



UPCOMING EVENTS

See Moodle for more details

Tuesday 10 September 7 pm
Reiki share (Lynne Walker)
 (must have Reiki 1 to participate)

Wayne made some yummy lime and ginger energy bites a couple of weeks ago. He kindly passed on the recipe which is from the Deliciously Ella Every Day book.



NOTE: Please remember to bring any flyers you want placed on the noticeboard to reception first to be signed and dated. Many thanks.....

New Clinic Room Sponsor

We are proud to have The Herbal Energy Centre join the Room Sponsor Programme at the College. They are sponsoring Clinic Room 3.



LIME AND GINGER ENERGY BITES

- 125g cashews
- Large handful of pumpkin seeds
- 1 tablespoon chia seeds
- 200g medjool dates, pitted
- Juice of 1 lime
- 3 teaspoons ground ginger

Place the cashews and pumpkin seeds into a food processor and blend for 30 seconds, until the nuts and seeds are crushed but have not yet become a flour.

Add the dates to the mix with the ground ginger and lime juice and blend until it becomes nice and sticky.

Scoop 2 teaspoons of the mix into your hand and roll it into a ball. Repeat until all the mixture has been used up.

Place the bites into the freezer for 1 hour to set, then store in the fridge.



BEESWAX FOOD WRAP

We see some of you are using beeswax food wraps to bring your food to college and as we are trying to reduce our plastic use, these are really a great idea instead of reaching for the cling film. Wraps can be washed in cool, soapy water and re-used. As they can't be washed in hot water, don't use them to cover raw meat.

INGREDIENTS:

- 1/3 cup grated organic beeswax
- 1/4 teaspoon of propolis (optional)
- 2/3 cup of organic almond oil

WHAT YOU NEED

- 3 x 30cm x 30cm pieces 100% cotton fabric, washed, dried and cut into squares with pinking shears to prevent fabric fraying
- Small paintbrush
- Clothes pegs for hanging waxed cloth

METHOD

Add almond oil and propolis to a clean glass jar with a lid. Place on a sunny windowsill and allow to infuse for at least a week. Shake the jar daily.

Remove propolis from the almond oil infusion. In a double boiler add the infused almond oil and beeswax. Heat slowly to melt the wax.

Lay cloth pieces on a clean flat baking tray and place in an 80 deg C fan bake oven for 10 minutes. Remove tray from oven and use the paintbrush to paint each piece of cloth with the wax and almond oil mixture.

Once painted with the wax-oil mixture, lay fabric pieces on top of each other and return to the oven for a further 10 minutes for the fabric to become infused with wax.

Remove from oven and quickly hang each piece on the clothesline. Act fast to prevent the beeswax from cooling and sticking the pieces together (If this happens, re-heat in the oven). After three minutes, the cloth squares can be removed from the line and used.

REMINDER TO ALL STUDENTS

Please remember to sign in any visiting family (including children) and friends at reception.



We have just finished our TEC audit, thank you to all concerned. The auditor had a few words to say to Patsy as he left: that no matter how much he tried, he could not get one staff member to talk to him. Patsy was quite worried and asked him who it was – he was referring to William!!!

Quote for the month

If Cinderella's shoe fit perfectly, then why did it fall off?