



Ideas Sheet

Hello to church leaders, home group leaders and all other supporters of Harvest for the Hungry helping us to raise vital funds. This year we've even more resources to help you and arrange an inspirational harvest – whether online with help from your tech team or offline!

The need for food parcels for families in Europe is even greater this year due to loss of income arising from the pandemic. So, we hope you'll help us to support our partners who assist some of the poorest people in Europe.

Available to download from our website: www.harvestforthehungry.org

- A short film 'The Angels of Ihtiman' plus discussion points
- PowerPoint presentation with six stories of food for the hungry
- PowerPoint stories sheet
- 15-minute video sermon by CEO James Vaughton
- Harvest prayer video
- James' sermon notes
- A4 Harvest event poster (download and print)
- Postal donation leaflet
- Text Giving graphic
- Financial giving sheet

Donations to Harvest for the Hungry can be made via Text Giving from your smartphone or online at www.ten-uk.org/give

We can post out to you Harvest donation forms and Harvest offering envelopes – please email melanie.griffiths@ten-uk.org or call the office 01179 615161 (allow 10 working days)



Handy Tips on running an online Harvest Service or Homegroup

Your church may have run online services during lockdown, either by Zoom or on Facebook, live or on pre-recorded videos on your website. The Harvest videos can be downloaded and shared to your church Facebook page or viewed on YouTube.

If you want to meet with a group of people or a congregation online, the easiest way is probably to use Zoom as you can share your screen and show the PowerPoint presentation.

Open your PowerPoint Presentation before sharing your screen. Once you have shared your screen, press the 'show slides' icon. Videos do not work so well on Zoom.

It is advisable to ask online audiences to mute their microphones while someone is speaking, so everyone can hear what they are saying, with no (embarrassing) background interruptions.

Hold a 'Feed the hungry' fundraiser

This can be done with limited numbers of people, socially distanced. Encourage friends to run one for a small group'

A bowl of Bulgarian soup and bread could be provided for a donation. The evening can include an activity such as a quiz, and a video or PowerPoint presentation. It can even be run online! Share the recipe and ask participants to make the soup in the comfort of their own home, and text their donation or give online.

Church Donations

If you are not having a church collection this year, you can give in other ways, by cheque, through the website, by card or by text giving. <https://www.ten-uk.org/give>

Use the following graphic if you choose to encourage Text Giving



PLEASE DONATE £15

TEXT
HARVEST2020NOW
TO 70085

£15 WILL FEED A
FAMILY IN EASTERN
EUROPE FOR A WEEK



Registered with
FUNDRAISING
REGULATOR



TRANSFORM
EUROPE
NETWORK

Other resources

- Bulgarian soup recipe
- Bulgarian bread recipe

BOB CHORBA (WHITE BEANS SOUP)

A Type of Bulgarian Soup



Ingredients

1 lbs beans (white is possible - haricot, fava, etc.)
2 litre water
2 onions, chopped
2 tbsp oil
3 tbsp flour
1 tsp paprika
4 tomatoes (or a can of tomatoes)
1 tsp oregano (or dried mint)
salt to taste

Preparation

Soak the beans in the water overnight. Next morning drain off the water, add same amount and bring to boil. If you don't want to wait one day to get this done, you can simply boil the beans for an hour, then discard the water, add water again and bring to a boil again. Simmer gently for about an hour or until the beans soften. In a separate pan fry the onions in the oil until golden brown, add the flour, stir and fry for less than a minute. Add the paprika, stir and add to the beans. Add the tomatoes and oregano as well. Leave the soup to simmer on a low heat for about 20 minutes.

<https://www.findbgfood.com/recipe-bob-chorba>

Bulgarian Bread

INGREDIENTS

- This is a Bulgarian “tear and share” bread that’s absolutely divine!
- ◦3oz yogurt at room temperature
- ◦2/3cup + 1-2tbsp warm water
- ◦1 tsp yeast
- ◦1/2 tbsp sugar
- ◦1/2 tsp salt
- ◦4 tbsp butter, melted + about 2 more melted tbsp for greasing
- ◦1 large egg, separated into white and yolk
- ◦17oz all-purpose flour
- ◦honey

DETAILS

Servings **12**

Preparation time 140mins

Cooking time 190mins

PREPARATION

1. In a small bowl, prove the yeast by mixing together the water, sugar, and yeast. Let stand until foamy.
2. In large bowl, whisk the salt and flour together.
3. Make a small well in the centre.
4. Along the side of the bowl, on top of the flour, add 4 tbsp butter, yogurt, and egg white.
5. Pour the yeast mixture to the well in the flour and mix all ingredients together until you get a smooth dough.
6. If needed, add the extra 1-2 tbsp warm water. The end result should be a soft dough, slightly sticky to the touch, but not actually sticking to your fingers.
7. I kneaded the dough for about 5 minutes.
8. Divide dough into 3 balls and let them rest in a greased bowl large enough to let them rise.
9. Cover the bowl with plastic wrap and then with towel and place in a warm place for 1 hour.
10. Let rise until the dough doubles in size.
11. On a slightly floured surface, roll out first ball to form a thin round layer. Brush lightly with melted butter. Then brush/drizzle 1 tbsp honey. Repeat with second ball and place on top of the first.
12. Roll out third ball, but do not brush with anything (no butter, nor honey) and place on top of layer 2.
13. Using a pizza cutter, divide the dough into 4 triangles and then divide each triangle into 3 equal triangles. You’ll have 12 triangles.
14. Drizzle 1/2 tsp of honey on the wide end and then roll each triangle into a crescent roll and place on baking paper on a baking pan.

15. Place on parchment paper on baking sheet and let rise for an hour in a warm place.
16. Preheat oven to 375F.
17. Grease a round oven dish or pie plate and arrange the crescent rolls in the pan. The last rolls should sit on top in a pyramid shape.
18. Brush with egg yolk thinned with a little bit of water then sprinkle with a bit of demerara sugar and place in the preheated oven.
19. Bake until golden and beautiful for about 40 minutes. (Mine took 45).
20. Don't be tempted to increase the oven temperature, it will bake perfectly at 375F.

Thankyou!