



*Living and learning on a
Spanish eco-farm*

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Cover image: Early morning view in rural Andalucia.
Photo: Alison Piasecka

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Flavours from a sustainable kitchen

Tanya Fairtlough



Tanya Fairtlough with Phil Di Palma, La Burra Verde OST2018
Photo by Alison Piasecka

Food matters

Late last year I started running supper clubs in London to try out what it was like cooking for other people on a larger scale, and to see if I could turn it into some sort of career, as I'd always loved cooking and coming up with recipes. Initially I planned to focus on world cuisine with a healthy eating twist, but as I got into it, I became more and more interested in sustainability, particularly in locally grown, organic food from independent producers and in sourcing ingredients without plastic packaging. So, when my mum and her partner (Anna and Shelagh) started planning the weekend at La Burra Verde, they asked if I would be in charge of planning and organising the food.



Talking vegetables with Chloe, La Burra Verde, OST2018. Photo: Alison Piasecka

For me one of the highlights of the weekend was a tour of the vegetable gardens with **Chloe**, a long-term worker on the farm and chief gardener. Her knowledge and passion for permaculture and food-growing was so inspiring and educational. **Kate** and everyone else living on the farm are working hard towards becoming self-sufficient. Their dedication to sustainability at every step, combined with how clear it was that this is one of the front lines of global warming, made it a responsibility to think as sustainably as possible about our food choices while we were there.



As well as being a responsibility, it turned out to be a privilege. Mostly, we used only ingredients from the farm and other local farms, as well as organic dry goods bought in bulk. This, alongside cooking as much as possible on the solar cookers, meant that we had to think creatively and work together, and to me it made every meal feel more special.

The solar cookers, La Burra Verde, OST2018. Photo: Alison Piasecka

As it linked in with what I'm working on back home, it was such a learning experience for me, and I hope to

take some of what I learnt at La Burra Verde with me into my work in the future.



Shelagh, Anastasia, Chloe and Kate in the vegetable garden, La Burra Verde, OST2018. Photo: Alison Piasecka

A recipe for conviviality

One meal that sticks in my mind from the weekend is the lunch from the first day. Cooking spinach picked straight from the garden and homemade oat milk béchamel sauce on the solar cooker to be mixed with pasta. Alison crushing almonds (the previous year's crop from the farm), that Anna had cracked from their shells the day before, to powder using a pestle and mortar and frying them with La Burra Verde olive oil, rosemary, a little salt and nutritional yeast to sprinkle on top. Everyone, including the workers on the farm, sitting around to enjoy it together outside under the shade of the trees. Another thing that sticks in my mind was making a rice pudding on the solar cooker from leftover rice with local oranges, rose petals from the plant outside the main house and a little honey.



Our first meal, La Burra Verde, OST2018. Photo: Alison Piasecka

About the interviewee

Tanya is from South East London and has been travelling and living abroad for most of her twenties. Now she's settled back in London, and runs a sustainable food business and has recently trained as a yoga teacher.



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A note about AMED



AMED stands for the Association for Management Education and Development, www.amed.org.uk. We are a long-established membership organisation and educational charity devoted to developing people and organisations.

Our purpose is to serve as a forum for people who want to share, learn and experiment, and find support, encouragement, and innovative ways of communicating. Our conversations are open, constructive, and facilitated.

Through AMED, we strive to benefit our members and the wider society. Exclusive Member benefits include excellent professional indemnity cover at a significant discount, free copies of the quarterly journal *e-O&P*, and discounted fees for participation in a range of face-to-face events, special interest groups, and our interactive website. We aim to build on our three cornerstones of **knowledge**, **innovation** and **networking** in the digital age. Wherever we can, AMED Members, Networkers and Guests seek to work with likeminded individuals and organisations to generate synergy and critical mass for change. www.amed.org.uk, or contact **Linda Williams**, our Membership Administrator, E: amedoffice@amed.org.uk, T: 0300 365 1247