

BRISTOL FOOD NETWORK

# Bristol's local food *update*

COMMUNITY PROJECT NEWS · COURSES · PUBLICATIONS · EVENTS

NOVEMBER–DECEMBER 2012



The harvest (such as it is) is in, winter is coming, it's time to order the seed catalogues and to start thinking about how it could all be so much more fruitful next year – not just our own little patches of land, but Bristol as a whole. If this *Update* has a theme at all, then it's about the benefits of joining-up – whether that's literal, physical cooperation across growing sites in Bristol, or in shared learning with great projects from further afield. If you'd like to help us join up more dots in 2013, then we'd love to hear from you.

Please email any suggestions for content of the January–February newsletter to [bristollocalfood@googlemail.com](mailto:bristollocalfood@googlemail.com) by 10 December.

## *scaling-up Bristol's urban agriculture*



**On 3 October, 50–60 local activists, growers, and growing enthusiasts got together to address the burning question: “How do we scale-up urban agriculture in Bristol?”**

The first part of the meeting had short presentations, to get everyone thinking:

**Misty Tunks** of Knowle West Media Centre and the ELM project on using technology to link growers and their markets

**Keith Cowling** of Ashley Vale Allotment Association on the barriers to setting-up urban agriculture projects

**Rebecca Marshall** of the Federation of City Farms and Community Gardens on their Community Land Advisory Service toolkit for urban agriculture start-ups

**Tim Lawrence** of Sims Hill Shared Harvest on urban agriculture and climate change

**Mike Lloyd-Jones** of the Bristol Pound Farm Link Scheme on developing local markets using our local currency

In the second part of the meeting, the group split into groups, to consider:

- A ‘Bristol grown’ brand and markets
- Digital tools for supporting community level cooperation
- Learning and skills
- A plan & central coordinating strategy
- Bristol grower cooperation

This was a lot to think about in one evening, but we covered a lot of ground in a short space of time. We know what the challenges are and we know what resources are in place. There are some ideas beginning to emerge, which hopefully will take us in a new direction as a network.

There are two specific ideas to build upon – a growers cooperation meeting to be hosted by Severn Project and a group to think more about a possible Bristol Grown brand and food markets idea.

We also hope that the ‘scaling-up’ meeting and subsequent growers’ get-together will kick-start a series of Bristol Food Network themed meetings – but we need more help to make this happen.

If you're interested in any of the themes that emerged from the ‘scaling-up’ meeting, or if you'd like to get involved by helping to organise future meetings, or by helping develop a ‘Bristol Brand’ please email us: [bristolfoodnetwork@gmail.com](mailto:bristolfoodnetwork@gmail.com)

For the full notes of the meeting, go to: [www.bristolfoodnetwork.org/2012/10/15/photo-report-from-scaling-up-urban-agriculture-event-on-3rd-october/](http://www.bristolfoodnetwork.org/2012/10/15/photo-report-from-scaling-up-urban-agriculture-event-on-3rd-october/)



*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.



# The convening power of Food (Projects)

**In mid-October visitors from 8 European cities visited Bristol to see and understand the scale of sustainable food activity in the city, to share some ideas of the nature of food projects in their cities and to help plan the next phase of a joint European project titled 'Sustainable Food in Urban Communities'.**

The cities represented were: Oslo (Norway), Gotenburg (Sweden), Vaslui (Romania), Brussels (Belgium), Amersfoort (Holland), Athens (Greece), Messina (Italy), and Lyon (France). The project will also include Ourense in Spain.

The highlight of the visit was an evening session at MShed that illustrated food projects in each city, with presentations limited to 3 minutes each. It was also a great opportunity for people to meet and share ideas informally. Watching people struggle to keep their presentations to 3 minutes greatly added to the convivial atmosphere. We learnt about some really inspiring projects. We will share more information about these through the newsletter in coming issues.

Alongside the sharing the other main outcome of the visit was for the cities to work together to finalise the proposals for the second phase of the project. The project, if approved, will run from April next year for two and half years and will support each city to set up a local support group (Bristol is ahead of the game with the Food Policy Council) and to develop and start implementing their action plans. Again, we have done much work towards this already in Bristol. The benefit for Bristol in being involved in the project is

to bring in extra resources to help progress food work in the city. This will include both financial support and access to expertise.

The focus of the proposed next phase will be around three themes: growing, delivering and enjoying (food). Bristol will lead on the enjoying theme working with Oslo and Vaslui. Core to this theme is the issue of disengagement from food, the extent of which is different from country to country. The spectrum ranges from the extreme in this country (but with positive trends to recover some of the ground) to southern European countries where this is seemingly a new phenomenon but one that is making inroads. The project encompasses all aspects of food: growing and production, access, choices and health. This is great news for us and will provide a mechanism to promote the Bristol Good Food Charter and measure its impact on changing the food culture of the city.

For people wanting to find out more about the project there is a website:

**<http://urbact.eu/en/projects/low-carbon-urban-environments/sustainable-food-in-urban-communities/homepage/>**

Also by contacting Steve Marriott or Dorothy Greaves at the City Council you can access a briefing paper on the project taken to the Food Policy Council meeting in October and 'State of the Art' paper produced by the URBACT team. We hope to make this available through the Food Policy Council website.

Steve.Marriott@bristol.gov.uk or Dorothy.greaves@bristol.gov.uk

## Round the world...

### Seattle Food Action plan

DIGEST: Recommended by Kevin Morgan, Chair of the Bristol Food Policy, who says "This food action plan from Seattle is one of the very best that I've ever seen."

**[www.seattle.gov/environment/documents/Seattle\\_Food\\_Action\\_Plan\\_10-24-12.pdf](http://www.seattle.gov/environment/documents/Seattle_Food_Action_Plan_10-24-12.pdf)**

### Sol Food Mobile Farm

DIGEST: A 57-passenger red school bus, equipped with solar panels, green roof, mobile greenhouse, on board composting and water recycling, is travelling across the US, delivering gardening workshops and demonstrations.

**<http://blogs.worldwatch.org/nourishingtheplanet/sol-food-mobile-farm-leading-the-food-justice-movement-to-your-backyard/>**

### Forest gardens in Honduras make the best of two worlds

DIGEST: Conventional agriculture says that forests are about wilderness and have to be cleared before fields can produce agriculture and civilization. But a new generation see forests as a way to grow food.

**[www.energybulletin.net/stories/2012-09-06/forest-gardens-honduras-make-best-two-worlds](http://www.energybulletin.net/stories/2012-09-06/forest-gardens-honduras-make-best-two-worlds)**

### Detroit's good food cure

DIGEST: What happens when the Motor City transforms itself into the capital of grow-your-own food?

**[www.yesmagazine.org/issues/its-your-body/the-good-food-cure](http://www.yesmagazine.org/issues/its-your-body/the-good-food-cure)**

### Regenerative Adelaide

DIGEST: New government policies on energy efficiency, renewable energy, sustainable transport, zero waste, organic waste composting, water efficiency, wastewater irrigation of crops, peri-urban agriculture, and reforestation have taken Adelaide to the forefront of eco-friendly urban development.

**[www.energybulletin.net/stories/2012-09-11/regenerative-adelaide](http://www.energybulletin.net/stories/2012-09-11/regenerative-adelaide)**

### Green infrastructure and food

DIGEST: The Toronto declaration holds that "good food, green buildings, great cities grow together."

**<http://wayneroberts.ca/archives/908>**  
**<http://urbanagsummit.org/index.php/homepage/urbanagblog>**



Connecting cities  
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European Regional  
Development Fund







# The Golden Hill harvest

**Lucy Mitchell**

**As the nights draw in and the rain comes down it's easy to wonder whether we even had a summer but at the Golden Hill Community Garden, we can't complain. We've had a great year and an excellent first growing season, which we celebrated last month with a fantastic Harvest Festival. Almost 400 people were entertained by live art from the P.U.P. group (our wonderfully creative Monday evening drawing group), morris dancing from the Pigsty Dancers, wonderful live music in the Shed Stage and lots more.**

And are we planning to lock the gates and put our feet up over winter? No way! We are planning to open every Wednesday 10am-4pm (except Boxing Day) as well as one Saturday a month and we have all sorts of exciting plans to keep us busy.

We have finally put up our second poly tunnel and will be growing in both tunnels over winter. (It's also another place to

shelter from the elements!) As the hectic growing season winds down, we'll have time to tackle our list of infrastructure jobs including: building more raised beds, setting up our outdoor kitchen, building a herb garden, planting soft fruits, making lots of beautiful signage, building pond dipping platforms, and putting in more rainwater harvesting and composting systems. If you'd like to learn about any of these things or have skills or ideas to offer then please get in touch.

We've also got all sorts of exciting up-cycling ideas including growing mushrooms in spent coffee grounds, and building walls for our shelter out of tetrapacks and plastic bottles.

I know some people are dubious about winter gardening but let me say I think there is no better way to get outside during our precious few hours of sunshine. I can think of few things finer than harvesting

fresh vegetables in our darkest months, few things more beautiful than the low winter sun shining golden behind frosty leeks and few things that lift the spirits more than the first green shoots coming through in the new year.

We are open and accessible to everyone, and especially welcome volunteers with mental or physical health issues, or those who would find it difficult to garden on a conventional site. Please get in touch if you have any questions about accessibility or parking, or if you would like help with travel expenses. See you in the Garden!

**Wednesdays 10am-4pm Check the website or call for Saturday dates.**

**Lucy Mitchell**

The Golden Hill Community Garden:  
Horfield's Accessible Allotment and Edible Forest · 07506 905 394

[www.thegoldenhillcommunitygarden.com](http://www.thegoldenhillcommunitygarden.com)







# The Community Farm launches Learning Programme

Claire Rosling

**It's exciting times for us here at The Community Farm. Thanks to funding from the Lottery, we're in the process of establishing a learning programme from the Farm which will engage a real diversity of groups out on the field. Our very own Farm manager, Andy Dibben, will be leading a series of workshop on organic vegetable production, and we have many other adult learning courses in store – keep an eye on our website as the programme will be released in the next few weeks.**

Alongside adult learning, we'll be providing a school learning programme and children's activity days which will enable children and young people to learn about the importance of local, organically grown produce and how we manage the land at The Community Farm.

This is all made possible through the funding which we are using to build a fantastic 24 ft 'Yurt for Learning' which will serve as a shelter and teaching space.

## **Yurt Celebration – Saturday 24 November**

To celebrate our yurt and this new phase for the farm, we'll be holding our Launch Event on Saturday 24 November at which we have an exciting art installation for you to get involved with! Artists Magdalena Francke and Dan Smith from Mother Courage Arts ([www.mothercouragearts.co.uk](http://www.mothercouragearts.co.uk)) will be creating a wooden sculptural piece for the event: 'The Seed', which promises to be 'interactive, educational and fun, reflecting the aims of the farm and focusing on land, people and food.' As community is such a core part of the farm, we will be inviting the public to

contribute written words and objects to the sculpture on the day.

Alongside the art installation, we'll be showcasing local talent from the area with stalls from local food and craft producers for you to get those Christmas presents you're after. We'll be running an Organic Bake-off on the day for your chance to win some fantastic prizes; there'll be kids activities, farm tours, music and more!

If you haven't yet visited us at the farm then this will be a great opportunity. Bristol Community Transport Minibuses will be running to and from Bristol throughout the day and you can learn about how we manage the land here with a tour of the farm from one of our growers. We do hope you can join us in the celebration!

## **Other news from the farm: Winning Scarecrow!**

If you've been in the Chew Valley over the last few weeks you may have noticed a few celebrity additions to the area! Over 70 celebrity scarecrows were entered for the Winford Parish Scarecrow Competition in aid of the Harvey Hext Appeal.

We're delighted that our Michael Eavis scarecrow won the Community Involvement award! Thanks to all of our volunteers who helped put Michael together, especially Bonnie Hewson for her fantastic sewing skills in making a very realistic head for Michael! Thanks must also go to Michael Eavis himself – he was so chuffed that we were making a scarecrow of him that he donated his own clothes for it!

## **Harvest Festival**

We welcomed over 300 people to our Harvest festival this year and it was a fantastic day with sunshine, food, a talk from The Soil Association's Helen Browning, and an organic grower's question time featuring our very own Andy Dibben, Ben Raskin, Phil Houghton and Ian Sumpter and music from 'Woe to the Provoker'. Keeping on the Harvest theme, children got involved making paints from vegetables and helped make a vegetable mandala on the field.

The day was rounded off by a visit from some fantastic vintage tractors on their annual tour of the Chew Valley.

For those of you that came, we hope you had a great time and will come back again next year. If you weren't able to come – see you next time!

[www.thecommunityfarm.co.uk](http://www.thecommunityfarm.co.uk)



# Sims Hill's year

**Sims Hill, like many other UK growers, has been having a challenging time with the weather this year. As reported in the last Bristol local food update, this has caused the Board to step back and rethink the direction of the project. On 25 September we took several concrete proposals to our members and we are happy to report that they received almost unanimous support. The Board is now seeking funding and expert advice on how to take these proposals forward. Below is a summary of the meeting and the actions taken. We look forward to a successful implementation of the plans beginning in the new year.**

## Growing conditions and drainage issues

It has been extremely difficult to get anything done in the field this year, which also explains why there have been no community work days – the field has been that wet.

Last winter it became apparent that there were some wet patches in the field that affected the yield and our ability to work the land. In the spring we had a lovely pond dug, since then it has been record-breakingly wet. The pond has not been able to cope, and the extent of the wet patches (both size and duration) have made the field virtually unworkable. It seems that old land drains running down the hill and under the field have been broken at some stage. We need to do something to remedy this.

The Board proposes that we get Jay Abrahams to give us a design and a quote for the integrated approach. (Jay dug the existing pond and is a trustee of the permaculture association) This would meet both an urgent need (drainage) and be a strategy that applies our commitment to permaculture principles. The integrated approach may well necessitate some adaptations to our current growing methods.

## New project direction

As a result of facing challenges on numerous fronts, the Board spent some time considering the life of Sims Hill in the round and revisiting our principles (CSA, permaculture, and community development) in order to find a strategic solution that moves towards our overall aims as well as dealing with the immediate and diverse issues.

Following this process, the board proposes to develop as a Permaculture LAND centre with an apprenticeship scheme. The apprentices would in effect accelerate putting permaculture and community development principles into practice, and increase our capacity to pursue our ecological, education and community aims. We want to thank all of our members for their support throughout this challenging year.

## The Sims Hill Shared Harvest Board

<https://simshillsharedharvest.wordpress.com>

## Fruitful projects

### Peak Moment 217: Portland's backyard fruit – from waste to feast

DIGEST: Volunteer groups harvest trees whose fruit would otherwise go to waste. Half of the fruit goes to neighbourhood food banks, and the remainder goes home with the volunteers. Tree Care workshops offered to the public cover pruning, thinning and pest and disease control. They also train Tree Care Teams who adopt clusters of fruit trees in a neighbourhood. From harvesting 8000 pounds of fruit in 2008 to three times that in 2010, this growing project is bearing fruit and benefitting thousands.

[www.energybulletin.net/media/2012-08-30/peak-moment-217-portlands-backyard-fruit-waste-feast](http://www.energybulletin.net/media/2012-08-30/peak-moment-217-portlands-backyard-fruit-waste-feast)

### In San Francisco, a secret project bears fruit

DIGEST: The Guerrilla Grafters are a renegade band of idealistic produce-lovers who graft fruit-growing branches to San Francisco's public trees, where productive fruit trees are banned.

<http://articles.latimes.com/2012/sep/11/local/la-me-guerrilla-grafters-20120912>

### Transition Norwich's School of Apples

DIGEST: A community orchard of 100 trees bears fruit, while a local school takes-on an Abundance-type project.

<http://transitionnorwich.blogspot.co.uk/2012/10/a-school-of-apples.html>

<http://transitionnorwich.blogspot.co.uk/2012/10/low-carbon-coobook-foragers.html>

# Feed Bristol

## Matt Cracknell

As one growing season comes to a close we are busy getting ready for the next. It seems like we are still very busy at Feed Bristol getting in our winter veg in the polytunnels and planning the new beds to expand into for the coming year. We have plenty of space to play with and there are some exciting developments we are considering for the new season. The Shift Bristol course will be taking up residence in the new year to manage some experimental plots to do some compare and contrasting organic land management techniques. We are looking at expanding our herb beds to create a space that could be used as a medicinal garden. We have also started work on planning for a round house build which will take place in March if funding is secured.

There are plans, now we have got on top of the site infrastructure, to explore ways of community groups managing some livestock on the site. Everything we do has to be community-led and managed, which means setting up a system where the local community can look after livestock and receive the benefits. Hopefully we will find someone out there that wants to keep their hive on the site which would be a nice addition to the butterfly meadow where we have lots of space for creating more pollination corridors.

## Events for next year

We will continue to host workshops on the first Saturday of the month and hopefully be open for people to drop in and volunteer every Saturday. Our first event will be a **Pruning and Grafting workshop** on **2 February**. This will contribute towards creating a rootstock nursery onsite. We have some old varieties of apple which amazingly did OK in this bad year for apples so we are keen to propagate from them. A lot of our trees are quite old so it would be wise to start off a new orchard and expand our forest garden.

Keep an eye on the blog and website for future events:  
[www.feedbristol.org.uk](http://www.feedbristol.org.uk)





"Sharing memories, sharing futures project" older peoples group



Artist Joe Newt with his illustrations of peoples food memories



Iwona, volunteer Tree Officer, on a foraging walk with the Bristol Home School Network

# Windmill Hill City Farm Active Citizen Projects

**WHCF Active Citizen Projects have been very busy over the past couple of months. Here are some highlights of what we have been doing and what we are developing.**

## "Sharing memories, sharing futures project"

Jules is working with local artist Joe Newt, to develop a project called "Sharing our Memories" as part of the Farm's Active Citizens Project. Over the next year Joe and Jules will be working with various local groups and local people finding out their stories of food.

We started working with Windmill Hill Farm Older Peoples Group in September 2012, finding out about the food they grew up with in their childhoods and ways to stay thrifty in difficult times. They will be working with them over the next year to create illustrated cards, postcards and recipe cards capturing the members' memories.

Jules said "We have been to a couple of the Older People sessions to get to know some of the members, staff and volunteers.

*They are such a lovely group so warm and welcoming, we chatted over a cuppa and a piece of cake and found out all about the food they grew up eating. Many of the members can recall living off rations when every part of the animal was used. We learnt how one lady would cook every part of the pig from its brain to its trotters!"*

*"My nan used to take her chicken for a walk in the pram ... I can see her now, the chicken with a bonnet on it."*

*"My mother in law taught me how to cook, I grew up in an orphanage you see, no mam and dad, and I had no one to teach me. Chickens was a luxury, my mother in law would hang the chickens on the washing line so all the blood ran out. They showed me how to be a family, I had all the love from my husband's family."*

## Community Action Group

- Interested in a wide range of volunteering opportunities?
- Do you want to have a go at something different?
- Want to get to know your community and meet new people?
- Share skills with others at your own pace and learn together?

We meet at the farm on the second Saturday of every month, and we will be having a go at a wide range of volunteer opportunities. In our first CAG meet up in October we collected apples from the farm orchard and then learnt how to make them into apple juice, in preparation for our Apple Day event the following weekend. It's open to everyone who is interested in getting involved in volunteering with us.

Lindsey our new Volunteer CAG Blogger, chatted to people to find out about what inspired people to come along on the day and what they would like to get out of it. Lindsey spoke to Amy who is new to volunteering.

*"I hope that volunteering at the farm will connect me with people as my family don't live in the area and it feels that the community can be like a family. It's nice to feel like you are part of something."*

## Project SOS

Everyone's talking about being "green" and "sustainable". It's all a bit mind-boggling! At the farm, we want to find out more and that is why we are launching project SOS! – We want to know whether it can save us money, make our lives happier and more relaxed. Have you been meaning to make a green change for a while, but never quite got around to it? Why not join us here at the farm in 2013? We will be hosting workshops, courses and activities and there will be plenty of tea and cake. Watch this space!

## Recent Projects

### Apple Day Event 21 October

Our first Apple Day event was an appetastic success, with over 500 people turning up to try out various apple themed activities, apple bobbing, an apple wish tree (our wish was the sun would stay out, which thankfully it did) storytelling and local artisan food stalls. Local cider and sausages were gobbled down home made apple juice made on the farm that day from our orchard apples and apple pressing equipment. We are looking to hire out our apple pressing and juicing equipment, so do contact us if you would like to know more.

### Foraging Walks

Our foraging walks have been really lovely, getting to know our local area, seeing what there is to forage, and what trees and plants are around us. We recently took the Bristol Home School Network on a walk, learning together we discovered many natural fruitful gems a stones throw away from the farm.

### Jam and chutney making

There is nothing better than foraging for food then turning it into jam. We still have a couple of places left on our chutney making session, a great home made way of making Christmas presents. **7-9.30pm 21 November.**

To get involved in these projects or volunteering please contact Jules Allan The Community Development and Volunteer Coordinator:

julia.allan@windmillhillcityfarm.org.uk  
0117 963 3252

Or have a look at our Website for more info on the farm:

[www.windmillhillcityfarm.org.uk](http://www.windmillhillcityfarm.org.uk)

# The Commercial Food Waste initiative

**Martin Fodor**

**Discarded food and preparation leftovers comprise one of the most problematic wastes for a café or restaurant. Yet a food waste collection alongside dry recyclables is not always practical or viable for smaller premises. This is the challenge now being tackled in a local initiative in the city.**

May/June's newsletter reported a survey of food and others wastes from a cluster of cafés and restaurants. One of the conclusions of this exercise is that tackling the problem as a group should be more effective than each café or restaurant trying to deal with the problem individually. This piece updates readers on the progress towards an innovative project to develop a commercial food waste collection service for clusters of local food hospitality premises.

## **Service specification**

Work is now underway in the Stokes Croft area to identify key features of a service specification that will meet multiple premises' needs, ensure responsible management of food waste, and improve the street scene. This initiative is intended to pilot a collective arrangement that will maximise benefits for the traders, the environment and the community. This should then be available to more areas of the city and create a solution to a pressing problem that's ever more expensive and environmentally undesirable: how to ensure unavoidable food waste does not end up in landfill.

Following the report in the newsletter the author had the opportunity to present the finding to the Stokes Croft Traders' group, the area surveyed. This session helped them to understand the common issues they faced and explore the way informal solutions and irregular collections did not necessarily meet their needs or secure them against risks from their waste causing problems.

The session started with a positive look at their area which identified what's great about Stokes Croft as a food destination: its diversity and social hub effect, and the quality of local food on offer. This provided a positive perspective with participants keen to develop the idea of a local service that will be available to them and their colleagues.

To find the shape of a viable food waste programme for local food businesses we



then identified what businesses need in terms of practicalities, highlighting what would be good for the community and good for the environment, as well as issues of cost. Martin stressed the goal is a service costing no more than current waste services, and preferably less. There should also be support for waste reduction alongside the collection.

Current food waste arrangements (if any) were reviewed and a few current issues were highlighted. The group then moved on to the service they'd like to see. This included finding a single preferred contractor for Stokes Croft, the idea being to reduce vehicle movements, get a group contract and encourage contractors to make a competitive pitch to the businesses.

We discussed questions that need to be clarified: how often waste is collected, cost, when current contracts terminate (and notice periods), and bin sizes. Some of the companies agreed that they have environmental values and are prepared to pay more to ensure sustainability.

While the possibility of shared storage compounds to bring waste bins together and improve the street scene was raised it was agreed this would take a lot longer to resolve or agree. The group therefore agreed to consider how to get an initial contract in place that might be offered to each business on Stokes Croft. At least one contractor had in fact agreed to offer

better rates the more companies opt in, and to handle notice of termination of current contracts so the service can be phased in.

The group thought that advice for staff, and information for customers, as well as ways to promote the (hoped-for) innovative service would be helpful and worthwhile to highlight what goes on in Stokes Croft. Staff were also keen to see how their waste was being treated.

At the time of writing businesses in the area are providing details to enable the service requirement and the scale of the task to be collated so prospective contractors can be asked for their pitch. With other areas like Harbourside already interested in something similar the project looks set to develop something that could benefit many more businesses in the city. There has also been interest from Business West's Go Green initiative and Bristol Green Capital who are keen to see this environmental improvement in the area.

**Martin Fodor**

[martin.s.fodor@gmail.com](mailto:martin.s.fodor@gmail.com)



## Successful start to new Southmead street market

Saturday 20 October saw a small, but very successful start to a new street market in Arnside Road, Southmead.

Traders and community organisations including from Working in Southmead for Health, Business in the Community (see [www.bitc.org.uk](http://www.bitc.org.uk)), The Pound Store, Greggs, Bristol City Council, the Police, David Lloyd Leisure and Tesco came together to organise and support the market as a way of attracting more people to Arnside shopping area.

Traders and organisations at the first market included The Happy Fish Co (fishmonger), Grounds 4 Change (plants and garden equipment), Miz Meats (meat seller), Southmead Community Association Fruit & Vegetables, Bob's Bikes, Donut Delight, Bristol Credit Union, Greggs (with a special Children in Need stall) and Bristol City Council Parks team.

Stuart from The Happy Fish Company said 'For the first market here, I am very impressed with the turnout. People have given me lots of feedback that it is good to see fish on sell here, there's no fishmonger in the local area.'

Toni from Southmead Community Association Fruit & Vegetables said 'We have done really well and sold most of our produce. We've met loads of new people and received great feedback, people like our quality and prices.'

Feedback from existing Arnside businesses is very positive, they feel that the market brought lots more people to the area.

Karen Green, market organiser from Working in Southmead for Health said 'Today's market is a small start, but it could become one of Bristol's most popular community markets. We look forward to seeing more traders and people at our special Christmas market on 1 December.'

Shopper feedback suggests that people would like to see more stalls selling food, clothing, pet supplies and toys. For more information on the Christmas market planned for 1 December contact Karen Green, tel: 0117 903 1626

# What's cooking?

## Cooking class brings healthy glow to Stokes Croft

Chicken chow mein and cheesy vegetable omelette were on the menu at the Coexist Community Kitchen on Tuesday as clients of local charity, **The Matthew Tree Project (TMTP)**, helped confirm a good feed in great company can **make us happier**. After a two-hour theory and practical at the Cook Smart, Eat Well Cookery School, attendees took to the dining room to share their freshly made feast and lots of laughs.

Held in Hamilton House, Stokes Croft, and funded by the University of the West of England, the school has been set up by poverty-fighting local charity TMTP to show healthy grub doesn't have to involve hours in the kitchen or be prohibitively expensive. The chicken chow mein for instance, quickly whipped together in a healthy stir-fry, cost just £2 a portion.

**Food Inside Out**, which seeks to demonstrate physical and mental health can be significantly improved by making the right food choices, is running the two-week courses. Bev Campbell, who leads the practical element, explained: "Eating together really does help build relationships with family members and friends. It can be stress busting to chop ingredients and self-esteem building to prepare food. Ultimately, it gives you control of what you cook and eat."

Dietician Sue Baic helps attendees overhaul their bad habits with a Diet MOT food diary and nutritional advice at the beginning of each session.

Attendees of the pilot were happily satisfied by the evening. "I think it's a good way of learning nutritious, cost-effective cooking," said mother of four Ruth, who added that she found it liberated her from her usual repertoire, which includes costly imported ingredients and long preparation times.

Upon completion, participants take home a Coexist Community Kitchen apron, as well as a cooking starter pack worth £20. For more information, email Mark Goodway: [info@the-matthew-tree-project.org](mailto:info@the-matthew-tree-project.org).

**Hannah Stuart-Leach**



The Coexist Community Kitchen is registered with the local authority with a food hygiene rating of 5 and has been set up to share knowledge and skills around food and cooking with you and others in the local community.

We provide a space for small start up businesses, organisations and individuals, who wish to cater for events, run workshops or develop their food business whilst enjoying one of **Coexist's** beautiful community resources.

We regularly struggle through hefty funding applications and thanks to a grant from UWE we have been facilitating our first set of non-profit cookery courses. In collaboration with the **MatthewTree Project** and **Food Inside Out** we are running three short courses on basic cookery skills and nutrition.

We are also organising a programme of courses for the public, working with cooks, chefs and tutors to bring an inspiring line up of food related workshops to the table. Please get in touch if you have any ideas or would like to take part: [cori@coexistuk.org](mailto:cori@coexistuk.org)

### Links

Coexist Community Kitchen  
[www.hamiltonhouse.org/](http://www.hamiltonhouse.org/)

Matthew Tree Project  
[www.the-matthew-tree-project.org/](http://www.the-matthew-tree-project.org/)

Food Inside Out  
[www.foodinsideout.org.uk/](http://www.foodinsideout.org.uk/)

Want to read more about current local food issues in Bristol?  
Download Maddy Longhurst's article about pressures on Grade 1 agricultural land:

**Healthy soil and local food or tarmac and cars?**  
at [www.bristollocalfood.co.uk/](http://www.bristollocalfood.co.uk/)





### Community Retailing

In Partnership with Bobbette's Fruit and Veg, a locally owned green grocer in Shirehampton. 'Roots and Fruits' a community fruit and vegetable initiative was set up at The Bungalow in Lawrence Weston, to offer local residents access to affordable fresh Fruit and Veg (at cost price).

Fruit and Veg is on sale every Monday (except Bank Holidays) from 12–4pm. It is also a time when people come together and enjoy catching up with friends and neighbours.

The scheme has gone from strength to strength and we now order more produce than when the scheme first started earlier this year, so we know that fruit and vegetable consumption is rising in our area. We offer a wide variety of produce and any items left on a Monday go on sale during the week. Our vision is to extend our core offer even further in the new year. Watch this space!

#### Donna Sealey

*Health Promotion Specialist for Lawrence Weston and Avonmouth, NHS Bristol Public Health Directorate*  
donna.sealey@live.co.uk

# Health and Wellbeing

Helping people to live healthy lifestyles, make healthy choices and reduce nutrition related health inequalities was one of the key aims of a recent collaboration between Bristol Public Health and Awaz Utaoh. (Awaz Utaoh primarily serves the South Asian community but anyone and everyone is welcome).

At the end of the project, keeping the healthy food theme alive was felt to be very important by the many people who had attended a whole range of activities over the 10 months of the project. So Awaz Utaoh in partnership with Westonbirt Arboretum set up a programme of activities called Hidden Voices. Around 35–40 people took part visiting the Arboretum on six occasions over the last six months. A feast of 'food from trees' was a huge success with so many being thrilled at the chance to learn about and see the many food giving trees: almonds,

cashews, walnuts and pine nuts to name a few. On each of the six visits, four different ladies from Awaz Utaoh prepared and served a healthy lunch for all attending and on the last visit a grand finale of dishes were provided.

As well as nut gathering, activities such as tree stories, trees that clothe us, bark cloth bags, den building, making bookmarks with tree dyes, owl whistling, willow weaving and bird box creations were enjoyed by all.

Walking and tree gazing was a big part of the programme so lots of physical activity to increase appetites for the health lunches; buggies were provided for those who needed them.

For more information, contact:  
Simi at [awazutaoh2@aol.com](mailto:awazutaoh2@aol.com)  
Liz Fox [liz.fox@bristol.nhs.uk](mailto:liz.fox@bristol.nhs.uk)



# Whisk's plans for 2013

## Mike Merelie on The Community Bakery & The Sunday Lunch Club

**This month marks our first anniversary running The Café at Knowle West Health Park and we're really proud of what we've achieved in that time: grown from a team of 2 to a team of 11, opened the Atrium Café at Arnos Vale Cemetery, taken on an apprentice, strengthened our relationships with local independent suppliers and become an access point for the Bristol Pound.**

When we opened The Café at Knowle West Health Park we knew that our relationship with the community would be critical to our success and that we could do a lot more with the space than simply run a nice café.

One of our guiding principles is 'to share our love for the craft of cooking and demonstrate ways in which people can put food at the heart of their lives' although when we opened the café we didn't know what that might mean in real terms.

A year ago our focus was to establish the café as a great place to eat fresh, seasonal and delicious food; reviews, tweets and blogs suggest we've achieved that and our busy lunchtimes corroborate those kind words. More recently, though, we've had a chance to think about the bigger picture and how we develop the relationships we have with our customers and our community. The first step has been to acknowledge that to differentiate 'customers' from 'community' is fallacy. Everyone eats, everyone is welcome in the café and everyone has the opportunity to connect with us to share our approach to food.

### The Bread Café

Through conversation, exploration and a desire to collaborate we have developed a working relationship with The Peaceful Way: an informal network of Christians living in communities across Bristol that would normally be considered as marginalised or disadvantaged.

The Peaceful Way get involved in everyday life and friendship, seeking to stand in solidarity with neighbours in places where life is often hard. Their approach resonated very strongly and we felt we could achieve a lot together.

Our first project, Bread Café, ran for six consecutive Saturdays until the end of September and is best described as

cooking school meets coffee morning meets creche meets social club. The six Saturday mornings were an amazing blend of serious artisan baking, conversation, family and friendship. Beyond that, though, Bread Café gave people who may not have experienced work before, or for some considerable time, an opportunity to simply be in a professional environment without pressure but still with purpose.

### The Community Bakery

The success of Bread Café has been the catalyst for the Community Bakery and The Sunday Lunch Club projects which we're really excited about.

The Community Bakery will begin as a weekly pop up bakery in The Café, and there's already a list of Bread Café bakers ready to get their aprons on and get kneading.

We'll offer the bakers prep space and oven-time in return for some of the bread they bake but the majority of the bread will be on sale to the community. The bakers will receive training and support from us with the aim to train and develop a team of community bakers so the bakery can operate more frequently.

We're exploring models of ownership that make sense and our view is that Whisk! and The Peaceful Way are simply curating the space in which the bakery can flourish. The bakery will always be 'open' so that newcomers can get involved at any time; the work starts at 8am for the bakers but at 10am the focus shifts to fun when newbies can have a go. We've got Thursdays pencilled in the diary but watch this space!

### The Sunday Lunch Club

The Sunday Lunch Club launches in the new year and will be a monthly feast for all! We've not opened on Sundays for a while and we really like the idea that is taking shape. A handful of Bread Café participants expressed an interest in getting more involved in the kitchen and a few volunteered their services to help us prep for an event after one Bread Café.

It was really funny to see customers that we'd normally serve working in our kitchen but the reality is that it is a two way street: they benefitted from the experience as much as we did by learning new skills and being part of a professional dynamic.

Work should always be rewarded so we all enjoyed a hearty staff dinner and massive mugs of tea. The volunteers asked about our plans to re-open on Sundays and, through the conversation, we arrived at The Sunday Lunch Club. If you want lunch you can book a place, turn up, eat and leave. However, if you want to experience the pleasure of cooking as well as the joy of eating you can be part of the kitchen team and what you pay for lunch reflects your contribution to its preparation. And the washing up, or course. Volunteers will get our training and support and, just as with Bread Café, the opportunity to learn and develop is what we want to underpin.

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These projects represent how we are rethinking what we mean when we say 'customers', 'community' and even 'business'.

It doesn't make sense to think in old, simple, linear terms of Whisk! as a supplier that sells to its customers and that community exists separately and is something for which we have to be socially responsible as a corporation. The boundaries are not clear and that's what makes life fun and interesting.

Although it suits the food industry to label us as all simply as consumers we are all much more than that. In a good food future we may need to be comfortable with being labelled, not as consumers, but as cooks, growers, bakers, farmers, thinkers, teachers, sharers, learners, traders and wearers of all these labels at the same time.



The logo for Whisk! features the word "whisk!" in a bold, lowercase, sans-serif font. The letter "i" is replaced by a stylized whisk. Below the text is the website address "www.whisk-uk.com/".



# Land grabs

Jessica Lockley, Oxfam

## Land sold off in last decade could grow enough food to feed a billion people.

An exciting new land grabs campaign was launched on 4 October across the world. The campaign, which is part of GROW, is asking the World Bank for a freeze of all large scale land deals for 6 months until measures are put in place that take into account the women and men that often rely on the land for their livelihoods.

Powerful corporations and countries are acquiring farmland on an unprecedented scale. It is sold as 'unused' or 'underdeveloped' – but many poor communities call it home. A new Oxfam report *Our Land, Our Lives* shows that many big land deals in poor countries are forcing families from their land, unfairly evicting them from their homes and leaving them with no way to grow food or earn a living. Oxfam recognizes the potential benefits of private investment in agriculture but all too often today's land deals fail to deliver benefits for local individuals and communities. Most worryingly, big land deals often lead to 'land grabs' which is a land deal that violates human rights, fails to consult affected people, does not get proper consent and happens in secret.

Every six days, land the size of London is being sold to foreign investors in developing countries, and two-thirds of these agricultural land deals are in countries with a serious hunger problem. Yet much of the land is either being left idle, as speculators wait for its value to increase and then sell it at a profit, or it is predominantly used to grow crops for export, often biofuels or food for the



countries of the investors. In Mozambique between 2007 and 2009 only around 7 per cent of land approved for agriculture investment was for food crops, at a time when more than a third of families in the country did not have enough food to eat. In Liberia, 30 per cent of the country has been swallowed up by land deals in just five years. This isn't just about one company or one country – we are taking on the whole industry. The World Bank however is a critical player as an investor, influencer of governments and key standard setter globally and we are urging it to show leadership to help fix this problem. Change is essential – and possible. Therefore we are challenging the World Bank to freeze all its investments in big land deals whilst this out of control situation is sorted out.

Oxfam campaigned for progress towards the freeze at the World Bank's first **Annual Meeting**, since Jim Kim was installed as its new President, which took place in Tokyo from 12–14 October. The World Bank is in a unique position to help stop land grabs becoming one of the biggest scandals of the century and must act now to freeze its agricultural investments in

land, to ensure greater transparency of deals, to ensure local communities are consulted and consent is obtained and that their land rights and food security is guaranteed. Specifically, Oxfam wants the World Bank's freeze to send a strong signal to global investors to follow these principles and stop land-grabbing.

The UK government can use its influence in the World Bank to persuade it to implement the freeze. It can also play a crucial role as President of the G8, which takes place here next year, by putting food and hunger at the heart of the agenda, and addressing land grabs as part of this. Critically, it can also press the EU to reverse biofuels targets – a key driver of land grabs.

Action is urgently needed so do sign and share the **petition** to Jim Yong Kim, president of the World Bank to urge the World Bank to freeze its investments. We need the UK government to act – individuals can contact their **MP** to ask them to press the UK Government on this issue. To check out the latest information and action look up **#landgrabs** on Twitter, visit Landgrabs, or you can find our activist's resources.

[www.oxfam.org.uk/get-involved/campaign-with-us/our-campaigns/grow/guide-to-land-grabs](http://www.oxfam.org.uk/get-involved/campaign-with-us/our-campaigns/grow/guide-to-land-grabs)

[www.oxfam.org.uk/get-involved/campaign-with-us/how-to-campaign/campaign-tools-and-resources?cid=rdt\\_toolkit](http://www.oxfam.org.uk/get-involved/campaign-with-us/how-to-campaign/campaign-tools-and-resources?cid=rdt_toolkit)

### Links

[www.youtube.com/watch?v=ExCQlobfAUU&feature=player\\_embedded](http://www.youtube.com/watch?v=ExCQlobfAUU&feature=player_embedded)

[www.imf-wb.2012tokyo.mof.go.jp/en/](http://www.imf-wb.2012tokyo.mof.go.jp/en/)  
[www.oxfam.org.uk/get-involved/campaign-with-us/find-an-action/land-freeze?cid=rdt\\_land](http://www.oxfam.org.uk/get-involved/campaign-with-us/find-an-action/land-freeze?cid=rdt_land)

[www.theyworkforyou.com/](http://www.theyworkforyou.com/)

# TWO-THIRDS

## OF FOREIGN LAND DEALS IN POOR COUNTRIES

happen in places with serious hunger problems. This land is being used to feed some unhealthy trends, like helping to produce yet more food for export while people go hungry. It's a super-sized problem.

BIG LAND DEALS ARE FORCING PEOPLE FROM THEIR HOMES, JOBS AND FOOD. ACT NOW: [WWW.OXFAM.ORG/LANDGRABS](http://WWW.OXFAM.ORG/LANDGRABS)

GROW  
FOOD. LIFE. PLANET.

OXFAM

# Regional Fairtrade Business Awards



**The first ever Fairtrade Business Awards for the South West region are open for applications from all sizes of business in the area. The aim of the Awards is to increase sales of, and support for, Fairtrade amongst businesses in the region, by promoting those companies that support Fairtrade and encouraging others to do more.**

Increasing sales of Fairtrade products enables more small scale farmers in the developing world to make a sustainable living, which makes a great contribution to a company's sustainability and CSR commitments. Buying Fairtrade sits well alongside a commitment to local and organic food as part of an ethical supply policy.

*"As a result of taking part in the Awards, we have reviewed our purchasing process and added all available Fairtrade products."*  
Minuteman Press, Bristol Fairtrade Business Silver award winners 2012.

Following the successful launch of Fairtrade Business Awards in Bristol in March 2012, the South West Awards will have a wider reach and additional categories:

1. **Best Fairtrade Office**
2. **Best Fairtrade Retailer**
3. **Best Fairtrade Food Outlet**
4. **Best Fairtrade Accommodation**
5. **Best Fairtrade Suppliers**
6. **Best overall Fairtrade Business**

The Awards are free to enter and open to all, from sole traders based at home to large organisations. Businesses can enter online [www.bristolfairtrade.org.uk](http://www.bristolfairtrade.org.uk)

The Fairtrade Business Awards demonstrate how a growing range of businesses in the region aim to be ethical and fair. If your business fulfils the criteria for a bronze level or above, do submit an application as winning has a very positive effect on staff and customers. As Essential Trading said about their 2012 award: *"Thanks very much for organising this fantastic event, I really enjoyed it and for Essential it is very positive achievement. I learned a lot from both the presentation and discussion and the meeting after the presentation of the awards provided a great opportunity to network."*

The Awards ceremony will be held at the Colston Hall on 8 March 2013. It will be the major event in the South West for Fairtrade Fortnight, 25 February–10 March. If your business needs more information on how and where to buy Fairtrade products, particularly in bulk, come to the **Fairtrade Procurement Conference at UWE on 13 February**. Details will be available soon at [www.swspn.org.uk](http://www.swspn.org.uk)

For more details, contact **Jenny Foster** Bristol & Southwest Fairtrade Co-ordinator [bristolfairtradenetwork@gmail.com](mailto:bristolfairtradenetwork@gmail.com) 07970 878337

## National Ethical Investment Week

14–20 October 2012

### Make Your Money Count in Bristol

was the first event for National Ethical Investment Week. 100 people gathered at the Council House to explore what it means for money to be 'ethical' and make a positive impact, such as through sustainability and fair trade.

Part of National Ethical Investment week and Bristol Festival of Ideas, the event was organised by leaders in the ethical money arena, including Triodos Bank, Bristol Credit Union, Shared Interest and

the Ecumenical Council for Corporate Responsibility. Bristol is a centre of excellence in sustainability – runners up for the title of European Green Capital and a leading Fairtrade City. Amongst the many contributors to the event, the keynote speakers were Sarah Pennells, founder of SavvyWoman.co.uk and author of 'Green Money' and James Vaccaro, Triodos Bank and UKSIF.

Presentations and some of the workshops are available at: <http://bristolgreencapital.org/make-your-money-count/>

## Round the world...

### Postcard from Eastern Oregon: When planting food is illegal

DIGEST: What we can learn from 'The Hoop', an ancient tradition of food gathering and cultivation that sustained the Native Americans and the land in good health for thousands of years.

[www.energybulletin.net/stories/2012-09-17/postcard-eastern-oregon-when-planting-food-illegal](http://www.energybulletin.net/stories/2012-09-17/postcard-eastern-oregon-when-planting-food-illegal)

### Hopeful Harvest: Food and agriculture as a foundation for peace in Northern Afghanistan

DIGEST: Case studies from the province of Badakhshan, in Northern Afghanistan – all offering bottom-up local-level solutions to food production and diversification.

[www.thesolutionsjournal.com/node/1152](http://www.thesolutionsjournal.com/node/1152)

### Innovative crops of the Alai Valley

DIGEST: Following independence from Soviet-era top-down governance, collective farms and jobs in livestock breeding, Alai Valley villagers in the mountains of Tajikistan and Kyrgyzstan have struggled to regain traditional agricultural knowledge.

<http://ourworld.unu.edu/en/innovative-crops-of-the-alai-valley/>

### Land grabbing and food sovereignty in West and Central Africa

DIGEST: Large-scale land appropriation really took off with the food crisis of 2008. As the many cases of land grabbing identified in West and Central Africa have demonstrated, profit seems to be the only motive pursued.

[www.grain.org/article/entries/4575-land-grabbing-and-food-sovereignty-in-west-and-central-africa](http://www.grain.org/article/entries/4575-land-grabbing-and-food-sovereignty-in-west-and-central-africa)

### What do we really mean by rural food security?

DIGEST: There are approximately 400–500 million small farms around the world, worked by around a third of the planet's population. The speed and scope of climate change seriously compounds existing challenges to smallholders.

[http://ccafs.cgiar.org/blog/What-do-really-mean-rural-food-security%3Futm\\_](http://ccafs.cgiar.org/blog/What-do-really-mean-rural-food-security%3Futm_)





# The Food for Life Partnership

**The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture.**

It aims to reach out through schools to give communities access to seasonal, local and organic food, and to the skills they need to cook and grow fresh food. The programme harnesses the expertise of four partner organisations, the Soil Association, Health Education Trust, Garden Organic and the Focus on Food Campaign. It uses food as a way to improve the whole school experience. It helps to make lunchtimes a more positive feature of the day and enriches classroom learning with farm visits, as well as practical cooking and growing. The programme has been evaluated independently and been shown to have a transformational impact in the schools and communities it works with. It gives pupils, teachers, caterers and community groups the confidence, resources and training they need to lead the change themselves. The achievements of the schools that take part in the programme are recognised through an award scheme that gives them the motivational framework for continuous improvement.

The Food for Life Team have recently been successful in securing funding to employ a local programme manager to work with schools in Bath and North East Somerset. This funding will allow the programme to be promoted at a local level and offer support to primary and secondary schools in the area to help them achieve at least bronze award level. This is a really exciting opportunity to continue and build on the good work that has already taken place in the schools in Bath and North East



Somerset and make sure Food for Life stays high on the agenda.

Food for Life is also currently promoting its annual **National Roast Dinner Day on 14 November 2012**. Roast Dinner Day helps embed learning about wholesome, healthy food

and also provides the opportunity to experience the social element of dining. It aims to help teachers and schools consider the ways they can integrate cooking into the curriculum, get pupils interested in food and learn valuable life skills. To take part schools have to serve a locally sourced or organic roast dinner, followed by a seasonal crumble. Roast Dinner Day is also an opportunity for the school to invite the local community in to enjoy the meal; parents, grandparents, local businesses, councillors and the press are all welcome to come and experience local and/or organic food and see what the school is up to!

To find out more about the Food for Life Programme, National Roast Dinner Day or to find out if your school has signed up: [fflp@foodforlife.org.uk](mailto:fflp@foodforlife.org.uk) · 0117 3145180

[www.foodforlife.org.uk](http://www.foodforlife.org.uk)



## On the web...

### **Is the end of cheap food just an agricultural problem?**

DIGEST: Food is getting scarce – and expensive. This is no longer news. But can we really confine ourselves to thinking about the agricultural end of this problem?

[www.opendemocracy.net/openeconomy/julian-sayarer/is-end-of-cheap-food-just-agricultural-problem](http://www.opendemocracy.net/openeconomy/julian-sayarer/is-end-of-cheap-food-just-agricultural-problem)

### **Will EU subsidy reforms be enough to encourage greener farming?**

DIGEST: Nearly 50% of the EU budget goes into European agriculture. But climate change, soil erosion and other environmental pressures call for radical changes in farming practices.

[www.theecologist.org/News/news\\_analysis/1630603/will\\_eu\\_subsidy\\_reforms\\_be\\_enough\\_to\\_encourage\\_greener\\_farming.html](http://www.theecologist.org/News/news_analysis/1630603/will_eu_subsidy_reforms_be_enough_to_encourage_greener_farming.html)

### **The devil in the details**

DIGEST: Responses to the Stanford University paper which concluded that “The published literature lacks strong evidence that organic foods are significantly more nutritious than conventional foods” and that “Consumption of organic foods may reduce exposure to pesticide residues and antibiotic-resistant bacteria”.

[www.energybulletin.net/stories/2012-09-06/devil-details](http://www.energybulletin.net/stories/2012-09-06/devil-details)

[www.energybulletin.net/stories/2012-09-26/citywatch-getting-right-question-nutrient-benefits-organic-food](http://www.energybulletin.net/stories/2012-09-26/citywatch-getting-right-question-nutrient-benefits-organic-food)

### **Vote for the Dinner Party**

DIGEST: Michael Pollan asks “Is this the year that the food movement finally enters politics?”

[www.nytimes.com/2012/10/14/magazine/why-californias-proposition-37-should-matter-to-anyone-who-cares-about-food.html?pagewanted=all&\\_r=2&](http://www.nytimes.com/2012/10/14/magazine/why-californias-proposition-37-should-matter-to-anyone-who-cares-about-food.html?pagewanted=all&_r=2&)

### **Farmers, Workers, Consumers, Unite! New Visions in Food Justice**

DIGEST: How do we make sure that our food contributes to the health of our communities and ecosystems?

[www.yesmagazine.org/peace-justice/farmers-workers-consumers-unite-new-visions-food-justice](http://www.yesmagazine.org/peace-justice/farmers-workers-consumers-unite-new-visions-food-justice)





## Following the Plot no. 13

Keith Cowling

**There's rosy autumn sunshine outside as I write, but it's only a brief respite from the worst growing season for decades. Faced with rain deluges and armies of slugs, many plot holders simply gave up the unequal struggle to coax vegetables out of the ground. So with 'summer' drawn to a close by the first frosts, it's time to take stock, consider what we have learned and try to plan for next year.**

The first consideration must be, 'is this the new normal?' There's no popular consensus on this, of course, but after a three-year pattern of wet summers, we need to face the real possibility that this may not be a 'blip'. Research by climate scientists suggests that the regular west-to-east flow of the jet stream is being strongly affected by the melting polar ice, which is creating huge 'Rossby Waves', or giant meanders in its direction. As a result of this, the UK is tending to get locked on the northern – colder and wetter – side during our summer. So there are good grounds for expecting more wet summers. And, as if this wasn't enough, food prices are rising sharply because of rising world commodity prices, so there's pressure on all of us to grow more of our own food.

Persistent rain brings several overlapping problems for veg growers – broadly speaking, more pests, more diseases and difficult soil conditions. The big

pest problem this summer has been the gastropod explosion. Slugs slaughtered most emerging seedlings and by August had become so numerous that they could be found eating even mature vegetables. But there's no silver bullet for slug problems, especially in a summer that even washed away slug pellets within days. Keeping the slug population within acceptable limits relies on a combination of barrier methods, traps, removal of habitats, biological controls and even pellets sometimes. A winner at the produce show on my allotment site hinted that part of his secret was a relentless war on weeds (slug habitats) and keeping a barrier zone of cleaned soil between grass paths and delicate crops.

But combating weeds became impossible this summer. The waterlogged soil favoured perennial weeds like bindweed and couch grass, which thrive in soils with poor aeration. In drier years, perennial weeds can be tackled with digging and rotovating, but there's been precious little opportunity this year. The answer may be a strategy of better weed control and higher hummus content from organic supplements, but recently the twin horrors of slugs and weeds have reinforced each other.

For those with a little more time and cash, increasing the area under glass or polythene could give more control

over climatic conditions. Polytunnel polythene is pretty cheap but comes in wide rolls. For a small tunnel therefore, sharing a purchase with a friend works well. But protecting plants with polythene imposes different disciplines on growers. Ventilation needs regular attention, along with watering to prevent parching, especially in sunny periods. This may not be practical if you have a busy life.

The third major effect of damp and humid summers is the increased incidence of disease, especially fungal attacks. Peas get mildews, beans get rusts and grapes get moulds. But most common and perhaps worst of all is blight on potatoes and tomatoes. Almost everyone has suffered this year. But although good cultivation and rotation techniques can help with this, there's no really effective organic answer. Conventional farmers use a range of spray fungicides and at the allotment level its possible to spray preventively with Bordeaux mixture, a combination of copper sulphate and slaked lime. These are not complicated and persistent chemicals, and Bordeaux used to be allowable within organic certifications. But these days its considered to be harmful in water courses and also to earthworms.

What to do about potatoes and tomatoes is tricky therefore. Tomatoes and early potatoes work well in polytunnels if there's room, but main crop spuds need space and a cooler regime. In any case, on allotments with a bed rotation system spuds are usually a crucial element, providing the opportunity to work the soil deeply and also to add bulk nutrients. Spuds are also perhaps, the vegetable where taste differs most between shop bought and home grown.

Ominously, I'm writing in the week in which the Potato Council has accused allotment growers of worsening this year's severe blight attacks by not spraying enough and composting diseased plants. It suggested that amateurs should leave potato growing to the 'professionals'. Ironic really from the representatives of an industry which is one of the largest global contributors to the greenhouse gas emissions that seems to be behind our wet summers. It seems clear therefore that as the climate changes and world food security diminishes, not even allotment holders will escape the consequences.

**Keith Cowling** · keith@eyehouse.info  
Ashley Vale Allotments Association  
[www.ashleyvaleallotmentsassociation.org/index.php](http://www.ashleyvaleallotmentsassociation.org/index.php)



# Events

## Vegucated

**6.30–10pm Thursday 1 November or Tuesday 6 November 2012**  
**Polish Club, 50 St Paul's Road, Bristol BS8 1LP**

FREE (donations welcome!)

**Free vegan food · stand-up comedy · film screening · raffle · discussion**

Students returning to their courses this autumn will not only be learning about their chosen studies – they will also get a chance to be 'Vegucated' about their eating habits, with two free screenings in November of this life-altering documentary.

Part sociological experiment and part adventure comedy, 'Vegucated' follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured by tales of weight lost and health regained, they begin to uncover the hidden sides of animal agriculture that make them wonder whether solutions offered in films like *Food, Inc.* go far enough. This entertaining documentary showcases the rapid and at times comedic evolution of three people who discover they can change the world one bite at a time.

Book tickets at:

<http://bristolgreencapital.org/latest/2012/08/a-little-less-meat-a-little-less-carbon/>

## Fungi Foray on Troopers Hill Local Nature Reserve

**10.30am–12pm Sunday 4 November**  
**Meet on Troopers Hill Field at the end of Malvern Road, BS5 8JA**

Join expert Justin Smith in a hunt for mushrooms and toadstools.

The event is free but we need to limit numbers so booking is essential. Phone Judith on 0117 955 9819 Tues–Sat 9am–5pm, or Susan on 0117 947 5037 at other times, to book your place on this event, or email [events2012@troopers-hill.org.uk](mailto:events2012@troopers-hill.org.uk).

There is no on site car parking, see our website for details of how to get to Troopers Hill by public transport.

[www.troopers-hill.org.uk](http://www.troopers-hill.org.uk)

## UWE Farmers' Market

**10am–3pm Tuesday 6 November 2012 & Christmas market Tuesday 4 December**  
**Courtyard outside main reception Frenchay campus**

Come along to UWE's farmers' market. Take a break, have lunch or buy something special for supper! Lots of delicious local food – breads, jams, cakes, meats, pies and sausages, fish, chilli sauces and cooking oils, local lamb, cheeses, chorizo and more. Plus bird and insect boxes, plants and local eggs.

<https://info.uwe.ac.uk/events/event.aspx?id=13638>

## Avon Organic Group Heritage seeds and plants meeting

**7.30pm Wednesday 7 November**  
**Hamilton House, 80 Stokes Croft BS1 3QY**

Members swap seeds and plants and share seed saving stories and know-how.

Gardeners have selected, saved and passed on seeds and plants down the generations – creating vibrant food cultures and protecting genetic diversity.

[www.groworganicbristol.org](http://www.groworganicbristol.org)

## Practical workshop – Build a compost toilet

**10am–4.30pm Saturday 10 November**  
**The Community Farm, Chew Valley**  
**£35** (members of The Community Farm receive a 10% discount)

Lunch and refreshments will be provided.

Join Nick Ward on a practical workshop to build a compost toilet here on site at The Community Farm. You will explore practical design considerations and will work as a group to build a compost toilet complete with rain water harvesting system for hand-washing.

This workshop is limited to a maximum of 10 people so be sure to book soon to avoid disappointment. To book, please phone Emily (9am–3pm, Mon–Thurs) on 0117 3643123. If there are sufficient numbers, we will run a minibus from Bristol Hippodrome and Bristol Temple Meads to and from the farm on the day (£5 per person). If interested, please let us know when you book.

## Events at Tyntesfield

### Tyntesfield's fungi

**4 dates between 3 November and 17 November**  
**Adult £10, Child £10**

Discover the magical world of fungi with our two experts. The forays around the Tyntesfield estate will start with an introduction at the Sawmill.

### Tyntesfield's food and craft market

**10am Sunday 4 November 2012**  
**Free event** (normal admission charges apply)

Come along and stroll around Home Farm, enjoy the atmosphere and pick up some seasonal treats. From freshly baked cakes and fine cheeses to hand made jewellery and ceramics you're sure to find something to tempt you! Come along and stroll around Home Farm, enjoy the atmosphere and pick up some seasonal treats. From freshly baked cakes and fine cheeses to hand made jewellery and ceramics you're sure to find something to tempt you!

### Feel Good Friday: cookery demonstration

**11am Friday 9 November 2012**  
**£6.50**

Get ready for Christmas and watch one of our lovely chefs at work, learn some top festive cooking tips and maybe even have a taste. The demonstration will last approximately one to one and a half hours.

### Christmas food and craft market

**10am Sunday 2 December 2012**  
**Free event** (normal admission charges apply)

Get ready for Christmas at Tyntesfield as the upper courtyard at Home Farm turns into a hive of festive activity and colour as local food and craft producers set up their stalls and showcase their wares. There will be jolly live music too. With special musical festive cheer included!

[www.nationaltrust.org.uk/tyntesfield/things-to-see-and-do/events/#iframeEvents](http://www.nationaltrust.org.uk/tyntesfield/things-to-see-and-do/events/#iframeEvents)

# ...more events

## Planting the Olympic park with Professor Nigel Dunnett

**7.30pm Thursday 15 November 2012**  
**Room B75, School of Biological Sciences, University of Bristol, Woodland Road, BS8 1UG**

**Free** to Friends (on production of membership card). Visitors will be asked for a £5 donation. No booking required.

Visitors to the Olympic Park this summer were enchanted by the 25 acres of perennial and annual meadows, which could be viable alternatives to traditional bedding in public parks. Professor Nigel Dunnett will explain the designing and preparation of this landscape.

Professor of Planting Design and Vegetation Technology and Director of The Green Roof Centre, University of Sheffield, Nigel manages research programmes in sustainable landscape planting and green roof development, is active in design and consultancy, and writes widely for horticultural and gardening publications.

His work revolves around innovative approaches to planting design and the integration of ecology and horticulture to achieve low-input, dynamic, diverse, ecologically-tuned designed landscapes, at small and large scale. Major areas of focus include green roofs, rain gardens, pictorial meadows and naturalistic planting design.

Further information: 0117 331 4906

[www.bristol.ac.uk/botanic-garden/events/2012/61.html](http://www.bristol.ac.uk/botanic-garden/events/2012/61.html)

## Show of Strength return to Bedminster's shops

**10am–5pm last Saturday of the month, starting 24 November**  
(Nov–March, excluding Dec)

As part of the Portas Pilot project run by Bedminster's Town Team, Show of Strength's mini monologues in shops return to the high streets of Bedminster.

For more details:

[www.bedminstertownteam.org/](http://www.bedminstertownteam.org/)

## Independence day Supermarkets, big retail and the future of our communities

**10.30am–4pm Saturday 17 November**  
**Wesley Chapel, Frome, Somerset**

Registration £11 including booking fee, tickets are available by phone from the Frome Cheese and Grain box office: 01373 455420

People are campaigning against the expansion of supermarkets and big box retail all over Britain and beyond – but too often, they are isolated and atomised, whereas the corporations they are up against are well-resourced, and spread across the country (if not the world).

It's time to start redressing the balance, which is why a high-profile activist group from the South West have organised Independence Day, a one-day event aimed at bringing people together to discuss the fate of the High Street, the increasing dominance of the big four supermarkets, and a better vision of the future.

What kind of places do we want to live and work in? Is there an alternative to so-called 'big box' retailing? How do we ensure that regeneration and redevelopment include a central role for independent business and the interests of local communities? For one day of workshops, speaker-led sessions and more, all these questions will be on the agenda.

The opening and closing sessions will be led by keynote speakers, including:

- **Joanna Blythman**, the acclaimed food writer, and author of *Shopped*, the brilliant expose of British supermarkets
- **Andrew Simms**, a fellow of the New Economics Foundation and the author of the acclaimed book *Tescopoly*
- **Rob Hopkins**, the co-founder of Transition Towns Totnes and the Transition network
- **Neal Lawson**, chair of Compass
- *The Guardian* columnist **John Harris**

In between, there will be a series of breakout sessions, focusing on the nitty-gritty of campaigning, the future of the High Street, what supermarkets do to our food supply, the experiences of communities who have fought battles with big retail, and more.

[www.independenceday2012.co.uk](http://www.independenceday2012.co.uk)

## Keeping Bristol's high streets alive

**7–9pm Monday 19 November 2012**  
**Colston Hall no 2**

**Free** and open to all: doors open 6.30pm (please arrive early).

In her report published last December, retail expert Mary Portas set out her vision for Britain's high streets, and warned that "after many years of erosion, neglect and mismanagement" they will "disappear forever" unless urgent action is taken.

This major public event, free and open to all, is intended to inform Bristolians about what is being done in this city in response to these findings, to stimulate ideas and act as a catalyst for further action.

**Cathy Parker**, Professor of Retail and Marketing Enterprise, Manchester Metropolitan University, will give the keynote address, introduce the issues and give examples from other cities of how the problems might be addressed.

**Councillor Anthony Negus**, Bristol City Council Cabinet Member for Housing, Property and Regeneration will respond with the actions the City Council is/has taken.

**Tony Miles** Chair of the Clifton Village Traders Association will speak about the proposal for a Clifton Business Improvement District.

**Ben Barker**, Secretary of Greater Bedminster Community Partnership will speak about Bedminster's successful bid for funding to become a 'Portas Pilot' area.

**George Grace**, consultant from Towncentred will talk about regenerating Gloucester Road and the Town Teams Initiative.

All speakers will then form a panel on the stage for an hour of questions/debate from the floor.

[www.bristolcivicsociety.org.uk/](http://www.bristolcivicsociety.org.uk/)



# ...more events

## CSA UK – Building and growing the movement

**9.30am–3.30pm Friday 23 November  
Occombe Farm, Near Paignton, Devon**

Following the success of the recent networking and consultation event for CSA's at the Community Farm in Bristol, we are offering another opportunity to build on the discussion and actions from this to develop the CSA movement. There will be the chance to visit and learn from Occombe Farm's CSA and to network with other like-minded CSA growers and practitioners.

We are pleased to be able to offer this as a free event, courtesy of Occombe Farm. There will be donations for refreshments, please bring biscuits and cakes to share. Lunch can be purchased from Occombe Farm shop/café or bring your own.

For any queries please contact Laura Creen, Head Grower, Occombe Farm on 01803 696 241. Places are limited so please book asap at:

<http://csauk.eventbrite.co.uk/>

## Ashton Court Christmas food and craft fayre

**10.30am–4.30pm Saturday 1  
& Sunday 2 December**

**Ashton Court**

The Ashton Court Christmas food and craft fayre is back again this year. With free entry and ample parking close by in the Mansion car park, it's the perfect day out with activities including a deer walk, carols and mulled wine, wreath making workshop and most importantly, the opportunity to shop for unusual and unique gifts, all within the beautiful surrounds of one of Bristol's finest estates.

[www.facebook.com/  
AshtonCourtChristmasFayre2012](http://www.facebook.com/AshtonCourtChristmasFayre2012)

## Animal husbandry regained: The place of farm animals in sustainable agriculture

**1pm Wednesday 5 December 2012  
University of Bristol, Cabot Institute  
Langford campus**

**Speaker: Professor John Webster**

While world demand from a growing and more affluent human population is increasing rapidly, there are strong counter-arguments that we should eat less meat and pay more attention to environmental protection, animal welfare and human health and well-being. This presentation identifies and explains the causes and contributors to current problems in animal husbandry, especially those related to 'factory farming', and advances arguments that may contribute to its successful re-orientation.

[www.bristol.ac.uk/cabot/  
events/2012/203.html](http://www.bristol.ac.uk/cabot/events/2012/203.html)



## Love Food Festival presents Christmas at the Spiegelent

**10am–4pm Sunday 9 December  
Millenium Square, Bristol  
Adults £2.50, Children free**

Feasting and festivities will be the order of the day as Love Food Festival presents a very special Christmas event at the unique and magical 'Spiegelent'. This 1920s style 'big top' tent will transport you back to a by-gone era of traditional Christmas cheer, with original stained glass windows, flooring and mirrors all playing home to a bustling Love Food market, seasonal demonstration theatre, some delicious hot food, a café and festive inspired children's activities.

Demonstration theatre with well-known local chefs · Love Food market · street food · children's activities

[www.lovefoodfestival.com/christmas.  
html](http://www.lovefoodfestival.com/christmas.html)

## North Street Christmas Fayre

**Saturday 8 December  
North Street, Bedminster/Southville**

North Street will be closed to traffic between the Tobacco Factory and the Hen & Chicken, and will be open to the community for a day of fun, family activities, and a celebration of everything local.

The organisers would like to hear from stallholders, community groups, musicians and volunteer stewards.

[www.northstreetbs3.com](http://www.northstreetbs3.com)

## Communities Buying Land training day

**10.30am–4pm Wednesday 30 January  
Cardiff (venue to be confirmed)**

This event is aimed at community groups interested in buying land, particularly for community gardens. Advisors and support organisations also welcome. We will cover:

- When is buying land appropriate and when is it not appropriate?
- Your responsibilities as a land owner
- How to buy land – auctions, valuations, insurance, land agents, assessing the site
- Getting the money – loans, grants and shares
- Community share issues and incorporating as an Industrial and Provident Society
- Hearing from groups who have already bought land
- Advice from the experts
- Discussion and networking

This event is being hosted by the Federation of City Farms & Community Gardens.

Book via the link, or get further information from Abby on 02920 225942 or [wales@farmgarden.org.uk](mailto:wales@farmgarden.org.uk)

[http://en.communitylandadvice.org.  
uk/en/news/25092012-1054/event-  
communities-buying-land-training-  
cardiff](http://en.communitylandadvice.org.uk/en/news/25092012-1054/event-communities-buying-land-training-cardiff)

# Courses

## MSc Sustainable Agriculture and Food Security at the Royal Agricultural College

This course combines the principles of sustainable development with an examination of the various systems of food production in the context of providing a secure supply to meet the ever-changing requirements of a growing world population. It provides an opportunity for graduates or professionals in other disciplines to direct their careers towards agriculture and food supply.

The principal aim of the course is to enable students to gain the specialised knowledge, understanding, skills and attitudes necessary to contribute effectively and ethically to strategic decision making, opinion forming and operational management for the sustainable development of agricultural and food supply systems in both developed and developing regions.

New for 2012! International Internship Grants of £1000 to assist with travel costs to enable students to gain valuable work experience.

### Who is the course for?

Anyone who is concerned that our food production systems will not be fit for purpose by the middle of this century! This is the ideal course for those looking for a career in production, policy, and sustainable development focusing on food or resource consumption in agriculture. The student should have a degree in a related subject or an interest in a career in one of the key themes. This course attracts students from a wide age group and a wide range of backgrounds and is particularly appropriate for more mature students who are re-directing their careers.

### How is the course organised?

The course may be studied full-time over one academic year, or part-time over two years with five core modules:

- Development Project Management – to develop the necessary skills.
- Poverty and Food Security – to understand the demand for food and the issues in providing it.
- Integrated Agricultural Systems – to examine the sustainability of a range of food producing management systems.
- Sustainable Management of Soil and Water – to understand the issues in managing the two key natural resources for plant growth.

- Agricultural and Rural Policy – to examine the role of policies such as WTO and CAP in delivering sustainable agriculture.

The student will then choose three additional modules – at least two from Sustainable Agricultural Intensification, Small Scale Farming, Organic Production and Marketing plus any one other preferably from the MSc International Rural Development modules excluding Natural Resource Appraisal and Economics of the Environment. All students will complete an independent research project on a topic related to one of the key themes of the course, presented as two journal papers, one a review of the topic, the other a research paper.

### Learning style?

Student will gain a broader understanding of relevant issues through knowledge acquisition, intellectual enquiry, debate, and team/individual research. The course will also provide a learning environment that encourages the student to explore factors influencing sustainability while at the same time reflecting on his own actions and attitudes, and those of others. In addition to lectures, student will participate in case studies, seminars and management projects dependent on module selections. This approach fosters teamwork and complements individual study and student learning.

Students will be involved in several team projects; including producing a magazine and organising a national conference.

The following themes will be developed:

- Human exploitation of the Earth's resources for food production and the global and local implications of human development.
- The ecological basis for resource utilisation allied to wider environmental and landscape considerations of food production and supply.
- The role and function of institutional structures in relation to development, resource exploitation, social, cultural, ethical and inter-generation considerations.
- The application of development paradigms, models and tools to build capacity within communities, institutions and individuals.

### Entry requirements

- The normal minimum entry requirement will be an Honours degree at upper second level.
- Mature candidates with significant relevant work experience and lower academic qualifications may also be considered for entry, following personal interview with the Course Manager.
- If the student first language is not English, we will accept the International English Language Test (IELTS) with a minimum score of 6.5 in all elements.
- If the student has other qualifications, including overseas awards and other English language qualifications, they are advised to contact Admissions to discuss the suitability of his/her award for entry onto the course.

### Career prospects

This is a new course but closely related to the MSc International Rural Development where graduates have entered careers in research, consultancy, policy formulation and project management for international organisations, government departments and national agencies, NGOs, research institutes and commercial companies across the world.

<http://rac.ac.uk/study/postgraduate-study/sustainable-agriculture-and-food-security>

## Seminars at the RAC

### The improvement of beef quality 10am–3pm Wednesday 14 November

How meat quality can be improved, whilst maintaining a profitable beef industry in the UK in a highly competitive global market

<http://rac.ac.uk/business-services/south-west-rural-update/networking-events/south-west-rural-update-events/the-improvement-of-beef-quality>

### Trees for farms 10am–6pm Wednesday 5 December

How tree planting in the right place can help productivity and sustainability, not just create new woodland cover.

<http://rac.ac.uk/business-services/south-west-rural-update/networking-events/south-west-rural-update-events/trees-for-farms>



# ...more courses & training

## Chutney Making Workshop

7–9pm Wednesday 21 November  
Windmill Hill City Farm  
£12/£6 concessions

Come along to the farm and learn how to make delectably tangy chutney. We will be using produce picked from our local chutney walk. Ideal to be given as gifts for the upcoming Christmas period.

[www.windmillhillcityfarm.org.uk/course/workshops.html](http://www.windmillhillcityfarm.org.uk/course/workshops.html)

## Apple Tree Pruning

10.30am–12.30pm Saturday 24 November  
Lawrence Weston Community Farm  
Free but please book

Learn the secrets to pruning young apple trees in order for them to have productive fruiting lives.

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

## Permaculture Design Course

12 Thursday evenings plus a choice of weekend field trips and practical days.

St Werburgh's Centre, Bristol  
6.45–9.30 pm every Thursday,  
10 January–28 March (half term 7 Feb)  
Full £325, Low wage £225 or unwaged £115 (limited places)

Led by Sarah Pugh with Mike Feingold and other guest tutors.

An inspiring and informative exploration of the principles and practice of Permaculture Design; a common sense, holistic and simple approach to sustainable living and growing.

Visits to plots around the SW including intentional communities, eco-builders, no-dig and forest gardeners and energy projects give you first hand experience from practitioners and experts. Learn hands on skills in a choice of practical sessions. The course culminates in group design projects on local projects.

[www.sarah-pugh.co.uk](http://www.sarah-pugh.co.uk)

## The Low-impact living initiative (LILI)

For all course information:  
[http://lowimpact.org/venues\\_south\\_west.html](http://lowimpact.org/venues_south_west.html)

**Gardening: propagation for beginners**  
10am–4pm Thursday 1 November · £95  
Cotswold Gardening School, Gossington Hall, Gossington GL2 7DN

**Wild fermentation – sourdough baking and vegetable preservation**

9am–5pm Saturday 3 November · £50  
Embercombe, Near Exeter, Devon

**Habitat management for lower plants and fungi**

10am–4pm Tuesday 6 November · £100/£75  
Cleeve, North Somerset

**People & permaculture design course**

7–22 November (2 weeks) or  
27 January–9 February · £750–£975  
Monkton Wyld Court, Near Charmouth, Bridport, Dorset DT6 6DQ

**Lower Shaw Farm Cookery School**

9–11 November · £105–£150  
Lower Shaw Farm, Shaw, Swindon SN5 5PJ

**Woodland coppicing**

10am–4pm Sunday 11 November or  
Sunday 6 January · £49  
Coberley, Gloucestershire GL53

**Gardening: propagation morning class**

9.30am–1pm Tuesday 20 November · £50  
Cotswold Gardening School, Gossington Hall, Gossington GL2 7DN

**Woodland coppicing**

9.30am–5pm Saturday 24 November · £49  
Heartwood Project, Near Bath

**Kitchen garden planning**

9.30am–1pm Tuesday 27 November or  
Saturday 12 January · £50  
Cotswold Gardening School, Gossington Hall, Gossington GL2 7DN

**Winter garden week**

3–7 December · £50–£150  
Monkton Wyld Court, Near Charmouth, Bridport, Dorset DT6 6DQ

**Orchard creation & maintenance**

10am–4pm Saturday 26 January · £80  
Mumbleys Farmhouse, Mumbleys, Near Thornbury BS35 3JY



## Training with Voscur

### Greening your organisation

10am–12.30pm Wed 7 November  
The Southville Centre, Beaulieu Road, Southville, Bristol BS3 1QG  
£10 for Voluntary and Community Sector Organisations

[www.supporthub.org.uk/greening-your-organisation](http://www.supporthub.org.uk/greening-your-organisation)

### Prove it! – Convincing funders your project is needed

9.30am–3.30pm Thurs 13 December  
Phoenix Social Enterprise, 5 Russell Town Avenue, Redfield BS5 9LT  
Voscur Full Members £55, Associate Members £75, Non Members £125

[www.supporthub.org.uk/prove-it-convincing-funders-your-project-needed-0](http://www.supporthub.org.uk/prove-it-convincing-funders-your-project-needed-0)

### Volunteers and the Law

9.30am–1pm Thursday 24 January  
Location TBC  
Voscur Full Members £55, Associate Members £75, Non Members £125

[www.supporthub.org.uk/volunteers-and-law-0](http://www.supporthub.org.uk/volunteers-and-law-0)

# Publications

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## **Extreme Weather, Extreme Prices:** The costs of feeding a warming world

**Tracy Carty, Climate Change Policy Adviser, Oxfam GB**

Climate change is making extreme weather much more likely. As the 2012 drought in the USA shows, extreme weather means extreme food prices.

Our failure to slash greenhouse gas emissions presents a future of greater food price volatility, with severe consequences for the precarious lives and livelihoods of people living in poverty.

This briefing draws on new research commissioned by Oxfam which models the impact of extreme weather – like droughts, floods and heat waves – on the prices of key international staple crops in 2030. It suggests that existing research, which considers the gradual effects of climate change but does not take account of extreme weather, is significantly underestimating the potential implications of climate change for food prices.

This research shows how extreme weather events in a single year could bring about price spikes of comparable magnitude to two decades of long-run price rises. It signals the urgent need for a full stress-testing of the global food system in a warming world.

[www.oxfam.org/en/grow/policy/extreme-weather-extreme-prices](http://www.oxfam.org/en/grow/policy/extreme-weather-extreme-prices)

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## **Full Planet, Empty Plates:** The new geopolitics of food scarcity

**Lester R. Brown, Earth Policy Institute**

The world is in transition from an era of food abundance to one of scarcity. Over the last decade, world grain reserves have fallen by one third. World food prices have more than doubled, triggering a worldwide land rush and ushering in a new geopolitics of food. Food is the new oil. Land is the new gold.

Read the first chapter at:

[www.earth-policy.org/books/fpep/fpepch1](http://www.earth-policy.org/books/fpep/fpepch1)

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## **Nature's matrix:** Linking agriculture, conservation and food sovereignty

**Ivette Perfecto, John Vandermeer, and Angus Wright**

In any discussion of biodiversity and species extinction, someone insists that overpopulation is the problem. More people equals more farms equals less wilderness equals more extinctions. Life is a zero-sum game: you can have people and farming OR wildlife and biodiversity, but not both.

*Nature's Matrix* offers a convincing antidote to such views. Drawing on their extensive practical experience with conservation and agriculture in Central America and the Amazon, combined with recent research in ecology and agronomy, the authors propose a radical 'new paradigm' for conservation, a strategy based on powerful evidence that preserving biodiversity is inseparable from the growing struggle of peasant farmers for human rights, land, and sustainable agriculture.

[www.energybulletin.net/stories/2012-10-19/natures-matrix-linking-agriculture-conservation-and-food-sovereignty](http://www.energybulletin.net/stories/2012-10-19/natures-matrix-linking-agriculture-conservation-and-food-sovereignty)

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## **'Our land, our lives'** Time out on the global land rush

**Oxfam briefing**

In the past decade an area of land eight times the size of the UK has been sold off globally. This land could feed a billion people, equivalent to the number of people who go hungry each night. In poor countries, foreign investors have been buying an area the size of London every six days. With food prices spiking for the third time in four years, investors see land as a good long-term bet. All too often, forced evictions are a consequence of these land deals in developing countries. In the past the World Bank has chosen to freeze lending when poor standards have caused dispossession and suffering. It needs to do so again, in order to play a key role in stopping the global land rush.

[www.oxfamamerica.org/files/our-land-our-lives.pdf](http://www.oxfamamerica.org/files/our-land-our-lives.pdf)

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## **Prospects for the Future:** Scaling up the community food sector

**Research by Cardiff University for the Making Local Food Work Programme**

Over the last decade, social enterprises in the UK have played a pioneering role in responding to society's demands for a more sustainable food system. Initiatives like farmers' markets, community food shops and community supported agriculture schemes have been instrumental in facilitating face-to-face relationships between producers and consumers, thereby providing a concrete response to widespread concerns about the lack of transparency and accountability in the conventional, industrialised food system.

While community food enterprises are providing local markets for goods and initiating demand for ethical, sustainable food stuffs, the community food sector alone cannot make changes to the global food system. Community food enterprises are helping to change behaviour on a local level; however, to make global changes, a shift in consumer and industry behaviour requires action from key decision makers at national and international levels.

<http://orca.cf.ac.uk/38352/>

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## **How to compost in your apartment**

All you need to know about composting indoors with worms –and a promise of no smells and no pests.

[www.sustainableamerica.org/blog/how-to-compost-in-your-apartment/](http://www.sustainableamerica.org/blog/how-to-compost-in-your-apartment/)

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## **Ecosystem services from Environmental Stewardship that benefit agricultural production**

**Natural England**

The report shows how Environmental Stewardship schemes can help protect soil and water, regulate pest species and improve pollination, which in turn helps support crop production.

[http://sd.defra.gov.uk/2012/08/environmental-stewardship-and-food-security/?utm\\_source=email&utm\\_medium=email&utm\\_campaign=A78,Y0GO,2ZA10E,2U358,1](http://sd.defra.gov.uk/2012/08/environmental-stewardship-and-food-security/?utm_source=email&utm_medium=email&utm_campaign=A78,Y0GO,2ZA10E,2U358,1)



# ...more publications

## Herbal remedies:

How to make, use & grow them

**Sorrell Robbins, LILI • £11.95**

Learn about identifying and harvesting medicinal plants. Make a range of simple medicines including ointments, salves, syrups, oils, compresses, infusions and decoctions.

[www.lowimpact.org/acatalog/books\\_herbal\\_medicine.html](http://www.lowimpact.org/acatalog/books_herbal_medicine.html)

## Growing gourmet and medicinal mushrooms

**Paul Stamets • £43**

Production techniques for home and commercial cultivation, detailed growth parameters for 31 mushroom species, a trouble-shooting guide, and handy gardening tips.

[http://lowimpact.org/acatalog/books\\_mushrooms.html](http://lowimpact.org/acatalog/books_mushrooms.html)

## Sprouts and sprouting

**Valerie Cupillard • £12.99**

Turn your kitchen into a garden. Discover the pleasures of transforming wheat, lentils, mustard or alfalfa into sprouts and shoots. This book includes 70 healthy and creative recipes with an accent on raw nutrition and flavour.

[www.lowimpact.org/acatalog/books\\_sprouting.html#a193](http://www.lowimpact.org/acatalog/books_sprouting.html#a193)

## The ultimate fruit & nut guide

**Susanna Lyle • £40**

Everything a gardener needs to know and much that a commercial producer would find valuable in terms of choice of varieties and marketing of the harvest.

[www.lowimpact.org/acatalog/books\\_fruit\\_trees\\_and\\_orchards.html#a1722](http://www.lowimpact.org/acatalog/books_fruit_trees_and_orchards.html#a1722)

## Publications from the Government department for Communities and Local Government

### Space for food growing: Guide

[www.communities.gov.uk/publications/communities/foodgrowingguide](http://www.communities.gov.uk/publications/communities/foodgrowingguide)

### Get the green space you want:

#### How the Government can help

[www.communities.gov.uk/publications/communities/greenspacehelp](http://www.communities.gov.uk/publications/communities/greenspacehelp)

### Potential funding for community green spaces

[www.communities.gov.uk/publications/communities/greenspacefunding](http://www.communities.gov.uk/publications/communities/greenspacefunding)

### Food growing: Case studies

[www.communities.gov.uk/publications/communities/foodgrowingcasestudies](http://www.communities.gov.uk/publications/communities/foodgrowingcasestudies)

### Community orchards: How to guide

[www.communities.gov.uk/publications/communities/orchardshowto](http://www.communities.gov.uk/publications/communities/orchardshowto)

### Community orchards: Case studies

[www.communities.gov.uk/publications/communities/orchardscasestudies](http://www.communities.gov.uk/publications/communities/orchardscasestudies)

## About That First Tweet – New practical guide for charities on using social media

The guide assembles the thoughts of nearly 200 small and medium-sized charities and social enterprises on social media. It includes interviews with social media experts from Twitter, Facebook and LinkedIn, all of who give tips on how to best engage with the platforms they provide; case studies of organisations who've successfully used social media to achieve off-line goals; a checklist of reminders and tips; and further reading.

[www.supporthub.org.uk/news/11102012-333pm/about-first-tweet-new-practical-guide-charities-using-social-media](http://www.supporthub.org.uk/news/11102012-333pm/about-first-tweet-new-practical-guide-charities-using-social-media)

Vala (Bristol's first community-supported publishing co-operative) proudly invites you to a celebration of our latest book

## Feeding Orchids to the Slugs: Tales from a Zen Kitchen

**Florencia Clifford**

Come and taste delicious recipes from the book, meet the author and artist, and hear how food and cooking can bring about magical shifts in your life.

**6.30–8.30pm Thursday 22 November  
St Stephen's Church, Bristol BS1 1EQ**

Florencia will be signing copies of the book, which will be on sale for £15.99  
RSVP by 16 November:  
[sarah.bird@valapublishers.com](mailto:sarah.bird@valapublishers.com)

[www.valapublishers.coop/feedingorchidstotheslugs](http://www.valapublishers.coop/feedingorchidstotheslugs)

[www.facebook.com/FeedingOrchidsToTheSlugs](https://www.facebook.com/FeedingOrchidsToTheSlugs)



## Odds & ends... A crowd-funded blight-resistant potato?

The Sarvari Research Trust breeds non-GM, blight-resistant potatoes that don't need constant spraying. These are known as Sarpo varieties.

They have a promising new seedling whose performance needs to be tested against standard varieties in the field/garden and in the kitchen. Then they can

send seeds for government testing (very expensive) over two growing seasons. If the regulators agree that the potato would make a useful new variety, they will award it National List status. Sarvari need £5000 to help do this.

Sarvari can't get grant funding for this kind of work because it is thought to be near

market research and therefore a private matter. Breeders of GM resistant potatoes do get grant support. Funders will get to field-test the new variety for themselves.

[www.buzzbnk.org/ProjectDetails.aspx?projectId=84&dm\\_i=4UO,ZLMK,JC186,300FP,1](http://www.buzzbnk.org/ProjectDetails.aspx?projectId=84&dm_i=4UO,ZLMK,JC186,300FP,1)

# Odds & ends

## Allotments available

Many allotment sites in Bristol only have short waiting lists (the numbers of sites with years long lists is actually very small). Sites with vacancies at the moment are:

- Whittock Road, Stockwood
- Wedmore Vale, Bedminster
- Park, Brislington
- Wickham Hill, Stapleton
- Atwood Drive, Lawrence Weston
- Fortfield Road, Whitchurch
- Speedwell (by the old swimming baths)

Applicants can contact us at 0117 922 3737 or can apply via our website:

[www.bristol.gov.uk/allotments](http://www.bristol.gov.uk/allotments)

## Wired 4 Food

Coders, hackers and designers came together at the Wired 4 Food 24-hour hackathon at the University of Bristol Campus in September to help transform the way we produce and consume food. The event was part of Forum for the Future's Wired for Change series – designed to inspire and engage the digital communities in the global problems we face. See the winning prototypes which emerged on the day:

[www.forumforthefuture.org/project/wired-change/more/wired-food-projects](http://www.forumforthefuture.org/project/wired-change/more/wired-food-projects)

## The Allotments Regeneration Initiative

After ten years' work, the Allotments Regeneration Initiative, a partnership between the Federation of City Farms and Community Gardens and the National Society of Allotment and Leisure Gardeners, has reached its natural conclusion. The project will close on 31 October 2012 but please check partner websites for details of ongoing work.

[www.farmgarden.org.uk/ari](http://www.farmgarden.org.uk/ari)  
[www.nsalg.org.uk/](http://www.nsalg.org.uk/)

## Bristol Fair Sustainable Future? Ask your Mayoral Candidates

If you couldn't get a ticket for the hustings, you can watch 5 of the mayoral candidates respond to 'green' questions (including a couple about food) at:

[www.bristolfoe.org.uk/mayor](http://www.bristolfoe.org.uk/mayor)

## The Soil Association is asking people to help Keep Britain Buzzing!

Billions of bees have been lost in recent years, seriously jeopardising future food supplies. Their loss is a sign that something is badly wrong. The Soil Association want neonicotinoid pesticides, widely used in agriculture and domestic gardens to be banned and we want to promote bee-friendly organic farming so everyone can make a difference by simply changing their shopping habits.

You can support the Soil Association's work, protect bees, and Keep Britain



Buzzing by donating to their campaign. As a thank you they'll send anyone who donates £5 or more a campaign badge and pack of bee-friendly organic phacelia seeds.

Support the campaign at:  
[www.soilassociation.org/supportus/keepbritainbuzzing](http://www.soilassociation.org/supportus/keepbritainbuzzing)

Find out more about the dangers facing bees here:

[www.soilassociation.org/wildlife/bees](http://www.soilassociation.org/wildlife/bees)

## BCfm Green City

BCfm, Bristol's community radio station, now have a weekly programme covering environmental issues. 'Green City', presented by Joe Evans, goes out every Monday between 10am and 12pm, and features interviews, news and discussion on issues ranging from local food, sustainable energy, transport and more. The show on 22 October had a theme of 'food' and featured interviews with Joy Carey, author of *Who Feeds Bristol?*, and Phil Haughton of the Better Food Company and Chew Valley Community Farm.

You can catch the show live on 93.2FM or listen to past shows online at:

[www.bcfm.org.uk/category/shows/green-city](http://www.bcfm.org.uk/category/shows/green-city)

## Give your organisation a Boost! with a professional volunteer

The Boost! programme (managed by Volunteer Bristol in partnership with the Support Hub at Voscur) aims to match highly skilled individuals from a variety of professional backgrounds with an organisation in need of specialist support. Volunteer Bristol currently have a number of volunteers with expertise in areas such as website design, financial planning, business development, photography and HR looking for opportunities to support voluntary organisations on a specific short term project or task.

If you think you could benefit from having a Boost! volunteer, call Mel at Volunteer Bristol on 0117 989 7734 or e-mail; [boost@volunteerbristol.org.uk](mailto:boost@volunteerbristol.org.uk) for further information.

## The Forest of Avon: Supporting Local Tree Action

It's what we do and we are pleased to continue to offer a FREE advisory meeting for any group/individual considering:

- Grants for trees, including all Forestry Commission grants
- The management requirements of trees/woodlands
- Planting or managing trees
- Setting up a group to get more trees planted, or to manage a woodland
- Planting trees in gardens
- Planting fruit trees
- Forest School accredited training.

We also directly support local action through our Free Trees, Garden Forest and Street Orchard schemes. This quarter we have worked groups/ individuals in Clevedon, Bedminster, Haydon, Knowle West, Nailsea, Pensford, Keynsham and Radstock. We have also secured funding from South Gloucestershire Council to erect woodland signs promoting access on foot, at sites at Siston and Upton Cheyney.

<http://forestofavontrust.org/>

### Fruit Trees offer

Fruit trees are ideal for all gardens/allotments and because they can grow on dwarf rootstocks, they can make even the smallest space green and productive.

Once again we have sourced top quality fruit trees at close to wholesale prices. If you interested and a Bristol allotment holder, please go to:

<http://forestofavontrust.org/2012/07/attention-all-bristol-allotment-holders/>

others please go to:

<http://forestofavontrust.org/2012/09/its-time-to-order-your-fruit-trees/>



# Regular things

## New 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](mailto: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: [eastoncommalot@yahoo.co.uk](mailto:eastoncommalot@yahoo.co.uk) [eastoncommalot.wordpress.com](http://eastoncommalot.wordpress.com)

## Eastside Roots volunteer days

**Stapleton Road Train Station  
10am–4pm Fridays, 11am–4pm Saturdays**

Improve your local community, meet new friends, learn new skills and keep fit. Email: [enquiries@eastsideroots.org.uk](mailto:enquiries@eastsideroots.org.uk) [www.eastsideroots.org.uk](http://www.eastsideroots.org.uk)

## 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.sustainableland.org.uk/what-can-i-do/metford-road-community-orchard](http://www.sustainableland.org.uk/what-can-i-do/metford-road-community-orchard)

## Royate Hill Community Orchard

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

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

[www.kebelecoop.org/?page\\_id=28](http://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](http://www.3ca.org.uk/projects/trinity-gardens)

## Regular markets

### Ashton Court Producers Market

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

### Bristol Farmers' Market

Corn 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

**Slow Food Market** Corn Street, 1st Sunday of the month 10am–3pm

### Stokes Croft Market

Full Moon, Hamilton House, Boston Tea Party, 2nd Saturday of the month 11am–6pm

### 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

## Follow us on Facebook!

[www.facebook.com/pages/Bristols-local-food-update/117246931647992?created#!/pages/Bristols-local-food-update/117246931647992?v=info](http://www.facebook.com/pages/Bristols-local-food-update/117246931647992?created#!/pages/Bristols-local-food-update/117246931647992?v=info)



## Bristol's local food update

If you didn't receive this PDF by email, you can send a subscription request for future issues to be sent direct to you, to: [bristollocalfood@googlemail.com](mailto: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.co.uk](http://www.janestevenson.co.uk)*

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

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

### Soil Association e-news

[www.soilassociation.org/TodaysNewsLogin/tabid/639/Default.aspx](http://www.soilassociation.org/TodaysNewsLogin/tabid/639/Default.aspx)

### Garden Organic e-news

[www.gardenorganic.org.uk/e-news/sign\\_up.php](http://www.gardenorganic.org.uk/e-news/sign_up.php)

### Urban Agriculture newsletter

[www.sustainweb.org/cityharvest/newsletter/](http://www.sustainweb.org/cityharvest/newsletter/)

### Forest of Avon

<http://forestofavontrust.org/>

### Growing Schools newsletter

[www.growingschools.org.uk](http://www.growingschools.org.uk)

### Food Climate Research network

[www.fcfn.org.uk](http://www.fcfn.org.uk) (go to email sign-up)

### F3 Local food news

[www.localfood.org.uk/index.html](http://www.localfood.org.uk/index.html)

### Voscur

[www.voscur.org/news](http://www.voscur.org/news)

### Food Lovers Britain

[www.foodloversbritain.com/register/register.php](http://www.foodloversbritain.com/register/register.php)

### Defra's SD scene newsletter

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