

## **Highland Food Challenge**

How about having the challenge as a points-based system?

### Meat free

Vegetarian only day – 3 point per day

### Meals

Black Isle (not home grown) ingredient used – 1 point per ingredient

Black Isle ingredient used (home grown or from Community Garden) – 2 points

Fresh wild ingredient used – 2 points per ingredient

Scottish ingredient used – 1 point

### Non Alcoholic Drinks

Fresh infusions (herb teas) – 1 point each cup

Homemade cordials – 1 point per glass

### Food buying

Visit to nearest local food market (out of Culbokie, North Kessock or Dingwall) - 5 points per visit

### Recipes

Favourite recipe using Black Isle only ingredients put up on web site – 10 points per recipe

### Participation

Participation in Community Garden Work party - - 10 points per visit

Participation in Food Challenge Event (names and dates) – 10 points per event

I don't think people would want to record all this for too long.

Perhaps the top 15 'winners' could get some specially commissioned pottery from Barbel. I spoke to her about this and she reckons it is £12 per mug and £45 or £60 per teapot.

So first prize could be mug and teapot with 14 runners up getting a mug each. Total cost would be £240. Barbel would come up with a design if we briefed her. A nice vegetable design with some words on would be quite fun.

Penny