

BRISTOL FOOD NETWORK

Bristol's local food update

COMMUNITY PROJECT NEWS · COURSES · PUBLICATIONS · EVENTS

NOVEMBER–DECEMBER 2011

The harvest is in, and it's time to contemplate what to do with that house-full of apples, and to make tentative plans for the new season. Keith Cowling calmly takes us through how to tackle an overgrown patch of ground, and for those who like to cultivate together, we also have news from Bristol's growing community supported agriculture schemes.

This issue also brings details of up-coming Christmas fairs and markets. Why not support these, and make yours a Bristol Independent Christmas?

Please email any suggestions for content of the January–February newsletter to bristollocalfood@googlemail.com by 9 December.



Bristol Independents campaign

The Bristol Independents campaign launched on 17 September, with Barbara Janke raising the flag of Independents at St Nicks market.

The idea behind the campaign is to support Bristol's Independent traders by encouraging shoppers to 'try something local from somewhere local', and by encouraging traders to work co-operatively by marketing themselves collectively as high street shopping destinations.

The campaign has produced colourful recipe postcards for 8 pilot high streets, which you can also email to a friend from the website. Whereas the pilot looked only at independent food traders, the campaign is now being extended to all independent high street shops and market stalls within the city.

If you're a trader, then you can display the campaign logo on your website and in your window, so customers can identify

you as a Bristol Independent. You can also use our website to promote any events or special offers. Contact us if you would like to discuss some collective marketing for your high street. If you're a shopper, then look out for our bright yellow posters, and help us find Bristol's favourite food businesses by voting online in the first Bristol Independents Awards.

Contact: bristol.independents@gmail.com
www.bristolindependents.co.uk

Council leader, Barbara Janke, hoists the Independents flag at St Nicholas Market, with market traders.



The Lord Mayor visits Whiteladies Farmers' market, and is presented with a copy of Who Feeds Bristol? by Joy Carey.



Independents Day special offers at Shepdrove and Wild Oats.



**BRISTOL
FOOD
NETWORK**

Bristol's local food update is produced by 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.

Markets update

New Wine Street market

Shoppers in Bristol can now take advantage of a new Friday food market thanks to St Nicholas Market, the Bristol Independents Campaign and a committed group of local producers, growers and traders.

Starting on Friday 14 October, the new food market will set up stall in Wine Street and will feature a great selection of some of the best independent food retailers and traders in the region. The new market will give shoppers and city-centre workers improved access to a great range of fresh and local products.

The weekly street market is being operated in conjunction with the Bristol Independents Campaign, which aims to encourage people to shop locally and 'keep our high streets alive'.

Council Leader, Barbara Janke, says: "The introduction of an additional daily food market offering locally sourced, quality food is something I very much welcome. "The new Friday market will showcase some of the best independent traders in the region and will further underpin Bristol's reputation as a city renowned for quality food and successful independent traders."

Stokes Croft Markets Group

The Stokes Croft Markets Group are working to bring a Street Market of very high quality to Stokes Croft and this will be based largely, but not exclusively, around good, healthy fresh food – locally produced wherever possible such as bread, fruit, vegetables, cheese, fish, and meat. The members of the steering group are: No.51 Stokes Croft, Coexist, The Matthew Tree Project, Community Kitchen, The Canteen, and The People's Supermarket.

We are planning a **Winter Fayre/celebration day** on **Saturday 17 December** to whet the appetite and as a vehicle to make the wider community aware of what is coming. The Stokes Croft Winter Fare is the first event organized by the Stokes Croft Markets Group. The fayre, as well as being a winter celebration, will be used as a public consultation to see what the community would like from a weekly market. Planned attractions will be an arts and crafts market at Hamilton House, a Christmas market at The Full

The Friday Food Market will sell basic products, such as: bread; cheese and fish and will feature local producers and artisans such as Yatton-based bakery, Pullins; fishmongers Felce Foods; Bristol Charcutier, Vincent Castellano; cheeses from Greens of Glastonbury and organic produce from Crooked End Farm in Gloucester.

The market will also feature some international flavours, including Dr Weng's legendary authentic Szechuan cuisine and the American Kitchen's store of goodies offering American street food classics – 'Sloppy Joes'. And for those with a passion for something sweet, some of Bristol's best home made cupcakes from local favourites Absolutely Cakes and Crumpet Cakes will also be on sale.

Friday Food Market

Wine Street
10am–4pm

Slow Food Market

Corn Street
Sundays 6 November and 4 December

St Nicholas Christmas Food Market

Corn Street
10am–4pm Saturday 17 December



Moon (which will run for the whole of December), a food market, BBQ, hot cider, music, street theatre, art and much more!

The weekly Stokes Croft Street Market will then commence some time in the New Year and we are hoping that local independent traders will play a significant role in its beginnings and ongoing success.

Contact: Jake Smith
07733 478122
stokescroftstreetmarket@hotmail.co.uk

On the web...

Planning reforms will threaten Britain's ability to grow food

DIGEST: The Town and Country Planning Association say the new planning rules do not require local authorities to replace prime agricultural land that could be lost to building developments and future sea level rises.

www.telegraph.co.uk/earth/hands-off-our-land/8829592/Planning-reforms-will-threaten-Britains-ability-to-grow-food.html

Hand Off Our Land: Planning reforms will ruin our high streets, warns John Lewis

DIGEST: John Lewis claim that the current planning reforms weaken protection of market towns already struggling in the recession, and are disappointed that there were no measures to encourage smaller shops back into town centres.

www.telegraph.co.uk/earth/hands-off-our-land/8825934/Hand-Off-Our-Land-Planning-reforms-will-ruin-our-high-streets-warns-John-Lewis.html

Bitter harvest: migrant workers on UK farms 'still exploited'

DIGEST: Migrant workers are vital for meeting the UK's demand for year-round fruit and vegetables. But despite improvements since the Morecambe Bay tragedy, allegations of poor conditions and abuse in the horticulture sector persist.

www.theecologist.org/News/news_analysis/1083134/bitter_harvest_migrant_workers_on_uk_farms_still_exploited.html

A new approach to feeding the world

DIGEST: How can we feed the world without destroying ecosystems in the process?

www.thesolutionsjournal.com/node/977

Should cheap phosphorus be first on an elemental 'Red List'?

DIGEST: Phosphorous is a key ingredient in fertilizer, but 85% of the resource is limited to three countries in the world, and inexpensive phosphorus may become a thing of the past.

www.energybulletin.net/stories/2011-10-14/should-cheap-phosphorus-be-first-elemental-red-list

Have you ever thought of starting up or joining a food co-op?

The main principle behind all community run food co-ops is that by pooling their buying power and ordering food in bulk direct from suppliers, a group of people can buy good food at a more affordable price.

Small food co-ops or buying groups work by collecting together everyone's orders in advance, whereas other models operate more like other food businesses in that they order the produce from suppliers and then sell it to their customers via stalls, bag or box schemes, mobile stores, shops or other types of outlet.

The main things community food co-ops have in common are they:

- Are run by the community for the community
- Aim to supply produce at affordable prices
- Are run on a not for profit basis
- Generally rely on the support of volunteers, either in the day-to-day running or on the committee

However every food co-op is unique, and the way it runs will depend on the community it serves and the people who run it. Food co-ops can differ in almost every way including:

- **What they sell** e.g. a lot of food co-ops sell fruit and vegetables, whereas others focus on organic wholefoods and some also sell eggs, meat, dairy produce or other foods.
- **When they sell it** e.g. many food co-ops only run one day a week, some meet once a month, and others are open every day.
- **How they sell it** e.g. some sell their produce loose on stalls, whereas others sell it pre-packed in bags or boxes.
- **Where they sell it** e.g. food co-ops run in a wide range of locations e.g. schools, community centres, church halls or even have their own shops.

What's been happening in Bristol?

In Bristol, two new fresh food co-ops have opened up in recent months at Avonmouth Community Centre and Southmead Community Centre. Two more are planned in Lawrence Weston and Lockleaze.



Avonmouth Food Co-op

Alv Hirst, Avonmouth Community Centre Manager, says "Local residents told Avonmouth Community Centre how they found getting fresh fruit and veg at affordable prices difficult. We responded by setting up Avonmouth Community Greengrocers – a buying project for the local people. Launched this year, it is still early days, but the addition of new volunteers means the project will have greater capacity to grow. We operate simply, with orders and payments being taken in advance of the weekly delivery from the wholesaler. The produce is good quality, and the prices compare very well with even supermarket prices. We now have a core of regular customers which is growing at a steady pace. Our aim is to create a sustainable project that can be handed over to the community to run and ensure Avonmouth residents find it easy and affordable to get their 5 a day!"

Southmead Community Shop

In Southmead the Community Centre introduced a new community shop scheme in July. This is a fantastic opportunity to pick up fresh fruit and vegetables at great prices from your local community. You can complete a simple order form and collect your order from Southmead community centre every Tuesday and if you have extra time can combine your collection with a cuppa at our centres Lunch Club between 12 and 2pm weekly.

Register your contact details with the centre by calling 0117 9501187 or emailing info@southmeadcommunitycentre.org.uk

Further info and support

For help, advice and support from Sustain: the alliance for better food and farming if you're interested in setting up a food co-op including:

- Free copy of our Food Co-ops Toolkit
- 1:1 advice from our regional advisers
- Free banners and leaflets for food co-ops selling fruit and veg
- Food co-ops cotton bags for 50p each – or 20 free bags for new food co-ops
- Free study visits to other similar food co-ops
- Free events and training
- Free advice on legal structures via Co-operatives UK
- Free business advice from Enterprise Support Consultants
- Help with finding local suppliers

For more information contact:

Alison Belshaw, Food Co-ops Adviser (South West)
alison@sustainweb.org

www.foodcoops.org



The Community Farm

Becoming a part of it

This is what writer, explorer and television presenter, Monty Halls, says about the farm:

“What a wonderful idea! A bold and visionary scheme to reconnect with the way we have always grown our food, with the local community investing some of their own energy into their own produce. This is a local initiative that I feel could catch on throughout the country, and I know from personal experience that when you’ve invested that little bit of time and effort into the food you eat, it just tastes so much better. It’s not only fresh and sustainably farmed, but the consumer has that satisfaction of having been responsible for making it happen in the first place. I wish everyone involved in the project all the very best, and sincerely hope that the farm flourishes and prospers for many years to come.”

Monty’s not alone in thinking it’s a wonderful idea....more than 450 other people (our members) think so too.

There’s still time to invest

Our Chair, David Hunter, shares some thoughts on the investment:

“Cycling back to Bristol after the Harvest Festival, I reflect on how I can encourage friends and neighbours, work colleagues and networks, to become part of our growing community. I reflect that membership can be secured for £50. That is life membership for the cost of a meal out. Even if it means sacrificing a romantic night for two, or a family event, either of these can be replicated several times over if you instead use your membership for visits to the farm.”

“For those lucky enough to be in a position to invest more, but unnerved that there is no guarantee of a financial return on their money, I consider the alternatives. Do I know what my pension is invested

in? No idea. I have no relationship with that money and how it is used. I do know I get regular reminders that it hasn’t been performing that well and so I should throw more in that direction, which doesn’t strike me as entirely rational. Property, despite the rebalancing of recent years, still has some way to go to reach a sensible value in proportion to incomes, so is hardly the place for spectacular returns. Gold? If you’d bought from Gordon Brown you’d be laughing, but not at today’s prices.”

“Maybe it is time to stop frantically chasing the next great deal in financial terms (Icesave, anyone?) and think instead about other value we can secure for our future. Since I became a member of the farm, I have learnt more about growing food than I had in the last forty years (skills I may well need to get through another forty). I have had better exercise than I could have bought from a gym membership. I have eaten more healthily, met many wonderful people and have a warm glow whenever the subject of food comes up, knowing not only that I live in a place that has something as special on The Community Farm on its doorstep but that I am partly responsible for its existence. What other investment gives me all that?”

“Our second investment, to raise £100,000 to develop our education work, agricultural buildings and buy equipment is open until the end of November. If you’re thinking of Christmas presents... how about a share in the farm for something just a little bit different?”

Full details on the share offer at:
www.thecommunityfarm.co.uk/images/2nd%20share%20offer%20leaflet.pdf

If you would like a Christmas gift share, email: alison@thecommunityfarm.co.uk

Community Farmer Days – come along to a volunteer day

Saturday 12 November – Root harvest

If you’d like to come along please book online at: <http://bit.ly/CommunityFarmVolunteerDayBooking>

We have a number of regular volunteers who help at the farm. One of these, Alan, sums up the pleasure of being part of the growing team:

“Usually the first thing that needs to be done is to give a hand with the produce orders for the day. This could involve (depending on the time of year) picking strawberries, raspberries, courgettes and tomatoes or harvesting broccoli, sprouts, cabbages and kale. After a tea break I may be paired with a member of staff to tackle a particular task. This could be preparation of the beds for future plantings, planting out tomato or courgette plants, sowing seed trays or general tidying up. One never gets bored!

“There is, if one wishes, the opportunity to take on a specific project. One that I did last summer, in conjunction with another volunteer Angie was the propagation of some 800 strawberry plants for the establishment of a secondary strawberry bed to compliment the main one. This project, I am happy to say, we completed on time and the new bed gave a reasonable harvest this spring in spite of its tender age! Angie and I have undertaken another project this season to do with the growing of spring onions; so watch this space!

“One of the highlights of the day for me is the lunch break. Not just for the welcomed break but for the healthy discussions which usually ensue. These could be about agricultural principles, sustainable growing, organic practices, the exchange of recipes or even the contents of one’s lunchbox!”

www.thecommunityfarm.co.uk

Latest news from Sims Hill

Sims Hill Shared Harvest has kicked their autumn season into high gear with a fun and enjoyable Community Apple Pressing Day on 8 October where we welcomed several new interested people to the site for the first time.

We have also had our first members' meeting since the summer break. We are working on setting up new sub-groups to focus on our Community Days, new member outreach, and a potential bee hive project. Details about these groups and projects will appear on our blog shortly <http://simshillsharedharvest.wordpress.com/>. We are also in the process of agreeing our business plan and growing strategy for the next year.

Please see the reflections on our first growing season from James Adamson and Tim Lawrence below:

Tim On the growing front, it has been a bit challenging this year, what with a new site to develop, a heavy weed burden to deal with, and the wireworm having a much harder impact than we expected (despite sowing as much mustard as we could). It has been physically, mentally, and emotionally full on since the get go, and stretched James and me to the limit. The whole infrastructure side of things being slow and complicated has been really draining. Overall, it feels like we have done well though, and there have been regular times of joy and satisfaction in our work in the field.

All of the growing and much of the enjoyment would not have been possible without workshare members (Cai, Ollie, David, Tristan and Matt). They have been fantastic in getting the jobs done and spending time with them has given me a lot of life. The workshare element has been one of the big successes of the year. We have also had a handful of weekday



volunteers spread over the year that have raised morale and helped us crack on with big jobs.

Another delight for me this year was running a pilot community veg growing course one day a week for 10 weeks over the summer. We had nearly twenty applicants for 5 places, and in the end had six trainees. Other than the slightly sporadic attendance at the height of festival season, the training went really well. The trainees were great, the balance of talk and action seemed about right, good food was shared, and friendships were made. I am keen to develop this aspect of Sims Hill next year.

James A successful yet challenging growing season is coming to an end and we have a clearer idea of what life is going to be like growing fruit and veg at Sims Hill, thanks to some great soil, a dedicated team of work share members and a bit of cunning from me and Tim. It is good to see a growing membership who are hopefully happy with the veg we've been growing. It has been great working up at Sims Hill with Tim, the workshare team and occasional volunteers. There have been some great moments such as rotten

onion fights and the occasional soaking of sleepy workshares during the lunch break, not to mention on going socio-political debate amongst the leaf beet.

Now that the summer glut is starting to diminish, the realities of seasonal/local food will soon start to present themselves. This has been compounded by the added pressure of not having a polytunnel and the dreaded wire worm (a soil pest) which has been a persistent source of stress for us all. This coupled with the lack of mains water has led seasoned growers who have visited Sims Hill to be amazed at what we have achieved. In truth the real pioneering nature of Sims Hill has really shone through over the course of the year and I feel that we have demonstrated that it is not about money or infrastructure but about relationships and people that really count. (More money and stuff would be good though!)

At the start of the growing season the well-attended community days added to the vibrancy and mutual enjoyment of being a grower for a CSA. Later in the year, due to the increased workloads and unpredictable attendance, Tim and I decided to postpone workdays until an opportunity presented itself to discuss community matters with other members. This has highlighted the need to explore what members might want in a more coherent way and the need for SHSH to truly be a member-led coop.



<http://simshillsharedharvest.wordpress.com>

Projects we like...

Manchester's Vertical Farm

With rising global populations putting ever more pressure on farm land, the race is on to find new ways of feeding the world. Solutions to this issue include vertical farms; a revolutionary new idea to create high rise farms within the urban environment.

<http://mif.co.uk/event/vertical-farm/>

SPIN Farming Basics

How to grow commercially on under an acre with the **S**mall **P**lot **I**ntensive city-centre farming.

www.energybulletin.net/stories/2011-09-05/spin-farming-basics-book-review

What's the Best Way to Turn a Parking Lot into a Garden?

An old asphalt parking lot might not seem like a good place for a garden, but in urban areas it can be. An Ohio State University expert on intensive small-scale horticulture has started a three-year study on what works best.

<http://extension.osu.edu/news-releases/archives/2010/december/osu-urban-farming-study-whats-the-best-way-to-turn-a-parking-lot-into-a-garden>

Thornbury Harvest Co-op Enjoys Bumper Harvest!

What a summer! Despite the challenges the British weather gives growers of organic vegetables, Thornbury Harvest (previously known as Thornbury CSA) has enjoyed some great veg and fruit off Watch Oak Farm on the edge of Thornbury – just next to the famous Thornbury Castle.



Members weighing out their veg at the old donkey shed at Thornbury Harvest.



Thornbury Harvest have held monthly volunteering mornings on a Saturday to help with jobs such as lifting potatoes and weeding as well as the really fun work of harvesting. The last volunteer morning held in early October was the lifting of the pumpkin and butternut crop. Members then harvested vegetables and at the end of the morning's labour, built a fire and cooked and ate soup together, basking in glorious autumn sunshine – great fun!

The membership is increasing as people get to hear about such good quality, seasonal, fresh and organic vegetables and fruit on their doorstep. One way of getting ourselves known is to have a stall at community events in and around Thornbury.

If anyone is interested in learning more, call 01454 416778 or visit our website: www.thornburycsa.org.uk



Bristol High Street survey

The Council's Sustainable Development and Transport Scrutiny Commission scrutinises Council performance and influences its policy and decision-making. It's holding an inquiry in November to examine best practice in supporting local high streets and making them vibrant and diverse places to visit.

The Commission is keen to hear from people about their local high streets as evidence for the inquiry.

The Commission's chair, Councillor Mark Bradshaw says:

"I'd welcome people's views on the high streets they use, what they like about them and what can be done to improve them.

The information you give will be invaluable to develop the Council's action plan on retail for the city".

There has already been a business survey recently carried out in Stokes Croft, Old Market, Christmas Steps/ Colston Street, Old City, Park Street and East Street – information from these surveys, which include some of the same questions, will be taken into account.

Residents can give their views at: www.surveymonkey.com/s/highstreetsurvey

There's also a business survey at: www.surveymonkey.com/s/highstreetbusiness

On the web...

Food for thought – The Good, The Bad, and The Ugly

DIGEST: The food system is a complex web of tradeoffs that must be taken into consideration when proposing sustainable changes to food and agriculture.

<http://blogs.scientificamerican.com/plugged-in/2011/10/03/guest-post-food-for-thought-the-good-the-bad-and-the-ugly/>

Walmart and the Good Food Movement

DIGEST: Walmart recently created controversy within the 'Good Food Movement' when it donated \$1.2 million to Milwaukee-based Growing Power, a national leader in the struggle to get good healthy food to low-income communities.

www.huffingtonpost.com/eric-holt-gimenez/walmart-and-the-good-food_b_997073.html

Producing sweeteners locally

DIGEST: Many of today's different sweeteners may become more or less important in localization or energy descent situations. Some require industrial facilities and major energy inputs, and a few are dangerous.

www.energybulletin.net/stories/2011-10-04/producing-sweeteners-locally

Culture kitchen: Empowering community through food

DIGEST: A San Francisco start-up on a unique mission to connect local experts in ethnic home cooking with food lovers who are interested in the people and the stories behind the food.

www.energybulletin.net/stories/2011-09-14/culture-kitchen-empowering-community-through-food

World hunger report 2011: High, volatile prices set to continue

DIGEST: Food price volatility featuring high prices is likely to continue and possibly increase, making poor farmers, consumers and countries more vulnerable to poverty and food insecurity.

www.fao.org/news/story/en/item/92495/icode/

An apple tree grows in suburbia

DIGEST: The hot trend in the suburbs is to mix homes and agriculture.

http://online.wsj.com/article/SB10001424053111903392904576510492421141056.html?mod=ITP_thejournalreport_0

Farming Together

The Future of CSA in the UK

The Soil Association held a landmark event on Friday 16 September in Bristol, entitled Farming Together: The Future of CSA in the UK. The conference marked 12 years of the Soil Association working on Community Supported Agriculture and heralded the last six months of the current Big Lottery funded Making Local Food partnership project through which the Soil Association has supported over 70 trading CSA projects and another 120 that are still in development.

The conference was very successful and stimulating and was attended by over 150 delegates from throughout the UK, including a strong contingent from Wales kindly funded by Organic Centre Wales (OCW). It featured several international speakers including Elizabeth Henderson, the guru of community supported agriculture from Peacework Farm in NY state and author of *Sharing the Harvest*, who spoke passionately about her organic farm, community supported agriculture around the world and the relevance of CSA in today's society – on the day after the conference she also visited The Community Farm's harvest gathering in the Chew Valley. The conference also showcased case studies from CSA networks in Germany and France and seven diverse CSA projects from around the UK.

Group discussions focused on what we all want the UK CSA movement to look like in the future and what we could all

be doing to carry the movement forward after the current funding for the Soil Association's CSA project ends in March 2012. Lots of great ideas came out and in response online forms and a live directory of CSA projects will be joining the Soil Association's resource-packed website soon (www.soilassociation.org/csa.aspx). There were also really positive conversations about collaboration between Organic Centre Wales, the Federation of City Farms and Community Gardens and the Soil Association on ensuring information about CSA continues to be readily available – and even more excitingly there were the beginnings of conversations about how regional networks and even national networks might form! If you're interested in being part of a Bristol-wide meeting on CSA in the near future please get in touch with Bonnie (bhewson@soilassociation.org)

@-Bristol provided a really lovely space for the event and the caterers prepared a delicious vegetarian lunch sourcing all the vegetables from The Community Farm – even our apples from a CSA (Dragon Orchard in Herefordshire). In addition Talk and Draw created a graphic map of the day as a permanent record of the days talks and discussions and also capturing the essence of the conference. Audio recordings of the talks and images of the graphic map will be available on our website shortly.

Bonnie Hewson

Funding

South West Foundation: New Community Grant Programme for the South West

South West Foundation, in Partnership with the Learning Curve and the Skills Funding Agency, have opened a new grant programme for the South West. The Community Grants programme, funded by the European Social Fund and the Skills Funding Agency, is aimed at supporting voluntary and community organisations with charitable aims, to deliver projects that will help and support people furthest removed from the labour market to pick up the skills and confidence that will enable them to move toward employment. .

Grants up to £12,000 will be available although it is envisaged that most grants will be in the region of £6,000–£8,000.

The Community grant programme opens 17 October 2011 and closes 28 November 2011. Please contact the foundation for an application pack.

www.the-foundation.org.uk/?

Google Grants Programme – Free advertising for charities

The Google Grants programme empowers over 4,000 organisations to achieve their goals by helping them promote their websites via advertising on Google. Google ads appear when users search on Google. For example, when you search for “world poverty” on Google, text ads related to world poverty appear on the right hand side. When you click one of the ads, you are brought to the website being advertised.

Organisations that receive a Google Grant are awarded an in-kind online advertising account which can be used in a variety of ways, including general outreach, fundraising activities and recruitment of volunteers. Google Grants participants have found much success with the programme. For example, Shop UNICEF, experienced a 43% increase in sales over the previous year, while CoachArt – supporting children with life-threatening illnesses through art and athletics programmes – has seen a 60–70% increase in volunteers.

For eligibility guidelines, visit:

www.google.co.uk/grants/details.html?



Somerset Community Food news



Gathering at the Somerset Food Sovereignty Skillshare event

Growing a network in West Somerset

The community food network is alive and kicking in Somerset with two recent events bringing people together from all four corners of the county.

Groups and individuals from West Somerset came together at the West Somerset Community Food Conference. Organised jointly by Somerset Community Food and Transition Minehead & Alcombe, the conference on the 11 October allowed people from diverse projects to meet and mingle over cream teas and freshly pressed apple juice.

It was designed to help strengthen the local food web by finding out what people are up to so that we can better share resources and skills. Attendees interviewed each other for Somerset Community Food's knowledge bank, a skills-sharing network in the pipeline. They also choose from different workshops including fruit preservation, 'Community growing, Landowners and Growers unite' about bringing more land into food production and 'What to do with too many apples' where Michael Gee talked about his experiences in North Devon with the fantastic Orchards Live project.

Professor Martin Caharer from City University in London opened the conference and flattered us all with his compliments about the South West's active local food scene. At the end of the day attendees were offered tours of local growing projects, including the West Somerset College farm, an inspiring local smallholding or a walking tour of the delightful Dunster Allotments and newly

planted community orchard. Overall it was a fantastic fun day with new friendships formed and allies gained.

Somerset Food Sovereignty Skillshare

Somerset Community Food was also present at the recent South West Food Sovereignty Skillshare. Food Sovereignty is the right of peoples worldwide to democratically define their own food and agricultural systems without harming other people or the environment. It's a solutions-focused framework that has emerged from the Global South through grassroots peasant and small farmer movements that have had enough of the corporate controlled food system.

The event took place on the Saturday 15 October, during World Food Sovereignty Week. Organised by the Transition Glastonbury Food Group and Reclaim the Fields, its purpose was to introduce food sovereignty to people concerned with sustainable local food in the South West so they can see their work in a global context.

International Programmes Director of War on Want, Graciela Romero talked passionately about the failures of the current global food system and introduced the principles behind food sovereignty: that food is a basic human right, agrarian reform is necessary, natural resources should be protected, food trade needs to be re-organised, the globalisation of hunger should be ended, that food should never be used as a weapon and that people, including small farmers, must have democratic control of their food systems.

Linda Hull, Project Manager at Somerset Community Food then talked about her summer journey of events, meetings and readings and the conclusions she has come to about what is needed to create a local, healthy food system. She also promoted our work supporting groups to get growing with grants and advice, as well as the knowledge bank. She also talked about the importance of making our food systems visible using the charity's website www.foodmapper.org.uk which maps land and local growing projects and initiatives.

A presentation was then given to introduce Reclaim the Fields, who are a network of people and projects also working to reclaim the food system spearheaded by young people. Roger James from Oxfam South West then introduced Oxfam's new campaign for food justice, GROW. After lunch, a showcase of local projects began, with groups having 2 minutes each to introduce their work. Attendees heard from food cooperatives, community garden projects, transition projects such as fruit trees for all and the latest on GM campaigning.

The remainder of the day captured the energy and ideas of the room with small groups focusing on how we can achieve food sovereignty in Somerset. Overall it was an inspiring day, which has hopefully planted the seeds for a more sustainable and socially just food system in the South West.

Links

http://transitionglastonbury.org.uk/?page_id=15

www.reclaimthefields.org/united-kingdom

www.waronwant.org/overseas-work/food-sovereignty

www.somersetcommunityfood.org.uk/



The Matthew Tree Project

The Matthew Tree Project (TMTP) provides free food aid to those in most need and has recently opened its first FoodStore in Stokes Croft, to provide a balanced diet of good, healthy food to those in crisis and who are, for whatever reason, at risk of going hungry.

TMTP is a charity that works with the local church, the food and drink industry and community organisations to provide healthy, good quality food and other related support services to vulnerable people in need in Bristol.

One example of the work done by TMTP is by supporting children, who are receiving free school meals, with food during school holiday periods. Quite often families with children who qualify for free school meals are living below the poverty line and when school holiday times come there is no money for the increased demand on the food budget and the children go hungry.

All food given out by TMTP is donated. Donated food is received from local churches and the general public. TMTP have made an agreement with local food outlets who permit a team of TMTP volunteers to stand at the entrance and approach shoppers as they enter the store. The shopper is simply requested to purchase an additional item or two from a shopping list and place it in TMTP basket as they leave. The vast majority of people approached in this way are only pleased to be able to help and on average when the charity does this type of food appeal collection around £1500–£2000 worth of food is received.

The work of TMTP directly affects those living in poverty and in particular those

who are most vulnerable such as the old, the young, families on low income and those with no real income at all.

Our mission is “the relief of food hunger and the underlying causes of poverty in Bristol.” TMTP aims to maximise benefits to disadvantaged people, and communities and this places it at the centre of the most urgent challenge to face the UK over the next 25 years; the reversal of the increasing trend of the number of people living in poverty in the UK.

Recent research clearly indicates that poverty in the UK has not deepened but broadened, encompassing many more people. In 2010, 13.4 million people are living below the median [income] poverty line in the UK (22.3% of the population). In 1979 it was 7.6 million people (13.7% of the population). Our society is broken and the problem is getting worse.

Increasing food poverty is a good indicator of this problem and this has further ramifications for society as a whole. Poor diet and its associated effects such as obesity have become a major concern for the government. Malnutrition and its associated diseases cost the NHS between £2–4 billion per year, through increased rates of hospital admission and length of hospital stay.

For more information email:
info@the-matthew-tree-project.org
www.thematthewtreeproject.org



On the web...

Produce hoisted from rooftop vertical farm to kitchen

DIGEST: Manhattan restaurant Bell, Book, and Candle’s menu is determined by what is freshly grown and ready for harvest, six floors above them.

www.urbangardensweb.com/2011/09/08/produce-hoisted-from-rooftop-vertical-farm-to-kitchen/#.Tmos2enEa7U.email

The Harvest: new film reveals scourge of child labour in US farming

DIGEST: Despite campaigning to reduce child labour internationally, the US is home to at least 230,000 child labourers toiling in the fields to pick blueberries, tomatoes or cotton.

www.theecologist.org/how_to_make_a_difference/food_and_gardening/1037882/the_harvest_new_film_reveals_scourge_of_child_labour_in_us_farming.html

Choosing trees and shrubs for the home orchard

DIGEST: Now is a good time to begin siting and planning for next year’s tree stock.

www.energybulletin.net/stories/2011-10-13/choosing-trees-and-shrubs-home-orchard

Grow your own food and chop £1,300 from the grocery bill

DIGEST: Research from the National Society of Allotment & Leisure Gardeners has found that allotment holders spend an average £202 growing vegetables and fruit every year that would sell for £1,564 in shops.

www.dailymail.co.uk/money/saving/article-2049581/Grow-food-chop-1-300-grocery-bill.html?utm_campaign=Last%20few%20days%2015%20off&utm_source=emailCampaign&utm_medium=email

The Food Crisis Strikes Again

DIGEST: The threat of a new food crisis is already a reality. The price of food has risen to record levels according to the FAO Food Price Index, reaching a new historic maximum since the FAO began to study food prices in 1990.

www.zcommunications.org/the-food-crisis-strikes-again-by-esther-vivas

Cycling with Medieval Barns

Richard Spalding



Great Coxwell Barn, Oxfordshire

We completed our 250 mile autumn ride by free-wheeling into Court Farm, Winterbourne, having visited medieval barns across parts of Somerset, Wiltshire, Oxfordshire, Worcestershire and Gloucestershire in a fundraising effort to support the ongoing restoration of Winterbourne Medieval Barn on the north Bristol fringe.

As with all such ideas, it came about in a moment of weakness when I suggested a bike ride of medieval agricultural buildings to which my partner agreed without hesitation. The die was cast and extensive ‘man planning’ began. We poured a drink and poured over maps and books. I knew of the locations of many of these icons of medieval farming and he knew how to get there, apparently!

In his splendid 1994 book *The Barn – Silent Spaces*, Malcolm Kirk reflects on the passing of many of these ancient barns by evoking the thoughts of the American writer Curtis Stadtfeld, who lamented...”They (the barns) stand abandoned, like great sailing ships stranded in a world where there is no more wind”. For my part, I was fairly sure that this wasn’t the case, as I knew that some of the barns on our route were no longer derelict, but in some cases finding contemporary uses following the tireless work of volunteers and organisations in bringing many of them back from total dereliction.

We set off accompanied by glorious early autumn weather and climbed over Mendip via Priddy, to arrive at the recently restored tithe barn at Pilton. This barn

lost its whole roof to a fire before being lovingly restored by Michael Eavis of Glastonbury festival fame. An art and craft exhibition was being mounted as we arrived and tucked into tea and digestives. The lanes led us on to Shepton Mallett for the night and the next day we crossed to Bradford on Avon to visit a National Trust owned barn complex. This barn always leaves me feeling that it needs to move from what appears to be a glorious, yet deeply silent space (to use Kirk’s phrase) and into a more creative and dynamic set of end uses. Refuelled with yet more tea and cakes we eventually reached Avebury as night fell and found our watering hole at Winterbourne Monkton. We pretended that our hardest day was yet to come and fell sound asleep.

The third day saw us climbing out of the stone circle and up on to the Ridgeway all the way to the Uffington White Horse and then steeply down and across to Great Coxwell barn where we were mistaken for barn experts due to our t-shirt logos. On and on we went, taking two pots of tea in Bibury before scaling the Cotswolds and careering down into Saxon Winchcombe for the night.

Our penultimate day saw us bearing down on Bredon Barn, being enchanted by The Sixteen choral workshop in Tewkesbury Abbey before crossing the Severn at Lower Lode on a small boat taking people to the beer festival. We did not linger, of course, as we still had to reach the 15th Century barn at Ashleworth and then on to Gloucester for the night.

As we prepared for our final day of cycling our minds became pre-occupied with an academic paper I had been sent about the very large barn at Frocester which was built somewhere between 1284–1306. This piece of scholarship suggests that the essential timber construction of medieval barns is entirely different whether you are in Eastern or Western England. The authors argue that...

“In medieval England the cruck-truss found its densest distribution in territories settled primarily by Celtic peoples (west and Midlands). Its elegant curvilinearity was of special attraction to the Celtic mind. In the Lowlands with their overwhelming Anglo-Saxon and Norman population, the great aisled barns and halls of the Middle Ages were built in

straight timbers in the traditional form of their continental homelands”.

We don’t know if this is so, but it certainly gave us something to think about as we slogged up Frocester Hill and on to the Cotswold top and back to our beloved Winterbourne.

It had been epic (at least we thought so) and along the way we had seen about fifteen medieval barns under varying ownership and in different states of repair. Some continue to be part of working farms, some are in very poor states of repair and others have renovated walls, floors and roofs. Some seem to have a new future as community venues, whilst others remain private and inaccessible even to geeks with t-shirts.

It had been hugely instructive to see these relics of a bygone age still making their mark on the landscape and yet quite often hidden from general view. My own work with Winterbourne Medieval Barn Trust in partnership with South Gloucestershire Council (the current owners) will continue as our own silent space will be ringing with noise once again on **Saturday 17 December at 4pm as Carols in the Barn** signal another winter season.

Meanwhile, the memories of our ride through a little piece of our agricultural history stay clear and bright. Where to next partner?



The homecoming

Following the Plot no.9

Keith Cowling

The last runner beans and tomatoes mark the slowing of the growing year, and cold mornings and darker evenings mean the onset of autumn. Autumn is also the time for the allotment plot-letting and many aspiring new gardeners will be thinking about how to tackle patches of waist-high weeds that cover their new plot. If you are one of these, breathe deeply and don't panic. Here's a beginners' guide to starting a new plot.

First off, be sure that you really want to do this. Many new plot-holders fall at the first hurdle because they are simply unprepared for the commitment involved. How much this will be varies from plot to plot, but be prepared for half a day most weekends over the winter if you want to be sowing crops on most of your new plot in the Spring.

OK, so you've gritted your teeth and said quietly under your breath, 'I will be a gardener. I will give up my pilates class. This plot will grow Romanesco broccoli...' What next? As Rambling Sid Rumpold used to say on 'Round the Horn', "the answers loyees in the soil..." On poorer plots (which of course are the ones people tend to relinquish) topsoil is often sparse and low in nutrients and humus. As I suggested above, it will also probably be covered in perennial weeds.

The traditional approach to these problems is to reach for the fork.



But although some digging may be unavoidable, try to conserve your energy as much as possible. Start by cutting down the weeds and moving them to a compost heap site. Then cover up as much of the bare soil as you can to suppress further growth. The professional solution here is black polythene, but packaging cardboard held down by bricks is also good and will rot down to humus over time. Old carpets used to be favoured but are now considered too toxic and anyway are not allowed on many sites. Next, cut back surrounding bushes and lop larger trees wherever possible to maximise the amount of daylight your plot will get. Be careful though, tree surgery is risky. If you aren't sure about how to go about lopping, seek help and advice.

Next – make a plan. This should be both a drawn layout of how you propose to arrange the growing spaces, paths and storage areas – and an action plan with some kind of schedule of what you need to get done by Spring. There is no single simple recipe for laying out an allotment, but some basic things are worth considering. If you want to take a basically organic approach, you will need to use a rotation – moving the position of individual crops each year – to avoid pests and diseases building up in the soil without the need for chemical remedies. I wrote about rotations in an earlier column because I'm a big fan.

There are a number of rotation approaches but if you want to grow a range of vegetables, my preferred method, also suggested by Garden Organic, is to divide the veg crops into four sections – potatoes; beans and peas; brassicas (members of the cabbage family); and root crops. Then set out four large areas in a simple pattern so that the four crop types can move around on a yearly basis. Other crops that don't fit exactly into this (e.g. sweetcorn and outdoor tomatoes) can be fitted in around the basic pattern, remembering never to grow them where they were last year. Some crops cannot be fitted into a rotation however, because they have to stay in the same place for a number of years. These include all the soft and tree fruits, globe artichokes and comfrey. So the main elements your plot design should take into account are therefore permanent beds for crops that can't move around, rotation beds for those that can, a good path access system



that should be usable by a wheelbarrow, storage areas for nutrients (including leaves, manure and compost), a shed (if possible) and one or more big water butts connected to the shed's gutter system.

Next start to lay out the design on the ground with pegs and string. Decorative patterns are fine but are harder to maintain. The most efficient beds are raised (because you will need to add nutrients from the top) and are about 1.2 metres (4 feet) wide with parallel sides. This means you can reach all the bed from one side or the other without stepping on the soil and compacting it, and allows for 3–4 rows of sowings, which should go from north to south, so they get sun on both sides. Thus the long dimension of the beds should also be orientated north/south, if possible.

Now your design is marked out, you can start to build paths and beds gradually over the winter, removing coverings to weed and create beds as you go along.

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

Why less is so much more

Sidharth Sharma, The Thali Café

Some people say that 'We' in the West live in the golden apex of civilisation. We – simply – have never had it so good. We go where we want, when we want to. We can eat what we want, whenever we want it.

Well of course this observation may well ring true, if you are part of the very small and privileged percentile of mankind that can go to their local urban retail zones and buy produce that is stacked neatly and plentifully. Foods that are procured from all over the planet: neatly trimmed runner beans airfreighted in from Kenya, plump red strawberries grown in the desert regions of Israel, Pacific tuna caught by ships using military standard satellite technology. And the best thing about it all is that you can eat any one of these items at any time of the year.

And what right would I have to say that these social commentators would be incorrect in their reflections on the state of the developed world? I strongly doubt that the other countless millions if not billions of the human population are so lucky to eat in and live in this luxurious abandon!

But for me the flip side of choice and convenience are dark and destructive side effects. The often unseen consequences which are the trade-off we make in the name of choice are many: an unsustainably enormous carbon footprint, millions of tonnes of food waste, sub-standard produce and an ever-increasing reliance on GM seeds and fossil fuel based fertilisers.

Secondly, from a more personal level choice simply brings me unhappiness, irritation and confusion! Why do people need so much choice? Have you ever

gone to a restaurant and looked over a menu as long as your arm and still not found anything that appeals? How many times have you had a simple cooked dish in France or Italy and wondered how ridiculously tasty it was and it only included the most basic local ingredients in the recipe? How many times have you been to a supermarket and spent a small fortune on your weekly shopping only to find that those exotic vegetables don't actually taste of anything in particular and perished in record time.

This all leads me to my fanaticism – less is more.

When I first co-founded The Thali Café many moons ago, my belief was that anyone, regardless of his or her income should have access to good quality, affordable and wholesome food. I also believed that businesses must act responsibly and be led by their values, not just by profit. It is these two core values that guided us in the decisions we make in the running of our company.

Our team had 30 years of combined catering experience between us, and we quickly realised that we had to do something radical if we were to avoid following the same wasteful practices that occur elsewhere in the food industry. During our time working for other companies we often witnessed perfectly good food being thrown away, while recycling waste was unheard of, and buying fair trade products and seasonal eating were rarities.

We based our menus on the dishes of rural India. People who live in this part of the world eat local, seasonal and often organic food out of necessity.



The Thali Café

Winner Best Cheap Eat – The Observer Food Awards 2010
Top 50 UK Best Curry Houses 2010 – The Independent
The UK's Best 10 Curry Restaurants 2010 – Sainsbury's
Top 50 UK Cheap Eats 2010 – The Independent
Food Champions Award 2010 – Presented by the City of Bristol
Food For Life 2010 – Silver Award – The Soil Association
Green Trader Winner – Glastonbury Festival 2010
Best UK Takeaway Winner – Radio 4 Food & Farming Award Winner 2009
Food Award Finalists 2008, 2009, 2011 – The Observer
Top 3 Best Bristol Cheap Eats 2009 – The Guardian

They recycle as much of their resources as much as they can because they simply can't afford to waste them. It made complete commercial sense to us to run our business with the same mentality. So we serve a menu at The Thali Café with very few items on it and make sure that the ingredients we use are as fresh and seasonal as possible.

Here in the West, eating in a sustainable way has become so difficult and expensive. It is simply prohibitive for those who survive on low incomes with families to feed. It is a paradox, a modern anomaly that apples for instance, grown in a safe and natural manner, without expensive fertilisers and within the boundaries of our own county, are more expensive than varieties grown in New Zealand and transported more than half way across the globe.

40 years from now, I wonder if those same admirers of human advancement would be saying the same things when oil is scarce? Food inflation will render most of us in poverty, and access to water will be fought over with armed conflict. I wonder instead if they would reflect that those humans who lived in the 18th century on close-to-self-sufficient smallholdings, lived in the apex of human advancement.

www.thethalicafe.co.uk



Food Policy Council

On 5 September the Food Policy Council held their second ever meeting at the Mansion House in Ashton Court. This venue was chosen to highlight one of the sites owned and managed by Bristol City Council using grazing animals to help manage the landscape, in this case using deer to maintain an historic landscape.

This was an important meeting for the Food Policy Council members. The aim was to seek their endorsement for three work projects already underway:

1. To develop a joint public agency food buying initiative to help develop markets for local producers.
2. To bring together council support for growing with community-growing interests in the city.
3. To communicate key messages, starting with promotion of the *Who Feeds Bristol* report – the foundation report launched at the Bristol Food Conference in March of this year.

Christine Storry, Market Development Manager, Bristol City Council, presented the outline of the joint public agency food buying initiative that was started earlier in the year with an offer to the Universities, Health Trusts, and Police and Fire Brigade, to work together to help create an increasing demand for food produced/grown close to the city.

Stephen Clampin, Allotments Manager, Bristol City Council, presented work on how the Allotments Service is having to respond to increasing community demand for growing space and ideas for how this need can be met in future.

Who Feeds Bristol and a campaign which has grown out of the report – Bristol Independents (see p.7) – were presented by Angela Raffle, NHS representative on the FPC, together with Jane Stevenson and Kristin Sponsler of the Bristol Food Network.

The members also considered the idea of developing a food charter for the city that people, businesses and other organisations can commit to, make a public statement about their approach to food and to support the Food Policy Council in making food and Bristol's food system more sustainable. Tom Andrews of the Soil Association made the case based on experience in developing a similar charter for Plymouth, which was launched earlier this year.

Members were highly supportive of the projects and happy to adopt the development of the food charter, the public food buying initiative, *Who Feeds Bristol* promotion and the Bristol Independents campaign as the first elements of the work programme. It was recognised that the food growing support programme was in early stages of development but when better defined needed to be a key strand of the work programme.

Two further reports were presented. Tom Andrews introduced the Soil Association's invitation to cities to join their proposed Sustainable Food Cities Network. The idea is to develop a supportive network allowing sharing of ideas and experiences, to work together on common themes, and to help mentor other cities and towns in developing sustainable food programmes. The FPC accepted the invitation to the event to explore this proposal. The second report, presented by Stephen Hewitt, was a review of control powers, principally planning, to ensure that the City Council is as effective as possible in deciding the suitability of supermarket and convenience store planning applications. The Food Policy Council members expressed great interest in Stephen's work, and agreed to discuss this further at their next meeting.

Steve Marriott

Sustainability Manager, Bristol City Council



COUNCIL NEWS

Bristol City Council Food Interest Group profiles no.9: **Raquib Khandker**

Raquib has lived and worked in Bristol since 1994. He has done a postgraduate in Economics from University of Bristol in 1995 and also completed an Advance Diploma in Organisation of Community Groups. He has worked for Bristol City Council since February 2003 and joined the Economic Development and Regeneration Team in the summer of 2010 as a Regeneration Policy Officer.

His role involves providing policy briefing notes for members, senior managers and colleagues on subjects to include labour market information, economic development, health at work and welfare reform; reporting on national policy developments, relevant research reports, etc. His role also includes supporting the start-up of new, independent retail businesses, developing ideas for Enterprise Clubs, integrating these with Urban Enterprise and local delivery of New Enterprise Allowance, engaging and working with various groups/organisations particularly around policy development, and influencing, contributing to the commissioning process around peer support and sharing ideas/issues, contributing to impact assessment and evaluation processes to inform effective delivery of regeneration policy, programmes and initiatives.

He has a strong and successful track record in developing and delivering effective community engagement projects. His delivery of the Department of Health's project was praised as best practice for community engagement work. His lead in the Bristol Mosaic Project was also recognised by GOSW and the Home Office as an example of best practice in terms of Community Cohesion.

Raquib has also worked for the Council's Neighbourhood Renewal Team, Planning Team, Corporate Equalities Team and Parks and Estates Team. He has previously worked in both the voluntary sector and private sector and was the chair of the Bristol Race Forum, one of the official consultative bodies for Bristol City Council.

raquib.khandker@bristol.gov.uk

Allotment vacancy list

The following allotments have several plots available to rent:

- Fortfield Road in Hengrove
- Kenmare Road in Knowle
- Atwood Drive in Lawrence Weston

For more information phone the allotments office on 9223737 or email allotments@bristol.gov.uk

Allotment rents on City Council managed sites 2011/2012

Plot type (size) & rent per year

Chalet gardens £85

Large plots (270–420 sq yds) £63.50

Medium plots (180–269 sq yds) £47

Small plots (90–179 sq yds) £31.50

Very small plots (below 90 sq yds) £16

Events

Big Farm Winter Warmer at Windmill Hill City Farm

5.30–8.30pm Friday 4 November
Windmill Hill City Farm
£5 per family

A fantastic evening of live music, mulled cider, locally sourced sausage & mash, storytelling in the barn and a free lantern for all to take part in our lantern ascent. No need to book – just turn up.

For more information: 0117 9633252
www.windmillhillcityfarm.org.uk/events.html

Apple weekend at Tyntesfield

11.30am–3.30pm Sat 12–Sun 13 Nov
Tyntesfield, Wraxall, BS48 1NT
Normal admission charges apply

Join us for lots of apple orientated fun and activities including free cooking demonstrations and lots of apple delights on the cow barn menu.

www.nationaltrust.org.uk/tyntesfield

Create Festive Fair

4–9 pm Friday 2 December, 11am–4pm
Saturday 3 December
Create Centre, Smeaton Road BS1 6XN

Presented by Love Local Events, Create's popular seasonal eco-gift buying opportunity, music (Fri eve)

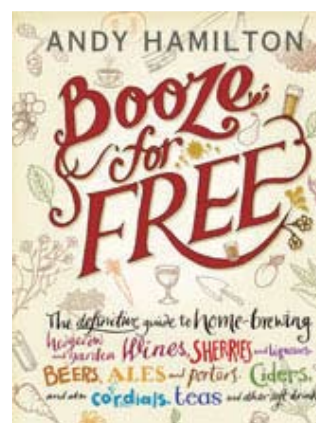
www.createbristol.org/pdf/cr-prog-sept-dec-11.pdf

Christmas Fayre

Windmill Hill City Farm
10.30–4pm Saturday 10 December
Free

A wonderful day of Carols, Mulled wine, a Christmas Craft Fayre and a visit to Father Christmas. We will also be selling quality Christmas Trees – so after a lovely Christmassy day you can go home and decorate your new tree!

For more information: 0117 9633252
www.windmillhillcityfarm.org.uk/events.html



Friends of Henleaze Library and Bristol Libraries invite you to an evening with Andy Hamilton

7pm Wednesday 23 November
Henleaze Library, Northumbria Drive, BS9 4HP

Tickets £3 from any Bristol Library

Join Andy – Local wild food expert and brewing aficionado as seen on BBC Autumnwatch – for a mouthwatering talk, tasting and signing of his latest book *Booze for Free*. Hear about the delights of horseradish vodka, pine needle cordial, elderberry port...

For further information contact Henleaze Library on 0117 903 8541

Avon Organic Group events

Making a stink – the threat of mega farms to local food and farming

7.30pm Wednesday 2 November
Hamilton House, 80 Stokes Croft, Bristol BS1 3YQ

All welcome. Donation on the door £1/£3

What are the hidden costs of 'cheap' food? Where does the milk in your tea or the bacon in your BLT come from? How can city-dwelling consumers secure a lasting relationship with the producers who feed them?

Helen Browning OBE, recently appointed Chief Executive of Soil Association, and well-known organic farmer is our very special guest. She will bring her insights from 25 years experience as food producer, update us on the *Not in my banger* campaign, and inspire actions for our food secure future.



Helen Browning and friend



Horfield Wassail

From Darkness into Light

7.30pm Wednesday 7 December
(details as above)

A mid-winter exploration of gardens and gardening in spiritual practice – across cultures, and from past to present times. An interactive session led by Shannon Smith.

Wassail at Horfield Organic Community Orchard

2–4pm Saturday 14 January 2012

- Cakes and mulled juice
- Toast the trees
- Make merry with Pigsty Morris

To find the Orchard (nearest postcode BS7 8JP) walk down the lane beside 22 Kings Drive (between Bishop Road and Kellaway Avenue), turn left and it's the first gate on the right. OR take the lane beside 134 Longmead Avenue until you come to the last gate on the left.

0117 373 1587 · hocohello@gmail.com
www.community-orchard.org.uk

You can find more up-to-date event information on our new website:
www.bristolfoodnetwork.org/

...more events



Festive Food Fayre

10am–4pm Saturday 10 December
The Southville Centre, Beaufrey Road
Free

Following the success of last year's 'foodie' event, The Southville Centre in Beaufrey Road, Southville Bristol, will be holding its second Festive Food Fayre on Saturday 10 December.

The event will invite local people to taste and buy some of the delicious treats which will be on offer from a wide variety of local food producers – all of whom go the extra mile to offer artisan and specialist products which are a cut above the rest. There will be a fantastic range of individual stalls including:

- fabulous sausages from The Sausage Fest – made by hand from free range locally sourced pork
- artisan breads from Mark's Bread bakery – each loaf gently crafted by hand and baked on the stone sole of the oven to create bread with integrity and without compromise
- organic beef, chicken, lamb and pork from The Story, a group of organic farmers from the Chew Valley and Wrington
- home-made jams, pickles, preserves,
- festive cakes, biscuits, mince pies

...as well as pretty Christmas wreaths, traditional mistletoe, carols, warming mulled wine, coffee, and soup from the café and In the Pink catering.

www.southvillecentre.org.uk/

Love Food Festivals

Love Wine Festival

12–6pm Sunday 27 November
Paintworks, Bath Road, Bristol BS4 3EH
£5 entry

The festival will bring together over 30 wine producers and merchants showcasing some fantastic English, organic, and natural wines, along with some superb local eateries such as 'Source' and 'Sam's Kitchen Deli' who'll be serving sample portions of their signature dishes to match some of the great wines on offer. There'll also be some great local ciders and ales and some wine loving foods such as charcuterie, olives and oysters.

www.lovefoodfestival.com/lovewine.html



Christmas at Dyrham Park

Sunday 11 December

Free entry to the market. Standard National Trust admission charges to the house and garden, but children go FREE to for the day.

A very special day of Festive food loving at this stunning location. The house will be decked out in traditional Victorian style and Love Food will be hosting an array of festive activities in some of the rooms.

www.lovefoodfestival.com/dyrham.html

Exhibition: Inspiring Change, Bristol's Green Roots

Until Spring 2012

Create Centre, Smeaton Road BS1 6XN

This exhibition developed by the Schumacher Institute tells the story of the pioneering organisations and individuals who continue to drive change in the city. Their achievements are also celebrated in a new book by Bristol Green Capital, *Bristol – Inspiring Change* now available from Create and good bookshops.

www.createbristol.org/pdf/cr-prog-sept-dec-11.pdf



Keep Christmas local

2–8pm Thursday 15 December
St John's Court, Whiteladies Road

'Keep Whiteladies Local' is pleased to announce that it is hosting a festive event in and around St John's Court on Whiteladies Road – 'Keep Christmas Local'. With this event we hope to raise lots of money for Tenovus, the cancer support and research charity. The Christmas market will showcase a collection of locally produced gifts and Christmas treats. This twilight celebration will be the first of its kind on Whiteladies Road, and we hope to bring together the local communities at this festive time. The market will be candle lit come dusk with festive music and bustling with late night shoppers.

If you are interested in having a table at the market please contact Helen: kwl.helenboote@gmail.com

To find out more about us and our vision, visit our blog:

<http://keepwhiteladieslocal.blogspot.com>

Christmas Cheese School

6.30–9pm Thursday 15 December
St Thomas the Martyr, Central Bristol
£40

A unique chance to meet and talk to cheese makers, cheesemongers, brewers, bakers and other fantastic local producers who make Cheese School an unmissable event full of passion, knowledge sharing, insight and education.

For ticket sales:

www.cheeseschool.co.uk/shop

You can find more up-to-date event information on our new website:
www.bristolfoodnetwork.org/

Conferences, seminars, workshops

CONVERGE project workshops

10am–4.30pm Tuesday 1 November,
Tuesday 29 November & 12 January 2012
Bristol and Bath Science Park, Dirac
Crescent, Emersons Green BS16 7FR

The CONVERGE project is investigating ways in which the earth's resources can be managed and allocated fairly and in order to make the transition towards a sustainable future. One vital component of this research is an exploration of the food system (from soil to post consumer waste) in 3 communities: India, Iceland and the UK. In the UK, Bristol and the South West area that provides much of the city's food has been selected. We will be working with local businesses and organisations affected by and involved in the food sector in order to investigate the potential impacts of drivers like climate change, population demographics, and rising energy and fertiliser prices on the food system and related industries.

This will be achieved through a series of workshops (three in each location), where the participants will develop a vision for a sustainable food system, and produce a realistic computer model of how a sustainable local food system could operate in Bristol incorporating all sectors and stages: production, employment, import, export etc.

If you are interested in taking part, we would prefer that you come to all 3 workshops, as each workshop builds on the prior. Through your participation in these workshops you will gain access to the computer models generated by the research enabling you to take a wide view of the connections and interactions between different areas of the food system and giving you insight into how the food sector and related industries can prepare for future changes. You will also receive a practitioner focused implementation plan for Bristol and the South West aimed at supporting a sustainable future for the food system and its related industries – this may be useful for decision making in your area of the sector.

If you are interested in taking part in the research or would like more information, please contact Charlotte Biering charlotte.biering@gmail.com or Alice-Marie Archer (0783 5262968) alice@schumacherinstitute.org.uk

www.convergeproject.org

Voscur AGM 2011: How 'Big' is our role in society?

12.30–4.30pm Wednesday 9 November
Bush House, 72 Prince Street, Bristol
BS1 4QD

- How real are the opportunities for the voluntary community sector (VCS) in delivering service to the public?
- Is there a role for smaller VCS organisations in the Big Society and how will partners support their potential?

Voscur are pleased to announce that the speakers at our AGM will be:

- Jan Ormondroyd, Chief Executive of Bristol City Council
- Deborah Evans, Chief Executive, NHS Bristol
- Margaret Firth, Policy Manager, Local Intelligence Team, Office For Civil Society, Cabinet Office

Contact: 0117 909 9949 · lucy@voscur.org

www2.voscur.org/

Tasting the Future Assembly

10am–4pm 28 November 2011
London's Living Room, City Hall

We are facing many interconnected challenges that left unresolved will cause much disruption to our future production and consumption of food. There is no simple solution, but there are many great experiments already happening within the food system where people are trying out new ways of producing and consuming food that is good for people and planet.

- Contribute your story to the movement to create a sustainable food future.
- Meet potential project collaborators and people who might be able to support your initiative.
- Take back new ideas, information, knowledge and learning from other initiatives.

The assembly forms part of a 5 year programme of support for a movement towards a sustainable food future. Places are limited; if you would like to attend, please e-mail us and tell us why you would like to take part.

RSVP niamh@tastingthefuture.org.uk

<http://tastingthefuture.ning.com/>

Sustainable food systems from farm to fork to farm: the role for public health and planning

Wednesday 14 December 2011

1.30pm for 2pm start, ends at 4.45pm

Main UWE site at Frenchay, Room 3Q22
Free. Refreshments provided.

The theme for the next in our popular series of Healthy Communities Research Forum seminars will be how spatial planning and public health can support the transition to a sustainable food system that is good for the planet and human health.

- What is a sustainable food system?
- Can urban areas feed themselves?
- How can public health and planning facilitate this agenda?

Speakers

Joy Carey – Independent Local Food Consultant and author of *Who Feeds Bristol: Towards a resilient food plan*
Resilient food systems for cities: lessons from Bristol

Angela Blair – Food Policy Worker and **Paul Southon** – Public Health Development Manager, Sandwell Primary Care Trust

Spaces of hope: spatial planning, public health and food policy in Sandwell

Matt Reed – Senior Research Fellow, Countryside and Community Research Institute, University of Gloucestershire
Exploring the potential of food production in the urban fringe

Places are limited. Please contact Carolyn Webb in the Faculty of Environment and Technology if you would like to attend – Carolyn.Webb@uwe.ac.uk / 0117 328 3102

Growing Schools Conference: Benefits not Barriers

28 March 2012
RHS Garden Wisley, Surrey

The cost will be £120 per delegate, with a £20 discount for early booking. More details in the next Growing Schools newsletter in early November. Register for information at:

www.growingschools.org.uk/

Courses, training, workshops

Breadmaking

10am–4pm Sunday 13 November
Windmill Hill City Farm Café
£60

One day breadmaking course with Alice from Marks Bread. This course will take you through the basic breadmaking processes. During this practical course you will make pizza dough, focaccia, sourdough and a wholemeal loaf. You will even make Pizza to eat for your lunch!

To book:

www.lowimpact.org/bristol_bread.htm

A vegetarian Christmas cookery lesson

Bordeaux Quay Kitchen
10am–5pm Sunday 27 November
£70

A hands on course with Mark from Café Maitreya. Mark will be teaching you how to cook a delicious three course vegetarian Christmas meal. Morning & afternoon coffee/tea/biscuits and lunch with wine included.

For more information: 0117 9633252

www.windmillhillcityfarm.org.uk/events.html

Wild brewing – make a beer for Christmas

Windmill Hill City Farm Education Room
10am–2pm Saturday 3 December
£50

Andy Hamilton, renowned Bristol forager will guide you through the beer making produce and you will go home with beer for Christmas.

For more information: 0117 9633252

www.windmillhillcityfarm.org.uk/events.html

Making local food work Make money: Manage money

Wednesday 23 November
Bristol YHA, Harbourside

The workshops are free to members of currently trading community food enterprises. Places are limited to 1 per business unless space allows.

Morning Workshop – Manage money:

Will your business make enough money to enable you to achieve your goals? Learn how simple financial forecasting is a powerful planning tool that gives you control of your finances and could help prevent your business from running out of money.

Afternoon Workshop – Make money: Are you looking for better sales but aren't sure where they will come from? Learn in jargon free language how to use a marketing approach as a sure-fire way to increase sales. Expect interactive and practical sessions bringing you tools and methods that you can employ immediately.

Email richard.snow@plunkett.co.uk for an electronic booking form.

Phone 01993 814388 for a posted form.

13 week Permaculture Design Course

Thursdays 6.45–9.30pm (half term off)
5 January–29 March 2012
The St Werburghs Centre, Bristol

Plus a choice of field trips to inspiring permaculture gardens, farms, woodlands, buildings and communities around the South West.

Led by Sarah Pugh with guest tutors including Mike Feingold and others.

An informative and empowering exploration of the principles and practice of Permaculture. Learn how to work with nature rather than against it to create productive and sustainable systems whilst lightening your ecological footprint.

To confirm your place, email bristol_permaculture@yahoo.co.uk for a booking form or for more details, visit:

www.sarah-pugh.co.uk

Food and Farming Awareness workshops

Monday 28 November or Thursday 8 December
Blackmore Farm, Cannington, Somerset

FACE (Farming and Countryside Education), in conjunction with Harper Adams University College, is offering a series of FREE introductory workshops for primary teachers and teaching assistants in England, exploring the many valuable learning opportunities available through farm visits.

www.face-online.org.uk/face-seminars/reap-training

Introduction to Effective Groups – Skills for resilient projects

10am–5pm Fri 2 & Sat 3 December
St Werburghs Community Centre, Bristol

Tutor: Nick Osborne

Sliding scale: Free–£95 – contact for details of bursaries

Lets face it meetings can drag, politics get in the way, personalities clash, power struggles happen and its always the people stuff that gets in the way of a good project.

This two day course teaches us how to collaborate, communicate and make decisions collectively. It's for anyone trying to do radical things at a community or organisation level and who needs to work creatively and dynamically with others. A simple common sense exploration of structures, power and responsibility in a way that enables us to take action and work together with authenticity and openness. Nick Osborne brings insight and experience with a relaxed and participatory style.

Benefits of doing the course:

- Understand the diverse features which create & sustain healthy groups
- Identify issues your group is currently facing
- Plan how to address difficult issues

email: shiftbristol@yahoo.co.uk

Publications

The Road to 2020 Towards healthy, humane and sustainable food, farming and land use

The Soil Association's new corporate strategy

The strategy is based around two major themes:

1. 'Facing the future', will promote solutions that meet the needs of people for healthy food, fuel and fibre while protecting the natural world. We will also seek to ensure that our role in public health should be as powerful as it is in environment and farming.
2. 'Good food for all', commits us to ensuring that organic, seasonal, healthy food is accessible to everyone, especially those who will most benefit from the most nutritious diet.

http://members-soilassociation.org/_act/link.php?mId=A8775501046930419464636292619&tId=9411861

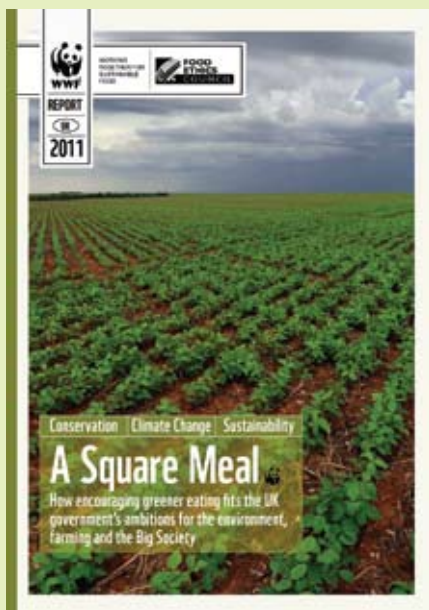
The Real Cost of Cheap Food

Michael Carolan
\$34.95

The book critically examines the dominant food regime on its own terms, by seriously asking whether we can afford cheap food and exploring what exactly cheap food affords us. Detailing the numerous ways that food has become reduced to a state, such as a price per ounce, combination of nutrients, yield per acre, or calories, the book argues for a more contextual understanding of food when debating its affordability.

The author makes a compelling case for why today's global food system produces just the opposite of what it promises. Much of the cost will be paid for by future generations – cheap food today may mean expensive food tomorrow.

www.routledge.com/books/details/9781849713214/



A Square Meal: How encouraging greener eating fits the UK government's ambitions for the environment, farming and the Big Society

A discussion paper by WWF-UK and the Food Ethics Council

The coalition government has pledged to be the greenest ever, and has made it clear this ambition extends to our food. However, like its predecessor, it has been cautious about what this means for British eating habits and, in particular, whether our appetite for meat can be reconciled with longterm targets to cut greenhouse gas emissions.

With the Committee on Climate Change and Foresight now making the case for consuming food more sustainably, this challenge will not go away. However, addressing it threatens to hurt the farming industry when it is already squeezed by high input costs and cheap competition. And it smacks of telling people what to eat.

WWF-UK and the Food Ethics Council have been working with the farming industry and environmental groups, in the UK and other countries, to try and find a way through this issue.

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

Rodale report on organic farming

The hallmark of a truly sustainable system is its ability to regenerate itself. When it comes to farming, the key to sustainable agriculture is healthy soil, since this is the foundation for present and future growth.

Organic farming is far superior to conventional systems when it comes to building, maintaining and replenishing the health of the soil. For soil health alone, organic agriculture is more sustainable than conventional. When one also considers yields, economic viability, energy usage, and human health, it's clear that organic farming is sustainable, while current conventional practices are not.

As we face uncertain and extreme weather patterns, growing scarcity and expense of oil, lack of water, and a growing population, we will require farming systems that can adapt, withstand or even mitigate these problems while producing healthy, nourishing food.

After 30 years of side-by-side research in a Farming Systems Trial (FST)®, Rodale Institute has demonstrated that organic farming is better equipped to feed us now and well into the ever changing future.

www.rodaleinstitute.org/files/FSTbookletFINAL.pdf

What Price Resilience? Towards Sustainable and Secure Food Systems

HRH The Prince of Wales established the International Sustainability Unit (ISU) to facilitate consensus on how to resolve some of the key environmental challenges facing the world. The ISU has just released a major report – What Price Resilience? – on the topic of food security. The report takes a broad and integrative approach, looking at the role played by economic development, energy, climate, biodiversity and ecosystem services in agriculture, fisheries and food systems. It analyses the deeper causes behind a global food crisis which has led to damaging price volatility and substantial increases in the number going hungry. It argues that these risks are likely to intensify in coming decades – more shocks and disruptions can be expected if we continue with 'business as usual'.

www.pcfisu.org/reports

Odds & ends



The Good Cook School

The Good Cook School works with groups and individuals across Bristol and surrounding areas. We teach basic cooking skills and promote the healthy eating message. We work at schools and community centres across the region and run a variety of sessions. Our primary focus is children, however, we have worked with groups of elderly and often work with families.

Examples of the work we do include:

- Working with young people on an allotment project. Making meals over a campfire with the produce they have grown.
- Running three after school clubs at Blaise after school club. When students were asked which after school club they wanted, cookery was such a popular option that we had to run three!
- Setting up a toddler cooking course in Southville.
- Working with retired widowers teaching basic cooking skills.
- Running Easter cooking workshop for young people with autism.

We are soon to become a Community Interest Company.

For more information, visit:
www.thegoodcookschoo.co.uk

Bristol Bites

Two of the most successful websites in Bristol have joined forces to create a definitive guide to food and drink in the city.

Bristolbites.co.uk combines the strengths of the successful Bristol Bites blog, with the mass news appeal of Bristol24-7. It incorporates the latest news and reviews, events calendar and dedicated business directory. (But its community group section would benefit from some additions! – so add your group now.)

www.Bristolbites.co.uk

Grower of vegetables wanted

'Locally grown' food supplies have for many years now been a staple item seen on most menus and food stalls. Everyone likes the idea of food coming from a field near you with all the carbon issues, pollution and congestion involved with food distribution. However, the truth is that the amount of food grown near Bristol is very small indeed; in fact no sizeable commercial market garden remains in the traditional grade A band of top quality land north of the city.

Arne Ringner is the owner of three successful restaurants in Bristol and is now looking for a competent grower able to produce 50kg of green salads per day in the season. He is well aware which varieties to grow, volumes, packaging and delivery schedule.

If you are interested in producing all his 'green needs' or a sensible proportion thereof, do get in touch. It is a requirement that you have access to a polytunnel at least 20m x 5m. This is a real opportunity for a competent gardener to step up the ladder and become a commercial producer of food for a nearby market. Given the right conditions, this long term contract of production could also include root vegetables, other salads and soft fruit.

Arne Ringner · 07768 824210
arne@blueyonder.co.uk

Observer Food Monthly Reader Awards 2011

Congratulations to The Ethicurian who won the readers' award for Best Ethical Restaurant in the OFM Awards 2011. Congratulations also to the Thali café for following up last year's win in the 'Best cheap eats' category with 'best in the South-West', and to the Community Farm who also won 'best in the South-West' in the Best Independent category.

You can see a short film about The Ethicurian's zero food miles meals, grown in the Barley Wood walled garden, Wrington:

www.guardian.co.uk/observer-food-monthly-awards/video/winner-video-ethicurean

Village SOS roadshow kicks off in Bristol

Earlier this month Bristol played host to the launch of a UK-wide series of events designed to help rural communities revive their villages through enterprise.

Village SOS is a campaign by the Big Lottery Fund which is supporting communities across the UK to start up new enterprises – from shops and food projects to broadband schemes – that will help to rejuvenate their areas and meet the needs of local people. The campaign was launched in August to coincide with the BBC's Village SOS television series.

The campaign, delivered by rural communities charity Plunkett Foundation in partnership with Action with Communities in Rural England (ACRE), Locality and Co-operatives UK, includes a nationwide advice line where people can get expert advice about setting up and running community enterprises from business, social enterprise and rural specialists, and a pot of £5.3 million in awards of between £10,000 and £30,000 to help communities kick-start their ideas. It also sees a series of 24 events that visit every English region, Wales and Scotland twice, as well as Northern Ireland.

The event, held on 10 October at the Watershed, saw stars and business experts from the BBC1 series Village SOS, including the Barge Inn Honeystreet's Terry Kemp and 'village champion' Sandra Bhatia in attendance, alongside fantastic examples of community enterprises like The Community Farm and Freshford Village Shop.

Peter Couchman, Chief Executive of Plunkett Foundation, said: "Bristol was chosen as the launch due to the South West of England being a hotbed of rural community enterprise, with the region boasting more community-owned shops than anywhere else in the UK. Bristol is also well known for its local food offering, with enterprising examples of community food businesses in abundance."

The Village SOS Roadshow continues its tour of the UK during the coming weeks. Events will be held in each region in England and Wales twice, as well as Scotland and Northern Ireland. To find the event closest to you and book your free ticket, visit:

www.villagesos.org.uk

... more odds & ends

A Tyntesfield Christmas

Book a Christmas 'do' with a difference: Try an alternative venue for your office Christmas lunch this year. Dine on local food at Tyntesfield, North Somerset, then walk off your lunch with free entry to the gardens with bookings of 8 or more people.

The National Trust are offering the perfect antidote to over priced and unexciting Christmas office lunches as Tyntesfield's new Cow Barn restaurant, in North Somerset, opens its doors to group bookings for the first time this year.

Surrounded by the quirky historic interiors of Tyntesfield's Grade II* listed farm buildings you can have a 'do' with a difference by hiring a cattle stall and tucking into delicious local food, including fruit and vegetables from the estate's Victorian kitchen garden.

The Christmas menu includes delights such as home made Tyntesfield celeriac soup, traditional roast beef and dark chocolate terrine with poached clementines.

Included with your lunch is free entry into Tyntesfield's acres of gorgeous National Trust gardens and woodland with spectacular views over the surrounding North Somerset countryside. The perfect way to stretch the legs and walk off a big lunch!

Bookings are being taken for groups of 8 or more people throughout December. Priced £14 for two courses, £16 for three. For more info or to book call 01275 461965.

Local Food's Big Review

Local Food is a £57.5 million programme that will distribute lottery grants to a variety of food-related projects to help make locally grown food accessible and affordable to local communities.

'Local Food's Big Review' is a new online community, built up of Local Food project case studies. From farmers markets to allotments, beekeeping to a community cafe, the Review gives a taster of the areas and projects that Local Food is having a positive impact on.

www.localfoodgrants.org/

The Soil Association's 10 small steps to a big organic Christmas

The choices we make over the festive season – about what goes on our plates, the presents we buy, what we wear and what we put on our skin – have far reaching consequences for our health, the health of our countryside, and the development of countries across the world.

Little choices can add up to make for a big change, so this Christmas we've come up with ten ways for you to enjoy a festive period that is better for people, animals and the planet.

See the 10 small steps at:
www.ecojam.org/interact/10-small-steps-to-a-big-organic-christmas

Bristol City Council Draft Markets Strategy & Action Plan

The draft largely builds on the Review of Markets Policy Review Study completed in December 2010. Bristol City Council welcome your comments on the draft, which should be sent to retail@bristol.gov.uk by 25 November 2011.

Download the draft at:
www.bristol.gov.uk/retail
(scroll down to 'Markets strategy and action plan')

Seed Swap drop-in

1.30–2.30pm Fridays
Zion, Bishopsworth Rd, Bedminster Down, Bristol BS13 7JW

Zion are holding an informal drop-in from 1.30–2.30pm every Friday where people can exchange seeds and plants, exchange gardening tips and advice and take away some local produce!

www.zionbristol.co.uk

Café and catering opportunity

Arnos Vale Cemetery is one of the great Victorian Garden Cemeteries, covering 45 acres close to the centre of Bristol (between the A4 at Brislington and A37 at Knowle/Totterdown). Following a £5.2 million Heritage Lottery Funded restoration programme, saving it from dereliction, Arnos Vale is the only known fully restored example of a Victorian, 'Arcadian' garden cemetery and is regarded as leading the way for historic cemeteries in the 21st century.

Since the re-launch of Arnos Vale Cemetery in May 2010 we have been focussing hard on the sustainability of the site. As well being a working cemetery we are also a place for recreation, wildlife, heritage and learning. We offer a whole range of activities and events as well as hire of our grade 2 listed buildings and welcoming visitors for a stroll around our beautiful and dramatic site. We are a registered charitable trust and also trade as a social enterprise, with all profits generated supporting the charity.

Our volunteer run café has been operating for a year and due to its success we are now keen to appoint a contractor to take on and develop the café and on-site catering services. We are looking for a partner who will share the vision of Arnos Vale Cemetery Trust to be fully sustainable and valued by everyone and who can demonstrate a flexible approach to deliver the best possible cafe and catering services for our many and varied visitors.

We will be going out to tender early in November so please register your interest at info@arnosvale.org.uk. In the meantime if you would like to know more about Arnos Vale Cemetery please visit our website www.arnosvale.org.uk or for an informal chat contact Juliette Randall on 0117 9719117

Regular things

Eastside Roots volunteer days

Stapleton Road Train Station

10.30am–4.30pm Wednesdays & Fridays

Trinity Community Arts Centre garden

12 noon–5pm every Thursday

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

Email: enquiries@eastsideroots.org.uk

www.eastsideroots.org.uk

GROFUN Action Weekends

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

Ashley Vale Allotments are just behind The Farm pub, Hopetoun Road, St Werburghs.

Drag on your wellies and come and give an hour or two. Refreshments provided.

Phone Nadia 0797 3847894 for more info.

Metford Road Community Orchard Day

Usually third Sunday of the month

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

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

Royate Hill Community Orchard

Regular monthly workdays

1st & 3rd Saturdays of the month

11am–4pm (drop by anytime, but cleaning up starts around 3pm)

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

For more information:

www.kebelecoop.org/?page_id=28

Regular markets

Ashton Court Farmers' 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

Tobacco Factory Market

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

Westbury-on-Trym Market

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

Whiteladies Road Market

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

Now on Facebook!

Bristol's local food update is now on Facebook.

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



Bristol's local food update

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

bristollocalfood@googlemail.com

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

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

Design by Jane Stevenson: www.janestevenson.design.co.uk

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

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

Soil Association e-news

www.soilassociation.org/

TodayNewsLogin/tabid/639/Default.aspx

Garden Organic e-news

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

Urban Agriculture newsletter

www.sustainweb.org/cityharvest/newsletter/

Growing Schools newsletter

www.growingschools.org.uk

Community supported agriculture & organic buying groups project newsletter

Email: adaniel@soilassociation.org

Making local food work newsletter

www.makinglocalfoodwork.co.uk

Food Climate Research network

www.fcrn.org.uk

Contact Tara Garnett

taragarnett@fcrn.org.uk

LACORS Food Vision newsletter

www.foodvision.gov.uk/pages/publications

F3 Local food news

www.localfood.org.uk/index.html

Voscur

www.voscur.org/news

Food Lovers Britain

www.foodloversbritain.com/register/register.php

Defra's SD scene newsletter

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