

BRISTOL FOOD NETWORK

Bristol's local food *update*

COURSES · SKILL-SHARING · EVENTS · NEWS · VOLUNTEERING

MARCH–APRIL 2011



March and April are two of the busiest months in the grower's calendar and it's easy to get overwhelmed by the mounting collection of unsown seeds and wildly-sprouting potatoes. But help is at hand: Keith Cowling gives us his sowing tips for root veg, GRO-FUN and Grow Zones can help us find supportive gardeners to work with, and there are plenty of local courses and shows for education and inspiration. So no excuses! – all you need is a pot, a windowsill, some sun, rain, and a little bit of TLC.

Please email any suggestions for content of the May–June newsletter to bristollocalfood@googlegmail.com by 15 April.



Bristol's first ever 'Get Growing Open Garden Day' is to be held on Saturday 11 June 2011. The event, organised by the Bristol Food Network and Forum for the Future, is one grand 'open day' of around 40 city-wide food growing projects, ranging from the largest community garden, to the most modest of fruit tree planting scheme. The event hopes to raise public awareness of urban growing projects in Bristol and inspire more people to get involved with, and volunteer for, their local community groups.

With more and more people interested in growing their own vegetables, the 'Get Growing Open Garden Day' will be a family fiesta of help and advice aimed at getting people started on growing their own veg. With free activities happening at events across the city, from music, art and guided tours, to wildlife hunts for the children, the event promises to be Bristol's biggest celebration of urban growing.

Bristol's first ever 'arts trail' for growing veg

Laurence Copleston from Forum for the Future, the UK's sustainable development charity, who are helping to organise the open day, said "We want to create a fun day where families can visit community growing groups all across the city and find out more about urban growing for themselves. Bristol has lots of community arts trails throughout the year, but this is going to be the first ever trail for growing your own veg".

The Get Growing 'Open Garden Day' is part of a campaign led by the Bristol Food Network to encourage more people to get involved with urban veg production and to promote alternatives to traditional allotment growing. There will be full details of all the venues open for the trail available from early May, and a promotional guide and map will be made available online and in print.

To find out more about where to get started, Bristol Food Network have already produced a special map showing where community groups are located across Bristol, with information on how best to join in. The map reveals the huge range of community gardening projects across

Bristol with different icons for city farms, community orchards, community projects and gardens, and community supported agriculture projects.

Laurence Copleston · 0117 930 7300
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www.bristollocalfood.co.uk



Bristol's local food update is produced by volunteers at the Bristol Food Network, with support from Bristol City Council.

The Bristol Food Network is an umbrella group, made up of individuals, community projects, organisations and businesses who share a vision to transform Bristol into a sustainable food city. The Network connects people working on diverse food-related issues – from getting more people growing, to developing healthy-eating projects; from tackling food waste, to making Bristol more self-sufficient.

Edible Landscapes Movement

Members of a community agriculture project based in South Bristol will be sharing their knowledge and experiences at the Bristol Garden Life Show this April, hoping to inspire others to 'grow their own' and support local food initiatives.

Knowle West's Edible Landscapes Movement (ELM) is a 'grassroots' project and an example of community-supported agriculture model. Large, unused garden spaces across Knowle West are used to grow fruit and vegetables which are then sold through a local veg box scheme. Gardening and food production are carried out by a team of volunteers, many of whom are looking to get back into employment.

Andy works with ELM at the polytunnel, located at The Park in Knowle West. He explains: "Before ELM and the polytunnel I was on the dole, sat at home, vegetating, bored silly. [Now I] work with volunteers [...] and encourage them into organic gardening and recycling."

Since the project began in January 2010, volunteers have been maintaining 10 unused gardens and other green spaces across the Knowle West estate. Over a 12 week period during Harvest, these gardens supplied all of the produce for the local veg box scheme. One veg box user commented: "It's good to know that there isn't even a mile in my food miles and that volunteers grow it. It's encouraged me to grown my own".

In addition to having a positive impact on local food production and encouraging other growers, ELM has seen many other positive outcomes: as a grassroots collaboration, it has brought together unemployed volunteers, local residents, organisations and charities. Volunteers are trained by local charity re:work, who offer training to young people and those wishing to re-enter the world of work,



and local enterprise Buried Treasure, a not-for-profit organic gardening company that provides environmental recycling, training and support. The seedlings used in food production are provided by local social enterprise Green Footprints and the resulting vegetables are sold in cloth bags made by Team FAB, whose members aim to rid their neighbourhood of plastic bag waste.

Knowle West Media Centre (KWMC) has been helping volunteers to increase their confidence in using digital technologies. Andy uses the skills he has learned to photograph the packed veg boxes, an activity that will hopefully contribute to the longevity of the food production scheme. He explains: "I take photos of the veg box, basically so we have a record of what we grew the year before [...] so we don't grow the same veg every year!" Over the next few months ELM hopes to make the Knowle West veg box available to purchase online.

While the volunteers chart the progress of their crops by creating digital and photographic timelines, so ELM has seen steady, and in some cases remarkable, change in the volunteers themselves. One volunteer underwent a transformation in

confidence during his 12-week placement, learning new skills in gardening and computing and requesting help to improve his reading and writing.

ELM's contribution to the Knowle West community has also been recognized by members of a local planning group, which is contributing to the development of a Regeneration Plan for the area. One of the members commented: "The work of ELM echoed and confirmed the group's hunch that grow-able green spaces needed to be part of the long term plans for the area."

Since it began over 12 months ago, ELM has helped to give Andy's phrase a new meaning: no longer 'vegetating' at home, volunteers are 'vegetating' their local area, a process that has benefited the individuals and their community.



For more information about ELM contact Misty Tunks at Knowle West Media Centre misty@kwmc.org.uk · 0117 903 0444

www.knowlewest.co.uk/projects/elm



GRO-FUN

GRO-FUN wish you a Happy New Year after a period of winter hibernation and in this newsletter we want to let you all know of our plans for 2011. We aim to increase the amount of urban food production and producers in the city and do so in a number of ways.

We are known for helping people new to gardening to get their garden turned over to veggies and for providing a shared, communal space for those without their own growing space at our **'Many Hands' Plot** in St Werburghs. Plot-days in St Werburghs – open to volunteers **every Saturday from 12–5pm** – begin again **from 5 March**. Directions to the 'Many Hands' garden can be found here on our comprehensive website: www.grofun.org.uk/manyhandsplotmap.htm

Anyone is welcome regardless of experience or fitness and you can come from half-an-hour or for the whole 5 hours – it's up to you! There is always tea and biscuits for volunteers and there is a toilet at the St Werburghs Farm nearby. We also provide gloves.

Our **Garden make-over exchange scheme** did not happen last year due to a lack of

interest and unless there is significant commitment from people with gardens and a will to share the work load with other garden-owners wanting to grow it will not happen again this year. For a description of how this scheme previously worked please go to www.grofun.org.uk/manyhands.htm and if you are interested don't hesitate-get in touch now! Deadline for participants is the end of March!

Alternatively for those of you without your own growing space please get in touch with our partners at **Bristol Gardenshare** where you can be matched with unused space: www.grofun.org.uk/gardenshare.htm

Like GRO-FUN you can also find Bristol Gardenshare on Facebook.

March sees our first **Pizza Party** of the year to celebrate the Spring Equinox. The gathering will start after the Plot-day finishes around 5pm on **19 March** and again you are all welcome (regardless of whether or not you have been to help out on the plot before). There will be a music-jam – please bring instruments if you wish and also bring toppings of your choice if you want to share in the pizza-

eating element of the evening. The cob oven – 'Samphire-the Dragon' was built by volunteers in the Autumn last year and really is a sight to behold.

Our schools programme **'Plant to Plate'** begins again in Bristol Primary Schools this year but we still have space and time to offer the 10–12 week programme to other schools. Please get in touch with nadia@grofun.org.uk to discuss what we can offer. We always try to accommodate schools' individual needs so please do email with your questions.

Finally, look out for our programme of practical **Skill Shops** later in the year. Let us know if you are skilled in a particular gardening-related skill and want to give a workshop (just for the love of it style!). Last year we had Skill Shops on Cob Oven Building, Rooftop Gardening and Ethnobotany.

We wish you all a successful growing season and look forward to meeting friends old and new.

Nadia Hillman
nadia@grofun.org.uk
www.grofun.org.uk

HHEAG

HHEAG – Hartcliffe Healthy Eating Action Group – haven't been slumbering in the suburbs since you last heard from us. In fact we've been so busy that we somehow forgot to keep everyone else up-to-date with our news.

In August we were lucky enough to receive a lottery grant to expand our food-based activities. We have now begun a new programme of work to develop a new community garden in Hartcliffe, increase the range of our nutrition and cooking courses and develop the Food For All co-op services.

Both the running of our GREENS community market garden and the development of the new site is being led by our new gardener, Ruth O'Brien, who is probably well known to many of you from her Permaculture courses. She also has an assistant gardener, Jeff Smith. Both seem to achieve an incredible amount on very part-time hours.

HHEAG now also has an assistant tutor



and nutritionist (Caroline Turner) who is supporting our long-serving tutor Marion Thomas in delivering nutrition and cooking course. She is also offering one-to-one nutrition advice sessions to residents. New courses include "Figure it Out" a weight management course, a carers course and coming soon "Nourish Your Mind".

Finally we have developed a library and resource centre at the Food for All shop which offers a comfortable space in which residents can learn more about nutrition, choose recipes, and borrow equipment to "try before buying", etc. It is also advertised as a quiet, secluded area for breastfeeding.

In January we had a launch and planning day for the new garden. We shall be having



a follow-up meeting shortly. We also have a **Potato Day** planned for **Wednesday 9 March** at the **Gatehouse Centre** and a **plant sales event** in **May**.

Without all the volunteers, work-experience placements and friends of HHEAG our work could never be so rich and extensive. Sadly in January one of our long-term garden volunteers, Mike Prescott, died suddenly. He not only had his own allotments, on which he grew food for his young family but was always there to help us out. Nothing was too much trouble for him. Each volunteer brings unique gifts to our project, as did Mike, and we will miss him very much.

Sue Walker
www.hheag.org.uk/?HHEAG

Grow Zones

Growing food and friendship

The secret to growing food in your own garden isn't about expert knowledge, space or time – it is about doing it with a group of friends and helping one another get started. Grow Zones, a national community growing project, brings people together locally to help one another grow fruit and vegetables in their own gardens.

Imagine a harvest of delicious fresh fruit and vegetables, grown by you in your garden. Our first thoughts might be the hard work and time, the pests, or not knowing where to start? Grow Zones has been created to address the challenges facing a new grower with little time, little knowledge and little space.

The Grow Zones approach is simple. A team gather, share ideas and expertise, and help one another plan their growing season. They then get together for an easy schedule of Saturday morning visits to each other's gardens. Everyone brings any useful tools they have for the jobs that morning and something to share for lunch. The host gets everyone to work on tasks they have planned for their garden, and the morning ends with a real sense of accomplishment and a shared meal.

Grow Zones introduces permaculture as an approach to growing fruit and vegetables in a way that gives a bountiful harvest and is more in harmony with nature. Rather than working against nature, simple permaculture principles help save money, time and energy. Participants gain new



knowledge and learn new skills, enjoying a sense of achievement, new friendships, and a harvest of their own fresh locally grown fruit and vegetables.

Gardening is a healthy activity that positively contributes to our physical and mental health. The Grow Zones learning style encourages confidence and self-esteem, and helps gardening to become a truly absorbing and energising activity that can take us into a beautiful action-based learning spiral, while providing a meditative and relaxing experience; a way to forget about the concerns of life and develop resilience to stress.

Research has shown that despite much talk about 'growing your own' in recent years and the rising cost of food, only about 3% of fruit and vegetables consumed in the UK come from gardens and allotments – and this figure has been relatively constant across the last four years. Grow Zones equips people with resources, skills, knowledge and support to overcome the obstacles to 'growing your own', making the prospect of growing fruit and vegetables in your own garden a less burdensome, more enjoyable prospect that will also save you money.

Grow Zones teams are springing up all over the country, bringing people together to help one another get growing fruit and vegetables in their own gardens this year. Thanks to support from the Big Lottery Fund's Local Food scheme teams are resourced with the Grow Zones Kit that guides and supports them through the process from start to finish.

Chris Sunderland said: "The Grow Zones Kit has been developed to help teams get organised and growing without necessarily having any expert knowledge. At the beginning of the project was a way to get

people growing their own food and to introduce permaculture practically, but it has proved to be an amazing friendship and community forming project too. It seems easier for people to make friends over shared work."

"The Grow Zones kit provides people with all they need to start a Grow Zones team – insurance is even included, along with beautifully designed booklets and a DVD."



To order a kit and to find out more about starting a Grow Zones in your area visit www.growzones.com

Chris Sunderland

chris.sunderland@agoraspace.org

"Amazingly, in less than 3 hours, the garden was transformed."

"I just love Grow Zones. It provides enjoyment and a sense of achievement and hospitality. It's been great fun and, for us, has been a source of encouragement and learning."

"A wonderful time with lovely, generous friends."

"I don't know what it was; the sunshine, the friendship, the labour, the food, the fresh air, but my spirits were uplifted and I spent the rest of the day on a high. This morning I came downstairs and felt compelled to go out into the garden. It looked lovely."



The Community Farm

The Community Farm in Chew Magna has raised an incredible £122,000 through its community share offer. More than 375 people have invested in this unique project to shape the future of where our food comes from. The upper target was £170,000, but the amount invested means the project can still go ahead – just putting some of the more ambitious plans on hold for a while!

Now in the process of transferring the vegetable box business (planned to be completed by April 2011) as well as organising events and volunteering opportunities throughout the year, it's an exciting time for everyone involved.

Join our Facebook group: **The Community Farm** or more information go to: www.thecommunityfarm.co.uk

Dry Arch Growers

A Community Supported Agriculture scheme in Bathampton will hold its official launch event at a public meeting:

**7.30pm Tuesday 31 March
Bathampton Village Hall**

A band of volunteers have been working since a public meeting in the middle of August 2010 to begin the regeneration of the disused Dry Arch Nursery and to set up a co-operative to manage the scheme.

Bathampton Community Cooperative Limited came into official existence as a co-operative industrial provident society on 18 January 2011 and will operate under the banner of Dry Arch Growers.

The launch event will give people in the local community the opportunity to see what the group has achieved so far, to hear about its plans and vision and give them the opportunity to become founding members of the scheme to shape its future and share in its benefits.

The intention is to involve all sections of the local community. The local primary school will have its own garden on the site and they, and members of the co-operative, will be asked to give the



Sims Hill Shared Harvest

Our recent meeting at Hamilton House was positive and well-attended, and resulted in several more people committing their support to the Sims Hill project! We are now more than halfway to our membership goal of 50 full veg shares for this year. But our doors are still wide open for more members, and there are several upcoming opportunities to meet us and find out more about the project.

Our Spring membership drive is continuing with another public meeting north of the river in the Frenchay/Winterbourne area in the latter part of March. Date and venue to be confirmed soon. Please check back on our blog <http://simshillsharedharvest.wordpress.com/> for more information.

Don't forget that our open work days will now be happening every fortnight, on the 2nd and 4th Saturdays of every month, from 10am–1pm, at our site on Stoke Lane, Frenchay, Bristol. (See the work days page on the blog for more directions and more information). Our work days are open to all. We hope to see you on the plot soon!



growing scheme a kick-start by growing seedlings on windowsills for planting on at the site. Seeds and advice will be made available at the launch meeting. The group will be launching its appeal for funds, tools, equipment and volunteer help to continue the development of the scheme. A committed band of volunteers is currently preparing the land for its first crops plan but the aim is to be able to recruit full and part-time growers to work the land once sufficient funding is pledged.

For further information or offers of support, donations and materials please email Jamie Colston: csa@transitionbath.org

For work dates, check with the Land Group every Thursday, 6.15–8.30pm, at the Love Lounge, the Bell, Walcot St, Bath.

To see how the scheme is developing: www.bathamptoncsa.wordpress.com

Community Finance for CSAs

**10am–4pm Wednesday 6 April 2011
Bristol or Exeter Venue TBC**
Free but booking essential

Does your CSA need money to get started or develop? Have you thought of asking local people to invest in your scheme as loans or share holders, perhaps to buy land or machinery? This event is for groups exploring the idea of asking local people for investment and for those who have already done a share offer or loan scheme. There will be skilled technical help from Jim Brown. The day will cover:

- what is community investment and why it is a good thing.
- what is capital and what is revenue
- loans/bonds vs shares
- what are shares, dividends and IPSs
- what is interest, fixed term, security
- outline of legal issues
- what makes a viable share offer
- what to do about risks to people's investments
- hazards to avoid
- how else to get capital
- where to get help

To book contact Charlotte Muspratt cmuspratt@soilassociation.org

www.soilassociation.org/Events/tabid/940/vw/3/ItemID/807/d/20110406/Default.aspx

Grand get together for CSAs in the South West

**12pm Fri 20 May–5pm Sat 21 May
Embercombe, Higher Aston,
Exeter EX6 7QT**

This is a special event which will be fun and informative and a chance to get to know other CSAs in the area. There will be a range of practical CSA workshops and social time in this beautiful setting. It includes an overnight stay in the fantastic yurts at Embercombe. For details of the venue:

www.embercombe.co.uk

The event is free including meals. There is a £30 returnable deposit when you book. If the event is oversubscribed we will prioritise 2 places per developing or trading CSA. To book contact Charlotte Muspratt cmuspratt@soilassociation.org

www.soilassociation.org/Events/tabid/940/vw/3/ItemID/805/d/20120520/Default.aspx

News in brief

Update on 'Who Feeds Bristol' research report by Joy Carey

'Who Feeds Bristol?: towards a resilient food plan' is a baseline analysis of the food system that serves Bristol and the city region which builds on the recommendations of the Sustainable Food Strategy for Bristol and the Peak Oil Report. It looks at the whole food system – production, processing, distribution, retail, catering and waste. It also looks at Bristol's community food resilience – the ability to grow and cook food ourselves. The purpose of the report is to stimulate discussion, inform decision-making and lead to effective action through a better understanding of how the food system works, the types of businesses that are involved, where the strengths lie and whether there are weaknesses in the system that might have negative consequences in the long-term.

The report is in its final stages prior to printing ready for the launch at the Bristol Food Conference on 16 March. The full report will appear on the city council website www.bristol.gov.uk/food immediately following its launch. The report is supported by NHS Bristol, Bristol City Council and the 'Green Capital' Partnership.

Public sector sustainable food procurement in the West of England

Increasing the amount of sustainable food being procured was the focus of an event held on 20 January 2011. The event brought together eighteen people who believe that increasing the proportion of sustainable food available through contracts is important in terms of health benefits, value for money and supporting the producers in the West of England and further afield in the South West.

Those participating included procurement representatives from universities, health trusts, police and local authorities, as well as the Soil Association and Forum for the Future. Supporting the event, and providing expert advice were Roy Heath from the Cornwall Food Project, and Peter Redstone of the Plymouth Food Procurement Project. South West Food & Drink are involved in the initiative and will be assisting in taking it forward.

The next stage for the group is to collate and analyse current, and future, food procurement contracts and spend, to enable appropriate collaboration and to enable work with potential suppliers to take place.

For further information, please contact Christine Storry on 117 922 4336 christine.storry@bristol.gov.uk



Garden Life show

**Friday 15 April – Sunday 17 April
Broadmead, The Mall, Cabot Circus**

Garden Life will see Broadmead, The Mall Bristol and Cabot Circus transformed into a living city garden, giving gardening enthusiasts the chance to indulge their passion.

The 2011 Bristol Garden Life Show will give visitors the opportunity to talk to experts, take part in a Gardeners' Question Time, find out how to create a hanging basket, get top tips for growing your own fruit and veg and buy quality plants and shrubs.

In the warmer climes of The Mall Bristol and Cabot Circus there will be flower-arranging displays to view and an exhibition of orchids from the University of Bristol's Botanic Garden.

Fans of locally-sourced, home produced food will also be in for a treat as a number of stallholders from Bristol's award-winning farmers' market will be located in Quakers Friars area of the city centre during the Garden Life event.

The three day Garden Life extravaganza will showcase local businesses, their products and their services, featuring everything for outdoor life, from conservatories and wood burners to picnic items and sculptures.

In addition, local schools and community organisations have been invited to get involved and show how creative planting and well-tended gardens can transform neighbourhoods.

Review of markets

A review of Bristol's market policy has been carried out by Roger Tym & Partners and George Nicholson on behalf of Bristol City Council. The purpose of the study was to assess the performance of existing markets across the city and highlight the potential for establishing additional markets. The study was informed by consultation with national and local stakeholders, market operators, 150 traders and producers.

The assessment found that speciality food producers in particular have weathered the recession well compared to other trade sectors. Farmers' markets in city centre and affluent areas are very popular and help to improve footfall and high street retail sales by approximately five per cent compared to days when they are not operating. However, markets in smaller retail centres are struggling and

markets that have been trialled in some of the more deprived areas of the city have struggled due to limited public demand. Following the study, the council will work with stakeholders to develop and produce:

- A policy and protocol explaining how the city intends to use its Market Charter in the future
- A strategy setting out Bristol's ambition for the provision of markets across the city – including the potential for further developing St Nicholas, additional markets and car boot sales.
- A marketing plan to better promote the existing offer.

Send comments/questions to Jason Thorne · jason.thorne@bristol.gov.uk

A copy of the study report can be found at www.bristol.gov.uk/retailcentres

Food Interest Group profile no. 5

Grace Davies, Food Safety Team (Food & Health), Public Health Services

I have worked as an Environmental Health Officer in Bristol for nearly 17 years, most of these part-time in order to perform the juggling act in bringing up 2 children! In 1997 I had the opportunity of a two year secondment to the 'Sustainable City Team', where I was able to pursue my interest in wider health issues and progress projects to support, what was then, the government's 'Agenda 21' programme in relation to food and health in the community. My proudest achievements were initiating the development of the popular 'Farmers' Market' at Corn Street and the beginnings of community growing and cooking projects at Knowle West Health Park.

Although my current work in the Food Safety Team includes some 'inspecting' of food businesses to check compliance with food safety standards, my other role has been in developing and coordinating partnership projects to support improvements in diet and health across Bristol. The 'Cooking from Scratch' project, which ran from 2006–2009 was one of our successes – teaming up with NHSBristol and a food consultant to deliver cooking and healthy eating courses to teenagers and single parents in Knowle and Southmead and later progressing on to deliver training to 'keyworkers' in the community, enabling them to more effectively work with their target groups on cooking and healthy eating initiatives. This project gained national recognition and resulted in Bristol being awarded National Food Champion in 2008.

More recently I have been working on a partnership initiative in Bristol that is looking at Takeaways in the city. One of the strands of this work has been to encourage takeaway food businesses to provide food that is lower in saturated fat, salt and sugar, by making simple changes to the ingredients/food they offer or use, as well as methods of cooking, portion sizes and promotion methods. So far we have concentrated on sandwich shops and



currently have 32 businesses who have adopted healthier practices since starting the initiative. We will be focusing on fish and chip shops and then Chinese and Indian takeaways later this year.

In my 'previous' life I was a school teacher and have been able to follow up my interest in education and training through the food safety work our team is doing with Bristol Schools, Children's Centres and Nurseries. We have developed a one day course offering the Level 2 food hygiene certificate together with specific training on managing food safety across the range of food activities offered in these settings – including breakfast clubs, cooking clubs, bbq's, and other catering.

All local authorities are facing cutbacks and change at the moment, but our team is committed to continuing its partnership work to contribute to the delivery of the food & health strategy in Bristol and the wider Health & Wellbeing agenda. With the transfer of the NHS Directorate of Public Health to Bristol City Council, there will be more challenges ahead and more opportunities for the champions of public health to work together.

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Food Interest Group

Bristol City Council's Food Interest Group – a representation of services in the council that regulate, procure, provide, allocate space for and dispose of food, to support the achievement of a more sustainable, healthy city.

Current membership is composed of:

Steve Clampin Allotments manager, Parks and estates · 0117 922 3737
steve.clampin@bristol.gov.uk

Grace Davies Environmental Health officer, Public protection and regulatory services · 0117 353 3971

Anne Ambrose Empty Land officer, Neighbourhood & Housing Services, 0117 903 8200

Dorothy Greaves Sustainability advisor, Sustainable City Group · 0117 922 4624 ·
Dorothy.greaves@bristol.gov.uk

Stephen Hewitt Health improvement planning officer, Strategic planning 0117 922 2756

John Hilton Principal catering and contract manager, Care services · 0117 914 5424

Sheena Huggins Team manager, Residential and older peoples services · 0117 377 2609

Adrian Jenkins Public health services manager, Public protection and regulatory services · 0117 922 2106

Raajib Khandker Policy officer, Regeneration and economic development (standing in for Rachel Allbless who is on secondment)

Steve Marriott Sustainability manager, Sustainable city group · 0117 922 4462

Liz McDougall Principal health policy officer, Chief executive's office 0117 922 2553

Steve Morris Markets manager 0117 922 4016

Angela Raffle Consultant in public health · 0117 352 1098

Matthew Roberts Client contracts officer, Children & young peoples service · 0117 903 7675

Jeremy Screen Corporate property manager · 0117 903 7614

Sharon Sexton School meals co-ordinator, Children & young peoples service · 0117 922 2158

Christine Storry Corporate procurement specialist – sustainability · 0117 922 4336
Christine.storry@bristol.gov.uk

Home-grown food heroes at Tyntesfield

Sally Williams, National Trust

On February 28 Tyntesfield, the spectacular Victorian house and chapel that was saved for the nation by the National Trust in 2002 along with its gardens, estate and extraordinary collection, opens with a brand new visitor centre. Funded with the help of Heritage Lottery Fund the new facilities have been integrated into the estate's historic Grade II* model farm buildings, with most of the original agricultural fixtures intact.

The restaurant and café will be showcasing the very best local and seasonal food and will include dishes made using fresh fruit, vegetables and herbs from Tyntesfield's working Kitchen Garden. As Katy Johnston, Tyntesfield's catering manager explains, "virtually all our produce has been sourced locally, with most of the producers based in Bristol and the rest within a 30 mile radius or less. Expect to try everything from slow roast Somerset pork belly, with roasted Chew Valley butternut squash, pearl barley and tarragon jus to a traditional rhubarb crumble made with fruit from the Kitchen Garden."

Home-grown food heroes are being championed too with likes of Jon Thorner's butcher in Shepton Mallet providing everything from top quality Mendip beef to succulent free-range pork, Gloucester Road's famous Breadstore will be supplying an array of goodies, including traditional loaves and baguettes as well as speciality breads, Lovely Drinks will be keeping visitors hydrated with its elderflower cordials – the elderflower is fittingly grown on Gibbs' land at Barrow Gurney (the Gibbs family built and lived at Tyntesfield for four generations), along with Box Bush Farm who will be supplying Somerset ciders and apple juices. Not forgetting those with a sweet tooth Hill Cottage Bakery, just outside Bristol will be whipping up delicious brownies and cakes.

Just seven miles south-west of Bristol, Tyntesfield's visitor centre, Home Farm is free to visit and open everyday. For more information call 01275 461900 or visit www.nationaltrust.org.uk/tyntesfield

Photos show: an ancient espalier in the walled garden ANDREW BUTLER
Phil Rumble in the glasshouse STEPHEN ROBSON



Volunteering

Since Tyntesfield was saved for the nation in 2002, the team have looked for ever more exciting and innovative ways of involving the local community in the process of caring for and sharing this incredible place. Their expanding family of over 700 regular volunteers get stuck in helping welcome visitors, are involved with cataloguing and caring for the collection, join in with harvesting vegetables, record local people's memories and much, much more. They've also welcomed hundreds of individuals on career development placements, working along side staff to gain skills and experience. Fantastic partnerships with local schools and community groups, such as the Brandon Trust, Backwell School, University of the West of England and the Prince's Trust have also been developed.

Current volunteering opportunities can be found online at www.nationaltrust.org.uk/volunteering or by contacting Peter Rolfe on 01275 461969 or e-mail peter.rolfe@nationaltrust.org.uk

For more information for companies looking for team building and skills development opportunities for their staff, please contact: alex.pritchard@nationaltrust.org.uk

Tyntesfield also hosts around 50 people on tailored placements every year for more information visit www.nationaltrust.org.uk/volunteering or contact our Skills Supervisor at katie.laidlaw@nationaltrust.org.uk



Food waste – Why is it an issue?

Hannah Johnson, Resource Futures

I remember as a child being told by my mum not to leave any spaghetti on my plate because there are starving children in Africa. I didn't understand how I could help, because at that age I didn't understand that food is a global commodity. If we waste food, there is less in the market for other people to buy and it becomes more expensive, too expensive for some people. Global undernutrition is on the increase but so is overnutrition, and for the first time there are now more people suffering from overnutrition than undernutrition. As this article is in Bristol's Local Food update, I'm inviting you to 'think globally and act locally'.

Recently there has been a lot of interest around the publication of the *Foresight report into Global Food and Farming Futures* (to which Resource Futures contributed as the lead author on the global food waste driver and science reviews). This forward look to the year 2050, when the world population is likely to be 9 billion, has put forward proposals for how we can feed ourselves sustainably whilst recognising the likely impacts of climate change and increased resource scarcity.

As the world population rises, food production is putting an increasing strain on resources. It takes up land that could otherwise be forested; and it uses water, oil, energy, and minerals. The WWF says that around a third of carbon emissions in the UK are related to food production.

Food waste is a global issue, and occurs at all stages of the supply chain from field to fork. In developing countries most food waste occurs as losses due to poor infrastructure. In affluent countries such as the UK more waste occurs as a result of consumer behaviour. It is thought that the average household wastes £480 worth of food each year, or a sixth of what is bought. This food waste is what we term 'avoidable' food waste, in that it had been edible and fit for consumption, rather than items such as used tea bags and banana peel which we generally consider 'unavoidable'. The amount we waste has been increasing: before the Second World War we only wasted 3% of food.

It appears that we might all waste more food than we think we do. Those people who say they waste 'none or hardly any food' have been shown to produce more



than their own body weight in food waste each year. Research has shown that more than half of food is wasted because it is not used in time, with the remainder because too much was cooked, prepared or served. Your household will benefit from reducing food waste. You will be better off. You may be healthier. You will have more food confidence in buying, preparing and eating food. Changes that you can make in your household include:

- Checking what you've already got in the store cupboard and fridge, and checking what needs eating up first
- Planning meals
- Learning new recipes that use up common leftovers
- Writing a shopping list
- Storing food appropriately, for example bread and apples last longer if stored in the fridge
- Cooking the right amounts of what people like to eat
- Eating an appropriate amount of food – over eating is a form of food waste in itself
- Sharing food with friends and family if you have too much
- Asking for a 'doggy bag' for restaurant leftovers
- Learning what the dates on food packaging mean
- Learning to use your senses to tell when food has gone off
- Buying knobbly/small/blemished fruit and veg – this helps reduce waste further up the supply chain. It shows suppliers they don't need to out-grade and therefore waste food because it has cosmetic blemishes
- Logging on to the Love Food Hate Waste website: www.lovefoodhatewaste.com
- Volunteering or fundraising for Fareshare who do a great job of redistributing food in the Bristol area: www.faresharesouthwest.org.uk

The global environment will benefit from reducing food waste. If we can cut out needlessly wasting that sixth of the food we buy, then we could reduce our carbon emissions. Reducing food waste will also help to keep food prices down in the future (although food prices are also dependent on oil prices and weather conditions).

All of our 'unavoidable' food wastes should be home composted or put out for collection in a brown bin. In Bristol, the food waste that we put into brown bins gets collected and composted. This is preferable to it going to landfill (food waste composted rather than landfilled saves <1 tonne of CO₂ per tonne). However, the prevention of food waste in the first place is far more beneficial: a tonne of food waste prevented saves 4.3 tonnes CO₂. We can apply the *Reduce, Reuse, Recycle* mantra to food waste too: reduce all we can avoid, reuse and pass on to others, and finally recycle all that is unavoidable.

In all our discourse around sustainable food supply, we cannot ignore food waste. A sustainable food supply chain would have reduced losses and reduced consumer demand. In order to reduce our demand, we must waste less.

resourcefutures 

Resource Futures is a sustainable resource management consultancy based at the Create Centre in Bristol.

For more information, contact: hannah.johnson@resourcefutures.co.uk.

For more information on the Foresight report: www.bis.gov.uk/foresight/our-work/projects/current-projects/global-food-and-farming-futures

Digital mappers in Somerset say it's time for a national roll out

Over the last 6 months, Somerset Land and Food Co-ordinator, Linda Hull, has been trialling a new digital mapping tool. Linda writes below about the potential reach of online mapping with FoodMapper.

Plotting demand for access to land

Demand for land to grow food on currently exceeds supply in many parts of the country. In Somerset, we have been using FoodMapper to locate over 100 hectares of existing community growing space and to map waiting lists. Community researchers and project staff have painstakingly liaised with parish councils and allotment societies to survey the physical location of growing spaces.

We've now got a unique database of allotment provision in the county. We have gathered data about ownership, size, topography, facility provision such as water supply, toilets, crop and tool storage, meeting space, plus length of waiting lists. Our research has generated a register of hotspots of demand for land so we're now calling on all kinds of landowners to pledge ground for community growing.

Build your own community food map

See your local food webs revealed: people producing, selling, buying, cooking, eating and caring about local food all around us.

- seed saving networks, gardening clubs and horticultural societies
- seed and plant swaps
- informal sharing of food production skills
- structured learning and training opportunities,
- access to local food – consumer co-ops, village and community shops, country and farmers markets, farm shops
- location of existing producers
- register of growing spaces
- mapping demand for land where current provision is not meeting identified need

The data at FoodMapper is accessible to the general public enabling mapping of all kinds of “local food initiatives” – from small scale producers to food co-ops, apiaries, chicken and pig co-ops, school growing projects, farm shops, markets, growing and cooking courses and other food-related events, community gardens and orchards, as well as Community Supported Agriculture schemes.

Everything we need to set up innovative land partnerships, shorten supply chains, increase food production skills and reveal routes to market is possible with FoodMapper – an instant online local food map that is ours to populate. The beauty of FoodMapper is that once we have the very local data, we can use FoodMapper as a strategic planning tool.

Mark Thurstain-Goodwin is the MD of Geofutures who developed the web mapping platform for FoodMapper. He comments: “Collecting and analysing information like this takes FoodMapper beyond a simple land wanted/offered noticeboard and plugs important gaps in the data needed to answer the question ‘Can Somerset – or any other location – feed itself?’ We at Geofutures, together with our partners, aim to use FoodMapper data in a wider analysis of food demand and supply, available land and topography.”

Plans for future developments of FoodMapper include being able to add various data layers (e.g. soils and topographical data) to make it possible to determine what kind of crops would be grown best where. The project has been launched in Somerset and is being rolled out across the South West, and the development partners are now seeking investors and partners to help it reach its evident potential nationally. If you'd like to explore this possibility, we'd love to hear from you (see below).

Mapping at this scale requires local knowledge and shared intelligence. If you live in Somerset and are a landowner who's willing to consider offering some land for community use (on either a commercial or a philanthropic basis) register at www.foodmapper.org.uk



FoodMapper for strategic community planning

- Enables a wide range of stakeholders to pinpoint producer locations and develop new routes to market, including shared deliveries
- Highlights retail outlets where you can buy sustainable food
- Identifies where to focus efforts in communities to make local food affordable and accessible
- Maps food waste arisings to increase local composting and building of soil fertility
- Plots and reveals the skills and training needs and provision
- Enables land use planning to identify and protect land for food growing in settlements
- Provides data for food footprint and food security analysis

If you live in Somerset and can map your area, Somerset Community Food would really like to hear from you. Email linda.hull@somersetcommunityfood.org.uk or call 01749 678770.

If you are outside Somerset, please contact Geofutures on 01225 320050 or email foodmapper@geofutures.com

www.foodmapper.org.uk

Following the Plot no.5

Keith Cowling

The first new leaves of spring remind us that the new growing season is already upon us. The next two months will usher in milder temperatures and longer days and leave all but the most organised of us scrabbling to get seeds into the ground in time. March and April are the sowing months for almost all the traditional English vegetables.

Sowing small seeds from the brassica and carrot families needs a hoe to form a furrow, or in soft soils, to form a tiny half-round trench from the handle laid flat and pressed into the ground. Round seeds can be sprinkled between the fingers but flatter or more pointed seeds may need to be tapped out of the packet end or may even justify a little mechanical help with a plastic seed sower, good value for the less dexterous at around £2.00.

Small seeds require a growing medium that keeps them moist and aerated, so they may need help to get started in heavy clay without a fine tilth. In this case, consider covering backfilling seed furrows generously with some prepared loam like a mixture of one third sieved soil to one third sharp sand to one third sieved leaf mould. In new plots with really claggy soil and a perennial weed problem, it may be necessary to prepare a deeper trench and fill it with new loam before drawing a sowing furrow. Once the seeds are in, water with a fine rose can to set germination off.

Brassicas, lettuces and members of the onion family all cope with the cold, wet soils of March, but carrots like their soil warmed by the sun so should wait until April if possible. The old gardener's trick for sowing tiny pointed carrots seeds evenly is to add eight times as much bonemeal, an organic nutrient that supplies some of the phosphorus that all root crops need. The resulting mixture is then sprinkled along the row. Even sowing is an important consideration with carrots because the carrot fly, the most destructive pest of this crop by far, can smell the scent of crushed carrot leaves from a great distance, so thinning can attract its unwelcome attention. Other useful ideas for those that suffer from fly, are either to grow carrots under fleece, which offers very good protection, to grow resistant varieties or to delay sowing until May, using a fast carrot variety like a Nantes or Chantenay, so that shoots appear after the fly risk has diminished.



Larger seeds are less trouble to place accurately. Both peas and broad beans are usually grown to form a small hedge, and are thus sown in double or even triple rows six inches apart along a wide flat furrow. In fertile and loamy soils, broad beans can even be sown along a string line with a dibber, as can sets from garlic, onions and shallots, avoiding the need for furrows and backfilling altogether. To avoid damage from birds that often pull onion sets out of the ground looking for food, take care that nothing shows above the ground or use a fleece or light mesh to cover the plantings until green shoots show through.

The earliest vegetable sowing of the year is generally that of parsnips in mid February, but if you have missed this slot already you might consider pre-germination, which has a number of advantages. Since parsnip seed starts poorly in the soil anyway, taking about 6 weeks to appear and with germination rates often less than 25%, improved results can be achieved by germinating seed at home. To do this, soak the seeds in water over night in a jam jar or similar container, then drain and store in a warm place, rinsing and re-draining each day. After about 6 days, or when small white shoots appear, prepare a simple jelly mixture using any vegetable-based food thickener, setting agent or seaweed-based clear jelly. It should have the consistence of a thick custard or yoghurt. Drain the seeds and stir gently into the bowl of (cooled) jelly so the result looks a little like frog spawn, then tip the mixture into a polythene bag (check it has no holes) and seal with a knot. Then take the whole bagful to the garden or allotment with a pair of scissors and – once the seed furrow is drawn – simply snip a small corner off the bag



and pipe the seed/gel mixture along the row, backfilling in the normal way. This improves the germination rate and can save up to four weeks on the growing season. The method works well on most small seeds but is particularly good with parsnips.

March is also the month for starting tomato seed in trays or modules, along with peppers, chillis and aubergines. Prick plants out into individual pots once the second set of leaves appears. Squashes, courgettes and sweetcorn can wait until April for sowing indoors in individual peat (substitute) pots or filled cardboard tubes from centres of toilet rolls, which can go straight into the ground in May without disturbing the plants.

Keith Cowling · keith@eyehouse.info
Ashley Vale Allotments Association
www.ashleyvaleallotmentsassociation.org/index.php

How to grow potatoes

March and April are the main months for potato planting. Garden Organic have published straightforward planting instructions on-line, including:

- How to grow potatoes in containers
- The no-dig option
- Suggestions for favourite varieties

You only need enough space for a container 30cm wide x 30cm deep, or an old compost bag, to grow-your-own crop.

http://mastergardeners.org.uk/2011/02/01/how-to-grow-your-seed-potatoes/?dm_i=4UO,CTWL,JC186,10HAB,1

New agri-culture springs to life by the motorway

Richard Spalding

I scraped the leaves away to discover that the rhubarb crowns had survived the cold to begin their journey into the light and unknowingly towards our kitchen. I was on my way to join the first work party organised by Sims Hill Shared Harvest, a new community supported agriculture project close to the M32 motorway on the north Bristol fringe. This was an emotional moment for me as I walked down the icy track which still forms the access point to and across the finger of largely derelict market garden land which once helped feed the city. I had been envisioning such a moment for years now in my quest to try and support a revitalisation which might see our cities beginning to think about feeding themselves once again.

Plans are afoot here to develop a vegetable growing initiative which regenerates some of the high quality agricultural land which has tumbled down to rough grazing uses as horsiculture has replaced horticulture. Such initiatives are to be welcomed as Bristol begins to wrestle with its future foodscapes. It seems that a number of community groups interested in getting involved in food-related activities are taking the opportunity to negotiate leases of land from the local authority. There is clearly an upsurge of interest from a younger generation of people wanting to re-engage with food growing in this part of the city and their projects are beginning to shape up.

Last week (just a couple of miles away at Frenchay Chapel) I gave an illustrated lecture on *Market Gardens on the north Bristol – presents, pasts and futures* to the Frenchay Tuckett Society. I reported on my ongoing scholarship to an audience which contained several members of market gardening families who used to produce vegetables from this fertile strip. They

provided me with yet more information to keep me going for another year. However, I was stopped in my tracks by one gentleman who suggested that I was wearing a pair of rose tinted spectacles through which to view what he saw as the impossibility of fighting the economic logic of the currently dominant global food system which has rendered this land derelict. “Rhubarb” he said in defending his bottom line accountant’s position on my lack of economic understanding.

I agreed with him in part, but only in part. I countered his assertions by suggesting that what I was doing here was to think beyond current obsessions with global food provisioning to consider what a re-localised foodscape for the 21st century might look like and what part a fertile land resource on our doorsteps might play in it. He was unmoved. I went home chastened, yet still deeply involved with ideas for creating new agri-cultural landscapes in our own places. My own sense of the part good, well managed soil plays in all of this was summed up beautifully by Thomas C. Chamberlin who suggested that... “when our soils are gone, we too, must go unless we find some way to feed on raw rock.”

In the meantime, I will be suggesting that we commission a piece of vegetable art to sit on the plinth overlooking the M32 into Bristol. One only has to sit at its base for a few minutes to see the global food harvest in motion as food lorry after food lorry moves in and out of the city. Perhaps a giant rhubarb stick proclaiming the beginnings of a re-emergence of Bristol’s food culture would be really appropriate as a symbol of our re-connection between city and countryside at a time of profound concerns over local and global food security.

richardspalding@blueyonder.co.uk



On the web...

Rising food prices and the Egyptian tinderbox: How banks and investors are starving the third world

DIGEST: Underlying the sudden, volatile uprising in Egypt is a growing global crisis sparked by soaring food prices and unemployment.

www.globalresearch.ca/index.php?context=va&aid=23079

In novel approach to fisheries, fishermen manage the catch

DIGEST: An increasingly productive way of restoring fisheries is based on the counter-intuitive concept of allowing fishermen to take charge of their own catch.

http://e360.yale.edu/feature/in_novel_approach_to_fisheries_fishermen_manage_the_catch_/2365/

Strictly roots – Low carbon cookbook

DIGEST: Article by great Transition writer and gardener Charlotte Du Cann.

<http://transitionnorwich.blogspot.com/2011/01/strictly-roots-low-carbon-cookbook.html>

The gutsy food sovereignty movement

DIGEST: It is a basic tenet that a community’s food supply should be healthy and accessible for everyone. Truth is that local communities have very little control over their food.

www.energybulletin.net/stories/2011-01-25/gutsy-food-sovereignty-movement-helps-shape-policy-and-rekindle-and-model-democra

The future of food

DIGEST: Foresight’s report on the future of food and farming covers the ground, but seems to be blind to disruptive change.

<http://thenextwavefutures.wordpress.com/2011/02/12/the-future-of-food-1-of-2/>

Lentils and justice for all

DIGEST: It all begins with food: How to restore the health and wealth of inner-city communities.

<http://cms.yesmagazine.org/peace-justice/lentils-and-justice-for-all-1>

Re-localising food within the context of our climate and cultures

DIGEST: An interview with Fife Diet, Scotland.

www.fcrn.org.uk/interviewSeries/interviews/index.htm

Events

Avon Organic Group The hungry gap?

7.30pm Tuesday 1 March
Horfield Quaker Meeting,
300 Gloucester Road, Bristol BS7 8PD
Donation on door £1/£3

Allotment waiting lists, inedible green spaces, and 'wasted' ground challenge our food future. Can community land trusts, garden share schemes, community supported agriculture, and other new approaches to land use turn a crisis into an opportunity?

Jeremy Iles (Chief Executive of the Federation of City Farms and Community Gardens) speaks about their Community Land Bank initiative. Tim Lawrence – apprentice grower at Stroud Community Agriculture, community gardener with ASAP (Asylum Seekers Allotment Project) – will speak as a producer member of Sims Hill Shared Harvest – a member-owned and led CSA.

All are welcome to this solution-focused discussion, which could also lead to some matchmaking.

Wild herb walk

4.30pm Tuesday 5 April

Led by Ann Freeman – a qualified herbalist with many years' experience gathering and teaching the traditional uses of plants. After the walk we will enjoy a vegetarian Indian meal at a local deli.

Places for the walk and meal are limited and must be booked in advance. The walk is £4, and the deposit for the meal is £6.

Illustrated talk by Ann Freeman, plus show and taste of the forage

7.30pm Tuesday 5 April
Horfield Quaker Meeting,
300 Gloucester Road, Bristol BS7 8PD
Donation on door £1/£3

All welcome.

Anne Withers · 0117 952 2758
annewithers@blueyonder.co.uk
www.avonorganicgroup.org.uk

Growing your own business: An event for community food growing projects looking to trade their produce

10am–5pm Thursday 17 March
Roots and Shoots, Walnut Tree Walk
London SE11 6DN

£25 Network rate (Members of Capital Growth, London Food Link or Local Action on Food) · £50 Full price rate

Local Action on food is organising a training day to look at how more urban and community food growing projects can make money through selling their food. Come along to start creating your own business plan that is realistic for your project, and learn more about expanding what you can do through a trading and enterprise approach.

Workshops will include:

- Business and financial planning – a half day workshop run by advisors from the Making Local Food Work enterprise support programme.
- Meet the buyers – an overview of identifying suitable outlets and what buyers are looking for.
- Commercial urban growing – advice from the people doing it.
- Investment in your venture – how local businesses and people can make a financial commitment to your project.
- People power – running an enterprise with volunteers and creating good jobs.

To book a place or for more information:
polly@sustainweb.org · 0207 837 1228
www.localactiononfood.org

Create exhibition: Who feeds Bristol?

From 29 January
Create centre small gallery

How secure is our food supply? This exhibition highlights some of the key findings in 'Who Feeds Bristol?' – a new report commissioned by the Bristol Partnership which will be launched at the Bristol Food Conference on 16 March. We've already seen some supermarkets running out of basic foodstuffs during the winter snow. In the future extreme weather events, the cost of oil and housing pressures will all have an impact on our food supply.

www.bristol.gov.uk/ccm/content/Environment-Planning/sustainability/create-events.en

The Bristol Food Conference

Wednesday 16 March
Council House, College Green, Bristol

Bristol City Council's second 'Bristol Food Conference' takes place on the 16 March in the Council House. Attendance is strictly by prior booking as last year's event was fully subscribed. The focus is on the launch of the Food Policy Council with international inspirational speakers and the key findings from Joy Carey's research report 'Who Feeds Bristol'.

Contact: Dorothy Greaves
dorothy.greaves@bristol.gov.uk
www.bristol.gov.uk/food

The edible garden show

Friday 18–Sunday 20 March 2011
Stoneleigh Park, Warwickshire
Advance tickets £11, Concessions £9

For anyone passionate about grow your own, home produce or rearing livestock and poultry keeping... From fruit and veg to bread making, from poultry to organic herbs, and from bee keeping to home brewing, The Edible Garden Show is THE ultimate Grow Your Own event.

www.theediblegardenshow.co.uk

Events



Love Food Spring Festival

Saturday 26 & Sunday 27 March
Brunel's Old Station, Temple Meads
Free

The Spring Festival is a two-day event in the heart of Bristol at the very beautiful and historically important Brunel's Old Station, Temple Meads. Last year saw over 5,000 visitors attend from all over the West Country and beyond for a Springtime celebration of food love! This year the festival is free for visitors to attend, and offers:

- 70 market stalls
- Cookery demonstrations
- Str-eat Party
- Children's area
- Garden
- Beach
- Art exhibition, and much more

www.lovefoodfestival.com

VegfestUK Bristol

Fringe Week 21–28 May
Festival: Friday 27–Sunday 29 May,
Amphitheatre & Waterfront Square,
Bristol

Bristol Fringe week sees a series of vegan events across the city in the week before the big outdoor weekend event on 28–29 May, and coincides with National Vegetarian Week. So far planned are stalls outside health stores during the day, plus talks, films and cookery demos during the afternoons, and themed events each evening, including a Film night with BARC, plus restaurant and shop discounts, special offers, free tasters and special menus.

The Festival organisers are looking for other ideas to add to the programme, plus volunteers to help with the stalls during the day time and also the evening events, as well as publicity for all the events going on. Your help would be very welcome, please email info@vegfest.co.uk if you'd like to help/organise your own event/get your local businesses involved etc.

www.bristol.vegfest.co.uk/

RHS Show Cardiff

10am–5.30pm Friday 8–Sunday 10 April
Bute Park, Cardiff
£8 advance, £10 on the day

The first RHS show of the season, with the best of spring blooms. This celebration of Welsh horticulture is set among the grounds of Bute Park.

www.rhs.org.uk/Shows-Events/RHS-Show-Cardiff/2011

Sustainable Thornbury Skill-up Day

Saturday 21 May
The Chantry, High St, Thornbury

Four workshops will be on offer – how to compost and to make your own wormery, basic bike maintenance, how to make your own toiletries or to learn about healing with herbs. You will be able to sign up for more than one workshop.

Food Preservation Day

Saturday 16 July
St Mary's Church Hall, Thornbury

Ever wanted to learn to make jam, produce chutney or bottle fruit and vegetables? – then this workshop is for you. Experienced preservers of food will be on hand to demonstrate how to do it. You will be able to see what to look for and ask enough questions, so that you can take advantage of summer produce to have a go yourself.

www.sustainablethornbury.org/

STOP PRESS!!

Brandon Hill Orchard

Hot off the press – Friends of Brandon Hill have secured some funding from the Quartet Community Foundation www.quartetcf.org.uk/ to plant up a heritage community orchard and a herb bed in the park. For further info, contact: info@friendsofbrandonhill.org

Stop Sainsbury's

Your last chance to object to the biggest Sainsbury's in the South West – coming soon to Ashton Gate. Objections must be submitted by noon Tuesday 1 March. www.stopsainsburys.co.uk/take-action-now/

Making Local Food Work Good Food, Good Governance training courses: Simply Legal

10am–4pm Wednesday 11 May 2011
Bristol

Free to development workers or those involved with a community food enterprise

All you need to know about legal forms and organisational types for community food enterprises – to tie in with Making Local Food Work's new publication: www.uk.coop/resources/documents/simply-legal

Suitable for development workers and those involved in creating or restructuring a community food enterprise.

The Co-operatives UK Good Food, Good Governance team, as a partner in the Making Local Food Work programme, offers:

- regional training workshops and bespoke training events
- good governance publications, including Simply Legal
- a telephone helpline and 1:1 advice for governance and legal structures support
- web resources and signposting.

For more information or to book a place: www.mlfw.co.uk/training

Save the bees

Urgent: Help get neonicotinoids suspended pending further research

A British MP, Martin Caton (also a plant biologist) has tabled an Early Day Motion asking for neonicotinoids to be suspended until further research can be done to test their safety on bees. Please contact your MP urgently and ask them to support EDM 1267.

<http://tinyurl.com/5wwyjqd>

New websites

Stuffed

Stuffed – Food for Life’s new website, aimed at 14–16 year olds – sets out debates about the future of food, to explore the issues surrounding how our food is produced and what impact this is having on our environment, society and animal welfare. Each debate has resources – relevant articles, weblinks and information – that will confirm or challenge understanding about the impact of our current food production and consumption.

www.stuffedonline.org/

Carbon Brief

Carbon Brief, a new online project has recently been launched. Its focus is not just on providing information about climate change (or rather signposting you to that information) but about how climate change science and stories are communicated. The aim is to follow and analyse the public conversation around climate science, particularly in the media, whilst also producing clear, engaging and informative stories about the science of climate change. It is hoped that the site will provide an easily accessible resource for journalists, policymakers and other influential stakeholders and can thus bring more transparency and accuracy to the debate. The project is funded by the European Climate Foundation.

www.carbonbrief.org

Change!

The environment sector’s experiences of involving local people has highlighted a problem: after the hard work to engage people in environmental projects, how do you know whether their involvement leads to positive changes in how they behave? What are the characteristics of projects that ‘nudge’ – to coin another phrase of the moment – people towards adopting and maintaining more sustainable lifestyles?

The online Change! tool – created and developed by the environmental charity WWF – is a simple, powerful tool that captures how individuals involved in a local environmental project have changed their behaviour and what influenced this. Read more at:

http://sd.defra.gov.uk/2011/02/think-big-act-small/?utm_source=email&utm_medium=twitter

Free food year after year

Andy Hamilton, Selfsufficientish

I was once told a story by a friend who stayed at a commune for a few weeks. Each mealtime a huge spread of food was on offer and she was invited to help herself. The food was so good she was like a kid with party food at first and she filled up her dish as high as it would go and gorged out. She did the same at the second meal. But by the third meal she stepped back and looked at what everyone else was doing. She soon realised they were just taking what they needed and no more. Embarrassed at her own greed she then took just what she needed. An act which was not left unnoticed, she was gently told not to worry and that most people when they first visit do exactly the same.

Many first time foragers have this attitude towards wild food and it can be easy to damage habitats without realising it. The difference between doing this on a commune and doing it in the wild is that the commune could take this hit; the wild cannot.

When foraging, people should think about what they are picking and how it grows. Some plants can sustain continual harvest and some cannot. It takes a small amount of plant knowledge and a bigger amount of common sense to work out exactly how and what to harvest. A short rule is to count the plant four times and only pick the fourth. If there are less than four plants then you should leave them alone.

A personal rule is to try and give back what I take. And I do this by a number of means such as when I harvest burdock roots, I always plant seed. When I harvest apples from a tree I might return and prune it to

help get a better crop in subsequent years. When I pick nettles I only pick the top four leaves as often the nettle will grow two more “heads”.

A good forager should be a custodian of nature and not a taker of nature and should take time to learn a bit about plant life cycles before eating them. Not only does this make foraging sustainable but it means food in the same spots year after year!

First published in Ethical Consumer January/February 2011

Selfsufficientish courses

First wild food walk of the year!

11am–1pm Sunday 19 March
Meet outside St Werburghs city farm café · £15 suggested donations

Wild food day out

10am–2pm 2 April, 16 April, 7 May, 26 June
Meet outside St Werburghs city farm café · £35 per person
8 May, 26 June, Central Bath

Wild food lunch times

12.30–1pm 5 May, 6 May, 27 June, 28 June
Castle Park, Bristol
£5 per person

To book contact Andy Hamilton
andy@selfsufficientish.com
0117 954 0788
<http://tinyurl.com/wildfoodwalks>
www.selfsufficientish.com



Courses

Introduction to Permaculture

4 Tuesday evenings in March
St Werburghs Community Centre,
St Werburghs, Bristol, BS2 9TJ
Cost £65 to £40 sliding scale.

No experience necessary, just an interest in sustainability and in working towards a sustainable, positive and productive future. Talks, workshops, discussions, slide shows, film, observation walks and practical demonstrations. We'll explore the ethics and philosophy and the basics of Permaculture design. On a short walk we'll observe natural systems and find useful, edible and medicinal wild plants. Slide shows of Permaculture designs from around the UK will give an idea of the range of possibilities of Permaculture. A group practical session will put what we talk about into practice.

www.sarah-pugh.co.uk

Bristol Adult Learning

Create Centre, Smeaton Road,
Bristol BS1 6XN
For all course information:
www.bristol.gov.uk/ccm/cms-service/stream/asset/?asset_id=35974022&

Organic wine appreciation

Saturday 26 March
Tutor: Ian Abrahams
£22/£11 (+ shared cost of wine)

What are organic wines? Do they taste better? This course will focus on the increasing range of organic and biodynamic wines – with the chance to taste many examples.

Dig Bristol update

Bristol Food Network's Dig Bristol application to the Lottery Local Food Fund has unfortunately been unsuccessful. The project set out ambitious plans to create a food gardening city and help support the community food growing in the city. This is disappointing news for the range of people and organisations who helped develop the proposal following the consultation around the Sustainable Food Strategy. However, the project has helped build a formidable coalition across the city, and helped elevate the discussion around food, including the Council's exciting plans for a new Food Policy Council for the city.

...at the University of Bristol
Botanic Gardens

Hollybush Lane, Stoke Bishop, Bristol
For all course information:
www.bristol.ac.uk/Depts/BotanicGardens/about/education.htm

Plant Propagation for Beginners

7–9pm Thursdays 3 March–7 April
Tutor: Aldetha Raymond · £80

A 6 week course combining demonstrations and practical hands-on experience on how to successfully propagate a range of garden and glasshouse plants. Plant selection, techniques, timing, equipment, aftercare and problem solving. All major propagation techniques will be covered. Plant material from the Garden will be made available for the students to practise on. An ideal course for the amateur gardener who wants to increase their propagation skills. Numbers limited.

Summer Champagne and cordials

7–9.30pm Thursday 26 May
Tutor: Ann Freeman · £20

Summer flowers can be used to infuse drinks and capture the scent and essence of warm summer days. This evening workshop will take you through the practical steps of producing elderflower champagne and summer cordials from flowers and fruits in the countryside and your own garden. Popular Herbalist Ann Freeman will give hands-on advice on making your own drinks at home.

Bristol Food Network and Forum for the Future still continue with plans to organise Bristol's first ever **Get Growing Open Garden Day** on **Saturday 11 June 2011**. The aim is to have one grand 'open day' of around 40 city-wide food growing projects, ranging from the largest community garden, to the most modest of fruit tree planting scheme. The event hopes to raise public awareness of urban growing projects in Bristol and inspire more people to get involved with, and volunteer for, their local community groups.

Laurence Copleston from Forum for the Future, the UK's sustainable development charity, who are helping to organise the

...with the Low-impact living initiative (LILI)

Venue: Radford Mill farm, near Bath
For all course information:
http://lowimpact.org/venues_south_west.html

Make perfect compost

Saturday 9–Sunday 10 April · £75

On one level compost is ridiculously easy to make, you just pile stuff up and leave it: what can possibly go wrong! On the other hand there is a wealth of fascinating information for the more scientifically minded: the biology the chemistry and the physics of the heap. For the tutor it's a wonderful bringing together of disparate materials, all bringing their different qualities and being miraculously transformed into the incredible substance which is compost.

...at Windmill Hill City Farm

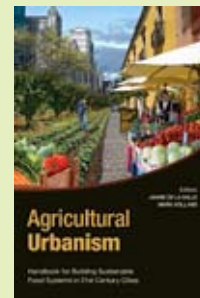
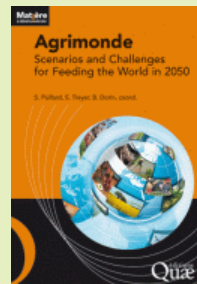
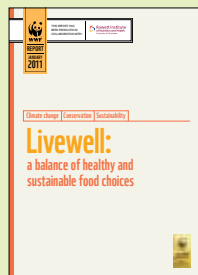
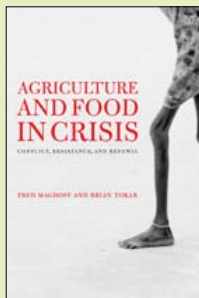
Windmill Hill City Farm are now running **courses in partnership with lili** (low impact living initiative) starting with Cheesemaking on 16 April, Goat husbandry 23 April, Breadmaking 8 May, Compost toilets 14 May and then courses running throughout the year in Chicken keeping, herbal medicine, green woodworking, and many more. For more details and to enrol, go to: www.windmillhillcityfarm.org.uk/ or www.lowimpact.org

Don't forget the farm will be holding their **Annual Family Event 1–9pm Sunday 22 May** this year – Food from Café Maitreya, licenced bar and live music.

open day, said "We want to create a fun day where families can visit community growing groups all across the city and find out more about urban growing for themselves. Bristol has lots of community arts trails throughout the year, but this is going to be the first ever trail for growing your own veg".

If you're involved in a growing initiative and not yet signed up, contact Laurence for further details l.copleston@forumforthefuture.org Keep Saturday 11 June in your diary to be part of Bristol's first event 'Get Growing Open Garden Day'. More details will follow in the next newsletter.

Publications



Livewell: a balance of healthy and sustainable food choices

WWF report

WWF has released its Livewell report, that looks at whether it is possible to eat a diet that is both lower in greenhouse gas emissions and more nutritionally balanced than current dietary norms in the UK.

WWF-UK's One Planet Food Programme (2009–12) has set goals to reduce UK food-consumption related emissions by at least 25% by 2020 and by 70% by 2050, based on 1990 emission levels. The report does three key things:

- it assesses the current 'normal' UK diet against government recommendations with respect to fat, protein, fruit and vegetable intakes, and so forth (the Eatwell plate)
- it looks at whether it is possible to develop a nutritionally balanced diet which is 25% lower in embedded greenhouse gas emissions than the norm today (i.e. the 2020 target), and illustrates what this might look like by developing a one-week sample menu
- it looks at whether it is possible to develop a nutritionally balanced diet which is 70% lower in embedded greenhouse gas emissions than the norm today (the 2050 target).

http://assets.wwf.org.uk/downloads/livewell_report_jan11.pdf

From conflict to co-operation

Newly published by Co-operatives UK, From Conflict to Co-operation aims to help community enterprises deal not only with conflict when it arises but also to avoid unnecessary conflict.

www.uk.coop/fromconflict2co-operation

Worldwatch

State of the World 2011: Innovations that Nourish the Planet

A look at the global food crisis, with particular emphasis on global innovations that can help solve a worldwide problem. *State of the World 2011* introduces the latest agro-ecological innovations and their global applicability and also gives broader insights into issues including poverty, international politics, and even gender equity.

www.worldwatch.org/sow11

Agricultural Urbanism: Handbook for Building Sustainable Food Systems in 21st Century Cities

\$24.95

Awareness of the significant challenges our food supply system faces in the 21st century is growing rapidly. *Agricultural Urbanism*, rooted in a sustainable food systems approach and written by leaders in the planning and design fields, outlines a powerful strategy for understanding and taking action on the full-scope of sustainable food system opportunities in cities and how we can build them.

The book takes sustainable food systems far beyond the community garden and the buying of local food, into strategies for supporting local food processing, wholesale and marketing, education and training programmes, as well as celebrating and creating a culture around food, at the same time as ensuring access to healthy food for all.

The concept of agricultural urbanism has been declared as the next big movement for New Urbanism in the 21st century as we all grapple with how to make our cities not only more sustainable, but also great places in which to live.

<http://greenfrigatebooks.com/new/>

Agrimonde: Scenarios and challenges for feeding the world in 2050

€50

The world's population is projected to pass 9 billion in 2050. An important new study asks the question: Can nine billion people be fed sustainably? The Agrimonde project, organized by France's National Institute for Agricultural Research and International Agricultural Research for Development Center has been researching this question for several years. Their final report compares two scenarios:

- Agrimonde GO is based on the "Global Orchestration" framework of the UN's Millennium Ecosystem Assessment: agriculture would continue to develop as it has in past decades.
- Agrimonde 1 involves "increasing yields by using the ecological and biological functionalities of ecosystems to the greatest possible extent."

www.cirad.fr/en/news/all-news-items/articles/2009/science/results-of-the-agrimonde-foresight-study

Film & audio

Strengthening from our roots: Claiming our food-system future

Wes Jackson's keynote address from the Pennsylvania Sustainable Farming Conference.

www.pasafarming.org/conference2011/

Issues influencing food security: can new technologies prevent future food crises?

Sustainable Development Research Network lecture given by Professor Peter Lillford, on technology and its role in addressing food security.

www.psi.org.uk/events/event.asp?event_id=162

...more publications

Effective approaches to environmental labelling of food products

Defra report

An investigation into the practicality and effectiveness of environmental labelling of food as a mechanism to promote behavioural change in order to reduce the negative environmental impacts of food production and consumption. The report also compares the pros and cons of different labelling formats, and investigates the potential burden and particular costs that introducing such a label would have on industry including food producers and exporters.

<http://randd.defra.gov.uk/Default.aspx?Menu=Menu&Module=More&Location=None&Completed=0&ProjectID=17104#Description>

Taking the scarce out of scarcity: Contesting the politics of allocation

Earthscan · £19.99

This new book argues that the conventional and widespread opinion that people must compete for ever-decreasing food, water and energy is based on a false assumption – that needs and wants are unlimited and the means to achieve them are scarce. Yet this is the basic premise of modern economics and it has led, say the authors, to political strategies which: (a) justify controversial interventions such as nuclear energy and biotechnology; (b) perpetuate vested interests; and (c) keep poor people poor.

www.earthscan.co.uk/?tabid=102493

Crop Wild Relatives: Plant conservation for food security

Natural England

This report explores evidence about the importance to food security of Crop Wild Relatives. These are the wild plant species which are ancestors of, or closely related to, crops. Due to the loss of approximately 75% of crop genetic diversity in the 20th century, Crop Wild Relatives are likely to play an increasing role in plant breeding in the 21st century.

<http://naturalengland.etraderstores.com/NaturalEnglandShop/NERR037>

Foresight: The Future of Food and Farming: Challenges and choices for global sustainability

Department for Business, Innovation & Skills

The report identifies five key challenges for the future:

- Balancing future demand and supply sustainably – to ensure that food supplies are affordable.
- Ensuring that there is adequate stability in food supplies – and protecting the most vulnerable from the volatility that does occur.
- Achieving global access to food and ending hunger.
- Meeting the challenge of a low emissions world.
- Maintaining biodiversity and ecosystem services while feeding the world.

www.bis.gov.uk/foresight/our-work/projects/current-projects/global-food-and-farming-futures/reports-and-publications

Community-owned village shops: A better form of business

Community-owned shops have been one of the leading success stories of the social enterprise movement in the UK to date. At the beginning of 2011 there were 251 community-owned shops, with new ones opening at an unprecedented rate each month. With the growth of the sector showing no sign of slowing down, details of the valuable contribution community shops make not only to the local economy but to individuals and society as a whole is, for the first time, to be made public.

The report identifies one of the key reasons for the success of community shops as being the range of local produce they sell, which offers the highest profit margins. This supports earlier research by Making Local Food Work, which suggests that consumers have a growing interest and requirement for local produce, and that the number one platform for purchasing it is from a village shop.

www.plunkett.co.uk/newsandmedia/news-item.cfm/newsid/472

Agriculture and Food in Crisis: Conflict, Resistance, and Renewal

**Fred Magdoff and Brian Tokar
\$18.95**

The failures of “free-market” capitalism are perhaps nowhere more evident than in the production and distribution of food. Although modern human societies have attained unprecedented levels of wealth, a significant amount of the world’s population continues to suffer from hunger or food insecurity on a daily basis. Fred Magdoff and Brian Tokar have assembled a collection of scholars from around the world to explore this frightening long-term trend in food production. While approaching the issue from many angles, the contributors share a focus on investigating how agricultural production is shaped by a system that is oriented around the creation of profit above all else, with food as nothing but an afterthought.

As the authors make clear, it is technically possible to feed the world’s people, but it is not possible to do so as long as capitalism exists. Toward that end, they examine what can be, and is being done to create a human-centered and ecologically sound system of food production, from sustainable agriculture and organic farming on a large scale to movements for radical land reform and national food sovereignty.

www.monthlyreview.org/books/agriculturefood.php

Food and the Big Society

The Soil Association Conference 9 & 10 February 2011 • Report by Dorothy Greaves

The event took place in the sumptuous surrounding of Manchester's Grade I listed Victorian neo gothic town hall.

To listen to speakers and read blogs see: www.soilassociation.org/Whatwedo/Conferences/Annualconference/tabid/218/Default.aspx

Helen Browning the new director of the Soil Association opened the conference and was followed by Manchester Councillor Nigel Murphy, executive member for the environment presenting a series of initiatives. 'Food Futures', a food strategy for Manchester set out the vision in 2007 and food projects have been one of the beneficiaries of Manchester's Carbon Innovation Fund that has a goal of cutting carbon emissions by 41% over the next decade. 'Truly Good Food' is the new accreditation scheme welcomed by restaurants in Manchester that highlights healthy eating and sustainable sourcing.

Caroline Spelman MP secretary of state for Defra appeared on a brief video that was discussed by the Panel chaired by Peter Melchett, with comments and questions from delegates. Caroline referred to the recent Foresight report *Global Food and Farming Futures* www.bis.gov.uk/foresight/our-work/projects/current-projects/global-food-and-farming-futures, recognised that organic food production was part of the solution, that Local Enterprise Partnerships were to support producers, public procurement to include nutrition and organic/sustainable standards.

What is the Future of Food

Panel discussion chaired by Peter Melchett policy director Soil Association focussed on means to increase organic production, whether demand 'pull' or supply 'push'. Evidence from Europe suggests that where governments support organic, demand grows and this outrides recession. Recent Soil Association report 'Lazy Man of Europe'

www.soilassociation.org/Whatwedo/Conferences/Annualconference/TheLazyManofEurope/tabid/1315/Default.aspx

On the premise that public money should be used for public good, then organic farming should be supported since it balances production, use of natural resources and has huge benefits to

biodiversity. If real costs of non-organic farming were factored in to the actual price of food (e.g. the huge cost of removing pollution from water sources etc) then organic would easily be competitive. Globally 60% of our ecosystem services are thought to have been degraded.

Peak phosphate was discussed in the context of closing the nutrient loop see: www.soilassociation.org/LinkClick.aspx?fileticket=eeGPQJORrk%3D&tabid=57

Non organic agriculture depends on this mined mineral that is rapidly becoming depleted.

Food prices continuing to increase see: www.fao.org/news/story/en/item/50519/icode/

Food for Life Partnership highly acclaimed by many as successful in changing behaviour with positive impact on 43% of families at participating schools. Only a fraction of schools involved though and many school children still unfamiliar with commonplace vegetables.

Organic food thought by some as niche while other delegates gave examples of where a cross section of people were clearly familiar with what it meant and were choosing to buy. Some suppliers had found ways to keep the price similar to non-organic.

Branding sustainable food products was suggested as a strategy to i) clarify the issue; ii) explain why critical for family and community; iii) get celebrity endorsement. Branding could simplify the sustainability argument by making it easier for consumers to choose. Information overload a contemporary problem.

'First aid for hospital food'

Report from the Soil Association identifying problems with food served in many hospitals. Despite several brilliant exceptions where good quality sustainably sourced food has been secured at no greater cost, there are too many instances of nutritionally poor, inappropriate and inedible offerings:

www.soilassociation.org/Whyorganic/Health/Hospitalfood/tabid/1311/Default.aspx

laastd (International Assessment of Agricultural Knowledge, Science & Technology for Development) report

was frequently referred to – Executive summary: http://iaastd.net/docs/IAASTD_EXEC_SUMMARY_JAN_2008.pdf

Science and society

My choice of breakout session provided substantial evidence from Switzerland and Newcastle University of the benefits of organic farming e.g. 30% more biodiversity, levels of carbon capture, reduction of soil erosion, increased water capture and improved soil fertility. Yet only 0.8% of land is under organic production. Non organic growing results in more carbon emissions and diseases. It requires ever increasing levels of resources to achieve the same levels of production. Nitrate use as a fertilizer in non organic farming has increased 4 fold to achieve the same yields as in 1960. Its manufacture requires huge amounts of energy and poor practices in the farming industry can cause much to be lost into waterways.

Agriculture is best seen as multifunctional; along with commodities it generates environmental services and landscape amenity.

EU Quality Low Impact Food project update [www.qlif.org](http://www qlif.org)

Newcastle University offers an MSc in Ecological Farming & Food Production Systems: www.ncl.ac.uk/afpd/postgrad/taught/effps/dissertation.htm

Globally huge amounts of grain are fed to animals and this is generally regarded as inefficient use of resources leading to a call for a reduction in meat consumption.

What is stopping progress

Chaired by Monty Don, President of the Soil Association

Overall politicians still 'don't get it' – evidence abounds, policy remains weak. Consumption patterns need to drastically change from the orgiastic levels at present to sufficiency with big reduction of meat and dairy. If 'nudges' are to be the chosen approach then need lots of nudges from all directions, with a number of 'shoves'.

Power of supermarkets attracted some strong comments and call for collaborative action. Is there a case for the legal action since monopoly is defined as at least 25% of the market and a certain leading supermarket has surpassed this.

continued

Food and the Big Society continued

Thursday 10 February

Why changing School Meals matters

My choice out of the 4 sessions

Evidence base could be enhanced yet there is plenty to report on the positive impact of Food for Life partnership in schools, that's due to end this year.

The whole school approach boosts morale among all staff pupils and parents/ carers. Education and health benefits are substantial.

Should we influence food choices

Panel discussion chaired by Rose Prince journalist and writer

Waitrose has 4% of the supermarket trade but supplies 21% of organic supermarket retail. This amounts to 6% of food sold by Waitrose and if other supermarkets reached this then the value of organic sold in supermarkets would rise to £6.6 billion.

Huge challenge protecting the health of the nation when it cheaper to eat unhealthy food. Result is health inequalities and an obesity crisis. Most food choice is influenced by big business. Feedlots where animals are housed indoors and fed grain/soya can only exist because of subsidies yet the resultant food quality is poorer than that from animals grazing outdoors on pastures.

Visions of a food future

Panel session chaired by Dr Tom Macmillan director of Food Ethics Council

I particularly enjoyed this discussion and collected some interesting websites.

www.foodethicscouncil.org/
www.campaignforrealfarming.org/
www.carolinelucas.com/cl/media/the-new-home-front-uk-needs-a-war-footing-on-energy-and-climate-crisis.html
www.neweconomics.org/projects/the-great-transition

Check out your MP
www.theyworkforyou.com/

Helen Browning closed the Soil Association conference with the following summary

The Soil Association needs to:

1. Reach out – increasing relevance and reach
2. Reach in – must be strong, diverse, inclusive movement. Uphold strong values in branding. Secure continuity for successful food for life work.
3. Reach up – innovation, best practise

Finally do support the Soil Associations campaign 'Not in my banger' to object to the horrors of intensive factory farming of pigs: www.soilassociation.org/Takeaction/Notinmybanger/Jointhecampaign/tabid/1271/Default.aspx

Odds & ends

Calling all keen gardeners! Oxfam needs you!

Oxfam is asking budding gardeners to help grow some edible plants or vegetables to help launch our new food justice campaign! The plants will be part of Oxfam's display at the **Bristol Festival of Nature 18–19 June**, so we're asking people to start growing now so the plants will be in full bloom by June!

Oxfam is a global movement of people working with others to overcome poverty and suffering. Oxfam's new campaign focuses on food justice in a resource-constrained world.

The garden will help show Oxfam's positive vision for a safe, fair future in which everyone has enough to eat, always. At the Festival of Nature we are hoping to use our space creatively to speak to members of the public about this new campaign, and invite them to take part in activities that increase their understanding of the issues and inspire them to push for a fairer world. For this to work we need your help! Are you a keen gardener or enthusiastic about Oxfam's campaign and interested in getting involved? It would be great to hear from

you. For more information and a list of suggested plants to inspire you, please email or call Sarah Daly, Community and Activism Campaigner for Oxfam South West. sdaly@oxfam.org.uk · 01179 9166482.

US Food Environment Atlas

The US Department of Agriculture's Economic Research Service has published a Food Environment Atlas of the US, which provides a spatial overview of a community's ability to access health food and its success in doing so. The Atlas assembles statistics on three broad categories of food environment factors and includes 168 indicators of the food environment:

- **Food Choices:** Indicators of the community's access to affordable food, such as: access and proximity to a grocery store; number of foodstores and restaurants; expenditures on fast foods; food and nutrition assistance programme participation; quantities of foods eaten; food prices; food taxes; and availability of local foods
- **Health and Well-Being:** Indicators of the community's success in maintaining

healthy diets, such as: food insecurity; diabetes and obesity rates; and physical activity levels

- **Community Characteristics:** Indicators that might influence the food environment, such as: demographic composition; income and poverty; population loss; metro-nonmetro status; natural amenities; and recreation and fitness centres

www.ers.usda.gov/FoodAtlas/

Land at Chelvey

Cleeve Nursery have been approached by a group who work out of Nigel Howe's Wood Mill business at Chelvey. They are a group of crafts people who have a large plot of land there and a polytunnel and are seeking someone who would like to grow food with them, is knowledgeable about growing (they are not) and would have the produce in return. They are not looking for any payment for use of the land. Do you know of anyone who might fit this and be interested? If so please let me know.

Alan, Cleeve Nursery
01934 832134 · info@cleevenursery.co.uk
www.cleevenursery.co.uk

Regular things

Eastside Roots volunteer days

Stapleton Road Train Station
10.30am–4.30pm Wednesdays & Fridays
Trinity Community Arts Centre garden
12 noon–5pm every Thursday

Improve your local community, meet new friends, learn new skills and keep fit.
Email: enquiries@eastsideroots.org.uk

www.eastsideroots.org.uk

GROFUN Action Weekends

Ashley Vale Allotments, St Werburghs
Every week, from noon Saturdays & Sundays

Ashley Vale Allotments are just behind The Farm pub, Hopetoun Road, St Werburghs. Drag on your wellies and come and give an hour or two. Refreshments provided. Phone Nadia 0797 3847894 for more info.

Metford Road Community Orchard Day

Usually third Sunday of the month

If you are not a member but just fancy volunteering as a one-off then do please get in touch – or come along to see what's involved. Meet at Metford Road Gates (green metal gate in between numbers 37 and 39) at about 11.30am, bring gardening gloves. There should be a notice on the gate telling you a mobile number to ring if we're already there, and we'll come and let you in. If there's no notice, and nobody there – you're the first, be patient! If you've never been before then you can ring Joe on **07840 059079** to tell us you're coming.

www.sustainableland.org.uk/what-can-i-do/metford-road-community-orchard

Royate Hill Community Orchard

Regular monthly workdays
1st & 3rd Saturdays of the month
11am–4pm (drop by anytime, but cleaning up starts around 3pm)

As well as the fruit trees, we also plant vegetables, and whoever shows up for workdays when there is a harvest, gets to take food home. Drinks available, bring snacks to share. Tools and gardening gloves provided. There is also a compost toilet at the orchard. Everybody welcome, regardless of experience.

For more information:
www.kebelecoop.org/?page_id=28

Map at: www.bristol.gov.uk/ccm/content/Environment-Planning/Parks-and-open-spaces/allotments/allotment-viewer.en?XSL=search&MapId=24&SearchText=Royate%20Hill&SearchId=3

Regular markets

Bristol Farmers' Market

Corn Street, Wednesdays 9.30am–2.30pm

Long Ashton Village Market

Long Ashton Village Hall, 1st Saturday of the month 9.30am–1pm.

Slow Food Market

Corn Street, 1st Sunday of the month
10am–3pm

Tobacco Factory Market

Corner of Raleigh Road/North Street, Southville, Sundays 10am–2.30pm

Westbury-on-Trym Market

Medical Centre Car Park, Westbury Hill, 4th Saturday of the month, 9am–1pm (except December)

Whiteladies Road Market

Corner of Whiteladies Road and Apsley Road, 1st & 3rd Saturdays of the month, 8.30am–2pm

Now on Facebook!

Bristol's local food update is now on Facebook.

www.facebook.com/pages/Bristols-local-food-update/117246931647992?created#!/pages/Bristols-local-food-update/117246931647992?v=info



Bristol's local food update

If you didn't receive this PDF by email, you can send a subscription request for future issues to be sent direct to you, to:

bristollocalfood@googlemail.com

Subscribers will be e-mailed a maximum of three times between issues of the newsletter, with any event information that missed the deadline.

This issue of Bristol's local food update was compiled by Jane Stevenson, Dorothy Greaves and Kristin Sponsler.

Design by Jane Stevenson: www.janestevensondesign.co.uk

The views expressed in this newsletter are not necessarily endorsed by the City Council.

Some of the content for this newsletter is taken from the following e-newsletters:

Soil Association e-news

www.soilassociation.org/TodaysNewsLogin/tabid/639/Default.aspx

Garden Organic e-news

www.gardenorganic.org.uk/e-news/sign_up.php

Urban Agriculture newsletter

www.sustainweb.org/cityharvest/newsletter/

Growing Schools newsletter

www.growingschools.org.uk

Community supported agriculture & organic buying groups project newsletter

Email: adaniel@soilassociation.org

Making local food work newsletter

www.makinglocalfoodwork.co.uk

Food Climate Research network

www.fcrrn.org.uk
Contact Tara Garnett
taragarnett@blueyonder.co.uk

LACORS Food Vision newsletter

www.foodvision.gov.uk/pages/publications

F3 Local food news

www.localfood.org.uk/index.html

Voscur

www.voscur.org/news

Food Lovers Britain

www.foodloversbritain.com/register/register.php

Defra's SD scene newsletter

<http://sd.defra.gov.uk/subscribe/>