

# LADIES IN PIGS NEWSLETTER



## MESSAGE FROM THE CHAIR

Happy new year to you all! I hope you have had a peaceful and healthy Christmas period and have managed to avoid the nasty cold/flu that has been doing the rounds!

We are preparing once again for another successful year, spreading the word about the amazing work done to produce British Red Tractor pork and bacon! We are all feeling the effects of the pig industry crisis and we continue to support the #bitieintobritish campaign and others that are promoting our amazing industry!

In the next few weeks, this year's recipe collection will be decided upon following the cooking and selection day on 6/1/23. Thank you to those who have contributed ideas for the booklet.

We have a packed rota once again this year, working around the UK to educate and inform as many people as we can.

Following discussions at the exec and a trial period, we have put all of the rota dates on an online platform that every member can access and contribute their time to.

If you are able to access the internet, please use the instructions below and create a free account. You will then get

alerts when new events are created and be able to let me know if you are available.

1. Type [www.signup.com](http://www.signup.com) into your search engine and press Enter.
2. Click on Register at the top right corner.
3. Either click on your Facebook or Google link or enter your details in the relevant spaces.
4. Click Continue

That's it!

If you do not have access to the internet, please let me know and other arrangements can be made.

Enclosed with this newsletter is the 2023 Expense Form. Please save this to your computer and use it to send in your 2023 expenses to Jenny for payment. The Expense Form can also be found on the members area of the website. If old forms are sent in, they will not be processed as the changes we have made will add a lot of time to Jenny's role and she does the accounts alongside her full-time job.

I really value everyone who helps at events and without you, we would not be able to continue our work.

Debbie

## SPONSORSHIP

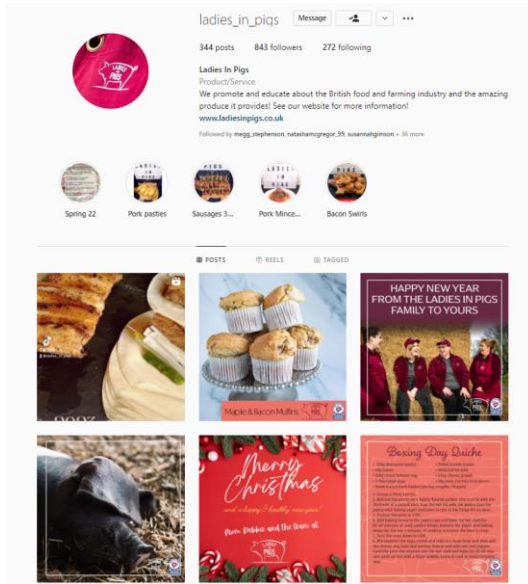
Due to the ongoing issues within the industry, we have been struggling to get additional sponsorship as we have in previous years. Debbie is applying for Lottery funding and is also working with Natalie Kirkham, the Sponsorship Secretary, to get additional funds to safeguard our future.

If anyone has any contacts that would be willing to sponsor us, please contact Debbie or Natalie at [lips.sponsorship@gmail.com](mailto:lips.sponsorship@gmail.com)



# SOCIAL MEDIA UPDATE

Over the past 5-6 months we have made some improvements to our social media as a way of engaging with lots of people across the UK and beyond. Our Instagram page has gone from just 100 followers in 2020 to over 850 followers. We hope to hit 1000 followers in the next few months. We also now have over 1,900 followers on our Facebook page. Please can you always try to 'like, share, comment and save' social media posts if you are on Facebook, Instagram, Twitter or Tiktok to increase engagement.



We are continually assessing and evaluating how we showcase LIPs on social media. If anyone is happy to be on a video talking about different things, or if you have any ideas for social media, please contact Debbie.



## SPRING SOCIAL 2023



The first 'Spring Social' is due to take place on Friday 14<sup>th</sup> April 2023 at the ABN Feed Mill, Bury St Edmunds and will include a tour of the mill!

This is going to be a lovely opportunity to meet other members from across the UK. The Spring Social is open for all to attend so get the date in your diary now! Invites will be sent out soon with further details.

## EXEC VACANCIES

There are currently some vacancies on the Executive Committee.

We would like to invite members to volunteer to serve on the committee. We meet twice a year to discuss relevant items that we need to continue the smooth running of LIPs. We also have a WhatsApp group if we need to communicate between those times. Exec members can be co-opted before the AGM and then are voted officially onto the Exec on that day.

If anyone is interested in joining our Exec, then please contact Debbie.

We are excited to have some new members on the committee to join those already there, whatever your skills, you are most welcome!



# RECIPE OF THE SEASON

## Boozy Pork with Dumplings

- 1 tbsp Oil
- 900g Pork Shoulder, trimmed and diced
- 3 tbsp Plain Flour
- 2 Large Onions, peeled and sliced
- 3 Garlic Cloves, peeled and crushed
- 150ml Water
- 150ml Real Ale
- 1 tbsp White Wine Vinegar
- 1 tsp Pork Gravy Granules or Stock Cube
- 2 tbsp Parsley
- 1 Bay Leaf
- 2 tsp Brown Sugar

### Dumplings

- 110g Self Raising Flour
- 25g Unsalted Butter
- 25g Cheese, grated
- 1 Egg, beaten
- 1 tbsp Semi Skimmed Milk

1. Heat the oil in a large pan. Coat the pork in the seasoned flour, add to the pan and brown on all sides. Lower the heat and then add the onion and garlic.
2. Once the onion and garlic have started to soften add the water, ale, vinegar, gravy granules, herbs and sugar. Bring to the boil and stir constantly.
3. Cover the pan with a lid and place in the oven to cook for about 1.5 hours.
4. Mean, make the dumplings. Sift the flour into a bowl and rub in the butter to form a crumble mix. Add the grated cheese and bind together with the egg and a little milk. Shape into 8 small balls.
5. Twenty minutes before the end of the cooking time and add the dumplings to the casserole. Replace the lid and return to the oven to cook for the remaining 20 minutes.

Find more recipes at: [www.ladiesinpigs.co.uk](http://www.ladiesinpigs.co.uk)

## UNIFORM

After many requests we have decided to extend our uniform range! Along with the polo shirt, fleece, apron and hat you receive as a member, you will now be able to purchase additional branded items such as sweatshirts and gilets. We will place periodic orders for any additional clothing. Watch this space; an order form will be sent out to you soon!



*Our Seasonal newsletter needs a name!*

*If you have a fun and creative name suggestion please email Chloe:*

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