



Bristol's local food *update*

COURSES • SKILL-SHARING • EVENTS • NEWS • VOLUNTEERING

MARCH–APRIL 2009



News

Eat Somerset

The Eat Somerset project aims to increase the availability of local food in local shops by linking producer and retailers and helping them to overcome the barriers they face. Recent events include a Meet the Buyers day for public sector buyers (schools, hospitals etc). This was held in October 2008 with support from South West Food and Drink. As a result one local vegetable grower now has new arrangements to supply an extra 4 schools in Bath.

In February a Meet the Buyers event was held at Keynsham with over 20 local food producers attending. Buyers from a range of businesses and organisations also attended. New trading arrangements have already been made as a result.

Other help for food producers has been given in the form of marketing and sustainable packaging workshops and a workshop on the tendering process for public sector contracts. Detailed work is taking place with around 5 local shops also to increase their range of locally sourced produce.

For more information and a directory of local suppliers visit www.sustainweb.org and go to the Eat Somerset pages.

Wow! Spring is on its way and Bristol is abuzz with such amazing and inspirational efforts to reconnect us with our food. Welcome to Bristol's new-look Local Food Update. This newsletter is a space to share information about all things food. Please email claire.milne@bristol.gov.uk anything you would like included in the next newsletter by 13 April. We'd also love to hear your feedback...

Courses & skill-sharing

Freeskilling events

The Better Food Company
Proving House, Servier Street,
St Werburghs, Bristol
www.betterfood.co.uk

7pm Tuesday 10 March
Brew Up

Local 'Self-Sufficientish' guru Andy Hamilton shows how to make beer from local foraged ingredients.

7pm Tuesday 17 March
Cheap as Chick Peas: Thrifty Ways with Pulses

Tasty and thrifty ways to cook pulses, including ideas for wind-free zones(!)

7pm Tuesday 24 March
Tap Your Hidden Potential

A confidence-building workshop to unleash your skills and fill you with flair for presenting them to others. A light-hearted evening with a local theatre director.

For more info on your local Freeconomy Community www.justfortheLoveofit.org

The evenings are absolutely FREE and EVERYONE is welcome, though donations are accepted for the venue. Any ingredients required to learn with on the night will be sold at cost price.

The Selfsufficientish Urban Guide to Foraging day courses

St Werburghs, Bristol
First weekend of every month

Day courses foraging wild food in an Urban Environment on a tried and tested route in Bristol.

Throughout the day you can:

- Find out what town planners planted for design purposes that we can eat!
- Be taught how to keep yourself in condiments for nothing!
- Find out what plants travelled here from foreign lands.
- Learn about what plants have been used on these shores for healing all sorts of ills in centuries past.
- Learn new facts about the wild foods you already know.

Courses take place on the first Saturday and Sunday of every month from 7 March–7/8 November 2009, starting at St Werburghs Farm cafe, Watercross Road, Bristol BS2 9YJ. Finishing at Mina Arms.

£50 for the whole day. £25 deposit.

For more information:
www.selfsufficientish.com

Contact Dave@selfsufficientish.com to book a place

COURSES...

...at Windmill Hill City Farm
Philip Street, Bedminster
www.windmillhillcityfarm.org.uk

Organic Gardening

Wednesdays 12.45–2.45pm
starting 29 April 2009 for 10 weeks
£74.00 (£15 concessions)

Learn about the basics of Organic Gardening to get you growing well at home or on the allotment. This course will cover natural soil fertility, composting, managing pests and diseases, propagation of plants and more.

To enrol on this Workers Educational Association (WEA) course, come down to farm reception/call our course coordinator Simone on: 0117 9633252 or email dougall@windmillhillcityfarm.org.uk

Low Impact Living Initiative

The Low-Impact Living Initiative (LILI) is running series of 1-day environmental courses at Windmill Hill City Farm.

LILI is a non-profit organisation whose mission is to help people reduce their impact on the environment, improve their quality of life, gain new skills, live in a healthier and more satisfying way, have fun and save money. Courses include:

- | | |
|------------------------|--|
| 18 April | Scything |
| 30 & 31 May | Building an earth oven |
| 13 June | Keeping chickens |
| 27 June | Cheesemaking |
| 4 July | Container gardening |
| 11 July | Herbal medicine |
| 18 July | Preserving food |
| 1 August | Food smoking |
| 19 September | Cultivating edible mushrooms |
| 10 October | How to build a rocket stove |
| 31 October | How to make a wood-burner from a gas bottle |

Day courses cost £60, 2-day courses £120 with a 10% discount for Friends of LILI. Longer courses also run at Folly Farm, Avon Wildlife Trust's HQ.

For more information about the courses and how to enrol:
www.lowimpact.org

...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

Organic vegetable growing for beginners

Tuesdays 7–9 pm started 3 March 2009 for 10 weeks

This course will introduce students to the basic principles of organic gardening so that they can plan their own organic vegetable garden and achieve success within the first year. Growing vegetables organically and in a way which is beneficial to the environment requires careful planning of vegetable cultivars and an understanding of soil nutrition, companion planting and the avoidance of artificial fertilizers and pesticides.

Tutor: Tim Foster · Course fee: £120



Health, healing and well-being with medicinal plants

Mondays 7–9 pm starting 20 April 2009 for 8 weeks. Plus one workshop Saturday 13 June, 2–4.30pm

The course will explain the numerous ways in which plants are used medicinally and for our well-being. Ann Freeman has many years' experience in teaching the traditional uses of plants. As well as studying in the classroom, students will work in the Botanic Garden making particular use of the European Herb Garden and the tropical fruit and medicine plants within the glasshouses. The workshop will introduce students to the practical steps of processing herbs for use at home.

Tutor: Ann Freeman · Course fee: £96

...with Eastside Roots

**Trinity Arts Centre,
Old Market**



Organic Food Growing

Thursdays 10am–12noon
7 May–25 June
£25 (waged) or £15 (unwaged)

Learn to grow fruit, veg & herbs at the Eastside Roots Garden at Trinity Arts Centre. Get fit, work outside, meet people, and gain knowledge and practical experience.

The sessions will be a mix of ideas and hands-on work in the thriving community garden. We have a poly-tunnel, compost loo, lots of fruit trees and a friendly bunch of volunteers.

The course is accredited by City of Bristol College.

After the class feel free to go, or you are very welcome to stick around for lunch (bring your own) and then join our regular volunteer day in the afternoon.

To find out more, call Tom on 07988 460373, or email t_daly@hotmail.com

www.eastsideroots.org.uk

www.3ca.org.uk/services/education-training/our-courses/organic-food-growing-courses



Events

Feeding the Future City: Designing edible urban landscapes

6.30pm Wednesday 11 March

The Pavilion, Harbourside (above Jack's Restaurant, behind the Lloyds building)

How will we feed our cities beyond the age of cheap oil? Could we adapt urban infrastructures to 'grow our own'?

Find out how designers and communities are leading a new green revolution, and join in the audience discussion.

Speakers: Bohn & Viljoen Architects are the Brighton-based practice behind the groundbreaking book *Continuous Productive Urban Landscapes: Designing Urban Architecture for Sustainable Cities*.

Richard Spalding, Senior Lecturer in Human Geography at UWE, is campaigning to regenerate the foodscapes of the north Bristol fringe, an area he has dubbed the 'Blue Finger'.

The event is free but ticketed. Booking is required through the Architecture Centre on 0117 922 1540

www.architecturecentre.co.uk/events/feeding_future_city.htm



Love Food Festival

Paintworks, Bath Road, Bristol

10.30am–4pm Sunday 29 March 2009

Free entry

Paintworks' vibrant and family friendly farmers market aims to bring the finest West Country produce to Bristol's creative quarter, repeating its huge previous successes. The festival will be housed both within the site's huge indoor exhibition space and in the sunny enclosed central courtyard.

The aim of the festival is to get children and adults out into the countryside learning about how and where our food should come from, how to grow and cook their own food and generally try to spark an interest in the topic through various mediums including hands on experience and tasting.

For further information visit www.lovefoodfestival.com or email lorna@lovefoodfestival.com

Hotwells & District Allotments Association: Vegetable Gardeners' Question Time

7.30–9.30pm Friday 20 March

Alderman Moore's allotment field stores
off Ashton Drive (off Winterstoke Road)

A Panel from the National Vegetable Society District Association will be on hand to answer all your questions.

£2 on the door. For more details contact Angie Tonge on 0117 902 0948 or angietonge@hotmail.com

<http://hwdaa.co.uk>



Keeping large farm animals at a School Farm

10am–3pm 2 April 2009

West Somerset Community College Farm
Ellicombe Minehead, Minehead

A workshop aimed to help gain an understanding of the educational potential of animals in schools. The workshop will help develop an understanding of how to interact around animals, and how to keep them in a school environment.

School Farms Network

<http://westsomerset.wd-uk.com>

Ian Egginton-Metters

01373 302204 · ian@farmgarden.org.uk

Open Farm Sunday

7 June 2009

Open Farm Sunday gives an opportunity to discover what it means to be a farmer and taste local produce. Organised by LEAF – Linking Environment and Farming – who are committed to 'A sustainable system of agriculture which meets the economic needs of farmers and concerned consumers'. For open farm days near, you:

www.farmsunday.org/ofs/visit/findfarm.eb

or to subscribe to the LEAF newsletter: www.leafuk.org/leaf/popups/ofs_subscribe.aspx

News from Making Local Food Work

The Making Local Food Work (MLFW) project is developing examples of best-practice for food initiatives that can then be applied elsewhere. MLFW aims to reconnect people and land through local food – increasing access to fresh, healthy, local food with clear, traceable origins. Over the next five years, £10 million will be invested in local food initiatives across rural and urban England, increasing access to fresh, healthy food with good, traceable origins.

Good Governance training

10am–4pm Tuesday 24 March
Create Centre, Bristol

A workshop aimed at workers within the MLFW Project and other community development workers, covering:

- Typical legal and organisational structures for community based local food initiatives
- Good governance – common problems and good practice
- How to facilitate groups in choosing the correct structures – interactive select-a-structure workshop

www.makinglocalfoodwork.co.uk/about/gs/Regional_training.cfm

Announcing Skillshare!

A new mentoring programme from the MLFW, Specialist Enterprise Support team is available to community food businesses in England. Food-based social enterprises can receive 16 hours FREE practical hands-on support from mentors chosen as leaders from similar successful food enterprises.

www.makinglocalfoodwork.co.uk/about/es/smes/skillshare-mentees.cfm

Making local food work: communities taking control

The conference on 30 March, featuring speakers including Patrick Holden and Rob Hopkins has sold out.

www.makinglocalfoodwork.co.uk/conference.cfm

Due to the extremely positive reaction and high demand for places, MLFW is looking at dates and venues for a second event. Register your interest at: info@makinglocalfoodwork.co.uk

Bristol news

Sustainable Communities Act event

11am–12noon Thursday 12 March • Room 15, Council House, College Green

An incredibly exciting new Law – the Sustainable Communities Act – gives communities and their Local Authorities the power to drive central government policy and action to promote local sustainability.

An example of how this could benefit Bristol's communities is that whilst land for sustainable food production is currently at threat due to central government housing targets, the Sustainable Communities Act could see Bristol City Council challenging these targets, on behalf of communities, to ensure enough land is dedicated to sustainable food production. Similarly, central government planning policies could be challenged to bring about a clamp down on fast food takeaways and a revival of greengrocers, butchers, bakers and fishmongers.

The Act also requires central government to publish local spending reports which will be a breakdown of all public money spent (local and national) by local area. Bristol City Council will then have the power to argue for a transfer of specific monies and function from central to local control.

1 May 2009 is the deadline to submit a proposal to Bristol City Council.

Anyone can submit a suggestion, but it is likely that suggestions will be made by organised groups such as community groups, resident associations and local branches of national organisations. Local Strategic Partnerships can submit suggestions. The briefing will explain how people in Bristol can get involved.

To book a place on the briefing contact: Richard Green, Administration Officer Policy and Scrutiny, U15, The Council House, Bristol BS1 5TR 0117 922 2742 richard.green@bristol.gov.uk

For further information:

www.localworks.org

www.bristol.gov.uk/ccm/content/Council-Democracy/Democracy-Elections/sustainable-communities-act---suggestion-scheme.en

Or contact: Graham Starmer, Programme Co-ordinator, Sustainable Communities 0117 922 4917 graham.starmer@bristol.gov.uk

Events

Transition Training for Creatives

Friday 17 April
Hamilton House, Stokes Croft

Passionate about using your creative energies and skills to raise awareness about climate change and Peak Oil?

Transition Bristol has joined forces with the inspiring and innovative performance artists Movingsounds (www.movingsounds.org) to offer a free day-long workshop to Bristol creatives passionate about bringing environmental education to young people. In exchange for this free training, participants will run a day's workshop in a school or community project.

Sounds interesting? Contact Inez Aponte on team@transitionbristol.net for more information and to sign up.

Green Books for a Green City

Lawrence Weston Library
City of Bristol College, Broadlands Drive

'Get Bristol Growing' was launched on Thursday 5 March at Lawrence Weston Library by Janet Newland, Bristol City Council Allotments Officer.

'Get Bristol Growing' is a new initiative by Bristol Libraries in partnership with Bristol Friends of the Earth (BFOE). The initiative saw BFOE's 'Green Books for a Green City' project donate a collection of 50 new titles on how to grow-your-own, including: how to look after your allotment, organic gardening, storing and preserving produce and recipe books. There will also be follow-up events at Lawrence Weston Library:

11am–12 noon Monday 9 March

'The Veg Doctor' Free expert advice about your growing problems

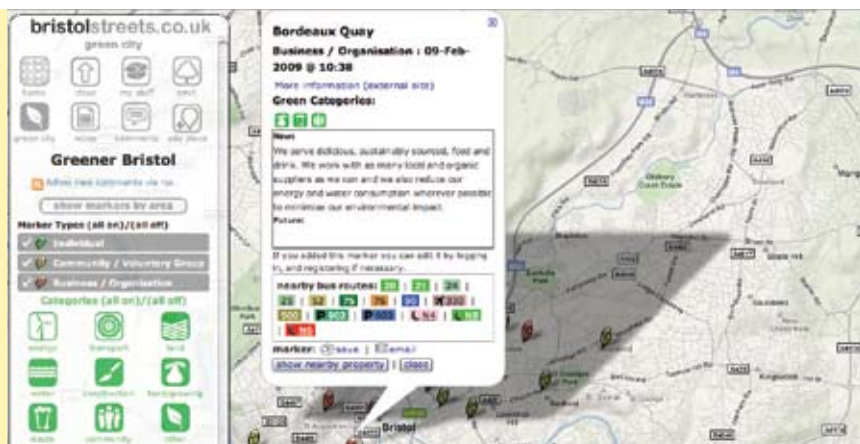
2–3pm Thursday 12 March

'The Organic Way' A free talk by organic guru Tim Foster

9.45am–12.45pm Saturday 21 March

Seed Swap Saturday Bring your unused seeds to swap for ones that you will use

For more information about 'Get Bristol Growing' and related events, visit www.bristol.gov.uk/libraries. Later events will be held at Eastville and Clifton Libraries. For more information about Green Books, contact Pip Sheard: pip_sheard@hotmail.co.uk



Bristol's New Interactive Green City Map

An interactive online map has been developed to give a picture of what individuals, community groups, charities and businesses are doing to make Bristol greener.

Click on the map wherever your project or business (or home) is to create a marker, then fill in the form. You can also upload a picture or a small piece of film.

Add your projects, social enterprises, community allotments, houses, gardens... whatever really as long as you can say what you are doing to make Bristol a nicer, greener place to live, and what you are planning on doing.

www.bristolstreets.co.uk/#tmGreenCity/z13/r/mp/p9UWARYFX

Hartcliffe round-up

Healthy Eating gets a boost

In January, Minister for Health, Dawn Primarolo MP, opened Hartcliffe's **No.10 – The People's Kitchen** in the Gatehouse Centre. This purpose-built kitchen replaces the former Community Cooking Room in the old Withywood School. Hartcliffe Health & Environment Action Group (HHEAG) will continue to offer nutrition and cooking classes for parents with young children and people with a diet-related illness, but are planning much more for the coming year. Other courses on offer will include 'Eating for a Healthy Heart' & 'Nourish your Mind'. The room is also available for use by other community organisations. For more details about courses or using the cooking room use please contact Chris on 9465285.

Sow and Grow gardening group

The gardening group meets **every Thursday morning** at Hartcliffe Community Park Farm where they have a patch for growing fruit, vegetables and flowers and also a polytunnel for more exotic produce. There are opportunities to learn about growing your own food and share ideas with other gardeners. All tools and resources are supplied. Cost: £1.50 per week. For more details contact Sue on 9465285 (Priority given to BS13 residents)

Food for All co-op shop

10.00am–2.30pm weekdays

HHEAG – Hartcliffe Health & Environment Action Group

**The Gatehouse Centre, Hareclive Road, Hartcliffe, Bristol • 0117 946 5285
www.hheag.org.uk**

Hartcliffe's Food for All co-op sells locally produced vegetables, fruit, dairy products and meat, a range of wholefoods, and fair trade goods – all at reasonable prices. Plus a selection of freshly produced sandwiches and other healthy snacks available, which can also be ordered.

There is also a delivery service within the BS13 area for all our goods, including sandwiches and snacks.

Free information on healthy eating and copies of seasonal recipes used in our cooking courses is available in the shop.

Anyone can buy from our shop but to become a member and receive a 10% discount on all purchases you must live or work in the BS13 postal district. Membership costs just £2 per year. For more details contact Zoe on 9647228.

Our products are also available from our Outreach Stalls, which are held at a variety of venues across Hartcliffe and Withywood – for more details contact Trina on 9647228.

Funding

£50 million for Local Food

Local Food has £50 million to distribute to a variety of food-related projects to help make local food accessible and affordable to local communities. Communities will benefit from improved health and wellbeing through exercise and better nutrition; strengthened local economies through the creation of social enterprises; and more sustainably through the better use of resources such as food redistribution and composting.

The project runs till March 2015.

www.rswt.org/localfood

Sustainability of Young Social Enterprises

The Adventure Capital Fund is offering funding of up to £15,000 to support sustainable community enterprises in their early stages of development. Eligible costs could include: technical assistance and advice, legal or other fees relating to building purchase or development, business planning, training, feasibility studies, market research or product development.

The next closing date is 14 March 2009 re-opening for a second funding round from 4–29 May 2009.

www.adventurecapitalfund.org.uk/content/view/37/51/

Ape: Artists Projects Earth

Grants of £500–£20,000 are available to organisations working to prevent the causes of climate change and/or to defend communities and ecosystems against the impacts of climate change.

Deadline for the current round is 13 March 2009.

www.apeuk.org/funding.html

Ecominds

The programme has £7.5 million to distribute to around 125 new and existing projects focusing on mental health and the environment around England.

www.mind.org.uk/ecominds/About+Ecominds.htm

Sustainable Redland

A main focus for local food in Redland is the **Whiteladies Farmers Market**, set up by Sustainable Redland in 2006, together with awareness raising through talks and open days to promote local low-packaged produce – see also the Bristol Local Food Directory www.bristollocalfood.co.uk The Farmers Market is held twice a month on the first Friday and third Saturday, 8.30am–2pm at the corner of Apsley Road and Whiteladies Road. A growing bunch of regular customers arrive by foot, enjoy buying from local traders, and appreciate the friendly atmosphere.

There are also two **Community Orchards** in Redland, a thriving community of allotmenters, and increasing interest in garden fruit and veg growing. The Redland Directory, delivered free to local households, features 'top tips'

for gardeners every month from local gardening expert Hilary Barber, who is also giving the annual Redland and Cotham Amenities Society talk on '**Credit Crunch Eco-gardening**' **7.30pm 17 March** in Redland Church Hall. In February, with friends from Kingsdown, we had a series of three evening sessions with Tim Foster about 'simple fruit growing'. The annual **Open Gardens** organised by RCAS brings another opportunity to promote local fruit and veg growing, we will have a stall and publicity at the Redland May Fair, and plans are also underway to develop a link to a farm in Chew Magna to form a **Community Supported Agriculture initiative**.

For more information about Sustainable Redland please visit www.sustainableredland.org.uk

News from Knowle

Affordable food on the Knowle West Health Park

Knowle West's Health Park is a large, green public space with scenic views over Bristol and the Clifton Suspension Bridge. There is plenty of space for walking and relaxing, as well as an indoor and outdoor children's play-area.

The Health Park's Walk-in Café

The café serves a range of affordable, home-cooked meals. Open Mondays–Fridays 9am–3.30pm, the café serves meat and vegetarian meals, desserts and refreshments, to eat-in or take-away. Buffets are available to order for meetings or events. There are also comfortable sofas that are ideal for relaxing while reading a magazine or running informal meetings over a cup of tea or coffee. Walk-in Café

customers have the added advantage of using the services delivered by the Knowle West Health Park Company, a not-for-profit organisation located within the same building.

The Knowle West Health Park Company, which runs the Walk-in Café, was set up to address health inequalities and promote health and wellbeing. All services are available at a subsidised rate, while selected services are available for free to those living in Knowle West.

Contact Lucy Hurn (Walk-in Café) on 0117 377 2576 or Sharon Howell (Knowle West Health Park Company) on 0117 377 2255.

www.knowlewesthealthpark.co.uk

Knowle West speakers at European conference

An environmental project led by residents of Knowle West has been hailed as a great success by the European Commission.

The Carbon Makeover Project

The Project, based at the Knowle West Media Centre, utilises the Centre's wide variety of media facilities to support local residents in reducing their environmental impact.

Project Coordinator Misty Tunks and Digital Innovator Robert Woolf were invited to speak at the European Commission conference on *Social Fairness in Sustainable Development – A Green and Social Europe* in Brussels on 24 February. The project was selected as an exemplary initiative from the UK and as one of six projects from around the world.

Knowle West had one of the highest carbon footprints in Bristol when the project began in 2007 – statistics based on: travel to work mode, waste produced per household, electricity used and locally-produced food purchased. 70 homes in the area pledged to reduce their carbon emissions by making manageable alterations to their lifestyles and the project has since expanded to include four inclusive community projects, led by local people.

This inspiring environmental work has proven that instigating change at a local level can influence international policy. For more information contact Misty 0117 9030444 · misty@kwmc.org.uk

www.kwmc.org.uk

Bedminster

Trading Local: Theatre while you shop

On Saturday 21 February, the Show of Strength theatre company (SOS) staged 'Trading Local' – live performances in 19 shops along North Street & East Street – to encourage people to explore the wealth of local independent retailers.

SOS worked with local writers to develop 5-minute monologues. Professional actors moved from shop to shop, performing the mini plays – a mix of the funny, serious, sad, contemporary and historical.

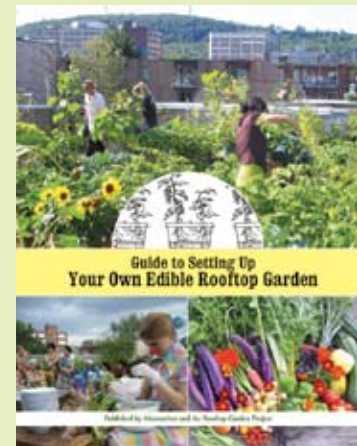
Venues included a veg shop, former Post Office, restaurant and sweet shop – though perhaps the most bizarre moment came when the large audience poured out of the tattoo parlour en masse.

SOS are interested in working with other groups of shops, traders or community projects, who would like to do something similar.

www.showofstrength.org.uk



New publications



Guide to Setting Up Your Own Edible Rooftop Garden

The Rooftop Garden Project team has written a step-by-step guide to assist people in the creation and horticultural and social success of their own rooftop garden. The guide is written for groups, individuals and establishments that would like to create an urban edible rooftop garden for educational, social, therapeutic or environmental reasons but may not have access to the necessary space to do so.

http://rooftopgardens.ca/files/howto_EN_FINAL_lowres.pdf

Why London needs to grow more food

A report from London Assembly member Jenny Jones

London is almost entirely dependent on food from abroad, or from other UK regions. With the volatility of oil prices, soaring food costs and likely global food shortages, this raises issues about the security of London's food supply. This report looks at London's food security and poses a number of questions for consideration.

www.london.gov.uk/assembly/members/jonesj/reports.jsp

Cooking up a storm: Food, greenhouse gas emissions and our changing climate

Tara Garnett

Food Climate Research Network
Centre for Environmental Strategy,
University of Surrey

www.fcrn.org.uk/frcnPubs/publications/PDFs/CuaS_web.pdf

Odds & ends

The Search for 'The People's Gardener'

Eastside Roots' inspirational co-ordinator, Nick Ward, won his heat of the Royal Horticultural Society's Britain in Bloom competition to search for 'The People's Gardener' – a contest featured on the Alan Titchmarsh Show (ITV1). The winner of the final on 23 March will be decided by a phone-in vote. This is a great opportunity to get national coverage for this local community project and if it wins, a chance to promote organic gardening, permaculture and the local community with a weekly slot on the next series!

www.rhs.org.uk/britaininbloom/PeoplesGardener.html



Community Supported Agriculture

Community Supported Agriculture is a way for communities to support their local farmers by agreeing to buy their produce over a certain period. For example, by buying a year's supply of vegetables up-front.

A new video short featuring Stroud Community Agriculture and news of the Soil Association's CSA now features on the BBC website:

<http://news.bbc.co.uk/1/hi/uk/7862029.stm>

UK Government on Food

For the first time, the Government has taken a cross-departmental approach to food issues, launching two new projects: **Food and Farming** and **Land Use Futures**.

The **Food and Farming Futures** project will examine how the world can sustainably feed a population of 9 billion, taking into account, among other things, the impact of climate change on the global food system. The report's findings will be published in late 2010.

The **Land Use Futures** project will explore the most sustainable use of land for the UK's future which includes land for food production.

www.foresight.gov.uk/index.asp



Free Range Review

Free Range Review is a website where you can get in touch with suppliers or customers and like-minded people in your area. See if your local farmers' market is listed and leave your feedback or share top tips on where to get the best fresh ingredients in-season. Join the site and post reviews to enter yourself for tasty promotions and giveaways.

www.freerangereview.com

Soil testing research

The health of our soil is vital for successful food growing. A national survey of soils and earthworms will launch in March 2009 as part of the OPAL project, funded by the Big Lottery Fund.

Soil can become polluted in much the same way as water and air but much less is known about its quality and the effect it has on the creatures that live in it.

Anyone can take part and contribute to this important research. A simple to use earthworm identification key and a step-by-step guide to assessing soil types can be downloaded from:

www.OPALexplorenature.org

For more information about the importance of soil:

www.soilassociation.org

E-news subscriptions & newsletters

There are lots of e-newsletters and email alerts that can help keep you up-to-date with local food developments. Where an email contact is given below, just email to say that you would like to subscribe. Where a website is given, there is an on-line form for subscription

Community Supported Agriculture e-newsletter

Contact Charlotte Muspratt
CMuspratt@SoilAssociation.org

Food Vision

The Food Standards Agency newsletter on improving community health and well-being. Subscribe at:
www.foodvision.gov.uk/newsletter/subscribe

South-West news at:
www.foodvision.gov.uk/pages/location/south-west

Food for Life Partnership

A network of schools and communities across England committed to transforming food culture. Led by the Soil Association, the Partnership brings together practical expertise to support the transformation of food in schools.

www.foodforlife.org.uk/contact-us/subscribe

Urban Agriculture round-up e-news from Sustain

Sustain: the alliance for better food and farming, is the national umbrella organisation co-ordinating food and farming organisations to make food and agriculture benefit people, agriculture and the environment.

Contact anna@sustainweb.org
www.sustainweb.org/page.php?id=431

Local Food grants from the Big Lottery Fund

www.localfoodgrants.org/lists

Food Climate Research Network

Useful round-up of research and policy initiatives aimed at reducing food-related greenhouse gas emissions.

Contact taragarnett@blueyonder.co.uk

Making Local Food Work e-updates

www.makinglocalfoodwork.co.uk/email.cfm

Jobs & volunteer appeals

Bakery seeks co-op member

The Breadolution Bakery on Stapleton Road, Easton, Bristol, is changing into a workers' co-operative, and we are still looking for our final member. We need the right person – committed, plenty of food/catering experience (ideally baking experience) passionate about food, enthusiastic about working in a cooperative way and willing to provide a long term full-time commitment.

Email: hello@breadolution.com
www.breadolution.com

Wanted: Volunteer school gardeners

GROFUN offer a programme of practical gardening workshops in two Bristol primary schools, currently as a pilot.

Sometimes two members of staff is a little too little, and we were wondering if any permaculture students fancied getting involved as volunteer support. You need to be available Wednesday and/or Thursday afternoons.

If you enjoy the work and do 5 sessions with us on a voluntary basis, you are then considered top of the list for future paid facilitator roles, possibly this academic year, but almost certainly in the next, when our reach will broaden into more local schools.

You need some experience with children/gardening and ideally a recent CRB check.

www.grofun.org.uk

Bargains for your gardens

Kings Seeds, onion sets, seed potatoes, composts, tools, fleece, permeable membrane, netting, bamboo canes, etc, all at around 50% off normal shop prices.

The Hotwells & District Allotment Association stores are now open to all – just join as an Associate Member for £1, then you're free to take advantage of the bargain prices. Profits are ploughed back into the allotments.

Wed, Sat & Sun 10.30am–12noon
Alderman Moore's site, off Ashton Drive
(off Winterstoke Road)
<http://hwdaa.co.uk>

Regular events

GROFUN Action Weekends

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

GROFUN had an exciting offer this week to feature on Gardeners World! As PR this is the 'Golden Ticket' and the plot will probably feature as the backdrop for a number of interviews to appear in the film.

Most of the clearing has been done now but there are beds to edge and mulch, supports and compost bins to build and soft fruit to plant out.

The plot needs to be ready for filming by the Spring Equinox!

Ashley Vale Allotments is the location and it's a lovely spot just behind The Farm pub on Hopetoun Road, St Werburghs. So drag on your wellies, stick on your shades and come and give an hour or two to a soon to be famous local-food initiative. You might even get your 'kisser' on the box!

Refreshments provided

Tel Nadia on 07973847894 for more info.

Eastside Roots regular volunteer days

Stapleton Road Train Station
10.30am–4.30pm Wednesdays & Fridays

Trinity Community Arts Centre garden
12noon–5pm every Thursday

Improve your local community, meet new friends, learn new skills and keep fit.

For more information, phone Nick Ward on 07810 806 354 or email nick@eastsideroots.org.uk

www.eastsideroots.org.uk

Royate Hill Community Orchard

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

Everybody is welcome, regardless of experience, as we are lucky enough to have some very experienced permaculture gardeners involved in our group.

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. We also make apple & pear juice and elderflower cordial at the appropriate times of year.

We usually have a small fire going, so we can brew tea, and we encourage people to bring snacks to share. There is also a compost toilet at the orchard.

Tools and gardening gloves provided.

For more information:
www.kebelecoop.org/collectives_permaculture.html

Map at:
www.kebelecoop.org/images/flyer_permaculture_may08.pdf



Grub Club Organic Veg Club

Every Tuesday 4.30–6.30pm
Midnimo Centre, 163 Ashley Road, St Pauls

Enjoy wholesale veg prices on organic veg, by joining the The Grub Club veg co-op – which now has its own website:

<http://bristolgrubclub.blogspot.com/>



Bristol local food directory

www.bristollocalfood.co.uk

Publicise your community project or promote your favourite stalls, shops, pubs & cafés. Help us to keep the directory up-to-date with reviews by you – people who care about local food.

Fill in the form on the website, or email suggestions to: info@bristolfoe.org.uk

This issue of Bristol's local food update was compiled by Claire Milne & Jane Stevenson. Design by Jane Stevenson: janestevenson@madasafish.com. Thanks to Martin Haswell for the fruit & veg photos: www.mhdi.co.uk