary. In our [newsletter](#), our Chair, Lesley Bromley writes about the history of the group and our current work. Many of you may regularly volunteer at one of our sites or with one of the community groups we support. We also rely on volunteers to manage the organisation. We are looking for additional Trustees, a Secretary and anyone with health and safety experience. Do you know anyone who might be interested? If so get in touch and we can explain more about the roles.

Would you like to volunteer for the Selsey Photo Archive Project? We are a friendly group committed to bringing Selsey's history alive.

We need help with the following:

- cataloguing and researching photos
- updating the website by adding photos and additional information
- writing articles to tell the stories behind the photos
- social media
- displays/exhibitions

Some knowledge of Selsey and its past and Wordpress websites would be helpful but certainly not essential - we're all learning as the project develops! If you are interested, please contact [Joe Savill](#).

MARKET & MORE
The
CROSS
CHICHESTER

SUN **13** MARCH 2023
SUN **17** JULY 2023
SUN **16** OCTOBER 2023
10AM-4PM, NORTH & EAST ST

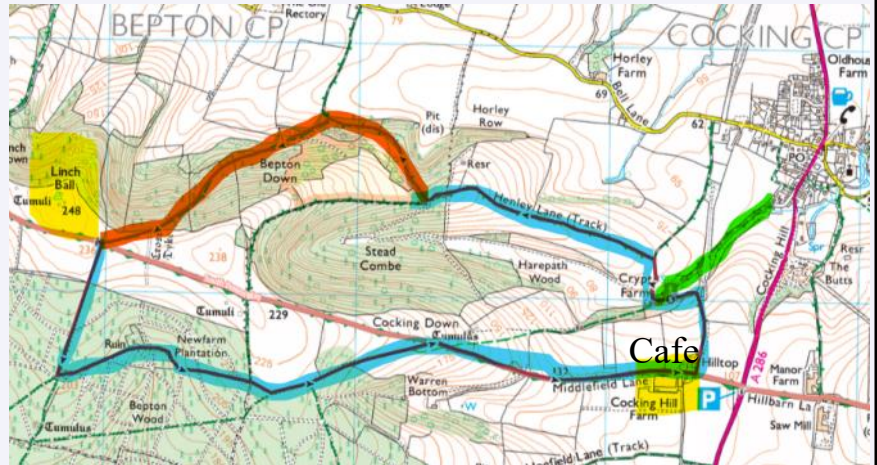
#MORETHANAMARKET

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Short Walks: Cocking Down and Up!

Having first of all grasped the pun firmly with both hands, this month's flexible 4-5 mile walk explores an attractive and fascinating area of the Southdowns with easy bus and car access and an excellent cafe on the Southdowns Way (SDW).

The indicated walk (**Blue Highlight**) has one steep section (**Orange Highlight**), NOT suited to those of limited mobility. Alternative less steep paths can be followed from the cafe by using tracks along and to the south of the SDW. All routes will eventually lead back to the cafe with its admirable selection of sweetmeats. Access onto the SDW from Cocking village is also possible (**Green Highlight**).



There is public parking and a bus stop in the village and also to the south where the SDW crosses the highway; as indicated by the **P** on the OS map. However the Cadence Cycle Club cafe (**Yellow Highlight**); also offers free parking to those partaking of its delights; but take care about opening times which are reduced in the low season. **NB: bikes not necessary!**

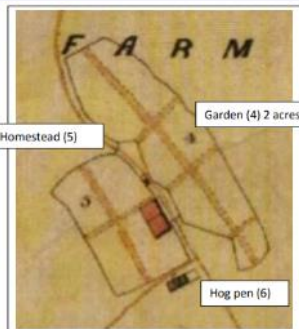
Features Of The Walks.

The Trig point at Linch Ball (**Yellow Highlight**) on Cocking Down is at 248m and has excellent views along the downs.

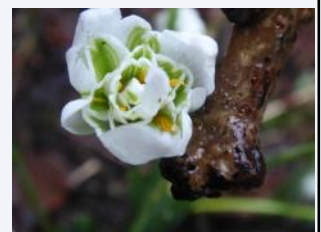
Cocking village is well worth exploring for its History Column and 11th Century Church with its fascinating sculptures; refreshments are available at the Post Office or Moonlight Cottage Tea Rooms.

Springtime brings snowdrops and daffodils in the woods to the south and good shows can be had near the [ruin at Newfarm Plantation](#).

The ruin itself is intriguing. All that now remains of it are some flint walls and terracing from what was probably a smallholding in the late 18th-early 20th century. The snowdrops are in what would have been a decorative garden. At one point the smallholding was owned by local Whig MP William S. Poyntz who probably never lived there, though he is known of locally through Chichester canals Poyntz Bridge.



Along the track of the walk some large chalk boulders appear; some more visible than others. These are part of a landscape artwork by Andy Galsworthy. He used chalk boulders to create a [path made out of chalk](#) especially to be used at night, when chalk is particularly luminous.



Those coming by bus can alternatively walk this [boulder path](#) which is 5 miles long and ends at West Dean, from where a bus returns to Chichester. These boulders are also integrated into a sculpture which can be viewed at The Pallant Gallery in Chichester as part of their exhibition; Sussex Landscape: Chalk, Wood and Water; running till 23 April.

Maps: OS Explorer OL8; Landranger 197.

Mick

How to Look After Your Garden in March.

Matthew

As we start to see lighter and longer days, this month gives you plenty of time to get your garden ready for the summer. This month with spring arriving, there are a variety of great jobs to do in your garden. For example, you can begin to plant bulbs that will flower in the summer. This is because, you will be able to give your garden a nice colourful look for the summer. There are a variety of bulbs you can plant, such as: sunflowers, tulips, marigolds, daffodils, petunias, and sweet peas. Therefore, this month you can begin to plant bulbs to brighten up your garden, now the frost has gone, and the warmer weather is arriving.

Ed: Have a look at our bulbs article in October 22 MMM

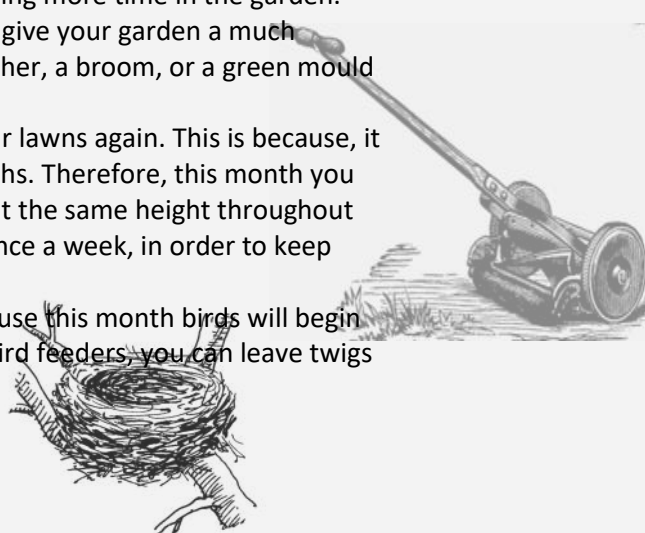
Other handy tips to do this spring is to keep on top of weeds in your garden. This means that you should make sure to dig out all the weeds in your garden as they come through. This is because, it will be an easier job to do throughout the year if the worst parts are dealt with now. You can weed your soil either with your hands, a hoe, a fork, or you can use weed killer. As well as this, you can also clear away any moss or algae on your patio or path, that will have built up over the last few months. This is because now spring is here, you will find yourself spending more time in the garden.

Therefore, you should clean all the green mess away to give your garden a much cleaner look. You can do this with either a pressure washer, a broom, or a green mould remover you can buy from your local garden centre.

March is also the time where we start to think about our lawns again. This is because, it is likely they haven't been mowed much for a few months. Therefore, this month you can do the first cut of the year, with a high cut keeping it the same height throughout the month. You can then begin to repeat this process once a week, in order to keep your lawn looking nice and healthy.

Lastly, this month you can help the wildlife. This is because this month birds will begin to start nesting. Therefore, as well as topping up your bird feeders, you can leave twigs out in your garden for the birds to collect.

Matthew Wiggs: Mobile: 07771 857432,
Email: mwiggs@btinternet.com



CROSSWORD.

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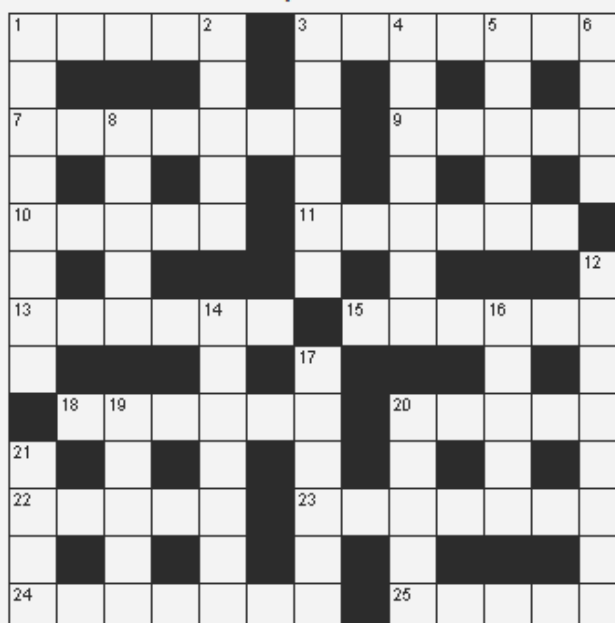
Across

1. Large oval fruit (5)
3. Units of time (7)
7. Fished commercially (7)
9. Several music tracks issued together (5)
10. Irritated (5)
11. Birds of prey (6)
13. A business that serves other businesses (6)
15. Published (6)
18. Save from loss or danger (6)
20. Having three dimensions (5)
22. The relative magnitudes of two quantities (5)
23. Passage selected from a larger work (7)
24. School for special training (7)
25. Flowed back (5)

Down

1. Based on traditional stories (8)
2. Lubricated (5)
3. Happening without warning (6)
4. Alterations (7)
5. Stately (5)
6. Japanese form of wrestling (4)
8. Leg joint (5)
12. Enlightened (8)
14. Violent windstorm (7)
16. An earth pigment (5)
17. Cure (6)
19. Additional (5)
20. Periodic repeated series of events (5)
21. Elaborate song for solo voice (4)

Standard Crossword- ukp043



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Louise Brought Back These Two Fascinating Stories From A Recent Visit to Chicago.

STORY NUMBER ONE

Years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze and prostitution to murder.

Capone had a lawyer nicknamed "Easy Eddie." He was Capone's lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal manoeuvring kept Big Al out of jail for a long time. Eddie lived the high life of the Chicago mob and gave little consideration to the atrocity that went on around him.

Eddie did have one soft spot, however. He had a son that he loved dearly. Eddie saw to it that his young son had clothes, cars, and a good education. Nothing was withheld. Money was no object and, despite his involvement with organized crime, Eddie even tried to teach him right from wrong. Eddie wanted his son to be a better man than he was. Yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name or a good example. One day, Easy Eddie reached a difficult decision. Easy Eddie wanted to rectify wrongs he had done.

He decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name, and offer his son some resemblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. He testified and within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he could ever pay... Police removed from his pockets a rosary, a crucifix, a religious medallion, and a poem clipped from a magazine.

The poem read:

"The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time. For the clock may soon be still."

STORY NUMBER TWO

World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare. He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific. One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top up his fuel tank. He would not have enough fuel to complete his mission and get back to his ship.

His flight leader told him to return to the carrier. Reluctantly, he dropped out of formation and headed back to the fleet. As he was returning to the mother ship, he saw something that turned his blood cold; a squadron of Japanese aircraft was speeding its way toward the American fleet.

The American fighters were on a sortie, and the fleet was all but defenceless. He couldn't reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger. There was only one thing to do. He must somehow divert them from the fleet.

Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 calibre's blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent.

Undaunted, he continued the assault. He dove at the planes, trying to clip a wing or tail in hopes of damaging as many enemy planes as possible, rendering them unfit to fly. Finally, the exasperated Japanese squadron took off in another direction. Deeply relieved, Butch O'Hare and his tattered fighter limped back to the carrier.

Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch's daring attempt to protect his fleet. He had, in fact, destroyed five enemy aircraft. This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of W.W.II, and the first Naval Aviator to win the Medal of Honor.

A Year later Butch was killed in aerial combat at the age of 29. His hometown would not allow the memory of this WW II hero to fade, and today, O'Hare airport in Chicago is named in tribute to the courage of this great man.

So, the next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2.

Al Capone and 'Easy Eddie'.



Butch O'Hare



And, What Do These Two Stories Have To Do With Each Other?

BUTCH O'HARE WAS "EASY EDDIE'S" SON.

CAREFREE, CAR-FREE STAYCATION IN DEVON

Using a train throughout. Consider purchasing a "Rover" ticket if available.

Take the train from Paddington, London - direct route - or the coastway route with possible changes including Southampton and Salisbury to Exeter.

EXETER, Devon's county town with Roman origins but besieged and re-built by the Normans. Heavily bombed in WW2 but re-developed since. Parts of city walls, Rougemont Castle and Roman remains still accessible. The Guildhall is said to be one of the oldest buildings in Britain. The Cathedral and its Close are the main attractions but there is also a lively re-developed quayside area by the river Exe. The museums are worth a visit as is the Art Gallery in Queen Street.



From Exeter take the train along the Taw Valley - Henry Williamson's "Tarka Trail" - to CREDITON - a market town and the birthplace of Saxon St. Boniface, first bishop of Devon and Cornwall, who was a missionary in Germanic Europe. The very large parish church dates from Norman times. Much of the town was destroyed by fire in the 18th Century but some old buildings remain. The line ends at BARNSTAPLE, one of the oldest towns in England and a major port until the Taw estuary silted up. The town centre has many Georgian buildings and the busy Pannier Market (check opening) in the High Street. There are riverside walks and excellent views from the long many arched bridge across the river.



The old railway line across the north side of Dartmoor has recently been re-opened as far as OKEHAMPTON, an ancient stannary town with a ruined castle. It is a busy market town with a parish church re-built after a fire in 1842 and containing windows by William Morris. The town centre has 17th and 18th Century buildings. Okehampton is an excellent centre for walks across north Dartmoor.



From Exeter take the train along the east side of the Exe estuary. A popular stop is TOPSHAM once a major port until the canal to Exeter was built. There are old merchant houses in the main street and a lively waterfront with retail outlets and restaurants. Topsham is a sailing mecca with outstanding views across the estuary. The railway line terminates at EXEMOUTH, the oldest seaside resort in Devon and famous for its red cliffs. There is a busy small harbour and fishing and boat trips are available in season. Exmouth is an artists' centre with several galleries selling paintings etc. The town has historic almshouses with a chapel and a curious circular house, La Ronde, decorated in sea shells.



The longest trip suggested is along the west side of the Exe estuary which has excellent views especially on the left side of the carriage. The first resort along the coast is DAWLISH - a seaside town in a deep valley running inland along Dawlish Water with adjacent ornamental gardens and wildfowl. The next stop of note is TEIGNMOUTH - a small port on the river Teign that developed as a seaside resort in the Regency period. It has a sandy beach and a pleasant walk along the bridge crossing the river to the village of

Shaldon. Further on and inland is TOTNES, an ancient Saxon settlement on a hill with a ruined castle.

There are two gateways into the town's steep medieval streets lined with independent shops and restaurants - Totnes even has it's own currency to promote local trade. In the summer boat trips can be taken along the adjacent river Dart to Dartmouth. The line then runs to PLYMOUTH, the largest city in Devon and a premier naval port. with a large natural harbour - again in summer boats trips can be taken. The town was extensively bombed in WW2 but has been rebuilt and renovated including some historic waterfront buildings formerly associated with the Navy and trade. Historic landmarks such as Plymouth Hoe with the Smeaton Tower (lighthouse), the Mayflower Steps where the Pilgrim Fathers set sail, and the Elizabethan House, a museum of costume and furniture, have also survived. The Armada Way running east-west just inland from the waterfront was the one of the first shopping centres built in the 1950s.



Devon is worth a visit all year round especially when it is quieter, although some attractions are summer only. There are plenty of places to stay in Exeter to suit all pockets. **Helena Millen**

This time last year we were all raising our hands in horror at what was going on in Ukraine no-one thought that one year later it would still be going on. When it began in 1914, The First World war was supposed to be 'over in months'. yet by 1916 it was still raging and escalating. In the 21st century with our instant communication we know so much so quickly, but in 1916 details of the war were kept from people at home and sold to the ordinary people as the war which would end all wars – and here we are!!



At first artists' and photographers' work on the battlefield was heavily censored – it was thought that pictures of dead soldiers would hinder the war effort, but by 1916 the atrocities of the First World War were beginning to dawn on the public at home. Mark Gertler, part of the Bloomsbury and the Camden Town groups, painted this in 1916. It shows us sinister figures, some in uniform, mouths open in horror, on a mechanical roundabout (it is itself a machine part), **It's a sinister** satire on the horror of war – the people whirling round and round – out of control, they can't get off. But look at the figure on the horse on the right – does he remind you of anyone? - and this is 16 years before he became Chancellor of Germany – is that prophetic?



In the artworld the machine age gave birth to Futurism . As a Futurist, C.R W Nevinson initially celebrated and embraced the violence and mechanised speed of the modern age. But his experience as an ambulance driver in the First World War changed his view. His soldiers in the trenches, are here reduced to a series of angular planes and grey colouring. They appear almost like machines themselves, losing their individuality, even their humanity, as they seem to fuse with the machine gun which gives this painting its title – **La Mitrailleuse 1915**. The soldiers have themselves become machines, rigid, implacable like their terrible gun wrote one critic, calling them robotised 'they have become as one with the killing machine.'

I promise you a lighter note next month!

Flourless Chocolate Brownie Cake

Ingredients

200 g. Dark Chocolate (at least 70%)
200 g. Butter
3 Eggs
175 g. Castor Sugar
100 g. Mascarpone or other soft cheese
½ tsp Vanilla Extract
100 g. Ground Almonds
30 g. Cocoa
Oven temp. 180°C or 160°C Fan

Method

Melt the chocolate and butter together in a bowl over hot water.

Stir together and leave to cool.

Whisk the eggs and sugar together for about 5 mins. until thick and creamy.

Beat in the Cheese and Vanilla.

Beat in the chocolate and butter mixture.

Fold in the Almonds and Cocoa.

Pour into lined tin.

Cook for 30 – 40 minutes.

Either eat immediately and it will be like chocolate fondant or leave to cool and it will be the consistency of a Brownie



Enjoy.

Janet

Easy Houmous (Better Than Shop-Bought).

PREP 10mins
TOTAL 10mins

Homemade houmous is very easy to make and it tastes much better than anything you can buy in the shops.

If you don't have any tahini, a paste made from sesame seeds, you can try making it yourself or leave it out. A chickpea purée without it is still quite delicious. Just add more olive oil. We love serving this with flatbread.



YOU WILL NEED

1 (15-ounce) can chickpeas or 250 grams cooked chickpeas

60 ml fresh lemon juice, 1 large lemon

60 ml well-stirred tahini

1 small garlic clove, minced

2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving

1/2 teaspoon ground cumin

Salt to taste

2 to 3 tablespoons of water or aquafaba (Chickpea water)

Dash ground paprika or sumac, for serving.

DIRECTIONS

In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps "whip" or "cream" the tahini, making the hummus smooth and creamy.

Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.

Most likely the houmous will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

Taste for salt and adjust as needed. Serve houmous with a drizzle of olive oil and dash of paprika. Store homemade houmous in an airtight container and refrigerate up to one week.

Original recipe: [Easy Hummus \(Better Than Store-Bought\)](#)

Crossword Solution from p7.

Solution - ukp043

M	A	N	G	O		S	E	C	O	N	D	S
Y				I		U		H		O		U
T	R	A	W	L	E	D		A	L	B	U	M
H		N		E		D		N		L		O
I	R	K	E	D		E	A	G	L	E	S	
C		L				N		E				E
A	G	E	N	C	Y		I	S	S	U	E	D
L				Y		R				M		U
	R	E	S	C	U	E		C	U	B	I	C
A		X		L		M		Y		E		A
R	A	T	I	O		E	X	C	E	R	P	T
I		R		N		D		L				E
A	C	A	D	E	M	Y		E	B	B	E	D

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|----|-----------------------------|---|
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| P6 | Cocking Down File: Mick | https://www.walkingenglishman.com/ldp/southdownsway/06graffham/03.jpg |
| P6 | ITP 122: Chalk Stones Trail | by Andy Goldsworthy Andrew Graham-Dixon (andrewgrahamdixon.com) |
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This magazine has been put together to put people in touch with one another in the village, to encourage the swapping of plants, recipes, books, Exchange & Mart, hints, ideas and things to do. 'Letters to the Editor' would be very welcome. We seek to encourage people's input to the magazine. Help us fill the following issues and make your voice part of our local life.

Editor's Notes for Published Material

If you wish to advertise an event which takes place during the first two weeks of the month, it needs to be in the previous month's magazine. If it goes in the magazine of the month it will take place, it won't reach all the readers in time. We want to advertise your events very much so please make sure we can. Thank you.

COPY: 400-600 words as a target please, short articles very welcome: Small is beautiful!
Copy should be emailed to editors by 25th of the month to allow for distribution by the first week of the following month.

Any font acceptable, Tahoma or Calibri 11 pt. preferred. We may edit font/text to fit the available space.
NB Letters can be longer. -See Disclaimer.
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Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell