

# fairtradeinverness

THE CITY **in** THE HIGHLANDS

Scottish Charitv no: SCO40778

Welcome to our latest NEWS UPDATE!

February 2015 Issue 5

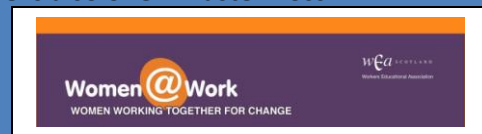
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## FAIRTRADE FORTNIGHT 2015

We have an exciting programme of activities planned to increase awareness of the difference Fairtrade makes to producers' lives. There are also some from other areas too.

- Join us at our pop up stand at ARTYSANS Cafe (Strother's Lane) on *Monday 23<sup>rd</sup> February* between 11 and 2pm.
- Fairtrade workshops – what is Fairtrade? what difference does it make? - will be facilitated at a WEA Women@Work event in Nairn on *9<sup>th</sup> March*. There is also one in Easter Ross. Watch out for more information on these.



- We will also host our regular Fairtrade Coffee morning for Highland Councillors on *12<sup>th</sup> March*.
- Are you looking for resources or ideas to help groups – Guides, Scouts, Cubs, church groups – gain a better understanding of Fairtrade? Highland One World holds a host of materials. Contact Catriona Willis for more information Tel: 01463 714395 or go to [www.highlandoneworld.org.uk](http://www.highlandoneworld.org.uk)



- The Highlands and Islands Social Enterprise Academy is hosting a free, interactive day in Strathpeffer on *9<sup>th</sup> March* for pupils and educationalists for all age groups which will include Fairtrade input from Highland One World (HOW). Details available <http://www.socialenterprise.academy/scot/programmes/celebrating-women-in-social-enterprise-46>

Contact Us

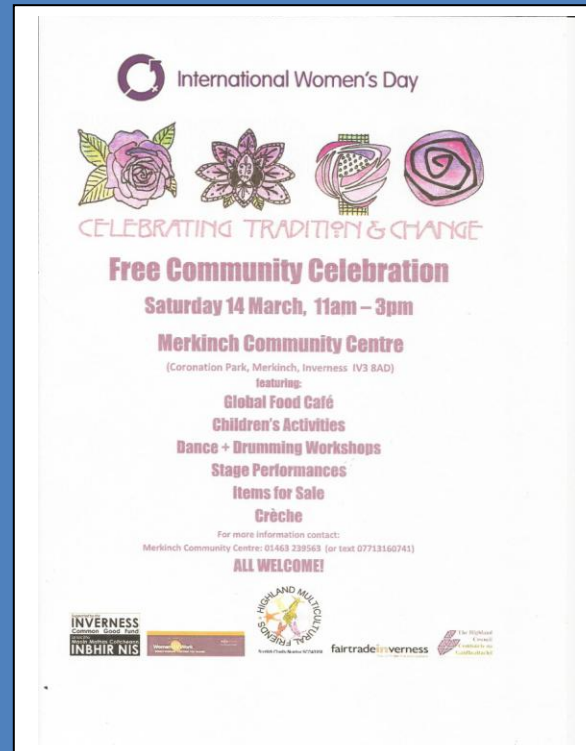
[handi@socialenterprise.academy](mailto:handi@socialenterprise.academy)

**FAIRTRADE FORTNIGHT** cont. ....

- In Fortrose, Jane Bryant is hosting a Fairtrade Fortnight *Open Day / Big Brew* at her home on Wednesday, 4<sup>th</sup> March between 10.30 - 12 & 2 - 4pm. For more information phone 01381 620536. *All welcome.*  
Ardbeg, Lower Wards, Fortrose IV10 8SG

- Come and join in the Fairtrade / International Women's Day event at Merkinch Community Centre, Coronation Park, Inverness IV3 8AD on Saturday 14<sup>th</sup> March from 11 - 3pm.  
This will be a very varied day :  
*Celebrating Tradition and Change*

**ALL WELCOME!**



**What's happening in Ullapool during Fairtrade Fortnight?**

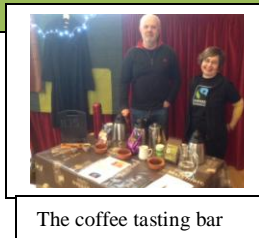
- **Saturday 28 February:** Annual Junior Fairtrade Indoor 5-a-side Football Tournament at Lochbroom Leisure, 2-5pm for Primary 3 - 7 with Fairtrade football and Fairtrade prizes. £1 per person. Registration forms from Lochbroom Leisure, to be returned by 26 Feb at the latest.
- **Friday 6 March:** Latin American Night at Macphail Theatre, Ullapool. Fairtrade food and drink plus dance, all with a Latin American flavour inc Fairtrade ices from Gelato Ullapool and choice of S. American coffees. Ullapool Fairtrade with Ullapool Dance. Starts 7pm. Entry by ticket only: £12/£10 (children) from Ullapool High School secretary's office.. Table of S. American Fairtrade goods from Green Kite, Strathpeffer.
- **Monday 23 February** - Tuesday 3 March Poster Display of Fairtrade Products in the Macphail corridor, Macphail Centre, Ullapool
- **Wednesday 4 - Saturday 7 March:** "Fairtrade at 20, The Power of You" Fairtrade Foundation's free exhibition of photos in the Macphail corridor, Macphail Centre, Ullapool. Through images of farmers and producers it illustrates the history of the Fairtrade movement which also includes consumers, campaigners and fairtrade organisations and shows how Fairtrade changes lives.
- **Monday 23 February - 8 March Fairtrade** Fortnight display boards in Ullapool Library.
- Ullapool Primary School and Ullapool High School will be focusing on Fairtrade during the Fortnight. The seniors group will be watching the film "Fairtrade Matters" at their weekly meeting.

## REVIEW of RECENT ACTIVITIES

### 1. THE ANNUAL FAIRTRADE BAZAAR in the Town House on 29 November.



Douglas Willis  
opening the day



The coffee tasting bar



The Drummers



The gathering!

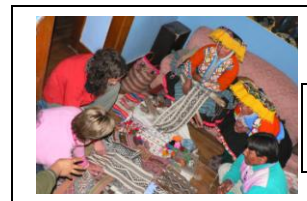
This was a very successful event with some new elements – popular coffee tasting sessions and exciting input from TALKING RHYTHM Drumming Group. The event was very well attend and it was great to see so many new faces shopping at the many stalls. Douglas Willis gave an interesting opening address – making our links with Malawi.

As usual we were very grateful for the help we received on the day from our growing body of volunteers.

One of our stallholders – Nessa Findlay told us why she is involved with ethical goods:

*In 2005 I resigned from my post working as Statutory Fund Raiser for Fairbridge in Scotland (an inner city young person's charity) and went off travelling to South America. I'd been on a climbing trip to Ecuador in 2002 and fell in love with the place but had been quite ill during the visit so hadn't really been able to make the most of the short trip. It was this that probably was at the root of my desire to return, learn some Spanish and travel around.*

*Anyway, after about a year I settled in Cusco in Peru, living with some local people (friends of a friend). From this base I worked as a trek leader for a Scottish based travel company, hiking around a mountain called Ausangate. The people who live in the high country on the slopes of this mountain are poor alpaca farmers. They make a range of hand woven and hand knitted textiles to try to sell to trekking tourists and supplement their very small income. The trek is not one of the more popular routes and pickings can be thin for these people so I decided to buy a range of products that they made to sell back in the UK.*



Tingue  
sales team

Selecting colour mixes  
for bags in Cusco



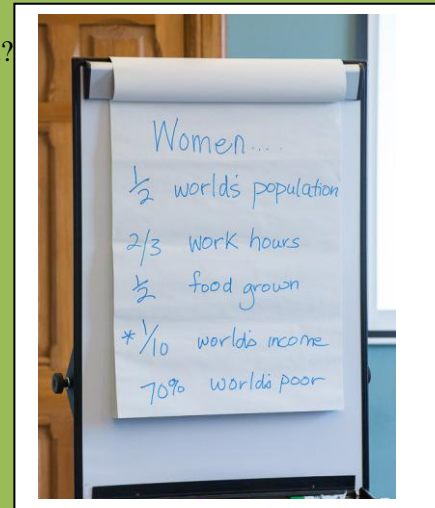
*At the same time, I became aware of a women's textile group based in Cusco. They struggle to compete with factory produced "crafts" shipped in from Lima to sell to tourists in Cusco. I wanted to help them somehow and add to the products produced by the Tingue folk at Ausangate so worked with them to design and produce hand woven wool bags. I purchased a substantial amount of various colours to take back to the UK and agreed that they could use my bag design to sell to tourists in Cusco. Another local charity based in Cusco which supports young pregnant mothers, sometimes as young as 12 has a textile workshop producing a range of leather and woven textile products so I agreed to purchase a range to support their work. I added locally produced jewellery to the range (made by a local single mother that I had become friendly with) and organised transport of all the goods back to the UK*

*I had originally planned to set up a fair trade craft business to support the various groups on my return but sadly personal circumstances meant that this did not happen. I did not get around to having the products certified as Fair Trade but they were fairly traded and so I tell people the story of the various folk that make the products and that they were fairly traded.*

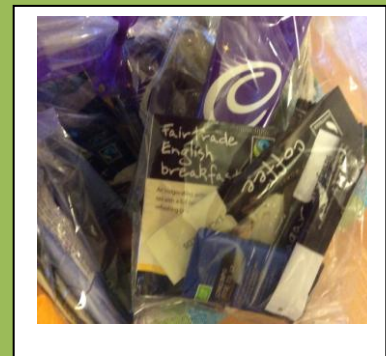
## 2. WEA Women@Work Conference at Eden Court on Women and Economic Activity – 27<sup>th</sup> November



We facilitated a workshop focusing on two aspects – us as a Fairtrade Group - what do we do? and why do we do it? And also we did some activities to raise awareness of the impact a Fairtrade agreement can have on the lives of producers. The participants joined in enthusiastically and there was lots of fruitful discussion.

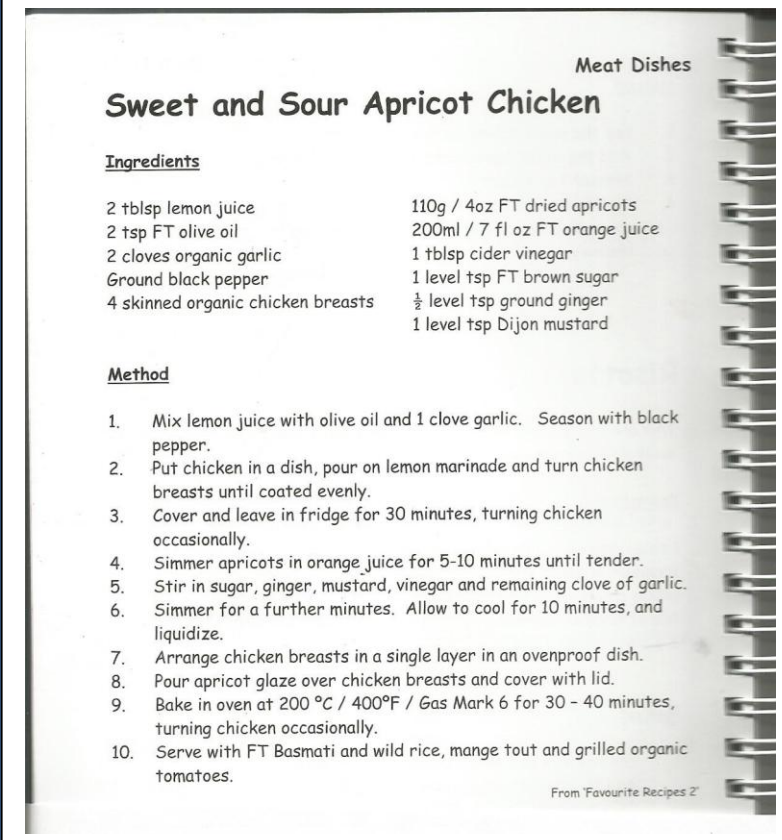


- In November we were invited to give a presentation to the local **Bed and Breakfast Association**. We were delighted to find many establishments were already actively seeking out Fairtrade products for their guests who are increasingly aware of ethical sourcing of food stuffs and cleaning products. We were able to give out samples of FT sachets available from local suppliers - Highland Wholefoods and Bookers – for guest tea/coffee trays. Together with the B and B Association we are now planning a promotional Brochure akin to the one we have for shops and cafes to raise the profile with visitors of the B and Bs that use Fairtrade products.



## ANOTHER FAIRTRADE RECIPE TO TRY

From Nairn Academy's Fairtrade Cookbook - a savoury one using 4 Fairtrade ingredients -



**Meat Dishes**

### Sweet and Sour Apricot Chicken

**Ingredients**

2 tblsp lemon juice	110g / 4oz FT dried apricots
2 tsp FT olive oil	200ml / 7 fl oz FT orange juice
2 cloves organic garlic	1 tblsp cider vinegar
Ground black pepper	1 level tsp FT brown sugar
4 skinned organic chicken breasts	$\frac{1}{2}$ level tsp ground ginger
	1 level tsp Dijon mustard

**Method**

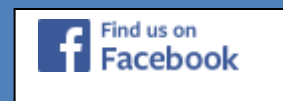
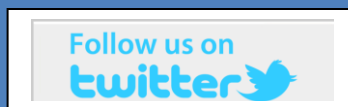
1. Mix lemon juice with olive oil and 1 clove garlic. Season with black pepper.
2. Put chicken in a dish, pour on lemon marinade and turn chicken breasts until coated evenly.
3. Cover and leave in fridge for 30 minutes, turning chicken occasionally.
4. Simmer apricots in orange juice for 5-10 minutes until tender.
5. Stir in sugar, ginger, mustard, vinegar and remaining clove of garlic.
6. Simmer for a further minutes. Allow to cool for 10 minutes, and liquidize.
7. Arrange chicken breasts in a single layer in an ovenproof dish.
8. Pour apricot glaze over chicken breasts and cover with lid.
9. Bake in oven at 200 °C / 400°F / Gas Mark 6 for 30 - 40 minutes, turning chicken occasionally.
10. Serve with FT Basmati and wild rice, mange tout and grilled organic tomatoes.

From 'Favourite Recipes 2'

DIARY DATE : The Annual Fairtrade Bazaar 2015 will be on Saturday 28<sup>th</sup> November at the Town House in Inverness – Hope to see you there!

### KEEPING IN TOUCH!

You can find out more about what we are up to by following us on Twitter or Facebook.



We also have a page on Highland One World's website  
<http://highlandoneworld.org.uk/schools/fairtrade/inverness-fairtrade-news>

If you have information to share with us or would like to get in touch with us please contact us  
Email: [invernessfairtrade@gmail.com](mailto:invernessfairtrade@gmail.com)