

BRISTOL FOOD NETWORK

Bristol's local food *update*

COMMUNITY PROJECT NEWS • COURSES • PUBLICATIONS • EVENTS

MAY–JUNE 2013



The veg may not be growing much yet, but at least foodie events are blooming throughout Bristol. BIG Green Week will see a profusion of diverse green things going on across the city, while the weekend before will see Bristol Food Network's own Get Growing Garden Trail. There's always something new and inspiring to see on a tour of the city's community growing sites – whether it's a new thing to grow, or a new way to grow it. Come and get inspired to get growing too!

Please email any suggestions for content of the July–August newsletter to bristollocalfood@googlemail.com by 15 July.

BIG Green Week 2013

The UK's festival of eco ideas, art and entertainment is back in the centre of Bristol from 15–23 June. Join more than 40,000 visitors who will start early and stay late to enjoy two weekends of free family entertainment and nine days of inspiring talks, workshops, art, music, poetry, comedy and films. Foodie events include:

- **Michael Pollan: Cooking as a Political act** • Friday 31 May
- **Bristol Festival of Nature**
Saturday 15 June
- **Schumacher Lectures** featuring Herbert Girardet & Mary Clear of Incredible Edible Todmorden • Saturday 15 June
- Seed swap and seed bombs at **Southville Centre's Green Day**
Saturday 15 June

- **Foodscapes** talks and live art at the Parlour Rooms • Saturday 15 & 23 June
- **Bees, Blooms & Bristol** seminar
Monday 17 June
- **Bristol Green Capital workshops: Organic food in the community**
Thursday 20 June
- **An evening of Fast Food** at the Arnolfini
8 speakers including Guy Watson & Pam Warhurst from Incredible Edible Todmorden • Thursday 20 June
- **Food Banks and Food Sovereignty**
Friday 21 June
- **Bristol's Biggest market**
Saturday 22 June
- **Bristol Urban Garden Party** at the Old Police Station • Saturday 22 June

Find out more at www.biggreenweek.com



Like our Facebook page: [biggreenweek](https://www.facebook.com/biggreenweek)
Follow us on Twitter: [@biggreenweek](https://twitter.com/biggreenweek)
Join in the Festival conversation on hashtag: [#bgw](https://twitter.com/hashtag/bgw)

Safeguarding retail diversity and land for food production – your help needed

The Blue Finger Alliance are taking a lead on responding to the current consultation on the Publication Version of the Site Allocations and Development Management Policies (part of the Bristol Local Plan). These policies will be used to guide future development decisions about land use that will determine

which sites are protected and which are allocated for development. At the moment there is nothing that refers to food – either to safeguard retail diversity or safeguard and for food production.

See their letter on page 29 and take action before 10 May.



European Green Capital Award
Bristol Bid 2015

I'm backing the bid!

Support Bristol's bid to become EU Green Capital 2015! Bristol has been shortlisted alongside Brussels, Ljubljana and Glasgow. This is a critical point for sustainable food since at present this is not one of the categories used to assess competing cities. Bristol aspires to address this omission.

<http://bristolgreencapital.org/back-the-bid.php>

Eat Drink Bristol Fashion's Sustainable Food Summit



Amelia Twine

On Monday 13 May Eat Drink Bristol Fashion will launch the 2013 festival with our Sustainable Food Summit: 'Behind the Menu' – Making Bristol the Sustainable Food Capital of the UK.

There are many aspects of ensuring sustainability in food systems, but we want to specifically focus on provenance. As a company we were interested in how the ingredients we use arrive into our kitchen and in thinking about this we cultivated our 'field to fork' ethos. The Eat Drink Events team wanted to ensure that we minimized our supply chains and now source wherever possible directly from farmers and growers in the Bristol area.

As part of this commitment to sustainability we want to encourage other caterers in Bristol and the surrounding area to examine their supply chains and make a pledge in support of local and ethical procurement.

Our Sustainable Food Summit will address how possible it is to function sustainably in the catering industry, in both the cost and profit sectors. There are key examples of success happening both in the city and nationally, and we would like to explore these with our delegates.

We will be inviting stakeholders from both the public and private sector. These will include representatives from local schools, hospitals, nurseries, prisons, NGOs, retailers, restaurants, Bristol City Council and key Bristol organizations such as the Soil Association, Bristol Pound and Transition Bristol. Our Summit Objectives are as follows:

- To hold meaningful engagement with key stakeholders and decision makers in the city of Bristol and surrounding areas on the topic of food provenance and supply chains
- To promote the Bristol Good Food Charter and gather pledges from delegates
- To increase sustainable catering in Bristol – assessing what can be realistically achieved in the next 5 years

We will be holding an afternoon of five sessions to explore food culture in Bristol. We will be engaging with local stakeholders and policy makers on how we can affect change in the local catering industry. The sessions are as follows:

■ Transforming Food Culture

Patrick Holden, Sustainable Food Trust

■ Cooking from Scratch – Sustainability in restaurant catering

Cookery demo: Phil Houghton, Better Food Company
Josh Eggleton, Eat Drink Bristol Fashion

■ The Surprise Hero – Is the cost sector leading the way?

Panel discussion with: Michael Bond, Soil Association
Mark Davis, ISS
Luke Hasell, Eat Drink Bristol Fashion
North Bristol NHS Trust

■ The Bristol Food Plan

Angela Raffle, Bristol Food Policy Council

■ Table Discussions

Facilitated by members and affiliates of the Bristol Food Policy Council

Bristol Food Policy Council

As part of our Summit we will be promoting and referring to the work of the Bristol Food Policy Council, the Good Food Charter and food plan. Their vision is that *"within the next five years Bristol will become known as a leading sustainable food city, widely celebrated for its diversity of successful food businesses around the city from which people can buy a wide range of fresh seasonal local and regional food products produced in a climate-friendly way, its flagship wholesale market supporting regional supply chains, its 'cook from scratch' food culture and fun approaches to engaging residents, neatly linked in with its network of urban food*

producers making effective use of a wide range of sites and some of the best value agricultural land in and around the city, its highly efficient systems for redistributing surplus food and its innovative approaches to capturing energy and nutrients from food waste recycling."

<http://bristolfoodpolicycouncil.org>

We will be exploring one aspect of their work in our engagement with Bristol's catering industry – increasing procurement of regional staples and establishing more markets for local producers.

Gathering Good Food Pledges

For the duration of the Summit we will be asking delegates to make a pledge in support of Good Food for Bristol – to cook great meals from scratch using fresh, seasonal, local and organic produce and support the local economy through sustainable food sourcing. Working alongside the Food Policy Council we have created 'Action Cards'. These will ask delegates to consider what they might realistically achieve in the next 5 years and to pledge to take action.

We will also be handing these Action Cards out to customers throughout the 15 days of Eat Drink Bristol Fashion, likewise encouraging them to make a pledge to support local and sustainable food production/procurement in the Bristol area.

<http://eatdrinkevents.co.uk>

We all know that food should be tasty, healthy and affordable. But really 'good food' is also produced, processed and distributed in ways that are good for nature, good for workers, good for animal welfare, and good for local businesses. The Bristol Good Food Plan aims to

create a better, more resilient food system for our city. It shows how everyone can be part of the shift to regional, seasonal, fairly traded and organically grown food.

For more information go to www.bristolfoodpolicycouncil.org



Lunch is on Fareshare South West – again!

Feeding the 5000 Bristol returns Saturday 1 June 2013



Forks at the ready people – the outstanding success of Feeding the 5000 Bristol has ensured its return to College Green this year on Saturday 1 June 2013.

On the sunniest day in May last year, 5000 West Country folk raised their forks in support of the protest against food waste by joining us for a free lunch. It was an amazing day packed with celebrities, food demonstrations, talks, crafts and live bands. A wonderful festival atmosphere was generated; smiles were wide as people of all ages from all across the West Country came together for the common good.

This year is planned to be bigger and better. Already businesses and community groups are lining up to get involved: Bristol Big Green Week – the UK's annual festival of environmental ideas, art and culture will be involved, look out for their 10 day event from 15 June. Our friends at Food Cycle are also coming back. Food Cycle try to build communities by combining volunteers, surplus food and spare kitchen spaces to create nutritious meals for people at risk from food poverty and social isolation. Just to set tummies' rumbling, here's advance notice that the fantastic Thali Café will be cooking this year's feast!

Call for Volunteers: Are you involved with D of E? Youth Club? Student Action Group? Would you like to make a difference in



the campaign against food waste? Do you have a band? Would you be interested in some CSR? Can you spare a few hours on a Saturday in June? Can you hand leaflets to people? Point people in the right direction?

Are you interested in food? (Come on – that's everyone!). We need bodies on the day, and leading up to the event. You may have a special skill you can offer or you may just enjoy spreading the word. If you're human we can use you please get in touch:
Jacqui@faresharesouthwest.org.uk.

For all the latest buzz follow us on facebook and twitter.

www.faresharesouthwest.org.uk

Round the world...

Urban gardener hopes to turn foreclosures into farms

DIGEST: A Milwaukee idea to pair foreclosed homes with empty urban land, whereby after someone farms the land for five years, the home becomes theirs.

www.uuworld.org/news/articles/281127.shtml

Aquaponics: An interview with Sweet Water Organics' Matt Ray

DIGEST: Interview with Matt Ray, the principal farmer for Sweet Water Organics, an aquaponics training organization in Milwaukee.

www.resilience.org/stories/2013-04-02/aquaponics-an-interview-with-sweet-water-organics-matt-ray

Hermannsdorf: Symbiotic Farming

DIGEST: A visit to a German farm which practices "symbiotic agriculture": pigs protect the chickens from predators; the chickens eat parasites that might potentially sicken the pigs; the free ranging animals' manure returns vital nutrients to the soil as they graze.

www.resilience.org/stories/2013-03-20/hermannsdorf-symbiotic-farming

'Land Grabbing': Foreign Investors buy up Third World farmland

DIGEST: 100% of Liberia's arable land is now under foreign ownership. See who's land-grabbing around the world.

www.spiegel.de/international/world/foreign-investors-are-buying-up-farmland-in-third-world-a-884306.html

Urban Ag: Taking steps toward political ecology

DIGEST: Looking at the racial and class dynamics of Urban Agriculture in the US. In some places, urban agriculture is driven by money-poor populations, as a means to food self sufficiency or income generation; in other locations, it seems to be predominantly a pastime, pursued by the college educated middle class.

www.resilience.org/stories/2013-03-07/urban-ag-taking-steps-toward-political-ecology

Get Growing Garden Trail 2013

Saturday 8 & Sunday 9 June

Bristol's secret fruit & veg growers open their garden gates and community plots for the 3rd annual Get Growing Garden Trail. Come and see what lies behind the garden walls and get inspired to get growing too.

27 sites are open at various times over the weekend, showcasing a diverse range of growing projects. Each group taking part has a different way of organising the work, cultivating the land, and sharing the harvest – come and find out what would fit best for you.

Events include: Garden tours and gardening tips · Meet the farm animals · Cooking from plot to plate · Veg growing workshops · Goose herding demo · Transform your old shoes into a hanging basket · Pickling demonstration · Plant sales and plenty of tea and cake · Morris Men, music and much much more!

New sites to explore this year include:

- Easton Community Allotment
- Federation of City Farms & Community Gardens HQ at The GreenHouse
- GREENS new Community Orchard at Bouchier Gardens in Hartcliffe
- Let's Grow! in Knowle
- Plummers Hill Allotments
- Southmead Community Fruit Garden
- Totterdown Sprouting's orchard
- Whitefield Road Allotments

We're also really pleased to announce that Bristol University's Botanic Garden and the National Trust's lovely Walled Kitchen Garden at Tyntesfield are also getting involved with the Trail for the first time. You can get free admission to Tyntesfield for one, when you present a Get Growing Garden Trail leaflet.

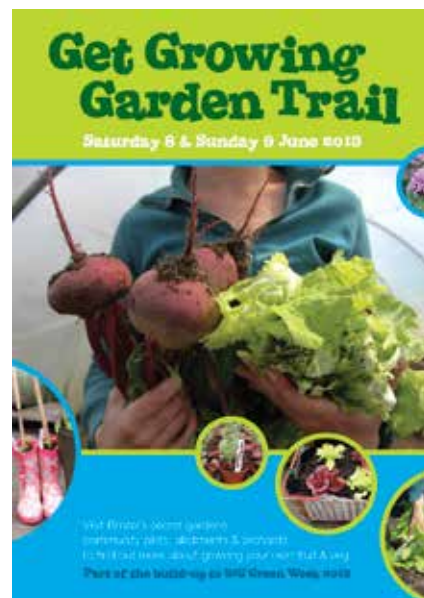
Steve Clampin profiles some of the allotment sites taking part this year...

Three allotment sites in Speedwell and St George will be opening for the Get Growing Trail on the 8 & 9 June, to showcase their plots and provide advice on gardening and growing as well as how to obtain an allotment plot. Whilst all 3 sites are fully let, this area has only small waiting lists, so the wait for a plot shouldn't be long, there are half and quarter size plots for those new to gardening or who have limited time to work a large plots.

The Whitefield Road allotment site is a large site with an active Allotments Association. Surrounded by hedgerows, it is a haven for wildlife as well as productive and attractive plots. The allotment shop will be open for visitors where you can buy seeds and other gardening items, as well as to provide useful advice on gardening and how to apply for a plot, meet plotholders on their plots and find out whether allotment gardening is for you. A member of the Bristol City Council Allotments team will also be on hand to give advice and show visitors round the site, and PCSOs will be on hand to scan tools and equipment for Immobilize. For further details: www.immobilise.com The site will be open from 10am until midday on both Saturday and Sunday.

St George A is a lovely site – a real oasis. Come and see some attractive and productive plots, and learn how to grow your own. The Site Rep Deb Chapple is a leading member of the Avon Organic Group and should be on hand to give advice to plotholders and would be tenants.

Plummers Hill is a very active site, whose tenants have worked hard to transform it into a productive site. Come along



and meet the plotholders and the Site Representative Bob Walker who can show you around the site and answer any questions that you may have.

In addition to the above, allotments at Molesworth Drive and Bouchier Gardens in Hartcliffe, Springfield in Knowle, Stoke Lane in Westbury on Trym, Golden Hill in Horfield and Thingwall Park in Fishponds will be opening in conjunction with growing projects on their sites.

For more information about Council Allotment sites, contact Steve Clampin: steve.clampin@bristol.gov.uk 0117 9223737

www.bristol.gov.uk/allotments

We still need volunteers to help with photographing gardens and allotments which are opening as part of the Trail. Contact us at: bristollocalfood@googlemail.com

The Trail is part of the build up to Big Green Week 2013 (15–23 June) www.biggreenweek.com and is a Chelsea Fringe event www.chelseafringe.com

Trail guides are now printed, and will be distributed around Bristol. Or you can download a guide now at:

www.bristolfoodnetwork.org/2013/02/get-growing-trail-2013-saturday-8th-and-sunday-9th-june/





On the web...

Riverford's Guy Watson on climate change and crops

DIGEST: As our climate becomes less predictable and energy scarcer, perhaps we should be looking to more resilient crops, reducing the need to plough and create new seed beds each year.

www.transitiontowntotnes.org/2013/03/an-interesting-post-from-riverfords-guy-watson-about-climate-change-and-crops/

Where's the local wheat?

DIGEST: Is it possible to relocalise our wheat supplies and still make a profit?

www.resilience.org/stories/2013-03-06/where-s-the-local-wheat

Agricultural heritage across the millennia

DIGEST: What can we learn from agricultural systems of our ancient past that we can apply to agricultural problems facing us in the future?

www.resilience.org/stories/2013-03-18/agricultural-heritage-across-the-millennia

The Fruit Hunters

DIGEST: The history of fruit and the industrialization of the food chain, travelling from the jungles of Borneo and Bali, to a banana breeder in Honduras, and the flat northern plains of Saskatchewan.

www.resilience.org/stories/2013-03-22/the-fruit-hunters

UN says fertiliser crisis is damaging the planet

DIGEST: UN report calls for a major global rethink in how fertilisers are used across the world, so that more food and energy can be produced while pollution is lessened rather than increased.

www.independent.co.uk/environment/nature/un-says-fertiliser-crisis-is-damaging-the-planet-8498777.html

The Community Farm

Spring has finally arrived here at The Community Farm, albeit a month later than usual, in fact at time of writing there are still no leaves on the hedges or trees! This is always a time of year when customers' taste buds arise from hibernation and start yearning for some fresh produce; unfortunately it is also a time of year known as 'The Hungry Gap'.

Last year's crops that were in the cold store have normally sold out or started sprouting as they too can sense the arrival of the new growing season; the crops that have overwintered in the field have normally finished at this point such as cauliflower, leeks and cabbages. Although it is usually warm enough for things to have been planted and started growing, nothing planted this year will be anywhere near ready yet.

However there are two solutions to this seasonal conundrum, one is to plant crops in the autumn that grow a little and then hold over winter ready to explode into action in early Spring, the most common examples of this are spring greens, broad beans and purple sprouting broccoli as well as onions and garlic, although the latter two will not be ready for some time.

The other solution is the use of perennial crops, these are crops that are planted once and then grow every year. The two that are very quick off the mark in the spring are rhubarb and asparagus, as soon as the soil warms up these start to push for the surface and when we begin harvesting them we know spring has well and truly started, both of these have been a little slow to get going this year as the cold has hung on for so long. This late start to spring means that there is a nationwide shortage of fresh English produce so we ask you to be patient with

farmers and retailers as we again strive to overcome challenging weather patterns.

We held our first Community Farmer Day in mid-April – it was great to have 20 volunteers up at the farm again on a Saturday. It was wet but we planted broad beans, lettuces and built raised beds. We are also run a range of learning days including cob oven building, permaculture, bee keeping and orchard management. See website for full details.

Cob Oven Workshop

Weekend 4–5 May

£59 (members) / £69 (non-members)

Guided Wild Food Walk

Saturday 8 June

£33 (members) / £39 (non-members)

Finally, an enormous thank you, once again, to our fantastic members who have helped us out over the last few months both financially with donations and loans and through promoting us – we couldn't do it without them.

Andy Dibben

Farm Manager at 'The Community Farm'
www.thecommunityfarm.co.uk

Supermarket free challenge

You can follow the progress of some people taking the Community Farm's 'Supermarket free challenge' at:
www.thecommunityfarm.co.uk/news/2013/01/1335/

and Angela Raffle from The Community Farm and *Guardian* journalist Jo O'Connell will be giving a talk at the Arncliffe about living 'Supermarket Free' as part of Bristol's Big Green Week:
<http://biggreenweek.com>



News from Golden Hill

Spring is finally here and we're loving it down at the Golden Hill Community Garden. The polytunnels are full to bursting of seeds in pots and little green seedlings who braved the cold and are now loving the sun. Our team of plant fosterers are nurturing tomatoes, chillies, aubergines and peppers on sunny windowsills all over the city.

On site our volunteers have been fantastically busy and we have 24 new raised beds ready for us and community groups as well as a special digging bed for little ones and the young at heart. We've been happy to welcome back our after school club from Bishop Rd Primary School as well as a local nursery who beat the record for how many people we can fit in our shelter – 27! Although it helped that most of them were very small and happy to sit on people's knees.

Our ambitious solar pump scheme is nearly up and running which should irrigate our polytunnels as well as provide water for up to 200 Horfield and District Allotments plot holders and, if it all works, another 100 plot holders in the near future! We secured extra funding from the Local Food Fund for the scheme and we're hoping it'll be the perfect solution to our soggy site as well as cutting down on huge amounts of tap water being used to water plants. That extra funding also helped pay

for some rubber matting which we're using as ground stabilisation on our boggiest path to help with accessibility. It's quite space age and makes that part of the garden look a bit like an old Doctor Who set and it's lovely and springy to walk on. We'll have to see how it does when things get REALLY muddy!

We held our sold out workshop "From Brambles to Broccoli" on Sunday 7 April and 16 people learnt how to deal with over grown allotments including which weeds you could eat! We plan to have more workshops including building a pizza oven coming up in the next few months so get in touch to find out more or to get put on the mailing list.

AND IT'S NEARLY TIME FOR THE SPRING FAIR!!

We're open to volunteers every Wednesday 10–4 and our next Saturday work days are 4 May and 1 June 10–2. Kids are welcome and our site is wheelchair accessible including the toilet. Please feel free to get in touch with any comments or questions.

Lucy Mitchell, *Community Project Worker*
The Golden Hill Community Garden:
Horfield's Accessible Allotment and Edible Forest • 07506 905 394

www.thegoldenhillcommunitygarden.com



The Golden Hill Community Garden Spring Fair

1–4pm Saturday 11 May

We've all sorts of lovely things going on: you can expect beautiful harp music drifting through the veg patch, Bishop Rd Primary School Parents choir singing, and morris dancing! There will be free art activities for kids as well as pond dipping, badge making and face painting. Tim Foster will be showing people how to properly sharpen their tools so feel free to bring along any blunt secateurs or hoes. There'll be delicious cake and refreshments as well flower and veg seedlings for sale. So we'll see you there!



Bishop Road Primary School make compost



The Brambles to Broccoli workshop

News from Sims Hill!

Lots of water is 'hopefully' running under the bridge and out of the field as you read these words. We are very excited about the recent warm(er) weather, the beginning of our 3rd planting season, our new members, (up to 70 households at last count!), our brand new polytunnel, and our second year of partnering with our lovely sister project, Feed Bristol! For those of you who came to the Seed Swap at Feed Bristol on 16 April, or took part in the Living Landscape walk with Patrick Whitefield that same day, you will know that Bristol's Blue Finger is the place to be for learning, growing, and thinking about local food.

We are also going to be open on 8 June as part of Bristol's 3rd annual Get Growing Trail! Come by bike or bus to our sister project Feed Bristol where farm tours to the Sims Hill plot will just be one of the many growing-related activities on offer. Tour the Sims Hill veg plots, our brand new polytunnel, and our woodland area with one of our knowledgeable growers, and then join in with our summer community celebration event where we will be sharing homemade food and drink.

Come along, find out what we are up to, and if you like it, sign up to be a member. We still have several places open for both full and half share members. See our blog at simshill.co.uk for more details.

See you on the plot!



Patrick Whitefield's landscape walk

The Active Citizens Coffee Pending Day 31st of May

Something so simple could make a big difference

We all need a bit of kindness, a safe haven now and then and you never know when you may need a 'Coffee Pending'. Join us across the world on 'Active Citizens Coffee Pending Day 31 May'.

Share this, Share an act of Kindness, Share your Coffee and Share your Story

What is 'Active Citizens Coffee Pending Day' on 31 May?

It is an event that is part of Active Citizens Community Volunteer Projects based at Windmill Hill City Farm, Bristol UK. We were so inspired by the ethos of 'Pay it Forward,' 'Coffee Pending' and the 'Suspended Coffee Campaign' we want to do something actively positive that could make a difference.

How can you get involved?

- Encourage people to have a look at The 'Active Citizens Coffee Pending' Blog and Face Book Events Page and share the idea.
- Go into a 'Favourite Café', give the cafe the 'Coffee Pending' flyer and voucher, encourage the cafe to get involved in the idea and the event.
- Ask for a 'Coffee Pending'. It could be a warm beverage or food in advance, whatever you can afford.
- Share stories of Acts of Kindness with us on our Facebook page and Blog.
- Take a photo of the café, a cup of coffee, something that celebrates the ethos.
- Email your photo, cafe address & website link – coffeepending@gmail.com

What we like to happen on 31 May?

We would like to encourage people across Bristol, the UK and around the World to share the ethos of 'Coffee Pending' or to do a Simple Acts of Kindness or to share their story in the Spirit and Ethos of 'Coffee Pending'.

What are Active Citizen Community Volunteers?

We started as a small group of people wanting to do something positive in our community. Since September 2012, we have encouraged over 80 new Active Citizen Volunteers to join us in all types of projects in the local and wider community.

We have set up 14 new Active Citizen Volunteer's projects and we are really excited to take on our biggest community challenge so far.

The Active Citizen Website will be going live on 31 May. On the website we will share The Simple Acts of Kindness People Do and have Done in the Spirit and Ethos of 'Coffee Pending'.

Links for Active Citizens – Coffee Pending Day 31 May

coffeepending.wordpress.com

[www.facebook.com/jules.allan.3#/?](https://www.facebook.com/jules.allan.3#/)

www.windmillhillcityfarm.org.uk

Active Citizen Website Coming Soon

Please Contact Jules, Community Development & Volunteer Coordinator- Active Citizen Projects, for more info on this Event and Active Citizen Projects: coffeepending@gmail.com



Active Citizens
Coffee Pending Day 31st of
May
Voucher

Feed Bristol Spring update & news

Everyone up at Avon Wildlife Trust's Feed Bristol project has been very thankful for having the polytunnels this spring as we wait for the weather to thaw out and the leaves and blossoms to finally unfurl. We've been picking plenty of salad leaves inside, enjoying leafy tasting sessions and discovering the delights of tasty flowers as everything from rocket to chinese cabbage bolts for the light.

In March the propagation polytunnel and new buildings hosted the enormously successful Bristol Seed Swap event with walks and talks, cafe and of course thousands of seeds changing hands. For our part we've been starting off our vegetable seeds, as best as the temperatures will allow. We've also been focusing on sowing as many flower seeds as possible, particularly native wildflowers like betony and corncockle, to give a boost to bees and other pollinators on site.

Outside we have planted a new fruit area and in the field have planted up the canopy layer for a forest garden as well as nursery beds for fruit trees and forest garden plants. With all the enthusiasm we are seeing for school gardening we would like to enable schools to introduce these elements into their ideas.

Plenty of people have been coming to visit and get involved, both new and returning, from the toddler group and school classes to young people outside mainstream education and local businesses plus many

others interested in just being outside and learning about growing.

If you would like to come and see us we'd love to see you, whether you just want to pop in and see the site or stay for the day and get growing. **Mondays and Tuesdays 10am-4pm** are the general drop in for any one wanting to be involved. Wednesdays are dedicated to school activities if you are connected with a school group and would like to schedule a visit.

We are also looking for 'Grow Leaders' – anyone who has one or more days a week for the next few months, to assist with leading school and community group activities. Lots of training and support is provided.

Upcoming weekend events at Feed Bristol include:

Mayday

Saturday 4 May

Mayday fun to welcome in the long lost spring.

Get Growing Trail

Saturday 8 & Sunday 9 June

Site tours, workshops, cafe, music & more.

Check out our website and blog at:

www.avonwildlifetrust.org.uk/people/feedbristol/feedbristol.html

for how to find us, event info and news.

Drop us a line at feedbristol@avonwildlifetrust.org.uk or even better just come on by...

Food waste

How and why food is wasted

Bristol-based consultancy Resource Futures is working with Ipsos Mori on research to understand how and why food is wasted in homes in England and Wales.

Ipsos Mori are first interviewing households about their attitudes and reported behaviour concerning food waste. Resource Futures are then collecting waste set out by the same households to find out what they actually do. The two sets of data will then be linked to improve our understanding not only of how food is wasted, but also why.

This is the second such study in England and Wales. The first, in 2008, suggested that householders were throwing away 25% of food and drink purchased, 66% of which was avoidable. This avoidable fraction was equated to a total of £12 billion per year; an average of £480 per household per year. There are therefore significant savings that households can make by reducing food waste. This second study will demonstrate whether there have been any changes in attitudes and behaviours in recent years. For ideas on how you can reduce food waste visit the Love Food Hate Waste website:

<http://england.lovefoodhatewaste.com/>

This is Rubbish

This is Rubbish, an arts-led food waste campaign, will be launching their Industry **Wide Food Waste Audit Proposal (IFWAP)** research findings at the Houses of Parliament on 1 May.

Speakers at the event include Professor Tim Lang and Peter Jones from Ecolateral. The research project, funded by the Esmée Fairbairn Foundation examines perceived barriers and opportunities surrounding the introduction of a mandatory food waste audit within the food industry, among food experts and policy makers. Such a mechanism could act as a driver of change, enabling the rapid reduction of food waste. After all, you can't manage what you can't measure. Full details will be released on 1 May. For more details visit the website, and follow the story on Twitter **[@ThisisRubbish](https://twitter.com/ThisisRubbish)****@foodwaste**.

www.thisisrubbish.org.uk/industry-food-waste-audit-proposal-ifwap/



A busy seed swap as part of the Big Dig in March, held in the Feed Bristol poly tunnel

Launch of the Traders' Food Waste and Recycling service in Stokes Croft

Martin Fodor

April saw the launch of the new Food Waste and Recycling service for traders and businesses in Stokes Croft. This group scheme secures a special deal for a cluster of local businesses in and around the Stokes Croft area. This delivers an enhanced recycling service with a special emphasis on food waste and compostables – often the most problematic part of the waste for smaller hospitality and food businesses.

It's important to get this compostable waste out of landfill due to its very high greenhouse gas potential from the production of methane when it rots. It's also tricky to deal with as food waste will almost invariably require attention to the Animal by-products legislation, which ensures such materials do not contaminate the food chain e.g. during handling or if products with untreated residues are used as compost. This affects all premises except vegan food businesses (even greengrocers may have eggs and cheese in their waste when they diversify).

The special deal was secured by a process of development work with traders and the community in and around Stokes Croft, by the author working with the traders' group and potential collection businesses, also taking account of street scene issues like bins and litter, and the number of different collection vehicles currently servicing the street. The service developed thus helps secure cost, environmental and community benefits plus enhance the reputation of traders in this destination.

The service has been piloted by local Café Kino, and traders are now signing up, with sustainable restaurant Poco being the first. The enhanced recycling service is also of interest to other businesses, being able to take compostables like hairdressers' waste, offcuts of materials from a picture framer and wastes that would otherwise have gone to landfill. Thus a comprehensive service has been developed though working collectively, in an area where there are many common needs but also pressure on individual businesses who are not able to focus on additional, complex issues and processes.

In addition to the comprehensive service, tips about reducing and avoiding wastes and case studies are also being drawn up.



Food waste bins outside Café Kino

There's also an informative visit planned to see the treatment of the food waste and compostables at a local anaerobic digestion plant which produces energy and a soil conditioner. Other residues will go for energy recovery so the service by local recycling business CollectEco does eliminate landfill.

Instructions for staff and troubleshooting should help the service get well-established. There's also attention to the overall picture of what's being achieved by the area, with data promised for quarterly reporting to traders and customers to show the global benefits of the scheme.

Interest in the service has grown rapidly, with work starting with Gloucester Road Traders Association, initial discussions very positive in Harbourside Forum, and inquiries from other trader groups as well.

The initial work has been supported by Business West's Go Green resource efficiency project which helps small and medium sized businesses manage resources more efficiently. The extension to other areas is supported by Bristol Green Capital's Community Challenge

Fund. Showing what can be achieved citywide will help the city demonstrate its green credentials as a European Green Capital finalist.

While it's early days for the project the potential is very clear and work with the traders and other stakeholders has been an excellent partnership and very worthwhile. A video is now in production to explain the service.

The project has been documented in *Bristol's Local Food Update* from the initial assessment of the issues in May 2012, through subsequent articles in November 2012, January 2013, and then March this year.

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<http://visitbristol.co.uk/destinationbristol/information/news/2013/4/8/launch-of-the-stokes-croft-traders-food-waste-and-recycling-scheme-a2157>

<http://bristolfoodpolicycouncil.org/category/latest-news/>

Keeping afloat in Bedminster

Ben Barker

Some say that the traditional British high street will go the way of the cotton mills, coal mines and flint knappers: a few remnants only of once dominant forms and economic activities laid low by global depression and technical innovations such as out of town shopping and the internet. Our neighbourhood partnership determined that this would not be the fate of Bedminster's mile or so of retail streets with its 450 businesses of all shapes, purposes and sizes.

So, we entered on a two part strategy. Encourage businesses to collaborate rather than see each other as rivals, and secure funding to allow this collaboration to bear fruit over several years.

Early in 2012, we got lucky. We were one of the first 12 high streets to secure £100,000 from the Mary Portas Fund. Admittedly, this is a trivial sum against a world recession and a technological revolution. But, our bluff was called!!

We waved this carrot to lure business representatives to meetings. They are not a naturally meetings type group. Many, as small shop keepers, already spend too many waking hours at work. Lots of managers of national outlets are more interested in their next and larger store than in our community. What have a betting shop, family fruit market and international multiple got to talk about?

We found that the answers to some of these questions were basic issues like safety for customers, clean streets, somewhere to sit down and some greenery, i.e. an attractive environment: something that a hard pressed state was finding it increasingly difficult to provide.



But more, a feeling that streets needed to be seen as social venues with points of interest and fun. This led us to experiment with arts events and street markets. It doesn't take long to get through £100,000 plus the other bits and pieces we picked up once you start down that track.

So, where are we at the time of writing (April 2013)?

1. We've spent most of the money.
2. Local businesses are voting on whether or not to set up a Bedminster Business Improvement District (BBID). This will keep them organised and yield an annual income, from the businesses themselves, of at least £80,000pa, plus opportunities to secure 'deals' on things like electricity, phones, waste disposal etc – already familiar to big players, but more difficult for smaller shops.
3. Depending on the BBID outcome, we could be entering a period where Bedminster at least starts to swim against the economic and technological tide.

Look back in on Bedminster, say in 2018, to see if we are still swimming.

STOP PRESS: Bedminster businesses have voted in favour of establishing a BBID. This will be the 4th BID in Bristol.

www.bedminstertownteam.org



High streets are more than just places to shop, they are social and cultural hubs. 'Beautiful bugs of Bedminster' including a giant butterfly and lots of caterpillars and beetles can be found around the area on shops, buildings, and streets'. Organised by Upfest and the Bedminster Town Team.

The Government has published a progress report on the the Portas Pilots **The future of high streets**, see

www.gov.uk/government/publications/the-future-of-high-streets

Video

Permaculture Garden at UMass Documented on Video

DIGEST: The University of Massachusetts converted a 12,000 square foot plot of land into a permaculture garden, bringing together members of the campus community in a common purpose and documenting the process on video.

<http://sustainablog.org/2013/02/permaculture-garden-at-umass-documented-on-video/>

Edible Landscapes London

DIGEST: Rob Hopkins visits Edible Landscapes London, a project run by Transition Finsbury Park – a volunteer-led project which aims to help Londoners grow more of their own food. ELL have supplied well over 500 plants to 45 community food growing projects and trained about 120 people.

www.resilience.org/stories/2013-03-19/a-visit-to-edible-landscapes-london

Hobby gardeners boost backyard biodiversity

DIGEST: A Swiss project to help keep heritage plant and vegetable varieties alive – with an online gallery of home-grown wildy diverse tomatoes.

www.swissinfo.ch/eng/swiss_new/Hobby_gardeners_boost_backyard_biodiversity.html?cid=35291972



Bristol Farmers Market to celebrate 15 years of trading

The original and longest running Farmers Market in Bristol will be celebrating its 15th anniversary in June and all traders at the market would like to invite you to come along and enjoy the celebrations with them.

The award winning Bristol Farmers market, first held on Wednesday 17 June 1998 was the first weekly Farmers Market of its kind to be held in the UK. The market is managed by Bristol City Council's Markets Team and takes place **every Wednesday on Corn Street and Wine Street** between **9.30am and 2.30pm**. The popular market offers customers the opportunity to purchase some of best locally produced food and meet the producers at the same time and is now an established favourite on the weekly calendar of shoppers and

visitors to Bristol city centre and St Nicholas Market.

Anniversary celebrations are planned for the markets that will take place on Wednesday 12 and Wednesday 19 June and will include an anniversary cake with a celebratory slice for customers, cooking demonstrations, music and recognition of those traders that have been attending the market since June 1998 which include:

Moorland Farm www.moorlandfarm.co.uk
Pullins Bakery www.pullinsbakers.co.uk
and Druid Farm.

If you would like more information about the market or are interested in trading at Bristol Farmers Market please email markets@bristol.gov.uk or telephone 0117 9224014.



On the web...

World's largest indoor vertical farm opens in Chicago

DIGEST: A new 90,000-square-foot indoor farm called FarmedHere has recently opened in Chicago and is expected to produce 1 million pounds a year of organic greens like basil, lettuce, mint, and spinach.

<http://farmedhere.com/2013/farmedhere-nations-largest-indoor-vertical-farm-opens-in-chicago-area>

Ron Finley: A guerilla gardener in South Central LA

DIGEST: Ron Finley plants vegetable gardens in the food desert of South Central LA – in abandoned lots, along the curbs. Why? For fun, for defiance, for beauty and to offer some alternative to fast food in a community where “the drive-thrus are killing more people than the drive-bys.”

www.ted.com/talks/ron_finley_a_guerilla_gardener_in_south_central_la.html

Permaculture Convergence

DIGEST: Snippets from the sessions at The 2012 Northwest Permaculture Convergence, themed around permaculture approaches to global challenges, the social aspects of permaculture and ideas on the built environment.

www.resilience.org/stories/2013-03-27/episode-57-permaculture-convergence

The Urban Farmers on Costing the Earth

DIGEST: Alice Roberts meets the urban farmers of Britain as they turn the wasteland green, including Steve Glover at the Severn Project.

www.bbc.co.uk/podcasts/series/costearth

Selling seeds that survive the harsh life of an urban garden

DIGEST: Rooftop Ready Seeds have been selected to thrive in tough conditions offered by New York's rooftop gardens: intense wind, unfiltered sunlight, hot nights caused by the urban heat island affect, and limited container space for roots.

www.fastcoexist.com/1681769/selling-seeds-that-survive-the-harsh-life-of-an-urban-garden

News from the Food Policy Council

On 10 April the Bristol Food Policy Council met at the Square Food Foundation in Knowle West to explore food poverty in the city. Some of the key organisations providing crisis support to people at the moment, including the Tressell Trust, Matthew Tree Trust, the 5K Foundation and Fareshare SW presented at the meeting, describing their operations and outlining the main issues for them and the people they service.

The meeting coincided with the publication of a draft Public Health Evidence Review on behalf of the Food Policy Council (BFPC), entitled *Food Poverty: What does the evidence tell us?* The report concludes that the causes of food poverty are complex and multiple. There is, however, inescapable evidence that for many people there is a gap between available income and the cost of buying in food for a nutritious diet. The report will be made available shortly.

Organisations presenting at the meeting come at food poverty from different angles:

The **Tressell Trust** is primarily a food bank providing food for people and families in crisis, signposting people to other agencies if they feel it is needed.

The **Matthew Tree Trust** provides a more holistic service in-house to help people both with food and social support. They are working to develop a scheme to provide short work placements as part of this programme based around food growing and making simple processed food for sale.

FareShare SW supports food banks and other community organisations working with food-insecure individuals by redistributing quality surplus in-date food from supermarkets which would otherwise go to waste.

The role of the **5k Partnership** is to act as an umbrella body bringing together

agencies providing a crisis response to food poverty.

The **Square Food Foundation** helps people acquire the knowledge to make affordable nutritious meals and thus become more resilient as a result.

The **Food for Life Partnership** supports schools to provide a holistic approach to food service in schools and provides young people with commitment, knowledge and skills.

The conclusions of recent work by the Bristol City Council quality of Life Scrutiny Committee was also presented to the meeting.

The discussion which followed started to generate some real ideas about moving forward. In particular the example of Belo Horizonte, Brazil, 'the city that ended hunger' was suggested as a possible role model for Bristol.

All the resources and outputs for the meeting will shortly be available on the Food Policy Council website, we will notify you when this happens.

www.bristolfoodpolycouncil.org

URBACT update

Bristol City Council is collaborating with 9 European city partners in the URBACT project – Sustainable Food in Urban Communities. Read more in the blog at:

www.sustainable-everyday-project.net/urbact-sustainable-food/

and some interesting articles at:

[www.facebook.com/](http://www.facebook.com/home.php?clk_loc=5#!/)

home.php?clk_loc=5#!/

SustainableFoodInUrbanCommunities



Snippets from URBACT's April newsletter

■ URBACT celebrated the EU Green Capital shortlisted cities, Bristol, Brussels Ljubljana and Glasgow all of whom are participating in URBACT projects.

■ Cllr Gus Hoyt from the BFPC took part in the launch of the URBACT policy training pilot scheme for elected representatives in April. Gus met with elected representatives from 30 European cities participating in a diverse range of URBACT projects, to share ideas and experiences.

<http://urbact.eu/en/news-and-events/view-one/news/?entryId=5248>

■ URBACT Markets Project: Torino Chamber of Commerce has awarded €100,000 to fund a web platform to promote local markets and test innovative new market services in Torino.

www.blog.urbact.eu/2013/03/urbact-markets-project-stakeholder-inclusion-pays-off-for-torino-with-100000-e-web-investment/



Amersfoort exchange

Kristin Sponsler and Cllr Gus Hoyt from the BFPC travelled to Amersfoort to work with partner cities in EU URBACT 'Sustainable Food in urban communities'. They're pictured here at a dairy farm that runs its own farm shop to sell home-produced affordable artisan cheeses alongside goods from other local producers.

Urban Agriculture in New York City

New York City is not necessarily a place you would expect urban agriculture to thrive – it is one of the most densely populated cities in the country, with some of the highest real estate values. And yet, New York is a leader in the practice of urban agriculture. Explore a slideshow of New York City's diverse farms and edible gardens.

www.fiveboroughfarm.org/urban-agriculture/

Detroit Future City

The Detroit Strategic Framework came out of a 24-month-long public consultation process amongst Detroit residents and civic leaders. Vacant land and buildings are among Detroit's most valuable assets for its future. The obstacles stacked against reuse, and the limited resources affecting every public agency in the city are significant barriers to recognising the untapped potential of the city's public land.

<http://detroitworkproject.com/>

Autonomy Acres: Urban Homesteading

"We are an Anarchist-Punk Rock, Folk Lovin', Gypsy Dancin', family of Urban Farmers. We are not experts, but rather Student/Teachers of a new way of looking at and living life. We garden and do our own house repairs, brew our own beer and cure our own bacon... We try to live life as if TV did not exist and revel in our real life moments."

<http://autonomyacres.wordpress.com/2013/03/09/all-roads-lead-to-permaculture/>



Orchard Roots Bristol

Shannon Smith

Horfield Organic Community Orchard (HOCO) has reasons to be cheerful in 2013. It's fifteen years since a group of dedicated volunteers first began work to reclaim a neglected and overgrown corner of an allotment site. Members are celebrating the 15th anniversary with the help of a grant from the Heritage Lottery Fund for Orchard Roots Bristol (ORB) – a community history project to explore, and celebrate, the living heritage of fruit growing in the Golden Hill area of Bristol. ORB also traces the roots back to traditional orchards in Bristol and beyond – particularly into Gloucestershire and Somerset.

Taking place during a growing season, the project promises to be as richly layered as a good compost heap. Using a range of methods and events HOCO members will tap into connections to foods with roots in the soil beneath the city, to record stories of local residents, members of a pioneering community orchard, a landscape, and its fruiting trees. These stories will be shared at orchard open days, through the creation of learning activities, maps, displays, and an enhanced website. What goes around comes around – ORB aims to cultivate community knowledge and local heritage to educate, and to inspire participation in local food growing.

Orchard members, past and present, founding, long-standing and new, get together at the end of April to recount and record their stories and experiences from different phases of HOCO. Highlights from these stories, and digitally reproduced photographs taken by members over the years, will be shared at public events and on the website.

HOCO is home to several very local apple varieties, e.g. Gloucestershire Underleaf, Court of Wick and Sheppardine Silt. Funding means the more than 60 different varieties of apples, pears and plums in the orchard can be permanently labeled – making it easier for members and public to appreciate the diversity of fruit grown. Later in the summer several varieties, discovered on the site in 1998, will be sent for identification to the National Fruit Collection at Brogdale. Members hope that one or two of these 'mystery' fruits will reveal a strong local heritage.

A visit to Bristol Record office should fill in some gaps in our knowledge of the historical use of land for food and fruit production in the Golden Hill area. Members are also satisfying their own curiosity, and scratching below the surface of oft-repeated 'facts', and delving further back than the 20th century.

Everyone is invited to get involved at the **Know your Orchard Roots Bristol** event in the orchard on **Saturday 8 June**. Do you have connections to orchards or market gardens in and around Bristol? Did you work at Long Ashton Research Station? We'd love to record your memories. We also want to hear your stories of fruit growing on allotments, in gardens, or community food growing projects in and around Golden Hill (including nearby Horfield, Bishopston and Henleaze).

All ages and experiences are welcome to bring stories, photographs, and fruit-related objects and materials. We're setting up an outdoor photographic and recording area for the occasion, and there will be tours of the orchard, and local produce and refreshments for sale.

The materials gathered will be added to the **Know Your Place | Bristol City Council**, enriching a website that allows exploration of Bristol through historic maps, images and linked information. www.bristol.gov.uk/page/planning-and-building-regulations/know-your-place

The grand finale to ORB is a special Apple Day celebration in the orchard on Sunday 20 October, when the stories gathered during the summer will be featured and shared with the wider public. A new guide to the orchard will be available, to be followed up by a multi-layered website map that supports deeper delving into the history and horticulture of each fruit.

Orchard Roots Bristol: 'All Our Stories' event

12–5pm Saturday 8 June
Horfield Organic Community Orchard
part of the Get Growing Garden Trail
 All welcome

Bring photographs, objects, and stories about fruit growing in and around Bristol

How to find the Orchard (nearest postcode BS7 8JP)

Walk down the lane beside 22 Kings Drive (between Bishop Road and Kellaway Avenue), turn left and it's the first gate on the right.

OR take the lane beside 134 Longmead Avenue until you come to the last gate on the left.

Contact: Shannon Smith
hocohello@gmail.com · 0117 373 1587
www.community-orchard.org.uk

After the deluge and the biting winds

Getting food 'back into place' on Bristol's Blue Finger • Richard Spalding



Stories of practical, land-based work.

It is warm(er) today! There always seems to be a moment when the season turns, even after the deluges and growing pains of the past year. Our collective efforts over autumn and winter to prepare and erect the poly tunnel in siege-like, semi puddled conditions suddenly begin to give way to brighter skies and vernal hope. We dug through the waterlogged top inches to reveal something I had never seen in all my years of turning the soil. Drowned earthworms. The worms of the earth trapped in the top few inches of waterlogged land have fallen prey to a freakish incident created by the initial rotavation of the site. The blades of the rotavator seem to have created an impermeable pan so trapping the worms in the soil which became a soupy ooze in which they perished under the seemingly daily rainfall. This is a micro-gaze into our particular vegetable project. Other commercial projects have far worse stories to tell as they try to make a living from the land – to an extent we have just been playing, but it has still been immensely satisfying.

Stories of reading, thinking and envisioning new agri-cultures in particular places.

During the dark days I have been reading *Walden*, Henry David Thoreau's writing from the bean field in Massachusetts in 1845. He reflects on his experiment in reconnecting with the natural world and his endeavours to farm... "*I learned this at least by my experiment; that if one advances confidently in the directions of his dreams, and endeavours to live the life that he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him... if you have built castles in the air, your work*

need not be lost; that is where they should be. Now put the foundations under them".

I trust that you will not think me too pretentious here, but I have only just gained the confidence to share some of my envisioning of food and place for part of the Bristol region. Others are taking it on more effectively than I and for this I just wanted to say thanks.

Also, I have only just discovered *In Pursuit of Spring* by Edward Thomas at the very time I need to get out and react to the sap stirring. Springtide is very late this year and in a sense this is deeply troubling for many of us trying to renew and deepen our often long lost links with the land. Thomas looked for signs of rebirth among the evidence of winter in his Easter cycle ride from London to the Quantocks in 1913. Seen by many as evoking the threat of upcoming war, this book resonates deeply with my own sense of the challenges we face a century on if we don't begin to think through and implement practical initiatives for resilient (and truly sustainable) local food economies in all of the myriad foodscapes that dot these islands. One such foodscape is that of the Blue Finger. Many of you have your own treasured food places and intimate knowledges of how to work with them and have been doing this for years. Apologies to you.

Potential new food and planning policies for helping to feed our cities.

I always thought that the semi derelict former market garden landscapes lying on a finger of high quality agricultural land running out of the north Bristol fringe provided a perfect canvas for 21st Century regeneration and redevelopment of a new kind of agriculture which might help feed our hungry cities.

Research into food security by Professor Mark Kibblewhite from Cranfield University includes the idea of creating proper controls for precious soil resources under pressure from greenfield housing, commercial and infrastructure developments. He argues that the creation of an integrated soil strategy is a proper task for government, but one that is currently being overlooked.

Research by Professor Kevin Morgan of Cardiff University provides ample evidence from other city locations in the USA and Canada (as well as mainland European cities) that the time is right

for town and country planners to begin factoring in "sustainable food planning policies" at both national and local level. What he describes could just be the beginning of an era where planning authorities recognise their role in enabling and encouraging food projects, (both commercial and community-led) as deliverers of food and other green infrastructure benefits to those communities. Simply put, food needs to be brought to the planning table!

Thinking through a philosophy, ethic and practice for getting food back into place.

Potentially, we should all be in this together (growers, planners and eaters), especially if our local authorities begin to factor food policies for resilience into planning law. Perhaps more importantly, central government needs to take a much more creative and dynamic leadership role on food and place. Mounting evidence from recurrent and ongoing food crises suggests that a new, more ecologically resilient farming culture needs to re-establish itself.

My deep winter musing and envisioning of future foodscapes do need to have firm foundations built under them in the next few years. This work is well underway along Bristol's Blue Finger, but as always there is much to do. If Richard Mabey is right when he says that our meteorological lot (in these islands) is messy and erratic, then we have little choice in whether or not to pursue practical food projects of all kinds with agro-ecological foundations.

In haste – I'll be in trouble if I don't get back to the farm!

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www.bluefingeralliance.org.uk



Barn-raising for the 21st century – taping the poly tunnel



Real Bread Maker Week: Raising dough to do good!

From 11–17 May, local loaf lovers across the land are uniting to help everyone celebrate Real Bread and its makers.

As Britain's only national Real Bread charity, the Campaign is also encouraging professional and homebakers to help raise money for its work.

In addition to locally-organised activities, the Campaign is running a week-long breadly online auction. Lots include bread making classes with Campaign ambassadors Aidan Chapman at The Phoenix Bakery, Emmanuel Hadjiandreou at The School of Artisan Food, Tom Herbert at the Hobbs House Cookery School, and Andrew Whitley at Bread Matters. Other lots include a tour of Shipton Mill with boss John Lister, and sacks of flour from fellow independent miller Marriage's.

To help supporters dress for the occasion, Balcony Shirts has created a limited edition / 'Loaf' Real Bread t-shirt. For each shirt sold (£12.50 + p&p), the company will donate £4 to the Campaign.

For anyone who has not yet made their Real Bread Maker Week plans, an activity and fundraising guide is still available from the Campaign website. Ideas for professional and homebakers include organising one of the following with friends, family, neighbours or colleagues, perhaps in association with a local bakery, café or restaurant, pub, WI, village hall, community group, farmers' market, school, or workplace:

- lunchbox masterclass to share all the great Real Bread alternatives to soggy factory loaf sarnies with parents at a local school.
- tasting dinner or pizza night – perhaps in association with a local bakery, pub or eatery.
- beginners' workshop.
- baking club event to bring friends, colleagues and neighbours together to bake.

The Campaign also invites homebakers to see how much they save in May by not buying industrial loaves or shop-made sandwiches, and donate the difference to the charity. Even affirmed non-bakers can get involved by digging out unloved bread machines or supporting local events and participating Real Bread bakeries. People can find and add details of Real Bread classes and other events, discounts, the auction and the guide at realbreadcampaign.org

SUPURB Food

Matt Read

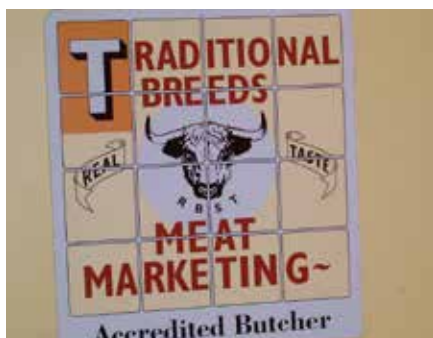
The SUPURB Food project is funded by the European Commission to explore best practice in the development of food production and consumption activity that takes place locally within city regions (www.supurbfood.eu).

We are using six case studies across Europe (Italy – Rome, Latvia – Riga, the Netherlands – Rotterdam, Belgium – Ghent, Switzerland – Zurich and the UK), of which the Bristol City Region is one, to explore how these 'short food chains' make a contribution to local food needs whilst at the same time having a beneficial (in a sustainability sense) impact on community development, energy, waste, nutrients, the landscape and land use as well as reducing CO₂ emissions.

We will study examples of best practice, particularly where people have managed to integrate some of these benefits, so that we can put them in a common pool to be shared across the case studies, but eventually more widely than that. In the project, 'short food chain' practitioners

from each of the case studies have joined the research teams, so that they can talk directly to each other (and moderate the language of the academics!) about practical ways of re-localising their food systems. Colleagues in RUAF foundation, specialists in urban agriculture in the global south are finding projects that share similar experiences and practices to further widen that exchange (www.ruaf.org). We intend that they keep in touch to share good practice as a network of practitioners.

The Countryside and Community Research Institute (www.ccri.ac.uk) will be working with Joy Carey from f3, and The Community Farm on this project over the next 2½ years. The CCRI is the largest specialist rural research centre in the UK with a wealth of experience in working on sustainability questions around food, resource use and planning. To find out more please contact Matt Reed: mreed@glos.ac.uk or @ReedMtweet.



Following the Plot no.15

Keith Cowling

After the coldest March on record, the temperature began to rise sharply in early April, bringing a sudden flush of greenery and blossom. Almost overnight the allotment site filled with earnest plot holders carrying plants, tools, seeds and construction materials. The spring sowing race was on.

In a more typical year, common vegetable seeds would be planted by now, but the delayed spring leaves many of us still catching up. Mostly this won't matter as sweetcorn and squash can still be started on a sunny window sill or planted in situ. But outdoor tomatoes need all the growing time they can get. If you haven't sown seeds yet you will probably need to buy plants.

Because of the difficulties of raising seedlings indoors and finding enough sunny positions for the potted-on plants, tomatoes have a reputation for being difficult to grow. But English outdoor tomatoes are worth a little extra trouble. Home grown tomatoes have the taste of 'real tomato' long since lost from the hard pink specimens and the bright red Spanish imports on supermarket shelves. Begin by sowing in a seed tray in some good seed compost in mid March. Keep the seed tray in a warm and damp place indoors until plants appear. The trays should then be moved to a sunny window sill until the first two proper tomato leaves are 10mm long, when the plants should be moved to individual 100mm diameter pots. They will be ready to plant outside by mid May, but in a cold or damp spring can wait until early June. By that time, plants kept indoors will be very 'leggy' because indoor daylight is not strong enough for normal development. If this happens, support plants by tying to small sticks and try to move them out as soon as the weather allows.

There are several types of outdoor tomatoes. Cherry tomatoes are great in summer salads and there are bush varieties, bred to grow under cloches on straw. But traditional English main crop varieties such as Harbinger and Ailsa Craig, and their modern counterparts Alicante and Marmande, produce perhaps the most delicious tomatoes available anywhere. If you missed the sowing dates and need to buy plants, try to avoid Moneymaker and Eurocross. These will be rejects from commercial greenhouses which ripen their crop over a very short



period and have fruit with thick skins – perfect for supermarkets but hopeless for gardeners seeking flavour.

When planting out, dig a bucket-sized hole and fill the bottom with good garden compost. Set your plant with the pot soil level just below the level in the main bed. For main crop varieties and cherries with a large habit, push a stake well into the ground close to each plant. Tie the plant securely to it with a loop that won't tighten onto the stem, which may become 25mm thick. Lastly, sink a plastic plant pot in the ground next to the newly placed plant for watering later in the summer. As the plant grows through June and July, pinch out the side shoots and tie back the main stem to the stake below each spray of blossom. By the end of July, in a good summer, the first fruits will be maturing. Pick them carefully, including the stalk, as they turn a full red colour.

Tomatoes thrive on compost but are also greedy for potash. You get this from commercial fertilisers, but organic growers prefer comfrey, which is rich in the mineral. Cut comfrey leaves and lay them between the plants or leave a large cut of leaves in a waterproof container to decay into a dark brown 'comfrey tea', which can be diluted with water and watered onto the plants.

The biggest threat to outdoor tomatoes is the fungal disease 'blight'. This is the same pathogen as late potato blight and is very prevalent in damp and humid summers. Although there are few reliable remedies for blight once the disease has arrived, some preventative measures are available. These include rotation of crops. The best preventative however, is to use the plant breeder's skill and grow one of the new blight-resistant F1 varieties such as Ferline or Fandango. Non-organic gardeners can also get a fair amount of protection by spraying with Bordeaux mixture, an amalgam of copper sulphate and lime, every few weeks from late June.

When the first frost threatens in October, strip your plants of fruit. Excess fruit can be bottled, and unripe fruit can ripen on soft padding in a drawer or box, or make green tomato chutney. And if you had a great crop and your variety is not an F1 hybrid, squeeze some seeds out of one or two of the best fruits onto newspaper and dry them in a cool dark place. These seeds will become your plants for next year.

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



A Spring in our step at Woodspring Farm

Victoria Appleton

Woodspring Farm is a smallholding nestled in National Trust Land between Clevedon and Weston Super Mare. At Christmas, I left my full time work in adult education to make the farm into a business. It didn't take long to realise that I needed more skills and knowledge as well as stronger arms and legs.

With the arrival of our first ex battery hens, a few days after we moved in, what had been theory was standing there bald and shaking in front of me in stark, physical reality. These scared pale bundles of skin and bone (with a few sparse feathers sticking out) were here – and would die if I didn't know how to look after them. Luckily, chickens are very forgiving and not hard to look after. We became vegetarians just after the chickens arrived. It felt impossible to watch their courage unfurl over the weeks and their individual quirks and personalities emerging, without thinking about the same thing when faced with a fillet steak or pork belly, never mind a chicken biryani. Of course the great bonus of chickens is their eggs – organic, free range, vibrant eggs, from happy chickens.

And then there are the goats. I don't know why, but surprise animals seems to be a habit of ours. We wanted goats for milking, the plan being to drink the milk and make cheese and fudge. Like all mammals, goats generally need to give birth before they produce milk (apart from the rare 'precocious milker' in the goat world). We bought 4 goats (3 Toggenburgs and a Golden Guernsey) found on the website 'Preloved'. (Yes, I was surprised too!) On agreeing to purchase 4, the goat lady mentioned that they had been with a billy so they might be pregnant, but probably not, as the billy was so young and they were not quite in season yet. On to the next surprise – after having them a few weeks, we discovered they were

all pregnant. Next surprise... they all had twins! And so 4 goats became 12 rather quicker than planned, and for a while our lives became focussed on building more sheds to house them, and spending hours hanging out with them. They are the most delightful creatures I have ever met (close tie with the chickens of course) and they love to cuddle, play and chew in your ear (which is nicer than it sounds...). The next learning curve is the milking and making produce from the milk, plus 4 Southdown sheep that we will be shearing and using the wool to make rugs.

Perhaps you know the area of Woodspring? With Devon-esque cliff edges, rolling hills and tidal waves lapping the shore, one of the best things about it may be how close it is to Bristol and the M5 and yet how remote it feels. Owned by the National Trust, the headland is a little haven of secret caves, pebble coves, windswept trees and colourful gorse and bracken.

Woodspring Farm is next to a 12th century former Augustinian priory and tithe barn. The land around the priory, including much of our field and garden is a Scheduled Monument site. No growing potatoes in the ground for us – as we cannot dig more than a foot down in case we unearth some treasures! Luckily there are creative ways to garden. So far we have created raised beds (including a wonderful old tractor tyre) and will soon be making a 10 x 4 metre plot for workshops to mirror a typical town garden. That idea is thanks to Dave Hamilton, but more about him later!

So what are we doing here? Well there is a shepherds hut to rent, tucked high up in the field with views of Flat Holm Island. And then there are the workshops – launching with a **Wild food foraging course on 18 May** (10am–4pm,

lunch included £45). That's where Dave Hamilton, (co-author of *Selfsufficient-ish* and author of *Grow Your Food For Free*) will be spreading his knowledge and expertise on all aspects of plant ID and foraging. It comes with a guarantee to "change the way you look at a hedgerow or parkland forever!" There are still a few places available so please contact us if you are interested.

Coming up we will be exploring all sorts of delights during workshops such as straw bale building, yoga, basket weaving, wildlife gardening, creative writing, singing, forest school, wildlife gardening and bat and bird adventures. In the next issue we will be letting you in on some of the wild and wonderful moments on the food foraging course, plus more on future workshops, animal antics and a deeper look into the history of the area. Have a look at our website to find out more about us or to book a course or stay in the hut contact Victoria on 07952805390 / info@victoriaappleton.com

www.woodspringfarm.co.uk





LEFT: The new River Cottage Canteen is in a stunningly converted Grade 2 listed 19th Century church hall on Whiteladies Road, near Blackboy Hill.

BOTTOM LEFT: Community Farm delivering fresh produce to Head Chef Mark Stavrakakis.

BOTTOM RIGHT: Hugh Fearnley Whittingstall in the kitchen with Head Chef Mark.

Food provenance at River Cottage Canteen Bristol

‘The best seasonal local produce is always at the heart of the River Cottage approach to cooking, and we are very much looking forward to celebrating and contributing to the vibrancy of the local food community in Bristol. We have a great opportunity to source the best ingredients and create some fantastic food in a unique location. Bristol is an exciting place to be part of and a great opportunity for everyone at River Cottage.’
Hugh Fearnley-Whittingstall

The new River Cottage Canteen Bristol on Whiteladies Road opened its doors to the public in March. The first River Cottage Canteen and Deli was set up in Axminster by Hugh Fearnley-Whittingstall, campaigner, broadcaster and food writer, whose River Cottage TV series, on Channel 4, championed an interest in food provenance and sustainable living. The second opened in Plymouth and now River Cottage has arrived in the “buzziest” city in the west country” (Hugh’s words) – Bristol.

The Canteens all share the same ethos – to showcase the very best of what the South West has to offer with freshly prepared seasonal, local, organic and wild food, on a daily changing menu.

Prior to opening Head Chef Mark Stavrakakis (Goldbrick House and Rockfish) and Development Chef Andrew Green (formerly of Greens Dining Room) undertook a mammoth research process

to find the best local produce. Utilising their extensive local knowledge of suppliers in Bristol and the surrounding areas, they researched each product and producer, sampling, tasting and cooking with the ingredients and making site visits to see the set-up at first hand.

All the meat is certified organic, although there may be occasional exceptions for small local farms which have been visited and are raising free range meat of outstanding quality to the highest welfare standards.

Fish and shellfish come from West Country day boats and other sustainable sources in the South West. If the fish choices are sometimes limited it is because the team are rigorous in only choosing what they believe to be sustainable.

Most of the vegetables and fruit are grown within 50 miles of Bristol. The cider is from Norcotts, Sheppeys and Orchard Pig all in Somerset, with beer from the Bristol Beer Factory.

This spring seasonal, local, organic and wild food to look forward to at the Bristol Canteen, includes lamb from Stream Farm. This organic farm is located in a hidden valley high up on the Quantocks in Somerset, the lamb comes from a pedigree flock of Hampshire Down, a British breed renowned for the quality and flavour of its meat.

There will also be foraged food from The Mountain Food Company and some of the chefs! Sea beet and sea purslane make great toppings on the sourdough pizzas. Sea aster adds a taste of the sea to mussels, hawthorn leaves a savoury flavour with cured meat. Wild garlic, nettles, purple sprouting broccoli, wet garlic and rhubarb are all in season and will feature on the daily changing menu.

The late (very!) arrival of spring weather means that there is a delay on some of the veg that would usually be delivered to the kitchen now, but in 2–3 weeks the first new potatoes will appear and delicious asparagus. Also the first of the wild English mushrooms – the St George’s mushroom, so named because it is normally ready to pick from St George’s Day, April 23rd.

“As the Canteen opens, more and more small growers, breeders and producers will be discovered. Hidden gems in amongst the wealth of Bristol countryside. We never rest on our laurels and our door is always open to new suppliers that meet our ethos.” Development Chef, Andrew Green

The Canteen is always excited to hear about new sources of outstanding local produce; if you have any recommendations please email andrew.green@rivercottage.net.

More information about River Cottage Canteen Bristol can be found at www.rivercottage.net/bristol



Worried about what's next in your burgers?

Jenny Liddle on 'Veggie fest to the rescue...'

Friday 24, Saturday 25 & Sunday 26 May • Bristol Harbourside • £2 entry during the day (variable rates in the evenings)

VegfestUK Bristol on 24, 25 & 26 May brings into focus even more sharply than ever the need for some honesty and transparency in our food chains – there has been a huge surge of interest in all things vegan since the horse burger scandal, with enquiries at the Vegan and Vegetarian Societies up 40%, Google trends for 'vegan' up 40%, and attendance at the recent VegfestUK Brighton event up 40% too.

Many of the people behind this rise are not veggies or vegans but 'meat reducers' looking to replace cheap cuts of meat and dairy with veggie options whilst still retaining their favourite meat and dairy options. This has seen a bizarre double act of both veggie shops and organic butchers seeing a marked rise in sales on the back of the horse burger revelations – and it's because people want food they can trust more than anything else. Gone are the suspect meat pies, dodgy burgers and offal of no particular origin, and in comes the prime cuts of organic steaks (albeit not every day) and a wide range of veggie options, especially pre-packaged veggie options – Holland and Barrett have reported an astonishing 50% rise in sales of veggie pies, along with a 20% rise in sales of veggie burgers and sausages.

So why else are people turning to the veggie lifestyle in droves? Not only the current revelations, but a fear of what's around the next corner....what the next scandal to affect the meat and dairy trade could be? What next, human DNA in the food chain? It's already been found, according to internet rumours. Along with zoo carcasses, residue from vets and pet shops, and victims of the racing and betting trades, there seems to be all sorts of different meat turning up along with various drugs and other worrying aspects – all in our meat pies, burgers, sausages – you name it, it's riddled with it, apparently.

But it's not just this recent evidence that has dominated the front pages these last few months – the common sense behind the veggie diet has always been there.



It's better for your health, better for the environment, better for animal welfare and better for global food production. There's not many who would argue with any of these – even the most ardent meat eater would struggle to defend their lifestyle choice on environmental grounds, whilst it seems that not a day goes by without more evidence that a diet rich in animal products can have a very detrimental effect on your health. Anyone who has bothered to look beyond the closed and shuttered world of the abattoirs and meat processing plants will know for themselves only too well that the concept of humane killing doesn't really exist in reality, and the conditions in which animals are kept before being led to slaughter are nothing short of truly outrageous – even supposed free range hens hardly have space to breathe, amongst other acts of cruelty. And we all know that it takes a lot more land and water to feed people on meat and dairy than it does on crops – animal products are clearly not the way forward to feed a developing world.

So why does it take a massive crisis like the Horse burger scandal to get people to even think about going veggie or reducing the meat and dairy consumption?

The answer lies partly in habit, partly in something closely resembling addiction and partly in lack of decent veggie options



... and this is the remit of VegfestUK – an event set up to help people make a transition to a veggie/vegan lifestyle, or at least a lifestyle less dependent on animal products. Now celebrating its tenth birthday, VegfestUK Bristol must have helped literally hundreds of thousands of people to access the benefits of the veggie lifestyle, through its attendances (25,000 in 2012) and also its massive press appeal, which this year is seeing an unprecedented interest in all things vegan especially from the mainstream media. The unique blend of stalls, cookery demos, nutritional talks, workshops, campaign information and stacks of amazing food mixes in well with the music, entertainment, comedy hours and kids areas and activities to make it the biggest vegan event anywhere on the planet. This is an ideal opportunity for people to come and try the best of the vegan products on the market with many of the major producers of vegan products on hand with their ranges, usually at discount prices and available to taste. So if you've been affected by the horse burger scandal and fancy a few new healthy options in your diet, then a trip to VegfestUK could be the start of a whole new life for you. Failing that, the food's good, the music superb, and it's only £2 during the day – so worth a visit!

www.bristol.vegfest.co.uk

FareFashion

7.30–11pm Saturday 15 June • City Hall, Bristol • £25.00

Bristol Fairtrade Network and FareShare South West partner up to give you a unique Gala launch event to Big Green Week, sponsored by the Co-operative membership – combining the best ethical ingredients of fair fashion and a fare feast, using food that would have been wasted.

What a great way to spend Saturday 15th June after the Festival of Nature, taking place in the main hall within Bristol City Hall! The evening will kick off at 7.30pm, and will feature a fantastic sustainable fashion show, speakers – including Jacqui Reeves, Project Director of FareShare South West and Tamsin Lejeune, Managing Director of the Ethical Fashion Forum – and a delicious menu to feast on.

Bristol Fairtrade Network are no strangers to putting on fashion shows and have hosted 3 in the last 5 years. This fashion show will feature designs by Arthur and Henry, The Birdcage, Kim's Klobber and Clic Sargent Fix Up, Look Sharp. Jenny Foster from Bristol Fairtrade Network remarked *"Sustainable and Fairtrade fashion is more beautiful and affordable than ever. As the clothing industry is such a massive polluter and source of waste, as well as consistently failing to pay cotton farmers and textile workers a living wage, we hope everyone who cares about the planet will find inspiration from this fashion show to dress well and still tread lightly on the planet."*

FareShare South West have hosted many feasts from Landfill banquets for the Bristol Food Policy Council to fine dining experiences in the Merchants' Hall, Clifton. The menu is developed by chef Danny Hill, the ingredients are of the highest quality and will be sourced

from FareShare South West; all this food would have been wasted by the food industry. Dishes will include Chicken roasted with Sumac, Za'atar and Lemon, Baby Aubergines stuffed with Nuts and Spice. Jacqui Reeves, Project Director at FareShare SW says *"We are really excited about this inspiring event which will not only showcase some of the best eco fashion around at the moment but more importantly will highlight the issue of food waste and food poverty. We will show you this by serving up a fantastic, high quality menu using food that would be thrown away by the food industry"*.

Tickets are on sale now through the Big Green Week website biggreenweek.co.uk

For more information:

Jacqui Reeves, Project Director, FareShare South West, tel: 0117 9542220 Jacqui@faresharesouthwest.org.uk

Jenny Foster, Bristol and South West Fairtrade Co-ordinator tel: 07970 878337 bristolfairtradenetwork@gmail.com

FareShare South West

FareShare South West, based in Bristol, was set up in late 2007 to work with the food industry's surplus and deliver good quality food to organizations working with vulnerable people. We deliver to over 60 organisations in Bristol, Bath, Gloucester and North Somerset; these include hostels, day centres, lunch clubs, addiction recovery agencies, young and old peoples' projects and refugee projects. Since we started we have delivered just under 1000 tonnes of food. Most of this food has not hit a shop and would have been wasted due to a variety of reasons including bar code not working, out of date promotion and miss-pickings.



The operation of collecting and delivering this amount of food is the mechanism to drive our other main purpose – supporting and nurturing volunteers. We support around 45 volunteers through the week, over half of whom have been, or are, vulnerable, and we offer work based skills and accreditations to help them move on with their lives.

Bristol Fairtrade Network

The Bristol Fairtrade Network aims to increase the awareness and sales of Fairtrade in the city. Bristol became a Fairtrade city in 2005 and has since won awards for their innovative and successful campaigns and events. Fairtrade guarantees a fair and living wage for producers in developing countries, as well as a social premium that is invested in health care, education and other community projects to have most impact on the world's poorest people. Over 100 million people rely on cotton production, two thirds in the developing world, but they often struggle to compete against heavily subsidised US cotton. Fairtrade provides a stable and minimum price that provides a living wage, as well as training and help to improve yields and quality, diversify to other crops and protect the environment.

Collaborafé

Elisa Sandri

On 20 February, the Beat Root Café hosted the first of the four Collaborafés, an evening of discussion, debate, and, let's say, food for thought. It was an informal, creative, collaborative event that aimed at taking action about the major IF campaign (*Enough food for everyone IF*) points (aid, tax, land, and transparency), and aspired to make these issues more meaningful for the participants.

The evening was a huge success: an unexpected large turnout filled the room with people from disparate walks of life from professors to farmers (even a child joined in!). The central topic for this month was food justice, also key focus of the IF and GROW campaign. The two main guests were Oxfam and the local FareShare SW, a charity that collects and redistributes the food unused by big supermarket chains (because of damaged packaging, or because of the supermarket's surplus

provisions), delivering it for free to some of those 4 million UK citizens who struggle to buy food on a daily basis.

The audience swamped the speakers with questions, showing a real interest and a critical approach to the topic, inspiring both the organisers and the other participants to contribute with their thoughts and get involved. To find out more or to suggest a topic for an event, contact oxfamsouthwest@oxfam.org.uk

Events

Foodie events at Zion

Zion Community Art Space, Bishopsworth Rd, Bedminster Down BS13 7JW

Pie and Pint Night

from 6pm Thursday 2 May & Thursday 2 June

Enjoy a delicious Pieminister Pie and a pint of Bristol Beer Factory Ale (or another drink from the menu) in a unique setting!

Zion Supper Club (Members Only)

7pm Wednesday 29 May • £15

This month we welcome back 'A taste of Juniper' a three course meal inc drink, eat out, meet new friends, contact: info@zionbristol.co.uk to join

Zion Supper Club 7pm (Members Only)

7pm Wednesday 27 June • £15

This month's Supper Club is 'Supper Thyme' Bristol's newest pop-up restaurant, a 3 course meal inc drink contact: info@zionbristol.co.uk to join.

Film and Food Night 'The Lives of Others'

Doors 6pm/Film 8pm Thursday 27 June £5

A German 'Fest' watch a classic film and eat a German themed buffet for just £5! Food served at 7.30pm, full bar available.

0117 9231212 • info@zionbristol.co.uk

www.zionbristol.co.uk

Windmill Hill City Farm's Spring Festival

12–5pm Saturday 18 May
Tickets are available on the door:
Adults: £5, under 16s free

It's the Farm's sixth annual festival, which started life as a small fundraising event, and has now grown into a fully-fledged family celebration of Spring. The festival brings together a diverse and diverting range of activities and attractions including live music, food stalls, face-painting, cookery, storytelling, drama, singing, woodworking and drumming workshops.

For keen gardeners, the Farm is taking part in the Chelsea Fringe (an offshoot of the Chelsea Flower Show) – the Hearty Gardeners and volunteers, along with resident artist Lisa Yardley, will be working on weird and wonderful ideas for entries.

For children, the Farm's Forest School will be teaching them great outdoor skills such as woodworking, and there will be face-painting, henna tattoos, hair wraps, and a kid's craft tent. Poco Drom will be singing Spring songs for the little ones and Chango Music will be providing drumming lessons for those who really want to let off steam.

All this plus numerous stalls manned by local craftspeople, community organisations and interests. Last but not least there will be a wide range of food and drink on offer. The Farm's own café will be providing some pop up surprises and there will be outdoor cookery demos. A bar will be laid on by local event caterers Refresh West.

Fanny & Johnnie Cradock cook the Great American Songbook

With Kate McNab & John Telfer as the Cradocks

Venues so far include:

The Beaufort Arms, Hawkesbury Upton • 24 May

Bristol & Clifton Golf Club • 31 May
Hen & Chicken, Southville • 6–9 June

Following last year's sell out dinner theatre show, Fanny & Johnnie Cradock return with their outrageous recipes and fabulous musical talent to cook up a storm in a restaurant near you. Dine with the Cradocks at selected Bristol/South West venues from Friday 24 May.

The evening includes a 2 course meal a la Cradock, demonstrated by Fanny before it's served – with a bit of help from the audience (and vegetarian options available). Plus regular bursts of song assisted by Johnnie at the piano. And even some local history when Fanny's dark roots are revealed: her grandfather came from Bath and the family fortune came from an undertakers shop on Bristol's Park Street. Dine with the Cradocks and they'll tell you all about it.

<http://showofstrength.org.uk>

Burnham on Sea Food & Drink Festival

Spring Festival Saturday 25 May

- The Great Burnham Bake Off, with four categories and competitions for amateurs, families and professionals.
- New Great Burnham BREW Off for farmhouse cider, open to home brewers and judged by the award winner Crossways Inn, West Huntspill.
- The cream of south west and Somerset's food and drink producers bring stalls offering tastings, direct sales, information about food provenance and local supply options.
- Large outdoor market (hosted in association with Somerset Farmers Markets).
- Taster sessions covering sugarcraft skills, making cider brandy, organic dairy farming and foraging for free food.
- Pre-booked workshops for you to learn new skills.

www.burnhamonseafestival.org/index.htm

Cider & Cheese Fayre

Sunday 5 May, Bank Holiday
Ring O Bells Compton Martin BS40 6JE

The first ever Cider & Cheese Fayre comes to Compton Martin on May Bank Holiday. With over 14 different ciders from across the county of Somerset and cheeses from some of the most famous and unusual artisan makers. Morris Dancing, folk music, guest speakers, vintage tractors, hog roast and fun for all the family promise to make it a great event definitely worth heading to.

If you would like to be involved please contact: luca_smit@yahoo.co.uk

<http://ringobellscomptonmartin.co.uk/events/>



...more events

Love Food Festival at Eat Drink Bristol Fashion

10.30am–4pm

Bank Holiday Monday 27 May

Eat Drink Bristol Fashion, Queen Square, BS1 4JE

FREE ENTRY

On Monday 27 May two of Bristol's favourite events will join forces to create a bank holiday food lovers' paradise in Queen Square in central Bristol. From 13–27 May, Eat Drink Bristol Fashion returns to Queen Square with a carnival of the very best food, drink and entertainment that Bristol has to offer. Housed once again in a spectacular tipi village, the venue will boast two public bars, a casual dining cafe offering 'modern British tapas' and a formal restaurant that will be taken over by some of the city's leading restaurants for lunch and dinner events.

Love Food Festival will be joining in the fun on the last day to close EDBF 2013 in a spectacular fashion. This is the perfect place for families and friends to enjoy the bank holiday. Try some superb street food and some great local ales and cider whilst the Love Food DJ's keep your ears happy with their well-loved blend of laid back grooves or shop for some local goodness in the 'Love Food' producers market. Children will, as always, be very well catered for with a whole host of activities in their very own tipi.

www.lovefoodfestival.com

Avon organic group meeting: Gardeners' Question Time

7.30 pm Monday 27 May

YHA, 14 Narrow Quay, BS1 4QA

£3 Visitors, £1 AOG members, Teas etc inc

Gardeners' Question Time and Plant Bring and Buy – Bring along your spare seedling vegetable plants or fruit bushes and they can be found a good home.

Open Farm Sunday

Sunday 9 June

Organised by LEAF (Linking Environment and Farming) – Open Farm Sunday will see farms of every size and type opening their gates to the public on Sunday 9 June. The aim is to showcase the huge variety of farms producing great food with care for the countryside. Events include... Meet the animals · Farm tours · Walks · Herding & milking demonstrations · Vintage machinery · Children's quiz & treasure hunt · Tractor rides · etc

Farms opening in our region include:

Tynings Field, Shirehampton
Grimsbury Farm, Kingswood
Middle Farm, North Wraxall
Elm Tree Farm, Tortworth
Wookey Farm, Monks Ford, Wookey
Mill Farm, Wedmore
Billow Farm, Breadstone, Berkeley
Lordswood Farms, Witham Friary, Frome

www.farmsunday.org

New futures in farmland ownership

9am–5pm Tuesday 2 July, Hamilton House, Bristol

Soil Association and Biodynamic Land Trust in partnership with Community Land Advisory Service

Free with lunch provided at £6/head. Booking essential, bring cash on the day.

The day will look at farmland ownership, how we can make it stack up economically and how communities in France have taken real ownership of their land and food supply through the work of Terre de liens.

This event is part of an EU wide project on access to land for sustainable farming and will include participants from across Europe with stories to share about sustainable management of agricultural land.

The morning will be led by Soil Association Land Trust trustee David Riddle who will take us through some of the issues of farmland ownership, getting us to think in terms of its assets and liabilities, opportunities and constraints. We will use the Land Trust's farms and other participants' case studies to think about how to optimise our natural resources and economic assets.

In the afternoon we will hear from Terre de liens, the phenomenal story of how a civil society organisation set up to address the difficulties faced by organic and peasant farmers in securing land, has raised €22.5million and acquired more than 100 organic and biodynamic farm in the past 6 years. Founder Sjoerd Wartena will talk about their experiences of setting up a national farmland ownership body in France.

There will be time at the end to think about how we can move forward in the UK to ensure more land is available for sustainable food production.

This event is open to all and will be particularly relevant for non-profit landowners, community growers and new farmers seeking to buy land and organisations interested in improving access to land.

Contact Rachel Harries to book your place. Please indicate if you would like lunch and any special dietary requirements: rharries@soilassociation.org

For more information about Terre de liens visit: www.landco.nl/uploads/Case%20Study_Terre%20de%20Liens.pdf



Hamilton House Open Day

Saturday 8 June

On the 8 June Hamilton House will open its doors with workshops galore and Coexist Community Kitchen will run a biscuit-decorating corner for the little ones to get creative. There'll be lots of delicious food available too; Roll For The Soul will be running their wholesome café alongside bike repairs from the wonderful Bristol Bike Project, while Love Chefs serve up a dazzling array of raw food in the healing area upstairs with Wellbeing. You'll also find our hand printed tea towels and aprons for sale in Coexist's pop up shop and you can have a good root around the open studios too. Come and see what Hamilton House is all about!

www.hamiltonhouse.org/

...more events



Foodies Festival: The UK's largest celebration of food & drink

The UK's largest celebration of food and drink returns in 2013 with eight festivals across the UK.

Watch top chefs cooking including Martin Blunos, Richard Davies, Romy Gill and Rachel Demuth cooking live in the Chef's Theatre hosted by *Telegraph* food writer Xanthe Clay. Sample over 100 speciality food and drink producers and pick up exclusive ingredients to take home. Try masterclasses and tasting sessions including food and wine matching, cocktail mixing and bread baking.

This year's new features include a cake and bake theatre, a chocolate theatre, a BBQ arena, wine village and homeware village. These complement the children's cookery theatre, city beach, and Street Food Avenue. There are also pop-up restaurant tents, themed bars and a live entertainment stage to ensure a great time is had by all.

www.foodiesfestival.com



- Brighton Hove Lawns: May 4, 5 & 6
- Tatton Park, Cheshire: May 17, 18 & 19
- Hampton Court Palace: May 25, 26 & 27
- London Clapham Common: June 7, 8 & 9
- **Bristol Harbourside: July 12, 13 & 14**
- Edinburgh Inverleith Park: August 9, 10 & 11
- Foodies Feast at Battersea Park: August 16, 17 & 18
- Oxford South Parks: August 24, 25 & 26



To win one of 3 pairs of VIP tickets to the Bristol Harbourside Foodies Festival, just answer this simple question:

How many Foodies Festivals are there in the UK this year?

Send your answer along with your name and address before 30 June to: bristollocalfood@googlemail.com

Conferences

Wiltshire Wildlife Trust Food Champions conferences

Wed 8 May, Riverbourne Farm, Salisbury
Thur 30 May, Lower Shaw Farm, Swindon

During May we're hosting two local food conferences. At both events we will be joined by Professor Martin Carahar, from the department of Food & Health Policy, City University. We will have a number of workshops and talks to inspire those working with community groups on food growing initiatives.

If you would like to find out more please email Gary Lamont or Sara Cundy or call 01380 725670.

www.wiltshirewildlife.org/green-living/food-champions/Local+Food+Network.htm?dm_i=10PG,1EKTW,8IXHF9,4RROZ,1

South West Permaculture Convergence

10am–5pm Saturday 25 May 2013
Compton Dundon Village Hall,
near Glastonbury, Somerset
suggested donation £10

A 1-day gathering for people from across the South West who are interested or already active in permaculture and applying design to their lives.

- Diverse, practical, inspiring workshops, including: introduction to permaculture, mushroom cultivation, people care, permaculture & resilience, medicinal landscaping, design tools & more.
- Local permaculture designer, Patrick Whitefield, will be leading a Living Landscape talk up the beautiful Dundon Beacon.
- Discussions on: how can we use permaculture for social justice? Ecological regeneration?
- Activities for kids & families – please let us know who is coming so we can design something fun & appropriate.
- A big shared lunch with produce from across the South West.
- A site tour of LAND Learner Centre, Brook End.
- Lots of opportunities for socialising & connecting with people.

For more information and to book:
www.wildheartpermaculture.co.uk/?page_id=2941

Courses & training

Courses with the Low-impact living initiative (LILI)

For all course information:

http://lowimpact.org/venues_south_west.html

Beekeeping for beginners day

10am–4pm Friday 3 May, Saturday 18 May, Saturday 15 June or Friday 28 June • £120

Beekeeping guide to allotments

10am–4pm Saturday 4 May • £80

Beekeeping for beginners weekend

Weekend 10–11 May • £195

Smallholder taster day

10am–4pm Saturday 25 May • £95

Smallholder taster weekend

Weekend 7–8 June • £165

Sheep for beginners

10am–4pm Friday 21 June • £95

Hens for the garden

10am–1pm Saturday 29 June • £40

All at: Mumbleys Farmhouse, Mumbleys, Near Thornbury BS35 3JY

Workshops and courses at Windmill Hill City Farm

Philip Street, Bedminster BS3 4EA

www.windmillhillcityfarm.org.uk/course/workshops.html

Cheesemaking Workshop with Judy King

10am–4pm Saturday 11 May • £60

A hands-on opportunity to learn how to make soft and hard cheeses. The tutor Judy King uses vegetable rennet and milk from her own goats!

Animal Husbandry – Poultry

1–3.30pm Monday 13 May

£40 (light lunch included)

Run by vet Ed Simmons BVetMed MRCVS, this course is aimed at those wanting to keep chickens in backyards, small holdings or community farms.

Wild Brewing Workshop with Andy Hamilton

10am–2pm 1 June • £35

The course is aimed at novices or beginners. From liquors to beer to wines Andy will take you through them all in a good-humoured manner, answering questions as he goes along.

Forest School Training at Lawrence Weston

Saltmarsh Drive, Bristol BS11 0NJ

<http://lwfarm.org.uk/learning.html>

OCN Introduction to Forest School Level 1

Thursday 27 & Friday 28 June

£225

This course is a great introduction to Forest School and is suitable for parents and professionals. You will experience a Forest School session, explore Forest School ethos and principles, learn practical skills and activities and learn about the woodland environment.

OCN Forest School Leaders Award Level 3

Summer/Autumn 2013 Level 3 Course –

11 & 12 July, 18 & 19 July, 12 & 13

September, 19 & 20 September

(9–5pm Thursdays & Fridays – 8 days total of tuition and assessment) £850

This course is for professionals and independent practitioners working with children, young people and adults who want to set up and run a Forest School.

Courses at Ragmans Lane

Ragman's Lane Farm, Lydbrook,

Gloucestershire GL17 9PA

www.ragmans.co.uk/home/

Permaculture Design with Patrick Whitefield

16–28 June • £800

The Design Course gives you what you can't get from books: the experience of permaculture design. It centres on a series of practical exercises in which you develop a design for an actual piece of land, either a domestic garden or a smallholding according to your choice, with guidance from your tutor throughout. There's no better way of learning than by doing, and by the end of the course you will be ready to go home and design your own place for real.

www.patrickwhitefield.co.uk

Training with Voscur

Promote your business with PR

10am–1pm Thursday 2 May

The Coach House, 2 Upper York Street

BS2 8QN

£42 (Inc. VAT)

Promote your business through media with free publicity. There are few business boosts quite as powerful or as persuasive as positive media coverage. This practical introduction to PR will equip you with the essential skills needed to generate valuable publicity in the regional, trade and online media:

- Create stories about your business
- Write newsworthy press releases
- Identify which media to target
- Pitch stories confidently to journalists
- Use PR to achieve your business goals

Contact BRAVE Enterprise on 0117 944 5330 or email moirah@brave.org.uk

www.voscur.org/content/promote-your-business-pr-2

Introduction to Fundraising

9.30am–3.30pm Tuesday 14 May

Easton Community Centre, Kilburn Street BS5 6AW

Full Member: £98; Associate Member:

£184; Non Member: £245

The session will help organisations to look at what opportunities exist – not just out in the grants world, but also within their organisation. The trainer will take attendees through some of the skills for good fundraising, including explaining what your organisation does, and how that makes a difference to people.

This session will help you to:

- Understand the principles and practice of good fundraising
- Be able to assess which types of fundraising are best for your organisation
- Understand how to clearly express your organisation's mission, vision and overall aim
- Know how to demonstrate that your project is making a difference
- Have the basic skills to write a funding proposal

This course is particularly suitable for anyone who is relatively new to fundraising, or looking to increase their organisation's fundraising options. In particular, the course is relevant for fundraisers, project managers, and anyone seeking funding for the first time, or for a new organisation.

www.supporthub.org.uk/IntroFR

...more courses

Advanced Urban Permaculture Design Course

12 day residential 4–16 June in Bristol

£875, concessions £775/£675 -

accommodation and all meals included

Lead tutors Sarah Pugh and Jillian Hovey

Launching our pioneering urban based design course. Exploring the impact of Permaculture on urban regeneration, local economy, productive land use, soil remediation and community inclusion.

An intensive Permacultural exploration of the complex mix of landscape, networks, culture, limitations and opportunities in an urban setting. This design-focused course will support you in developing innovative design approaches to co-creating regenerative solutions for urban communities. Together we will explore inspiring ideas, expertise and experience from Bristol's cutting-edge sustainability movement.

Gain hands-on experience of designing for communities through a range of tuition, activities, discussions and field trips.

This course is essential learning for anyone who has taken a PDC and wants to take Permaculture out of the garden and into urban communities.

Explore how we can use Permaculture to design productive, regenerative and resilient urban communities by:

- Consulting with and engaging people towards the regeneration of their neighbourhoods
- Working alongside existing community development initiatives
- Creating inclusive systems that meet people's needs
- Addressing the issues of access to affordable food and energy, education, land, and local economy
- Remediating degraded urban environments
- Uncovering and building connections and networks

Booking deadline 3 May 2013

www.shiftbristol.org.uk/advanced-urban-permaculture-design-course

The Practical Sustainability Course with Shift Bristol

3 September 2013–25 July 2014 in Bristol

Two and a half days a week for 40 weeks. Cost £2450 to £2150 sliding scale.

A dynamic and holistic curriculum exploring Permaculture Design, Organic Horticulture, Energy, Woodland Management, Green Building, Soil and Ecological Interactions, Re-localisation, Group Dynamics and Community Engagement.

Bringing together some of the UK's most experienced tutors and practitioners to explore positive, creative and practical solutions towards a sustainable, community-led future.

Talks, workshops, discussions, field visits, design projects and practical activities.

Tutors include Sarah Pugh, Patrick Whitefield, Tim Foster, Tony Wrench, Mike Feingold, Max Drake, Ben Law, Steve Pickup and many more.

www.shiftbristol.org.uk

Dani Burns visits The Love Food Spring Event

Saturday 23 & Sunday 24 March

Beaming was I when I heard about The Love Food Spring Event being held at our very own Temple Meads next to the Bristol train station. I braved the cold and went along to the event on Saturday morning around 11am when the event was just warming up. Waiting in a queue behind 20 or so people I thought to myself it seems that so many Bristol residents really do care about local food events and where their food comes from. Alongside me in the queue were people of all ages all eager to see what the event had in store. Walking through the doors you were faced with a conference seating arrangement around a mini kitchen, where the food cooking demonstrations took place throughout the day. I was fortunate enough to watch the first 20 minute demonstration where a local chef showed the audience how to cook a cured chorizo sausage dish using 5 simple ingredients. The locally bought cured sausage was already flavoured with fennel and had a

smoky-ness to it so with very little effort the dish was bursting with flavour.

Behind the demonstration area were five or six rows of stalls selling everything from organic fresh produce, meats, cheeses, cakes, local wine, kitchen utensils, seeds, bric-a-brac, chocolates, fudge, honey and of course cider. My favourite stalls included Dick Willows Cider, the Mystir tea stall, the mouth-watering fudge from The Wonky Kitchen, the Beans and Herbs stall selling seeds for my garden and the tantalising British wine seller from Wraxall Vineyard near Shepton Mallet.

In amongst that were charity stalls and a stall for people to sign up to the Bristol Pound. I took the liberty of getting my photo taken with a sign saying 'I love the Arctic' for Greenpeace and I signed myself up for a standing order of Bristol pounds in the coming year. The Bristol pound is a fantastic initiative involving many businesses across Bristol who accept

the currency in an attempt to keep the economy local and meaningful. It makes sense.

A small café tempted the public into buying delicious homemade cakes with their coffee and tea and along the opposite side of the event hall was hot food being served, which included everything from noodles to sushi, pies, casseroles and tasty one pot dishes.

This event amongst others goes a long way to proving that the subject of food, how it tastes, where it is grown and the process that is followed is of importance to the local people of Bristol. If you are one of those people please consider coming along to, or getting involved in the 2013 **Get Growing Garden Trail** happening in June, when over 30 community gardens, allotments and orchards across Bristol open their doors to the public. If you haven't already, then please Google it, we'd love to see you there.

Fancy a career in horticulture?

Many of us dream of working in horticulture or improving our gardening skills, but may not be sure how to start. Bristol is fortunate in having a number of opportunities.

The University of Bristol Botanic Garden is a good place to consider. It offers a wide variety of vocational and leisure courses, which enable learners to develop their horticultural knowledge and skills. All levels of experience are catered for. In addition to vegetable growing and gardening courses, the Botanic Garden is an approved centre for the nationally recognised Royal Horticultural Society (RHS) courses and qualifications. Although the RHS courses are aimed at those wishing to pursue a career in horticulture, they are also ideal for the keen gardener.

A Botanic Garden offers a particularly rewarding and pleasurable environment for students with its exotic selection of plants, specialised growing environments and expert teaching staff. *"The garden provides the stimulus and setting to inspire students and provide a backdrop to their work in a range of educational activities"*, said Curator, Nicholas Wray. A major theme at the garden is the study of pollination. This is achieved in a highly creative manner by the installation of willow sculptures dotted around the garden.

The British horticulture industry has an annual turnover of more than £5 billion a year and offers a wide variety of careers



for qualified horticulturalists. Enrolments at the Botanic Garden are currently taking place for a variety of courses.

RHS Level 2: Certificate in the Principles of Horticulture

This theory based qualification consists of 8 units covering Plant Growth, Propagation & Development and Garden Planning, Establishment and Maintenance.

Term-time course on Wednesdays (9.30am–3pm) and another course on Thursday evenings (7–9.30pm) between September 2013 & June 2014 for 32 weeks.

www.bristol.ac.uk/botanic-garden/education/rhs-level2.pdf

RHS Level 3 Qualifications support further career and professional development for those already working in the field, or they can provide a basis for continued learning and training.

RHS Level 3: Certificate in the Principles of Plant Growth, Health and Applied Propagation

This theory-based qualification consists of 4 units. The course runs on Wednesdays (7–9.30pm) from September 2013 to June 2014 for 37 weeks.

www.bristol.ac.uk/botanic-garden/education/rhs3-growth.pdf

RHS Level 3: Certificate in the Principles of Garden Planning, Construction and Planting

This theory based qualification consists of 4 units. The course runs on Mondays (7–9.30pm) for 37 weeks.

www.bristol.ac.uk/botanic-garden/education/rhs3-planning.pdf

RHS Level 3 Practical Qualification: Certificate in Practical Horticulture

This hands-on course teaches a wide range of practical skills to a professional standard and gives students the opportunity to specialise. It will run one day a week, on Saturdays, making use of the Botanic Garden's purpose-built polytunnels and student demonstration plots.

www.bristol.ac.uk/botanic-garden/education/rhs-practical.pdf

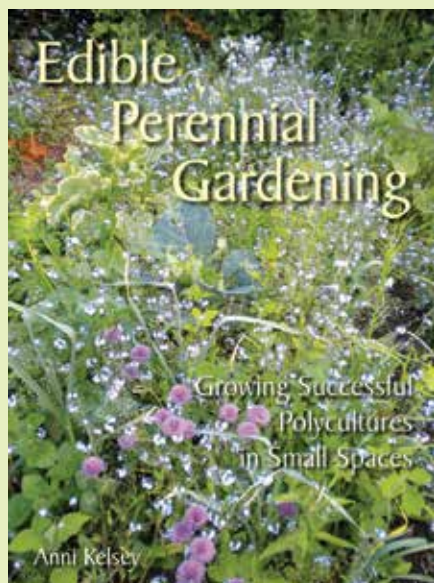
There are no pre-requisites for entry to this course, which provides an excellent next step from Level 2. Students will be assessed on a range of practical tasks at the garden as well as some written assignments. Registration takes place following an informal interview.

For more information: 0117 3314906
botanic-gardens@bristol.ac.uk

University of Bristol Botanic Garden,
The Holmes, Stoke Park Rd, Bristol BS9 1JG
www.bristol.ac.uk/botanic-garden



Publications



Edible Perennial Gardening

Anni Kelsey • £16.95
To be published November 2013

Do you dream of a low maintenance perennial garden? One that is full to the brim of perennial vegetables that you don't have to keep replanting, but only have a small space? Do you struggle with too little time for gardening or controlling the pests and diseases that eat your crops? Do you want to grow unusual vegetable varieties? You can do all of this with *Edible Perennial Gardening*. Anni Kelsey explains how to source and propagate different vegetables, which plants work well together in a polyculture, and what you can plant in small, shady or semi-shady beds as well as in sunny areas. It includes:

- Getting started and basic principles
- Permaculture, forest gardening and natural farming
- Growing in polycultures
- How to choose suitable leafy greens, onions, roots, tubers and herbs
- Site selection and preparation
- Building fertility
- Low maintenance management strategies

If you long for a forest garden but simply don't have the space for tree crops, or want to grow a low maintenance edible polyculture, this book will explain everything you need to know to get started on a new gardening adventure that will provide you with beauty, food for your household and save you money.

<http://permanentpublications.co.uk/port/edible-perennial-gardening-by-anni-kelsey/>

Harvesting Justice:

Transforming Food, Land and Agricultural Systems in the Americas

Created for the US Food Sovereignty Alliance

How we feed ourselves and each other is the backbone of how, historically, we have organized our communities and societies. The ways in which we arrange our agricultural systems make evident our larger worldviews. Food literally and figuratively connects us to each other, to our ancestors, to our cultures, and to the earth.

From community gardens to just global policy, a movement is growing to reclaim and transform our food systems.

This book shares stories about some of the countless heartening changes that are happening in this movement: sharing a vision of a society that values life and the earth over profit.

www.otherworldsarepossible.org/sites/default/files/documents/Harvesting%20Justice-Transforming%20Food%20Land%20Ag_0.pdf

Read a review at:

www.yesmagazine.org/planet/look-out-monsanto-global-food-movement-is-rising

Hidden impacts: How Europe's resource overconsumption promotes global land conflicts

Friends of the Earth Europe

Europe's high consumption levels, and insatiable appetite for meat, dairy, textiles and other products that require large areas of land, mean Europe's 'land footprint' remains one of the largest in the world.

The report finds that the EU is importing the equivalent of 1,212,050 square kilometres to meet its demand for food. This accounts for 45% of the land needed for the production of the food that the EU consumes. This contributes to climate change, biodiversity loss, and negative social impacts like land-grabbing.

www.foeeurope.org/hidden-impacts-070313

Growing Success: The impact of Capital Growth on community food growing in London

Launched in November 2008, Capital Growth was established to increase the amount of land used for growing food in London, and in so doing encourage Londoners to grow their own, gaining and sharing expertise on how to do this. This report summarises the first phase of the campaign until the end of 2012, and the benefits of Capital Growth to London, its communities and individuals.

A target was set to create 2,012 new community food growing spaces across London by the end of 2012, London's Olympic year. To achieve this ambitious target the project set out to:

- Encourage organisations to make available land and gardening materials for food growing spaces
- Publicise the project to increase people's desire to grow food
- Provide a one-stop shop for growers, pointing them to land, training practical help and advice
- Create a support network for growers
- Influence public policies so that land for food growing is provided for the long-term.

Approximately 99,000 people have been involved in community food growing on Capital Growth spaces. By undertaking surveys, monitoring and research Capital Growth has been measuring its impact on London and Londoners and this report shares some of the great stories about how the network is improving the capital. Capital Growth has successfully demonstrated that a co-ordinated approach to community food growing works. Its successes can be seen on many different levels, ranging from influencing policies that affect food growing, to people feeling safer in their neighbourhood.

www.sustainweb.org/publications/?id=264

Odds & ends

RHS calls on garden lovers to take part in unique climate change study

Scientists from the Royal Horticultural Society (RHS) and the University of Reading are asking anyone interested in gardens and gardening to take part in a unique survey designed to improve understanding of how climate change may affect gardens and green spaces in the future. The RHS believes the information gained from the survey will help UK horticulture to prepare for the challenges and opportunities of gardening in a changing climate that may include:

- managing drier soils in summer and wetter soils in winter
- maintaining historic gardens as they adapt to a changing climate
- dealing with storms and floods
- an intensification of both native and alien pest and diseases
- changes in flowering times that affect pollinators and other wildlife
- northward shift of optimum growing conditions for some plants

To complete the survey please visit:
www.myclimatechange garden.com/blog/rhs-climate-change-gardening-survey

Karma Korma raises over £4000 for FRANK Water

To celebrate World Water Day on 22 March, Bristol based charity FRANK Water launched Karma Korma. FRANK Water asked people to cook up a curry, invite their friends over who in turn donated the price of a takeaway to support FRANK Water's clean water projects in rural India. Dozens of supporters signed up to host their own Karma Korma curry night and received a spicy fundraising pack complete with recipe and authentic spices, donated by local company, Bart Ingredients.

The event raised a total of £4006.60. But FRANK Water want to bump up the total to be able to fund a complete clean water project that typically costs around £5200.

If you've been inspired to host an event, you don't have to wait until next year. Visit www.frankwater.com/karma-korma to sign up. Or, to swim a mile or run a marathon for FRANK Water, email hello@frankwater.com to find out more.

Avaaz petition: Monsanto vs. Mother Earth

Companies like Monsanto have found loopholes in European law to allow them to gain exclusive patent rights over conventional seeds for everyday fruit & veg varieties, forcing growers to buy 'fresh' seed rather than allowing seed-saving. Monsanto alone already owns 36% of all tomato, 32% of sweet pepper and 49% of cauliflower varieties registered in the EU.

The petition, to the governments of Germany, France and the Netherlands and all contracting states of the European Patent Convention, reads: "As concerned citizens, we urge you to take the lead to fix European patent law by calling on the Administrative Council of the European Patent Organisation to close the loopholes that allow corporations to patent plant varieties and conventional breeding methods. Clear and effective safeguards and prohibitions are needed to protect consumers, farmers and breeders from the corporate takeover of our food chain."

www.avaaz.org/en/monsanto_vs_mother_earth_rb/?bDosEab&v=24005

Ecojam is back!

Following an extensive revamp, the Ecojam website is back. Ecojam are now going national, with a plan to bring Ecojam to cities and towns across the UK. You can still connect with Bristol's green and ethical community (over 5000 members and up to 7000 visitors each month), but you will now also be able to discover and share events, jobs, organisations and free stuff nationally.

- Share and discover events in Bristol
- Find an ethical job or volunteer position
- Post unwanted items, search for free stuff
- Explore the directory of green and ethical projects, businesses and organisations and add your own entries – if your organisation was listed before, you'll need to re-list.

www.ecojam.org/ecojam-bristol

Health & Wellbeing

Bristol's Joint Health & Wellbeing Strategy is available for consultation until 10 May 2013. For further information see:

www.bristol.gov.uk/page/health-and-adult-care/health-and-wellbeing-strategy-consultation



Shane Jordan's cookbook

Shane Jordan will be releasing his first ever memoir/cooking book in late 2013. Shane is a vegetarian chef and education practitioner from Bristol, and is best known for creating unique recipes from surplus food to reduce food waste. Shane is also a keen environmentalist and enjoys participating in all things to do with sustainability and tackling environmental issues. This includes food waste, recycling and energy saving. This unique book will document his success in cooking and the community work he has done throughout the years.

Shane said: "there is no other book like this on the market. When this book comes out it will definitely shake things up in the cooking world. Cooking needs a book like this to bring cooking back to its roots. This is no generic cooking book on vegetarianism, this goes way beyond that. This book is about our relationship with food and the environment, and how interlinked these two things are. It also touches on education and sharing knowledge, and all the things I've done through the years in schools and community centres. I am very transparent in this book, and I am completely honest and open about my rise in cooking and my setbacks. The UK needs a book like this, and I'm just the person to write it. I've done so many things and I have so much to say, so having a book like this is the perfect way to voice myself openly to everyone. Also I will be representing Bristol too, so I'm very eager to share this book with my city". Shane's book will be released in late 2013.

Letters

Help us to protect land for food growing in Bristol!

For the first time, Bristol's Local Plan has a chance of protecting food growing land from harmful development. If it does it will be the first Council in the UK to do so.

Bristol's Local Plan is the key planning document for the city and lays out how it will be developed over the next 10–15 years. At present, land for food growing is not recognised in the planning system and is therefore vulnerable to other development pressures, as we are seeing in the case of the proposed M32 Park & Ride for example.

The Blue Finger Alliance, a network of organisations and individuals, is proposing that the Council adopt a new set of policies in its next Local Plan which reflect the urgent need to protect soils and growing land for present and future generations.

The Local Plan is almost adopted. **This is the final opportunity to influence the content of the local plan. We have until 10 May 2013** to present these to the Council via their online form.

You can help this to happen by:

1. Going to: www.bluefingerfood.wordpress.com and following the blog where we will be posting our proposed policies.
2. Clicking the link in the **'urgent action'** post which will take you to the City Council's page explaining the process of making 'representations' which can take the form of objections or modifications to what is currently proposed. All the key documents are there. Of particular importance is the 'Site Allocations and Development Management Policies' Document. This is what we are looking at and seeking to influence.
3. Download a form and put your details in. **Then**, using our proposed policies as a guide, write your own suggestions, modifications, objections or proposals.
4. **Be specific.** At this stage all representations made will be considered by a Planning Inspector whose job is to assess whether the policies are 'sound' in planning terms. That means that it is important to articulate not just your opinion but what specific wordings of specific policies should be.

Good Luck! It's possible that with a Mayoral Cabinet which supports all this, there's a real possibility that positive change can happen.

Thank you

Maddy Longhurst, The Blue Finger Alliance

Blue Finger Alliance, Bristol



info@bluefingeralliance.org.uk

@bluefingersoil

www.bluefingeralliance.org.uk

www.bluefingerfood.wordpress.com



Last chance to claim a wheelie bin for rainwater harvesting

There are still a couple of hundred wheelie bins available stored temporarily on a smallholding in north Bristol so if any community group or allotment holder wants some for rainwater harvesting and can collect, please email or phone Steve Clampin steve.clampin@bristol.gov.uk 922 3737

The Tree Council tree grants

The Tree Council's Tree Futures offers help for tree planting through two grants programmes, the 'Trees for Schools' and 'Community Trees' funds. Any school or community group within the UK that is planning a project that actively involves children under 16 is encouraged to draw on the fund to plant trees and make a greener future. The Tree Council's National Tree Week (this year from 23 November to 1 December) is the focus for these projects and successful applicants organise their planting events in conjunction with our annual celebration of the new tree planting season.

In addition, in 2013 the Tree Council are offering funds for fruit tree planting by schools and community groups through our Orchard Windfalls fund.

We are able to fund projects between £100 and £700 and successful applicants will receive up to 75% towards their planting costs. For example, if your project totals £700, The Tree Council would offer up to £525. The remaining 25% will need to be secured by your school or organisation.

Applications for 2013 are now OPEN.

www.treecouncil.org.uk/grants?dm_i=4UO,1E77U,JCI86,4RBD0,1

Regular things

Community Orchard in Brislington/St Anne's

Workdays 1st Saturday of the month

Located on the edge of Nightingale Valley on former allotment ground at Woodcroft Road. The land is full of promise, drop by and get involved to help shape the future. We have funding thanks to the Brislington Neighbourhood partnership for trees and equipment. Contact Frank White: communityfoodproject@yahoo.co.uk

Easton Community Allotment

Thursdays 12–4pm (5pm summer)

We are a beautiful, green enclave nestled on the edge of Easton. It's a social space for people who want to grow vegetables, drink tea and share the harvest. No experience necessary – just drop in. Email for map/directions: eastoncommallot@yahoo.co.uk eastoncommallot.wordpress.com

Metford Rd Community Orchard

Usually third Sunday of the month

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

Royate Hill Community Orchard

Main orchard day is the **3rd Sunday of every month**. Additional/alternative day is **1st Sunday from March to October**. Email Sue (suerosecolley@gmail.com) if you'd like to join or visit us.

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.

www.kebelecoop.org/?page_id=28

Trinity Community Gardens

Gardening and Permaculture sessions
Last Saturday of the month 11am–5pm

Volunteer drop-in sessions. Learn to grow fruit, veg & herbs at the Trinity Gardens. Get fit, work outside, meet people, and gain knowledge and practical experience. Drinks provided, but please bring lunch!

www.3ca.org.uk/projects/trinity-gardens

Some 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/signup.php

Urban Agriculture newsletter

www.sustainweb.org/cityharvest/newsletter/

Forest of Avon

<http://forestofavontrust.org/>

Growing Schools newsletter

www.growingschools.org.uk

Food Climate Research network

www.fcfn.org.uk (go to email sign-up)

Voscur

www.voscur.org/news

Defra's SD scene newsletter

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

Regular markets

Ashton Court Producers Market

Stables Courtyard, 3rd Sunday of the month 10.30am–2.30pm

Bristol Farmers' Market

Corn Street and Wine Street, Wednesdays 9.30am–2.30pm

Friday Food Market, Wine Street

10am–4pm

Harbourside Market

Every weekend outside the Watershed 11am–4pm.

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

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

Zion Food Market

Zion, Bishopsworth Rd, Bedminster Down Every 4th Saturday, 10am–1pm



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.

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 and Kristin Sponsler. Design by Jane Stevenson: www.janestevenson.design.co.uk

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



Follow us on Facebook!

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