

The Crofter: Sustainable Communications

SECTION EDITOR



Kimi Uegaki
kimi@iwrite.nu

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Editorial

Greetings from the croft! By the time this issue is published EMWA's Sustainability Special Interest Group (SUS-SIG) will have hosted its first Expert Series Seminar on "Sustainable Medical Communications – From Awareness to Action" during the Autumn 2022 EMWA Conference. In keeping with this theme, we are happy to share three contributions to help you put sustainability into practice at home and in the workplace. For home, to help sustain you during busy periods, Paula Pinto and Sarah Kabani each share one of their favourite plant-

based, go-to recipes. The day after I received Paula's recipe, it rescued me when I was having "one of those (work) days" and found myself under pressure to get something ready for dinner before my daughter had to leave for her acrobatic gymnastics training session, and my son was moaning that he was hungry. We all loved it! I'm looking forward to cooking Sarah's recipe next.

To help make your workplace more sustainable, Viviana Neviani shares easy-to-implement tips that were generated by a fun competition organised this past summer by Stichting Incubator Utrecht, the building where

she works. The competition was for the best ideas to create a sustainable, energy-efficient workplace, and anyone working in the building could enter by writing an idea on a green post-it and dropping it in the glass jar in the lobby. The four winning ideas, and another four from Viviana's experience as a member of the sustainability team at her employer, Merus, are presented in the infographic. If this inspires you, then please share your tip with us at The Crofter and we'll be happy to share it in the next issue.

Best,
Kimi





CHESTNUT BOURGUIGNON

Recipe adapted from *The More Veg Cookbook* by Carolyn Humphries.

UK: Dorling Kindersley Limited, Penguin Group; 2013.

INGREDIENTS

- 1 tbsp olive oil
- 30 g butter
- 2 red onions, thickly sliced
- 2 garlic cloves, crushed
- 115 g carrots, in large chunks
- 150 g mushrooms (all types work well), halved if large
- 2 tbsp flour
- 300 ml red wine
- 300 ml vegetable stock
- 1 tbsp tomato puree
- 240 g cooked peeled chestnuts
- 400 g can red kidney beans, drained
- 1 bouquet garni or a few sprigs of thyme and rosemary
- salt and pepper

PREP TIME: 25 MINS

COOK TIME: 1 HR 30 MINS

TOTAL TIME: 1 HR 45 MINS

DIRECTIONS

A fantastically warming dish for the winter. Easy to throw together in a quick break when working from home to be ready for dinner time.

1. Preheat the oven to 180°C. Heat the oil and butter in a casserole dish and fry onions until brown.

2. Add the garlic, carrots, and mushrooms and fry for 2 minutes. Add the flour and stir a further minute. Gradually add the wine, stock, and tomato puree. Continue stirring until simmering and sauce has thickened slightly.

3. Add chestnuts, beans, herbs, and seasoning. Put on lid and cook in oven for around 1.5 hours until vegetables are tender.

4. Serve with baked or mashed potatoes and seasonal greens.

Note: This keeps very well in the fridge for three days and reheats well from frozen. It makes an excellent freezer standby for those end-of-year deadlines.



Author information

Sarah Kabani, PhD, has been a medical writer for a French teaching hospital since 2016 following a career as a researcher in molecular biology. Sarah is a supporting member of the EMWA's SUS-SIG.



Pasta with mushrooms & onions

A quick, delicious meal!

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

INGREDIENTS

110 g spaghetti (or other pasta)
300 g sliced mushrooms (I love
Portobello but you can choose)
1 large onion, sliced
3 tbsp olive oil
1 tsp white wine or cider
vinegar
a handful chopped parsley
salt & black pepper

NOTE:

This dish goes well with a green
salad with cherry tomatoes.
Bon appétit!

DIRECTIONS

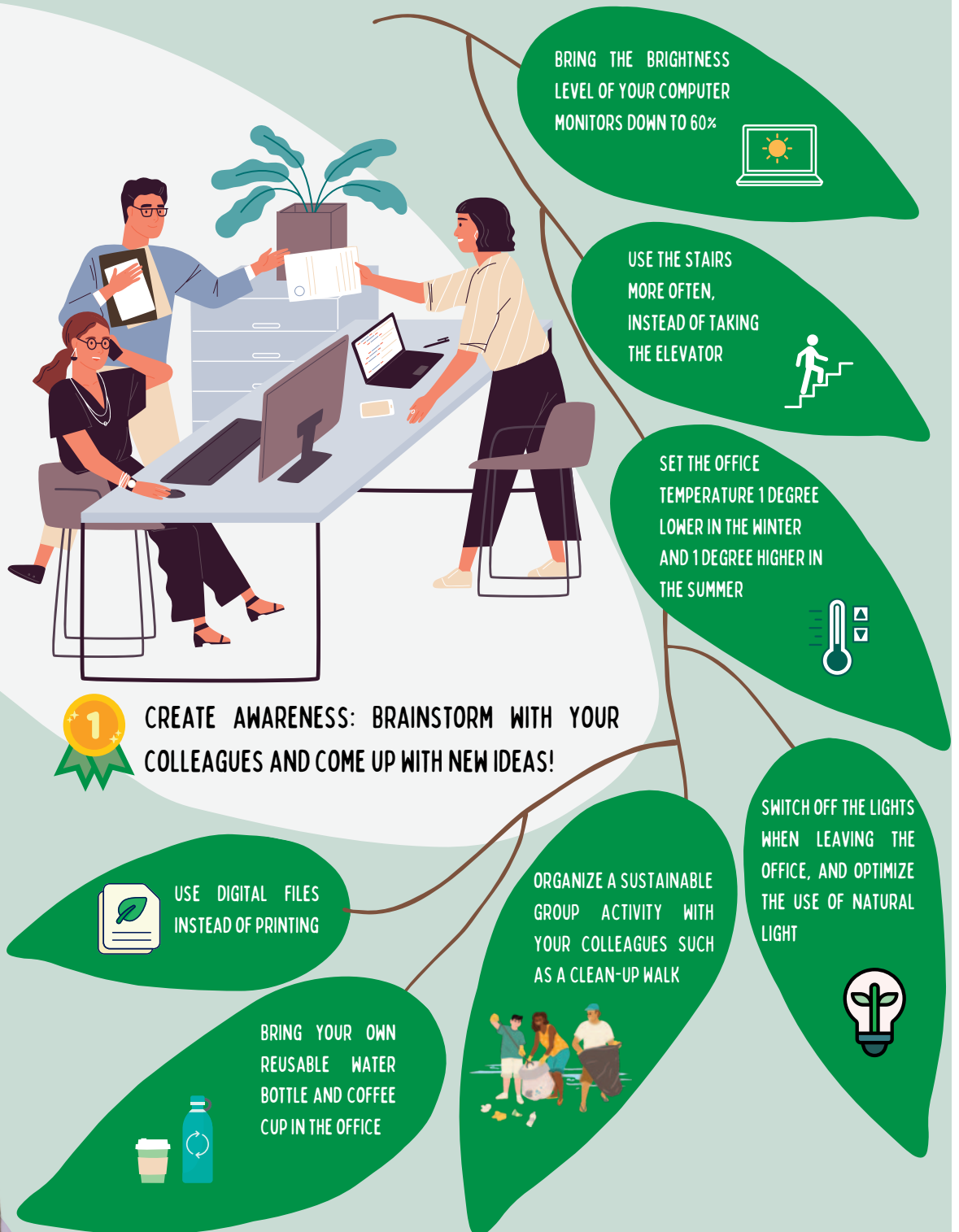
1. Cook the spaghetti *al dente* according to the package instructions. Drain and return to the pot. Add 1 tbsp of the olive oil and black pepper to your liking and stir.
2. While the spaghetti is cooking, heat 2 tbsp of the olive oil in a non-stick pan at medium-low heat. Add the sliced onion along with a sprinkle of salt and fry for 5 minutes or until the onion is soft and golden.
3. Add the sliced mushrooms and cook for another 5 minutes. If necessary, add some more olive oil. Add vinegar and season to taste with salt and pepper. Turn up the heat to high for the final minute of cooking.
4. Plate the pasta with the mushrooms and garnish with chopped parsley. (Mmm..I can smell it already!)

Author information

Paula Pinto, PhD, is a freelance medical writer based in the northern region of Portugal. Her advanced degree is in Pharmaceutical Sciences and she has over 20 years of professional experience, 15 of which have been devoted to research and teaching. Paula is a supporting member of EMWA's SUS-SIG. Paula adapted the above from a recipe that belonged to her mother, Lida.



8 tips for a sustainable workplace



Author information

Viviana Neviani, PhD, is a scientific writer at Merus N.V. in Utrecht, the Netherlands, since 2020. In her current role, she writes non-clinical study reports for the R&D department and contributes to the creation of posters, presentations, and scientific artwork. She is also a member of Merus' Sustainability Team.