

BRISTOL FOOD NETWORK

Bristol's local food *update*

COMMUNITY PROJECT NEWS · COURSES · PUBLICATIONS · EVENTS

JANUARY–FEBRUARY 2012



If you're one of those people who'll start out 2012 with good intentions, then you may like to add one or two of these suggestions to your resolutions... But if you just love local food, then you may like to try them anyway!

1. I'll shop on a high street in a part of the city that I don't know very well.
2. I'll try out a market or food event that I haven't been to before
3. I'll try some local produce that I haven't tried before.
4. I'll grow something new.
5. I'll ask where my food has come from.

Please email any suggestions for content of the March–April newsletter to bristollocalfood@googlemail.com by 10 February. Events, courses listings and appeals can now be updated at any time on our website www.bristolfoodnetwork.org

Bristol's urban farm?

Keith Cowling

Since the article I wrote on 'Farming the City' in the September/October issue of *Bristol's local food update*, a very large (overwhelming possibly) opportunity has emerged to trial urban agriculture in Bristol on a significant scale. As many of you already know, Bristol City Council has been facilitating discussions on what could be achieved by encouraging some short term uses of a couple of major empty sites in the Temple Quarter Enterprise Zone around Temple Meads station.

In the first instance, discussions have focused on the so-called 'Plot 5', where the temporary car park next to the station is at present. It looks like a mix of short-term uses based on social, entertainment, cultural, food, exhibition, performance, etc. will be preferred here, but on the opposite side of the station is the far larger 'Diesel' site, which was where the ill-fated Bristol Arena was destined for. This is bounded by the high-level Bath Road on the south west corner and by the river and the railway on the other sides. Access is therefore a huge problem without major investment so it has been

suggested that some form of short term agricultural use that does not involve a lot of public and vehicular access would be worth considering (the first thought was growing biomass, such as miscanthus!!).

This is a huge central site of about 2.5 hectares with little overshadowing and a source of river water. It could be a fantastic urban farming site given the right amount of human, cultural and financial investment, but as with all such trailed ideas, time is short to capture the opportunity. One missing piece of the jigsaw, as my recent article highlighted, is any kind of social enterprise framework capable of marshalling the skills, labour, techniques and investment required to develop such a project.

I am therefore asking for help to think through the organisational issues involved so that we might present a coherent and deliverable case to Bristol CC and the HCA for some form of urban agricultural use of this site. Please contact me at keith@eyehouse.info if you would be interested in helping to develop ideas and frame a proposal.

BRISTOL
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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.

Subscriber prize draw

Thanks to the National Trust at Tyntesfield, we can offer a prize draw for subscribers to this newsletter. On offer is a family day-pass for 2 adults and up to 3 children, which will give free entry to Tyntesfield and its lovely, productive walled garden.

The draw will take place at the end of February, so if you're not yet a subscriber, then sign-up now at:

www.bristolfoodnetwork.org/sign-up

Bristol Independents awards

On Saturday 17 December, a prize draw presentation was made to 8 lucky people who'd nominated their favourite local food businesses in the Bristol Independents awards 2011/12.

Councillor Anthony Negus officiated at the presentation, handing over prizes donated by Absolutely Cakes, the Better Food Company, Bristol Beer Factory, Scoopaway, the Tobacco Factory and Whiteladies Road Farmers Market. St Nicholas Market put together a top prize of a bumper hamper.

In total, 42 food businesses have been nominated as 'favourites' of Bristol shoppers. Voting will continue till the end of February at:

<http://bristolindependents.co.uk/>



The Portas Review: An independent review into the future of our high streets

For the 28 key recommendations:

www.maryportas.com/news/2011/12/12/my-28-recommendations/

For the full report:

www.maryportas.com/wp-content/uploads/The_Portas_Review.pdf

Comment

<http://bristolindependents.co.uk/2011/12/15/rob-hopkins-take-on-the-portas-review/>

www.guardian.co.uk/business/2011/dec/11/high-street-rescue-mary-portas?CMP=tw_t_gu

www.telegraph.co.uk/finance/newsbysector/retailandconsumer/8948621/Ambitious-Mary-Portas-report-aims-to-bring-shoppers-back-to-high-streets.html

www.guardian.co.uk/business/2011/dec/11/mary-portas-high-street-management-teams?CMP=tw_t_gu

<http://bristolfutures.posterous.com/the-portas-review-an-independent-review-into>



The Lawrence Hill Community Forest Garden takes Root

A new Bristol growing project called *Edible Futures* is going to kick start 2012 by planting a community forest garden in Peel Street, Lawrence Hill. *Edible Futures'* aim is to transform our urban common ground into beautiful and productive space and this project is our first step!

Forest gardens are a great way to grow food in cities because they produce a lot of food without requiring too much work, so for us busy urban growers are ideal! When summer comes round, Peel Street, which was a featureless green, will have been transformed by fruit trees, soft fruit bushes and swathes of weird and wonderful perennial vegetables for everyone to enjoy!

Get Involved

We'll be running community work days which will be fun and energizing as well as teaching you a lot about forest garden design and implementation. The January planting days are:

- Saturday 7 January
- Friday 13 January
- Saturday 21 January
- Friday 27 January

It's free to come on a planting day but spaces are limited so book yourself in today by contacting Humphrey Lloyd 0770 281 0555

humphreylloyd@hotmail.co.uk

www.ediblefutures.org

Wiltshire Local Food Network launch

Food Champions is the Wiltshire Wildlife Trust's new three-year project for Swindon and Wiltshire, which will empower predominantly disadvantaged communities to learn about and access healthy local food.

The teaching of horticultural skills combined with the creation of allotments and orchards will be supplemented by a network of voluntary Food Champions across Wiltshire and Swindon.

As part of this project, there has been an identified need for collaboration between all parties interested in the area of Local Food and the establishment of a Local Food Network is seen as a key role in helping deliver this. It is clear that there are already many people taking steps to tackle local food issues but with varying rates of success.

Therefore, one of the key benefits of a Local Food Network would be to create a critical mass in the efforts being made, share what works and what doesn't, and share ideas.

We have therefore decided to launch the Local Food Network:

Thursday 19 January 2012
Lower Moor Farm Nature Reserve
(between Malmesbury and Swindon)

Friday 20 January 2012
Langford Lakes Nature Reserve, near Salisbury

The agenda for the meeting will be made available closer to the time but if you would like to find out further details or book your place, please contact either Gary Lamont or Sara Cundy on 01380 736080 or GaryL@wiltshirewildlife.org

www.wiltshirewildlife.org

Awards

Octavia Hill Awards (UK)

Deadline Monday 16 January 2012

The National Trust are looking for individuals and groups who campaign or inspire others to protect green spaces and community growing plots. These awards are to mark the centenary of the death of Octavia Hill, a Victorian social reformer who set the standard in campaigning for green places. Nominations are accepted for the following categories:

- Growing Hero
- Natural Hero
- Inspirational Hero
- The People's Campaigner
- Green Space Guardians
- 'Love Places' award

The six winners will each receive a handcrafted award and get the opportunity to spend a day being mentored by an expert from the National Trust. For more information:

www.nationaltrust.org.uk/main/w-competitions_octavia-hill-awards

Britain's new radicals

Deadline Thursday 12 January 2012

The *Observer* has launched a search for people, projects, organisations and services that have designed fresh and innovative approaches and methods (social, technological, scientific, artistic) in practical ways to transform our society for the better. These new organisations and services might come from familiar areas such as health, ageing, education, community life, the green economy and tackling challenges such as poverty, loneliness, young people and unemployment, wellbeing and regeneration. Or they could break entirely new ground. The criteria are:

1. An entrant must have been operating for at least six months and show evidence that it is meeting its goals and is sustainable. It doesn't matter how small the project – a good idea can always grow.
2. An entrant can nominate itself or be nominated by others.
3. Entrants must be based in the UK and not primarily motivated by profit.

www.guardian.co.uk/theobserver/2011/dec/11/britains-new-radicals-how-to-apply



Radio 4 Food and Farming Awards local winners

Bristol Beer Factory

An independent brewery, based in Bristol, has won one of the UK's top food and drink awards, recognising not just its beers but its role in regenerating the city. The Bristol Beer Factory has won the 'Best Drinks Producer' in the BBC Radio 4 Food and Farming Awards, the 'Oscars' of the industry.

The shortlisted entrants were decided on votes from the public and the winners by an expert panel of judges chaired by chef and restaurateur Richard Corrigan. The judges liked the fact that the Bristol Beer Factory is at the heart of the community in Southville and Ashton, South Bristol and central to the regeneration of the area.

George Ferguson, founder of the Bristol Beer Factory says: "We see this as an accolade for the craft beer industry as a whole and feel very lucky to be representing independent brewers up and down the country who put so much care and attention into producing high quality craft beers."

"We strongly believe that independent local businesses, whatever they are, are capable of producing higher quality products and services than national mass-producers. We make truly local beer – using local suppliers and materials and re-investing in the area."

Chair of judges Richard Corrigan said about the winners: "They are working hard to save some of our greatest craft skills and artisan traditions and reflect where Britain is today and give us optimism for our future."

Bristol Beer Factory was founded six years ago after a chance conversation in the Tobacco Factory theatre bar, owned by acclaimed architect George Ferguson. He decided to buy a nearby old brewery building that was under threat of demolition. Originally known as the Ashton Gate Brewery, which boasted 120 pubs in the area, it was closed after

Georges Brewery took it over in 1933 and the building stood empty since then. Initially unsure about what to do with it, George came up with the idea of returning it to brewing over a drink in the bar of the Tobacco Factory over the road.

The BBF started out as a traditional brewer but in the past couple of years has moved to the forefront of the craft brewing industry.

George continues: "As an architect interested in place-making, I believe that beer-making, along with great food, can play an important role in regenerating an area. Pubs have always been the heart of any community and we feel there should be local beers to go in them. But it's not just about the ales we create, it's also about being part of the local community and local economy. Like other independent brewers, we're not aiming to be the biggest, but strive to be the best we can."

www.bristolbeerfactory.co.uk

Food for Life

The Food for Life Partnership was also recognised in the Awards, winning the Derek Cooper award for the individual or organisation doing most to bring about real change in our relationship with food.

For five years the Soil Association and its three partners in the project – Health Education Trust, Garden Organic and Focus on Food Campaign – have been working with schools and communities across England to transform their food cultures, and the award is fitting recognition for the impact the scheme has had. The Partnership uses food as a way to improve the whole school experience – making lunchtimes a positive feature of the day and enriching classroom learning with farm visits and practical cooking and growing.

www.soilassociation.org/schoolfood/foodforlifepartnership



CSA NEWS



The Community Farm

At the beginning of December staff and Directors of The Community Farm met to review the last few months and plan for the months ahead. Looking back at what has been achieved over the last year, we came up with a long list that included:

The Business

- Grown lots of veg!
- Becoming legal and accountable
- Launched a new website
- Running an efficient box scheme with 360 weekly customers
- Wholesale business increased
- We have a toilet and a tap and the start of staff facilities
- We have an Organic Apprentice through the Soil Association scheme
- Supplied veg for 3 Soil Association Food for Life Partnership award events
- We have a team of committed, enthusiastic and dedicated staff and board members
- Employed local people for casual labour
- Improved infrastructure on site such as track, plans for barn, cold store, electricity

The Members

- 500 investors and annual members
- Gathered Members' ideas at the AGM
- 2 new board members

Fundraising

- Raised £170,000 through Community Shares
- B&NES small grant
- Through to second round of Village SOS funding
- Linked with Ecotricity Affinity scheme

The Volunteers and Outreach

- Worked with over 100 volunteers since April 2011, plus 14 regular volunteers

- 807 people signed up to our regular newsletter
- Members have taken on their own projects including visits to Care Homes and forming the Valley Promotion Group to promote the farm locally
- Hosted international visitors from Italy, USA and Japan
- Held events including the Members' open day and a Midsummer Picnic
- Chefs' day

Partnerships

- Worked with Avon Wildlife Trust on bioblitz and education
- Developed a Bath hub with DHI (Developing Health and Independence)
- Events
- Pulled off a great AGM and Harvest Festival (and survived!)
- Corporate work days
- Good local relations
- Runner up in Observer Food awards

We know there are still plenty of things that we can improve upon and we've got our list of many of those already, so watch this space!

Buy a Share in the Farm

In the meantime – you can still invest in the farm. By our original deadline of 30th November we had raised £45,550 with a further £5,000 pledged – half way to our target. We have decided to try to reach our target by the end of February 2012 as this will really enable us to start to deliver on our ambitions. So...

- You can invest anything from £50 to £20,000
- Make your new year's resolution to become a part of the farm, invest and volunteer and get delicious organic veg delivered to your door!

- All details of the investment can be found on our website at www.thecommunityfarm.co.uk

Switch to Ecotricity and you could help the farm raise more funds

We have teamed up with green electricity supplier, Ecotricity. If you switch your electricity supply to them and quote COF or Community Farm then the Farm gets £40. If you switch to dual fuel (gas and electricity) then the Farm gets £60. £220 has been raised this way so far which is fantastic. Not only are those people supporting renewable energy but the Farm gets a great benefit too. See here for details www.thecommunityfarm.co.uk/news/2011/11/switch-to-ecotricity-and-the-farm-gets-up-to-60/

Community Farmer Days

Our Community Farmer Days throughout 2011 have been a huge success with up to 25 people coming along on some days. In October, volunteers helped to harvest 6 tonnes of squash and in November 24 volunteers came along (half of them using the bus we hired from Community Transport and the bus driver even decided to join in!). The day yielded 300kg of parsnips, 200kg of celeriac, and a huge trailer load of potatoes was sorted, bagged and stored. As well as this we got the last 200kg of white cabbage out, a bit slug damaged, but with careful trimming and washing still great to eat. Lastly we managed to find about 70kg of squash still left up in the field that had been hidden in the grass. More days are planned for 2012 – investors and members get priority booking!

For more information see our lovely new website www.thecommunityfarm.co.uk

News from the Hill!



We are just coming to the end of our first year at Sims Hill Shared Harvest. It has been a challenging year, yet we now have nearly fifty households getting vegetables grown just up the road. We have only a few harvest shares left available.

There will be a few more difficult months to come in the new year but we are excited about 2012. We should see a polytunnel,

mains water and a pond being put in the field in the first quarter, which should give production a boost. We will be growing for 60 harvest shares from next month, so there will be more shares available in 2012, the harvest increasing in July. Ten of these shares will be workshares. We are also planning to run more community veg growing trainings, after this year's successful pilot.

A combination of four community celebration days and weekend workdays will also make us more accessible to our members and the wider community.

Thanks to all of our members and volunteers for helping us through our first successful year on the plot. We couldn't have done it without you!

<http://simshillsharedharvest.wordpress.com>



CSA networking session

On Tuesday 29 November, 10 people from CSA groups in and around Bristol and Bath got together to talk about how their projects could collaborate and support each other. The meeting was hosted by the Soil Association at the Better Food Company in St Werburghs after a couple of CSA projects expressed an interest in forming a local network. There are seven developing and trading CSA initiatives in the area and a great deal of expertise has already been developed. Whilst munching cake and sandwiches the group talked about cooperating on wholesale buying; sharing machinery and apprentices; collaborating on community transport and training; as well as sharing knowledge and experience of growing, and issues around engaging the community and finding set-up funding.

The first decision by the group was to set up an online BaseCamp room, hosted on The Community Farm's BaseCamp, for a West of England CSA Support Network.

This will allow members of the group to easily share information, post questions and events, and advertise wants and 'haves'. There was a strong desire to be mutually supportive and to maintain personal contact through informal visits to each other's projects and phone calls, as well as through the BaseCamp. The group is open to anyone from a CSA to join – to be added to the BaseCamp please contact **Alison@thecomunityfarm.co.uk**. Another immediate outcome has been an offer from The Community Farm, which has a thriving wholesale arm, to provide produce at its lowest wholesale price to CSA enterprises in the area, providing they can pick up from one of two pick up points. For more information on this please contact Laurence Guy via wholesale@thecomunityfarm.co.uk

For more information on CSA you can contact bonnie Hewson (bhewson@soilassociation.org / 0117 914 2430)

www.soilassociation.org/csa



Thornbury Harvest Co-op

After a bumper harvest in 2011, plans are underway for the planting of next season's crops so the Land Group at Camphill Communities Thornbury where this CSA is based are meeting with Thornbury Harvest to look at what to plant where, and in particular what varieties to go with – exciting stuff!

We've still got crops in the ground as I write this in late November – the Cavalo Nero and other brassicas have really done well this year – as have most crops. The hungry gap is in our mind though so we are looking at ways of keeping our members supplied by buying in vegetables and fruit from as local as possible. Members have indicated that they are interested in extending the range of what we supply too (items like fruit, eggs and other vegetables not grown by the CSA).

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



Introducing grandson Elijah to the joys of fresh, organic, local food! (Summer 2011)

Looking for the CSA nearest to you?

The Community Farm
Sims Hill Shared Harvest
Long Ashton (neighbours cultivating veg and raising chickens)
Tynings Field (starting)
Severn Project (developing)
Bathampton
Thornbury
Winterbourne

Bristol City Council High Street Inquiry Day

Bristol City Council's Scrutiny Commission held an Inquiry Day on 11 November into the state of Bristol's high streets.

Nine draft priority themes, which emerged from the Inquiry Day workshops, were agreed at the end of the day. These will be incorporated into a final report alongside other recommendations from the workshops, the survey analysis from residents and businesses, and online comments. The report will be presented to the Scrutiny Commission's formal meeting, currently scheduled for 2 February 2012.

9 Draft priority themes

1. Local research on centres is needed to come up with a suitable mix in areas building on existing toolkits available.
2. Other non-retail in areas should be promoted.
3. Procurement processes of the public sector should be examined to make it simpler for independent local suppliers to be involved.
4. There are opportunities inherent in neighbourhood plans particularly in relation to alternatives to supermarkets.
5. Access issues need to be addressed particularly street furniture, transport, public toilets, etc.
6. Vacancy rates need to be managed proactively.
7. There are opportunities for place management and this would encourage better support for local traders.
8. Supporting retailers is required to develop their skills via distance learning and other opportunities available.
9. Planning needs to be more proactive to support local high streets.

The webcast is also available if you'd like to view it at:

http://connect.bristol.public-i.tv/site/player/pl_v7.php?a=67008&t=&m=flash&l=en_GB

News

First ever Fairtrade Business Awards open for applications



The first ever Fairtrade Business Awards, sponsored by The Co-operative, are being held in Bristol, and are now open for applications from all businesses in the region which support Fairtrade. The ceremony, to be hosted by the BBC's George Alagiah, will be held at **Leigh Court**, home of Business West, on **Friday 9 March 12-2pm 2012** as the major event in the south west for Fairtrade Fortnight.

The aim of the Awards is to increase awareness and sales of Fairtrade through an Award scheme, to enhance the reputation and ethical credentials of all businesses taking part, and to confirm Bristol as one of the world's leading Fairtrade cities. We particularly aim to promote small, local businesses that promote Fairtrade. Many local food supporters also choose Fairtrade where locally sourced options are not available.

The Awards scheme has 5 categories:

1. Best Fairtrade Office, sponsored by Burges Salmon
2. Best Fairtrade Retailer
3. Best Fairtrade Catering Outlet
4. Best Fairtrade Accommodation
5. Best overall Fairtrade Business, sponsored by Lyons Davidson

The Awards are organised by Bristol Fairtrade Network in association with Business West, Destination Bristol and Bristol City Council. Bristol City Council leader, Cllr Barbara Janke, said: "Bristol has been a Fairtrade City since 2005 and it's great to see more and more businesses in the city embracing its ethos and following through with their actions. People here want to trade fairly and be able to make more ethical buying choices. These new awards will encourage even more businesses to get involved and give them the opportunity to showcase their actions, whilst enhancing Bristol's reputation as a leading Fairtrade city."

For more information contact Jenny Foster, Bristol Fairtrade Co-ordinator, 07970 878337 bristolfairtradenetwork@gmail.com

For more details, to sponsor an Award or to enter the Awards, please go to: www.bristolfairtrade.org.uk/FTF2012/BusinessAwards2012/Awards.html



Winter veggie bed in Castle Park

The new display is now planted up and with the recent mild weather is growing fast. Bristol City Council's Allotment Officer, Steve Clampin, would like to invite people to come up with ideas for veg beds in their own local park or open space. Contact Steve on 0117 922 3737 or allotments@bristol.gov.uk outlining what you have in mind.



Healthy Eating for Life

An ambitious and fun programme of events is planned for the South Asian community and others to raise awareness of the need to eat a healthy, well balanced diet. Practical cooking, cooking demonstrations, growing, workshops and a Ready Steady Cook event are all on the agenda from September 2011–March 2012.

As with the rest of the population the dietary habits of minority ethnic groups are affected by a wide variety of factors which include among others access & availability, cost, cooking skills and religion & dietary laws. Recent research commissioned by Public Health to better understand the reasons which underlie food choice and dietary behaviour among

this population group, revealed a desire for learning about making healthier food choices. One very significant theme to emerge in relation to dietary attitudes and beliefs was the duality and ongoing importance of culture. Recognising this enables nutrition interventions to be framed by a core emphasis on the positive aspects of traditional diets. In the report recommendations were made for a range of different practical sessions (including cookery events and vegetable/fruit growing demonstrations) within and between community groups. This event held in September was a huge success.

For more information, contact Liz Fox
Liz.fox@bristolpct.nhs.uk



Finding a plot

The Bristol City Council allotment website www.bristol.gov.uk/page/allotments provides details of allotment plot location, availability etc. Currently there are some disabled raised beds available at the Thingwall Park allotment site for a disabled person or group. (Shown are similar beds in use at the Talbot Road site.)

The Thingwall Park site is off Fishponds Road, backing onto Eastville Park. The plot is specifically designed for people with disabilities, which can range from wheelchair users to blind and partially sighted people, and people with arthritis or back problems.

Contact Steve Clampin: 0117 922 3737
steve.clampin@bristol.gov.uk

Food Policy Council update

The Food Policy Council met again in November with a major theme to the meeting looking at current work underway that contributes to safeguarding the diversity of food retailing in the city. The meeting took place in the @Symes Community Centre in Hartcliffe. This venue was specifically chosen being part of the redevelopment of the centre of Hartcliffe. This development is a classic example of mainstream regeneration practice with area development being catalysed and underpinned by investment from one of the big four supermarkets – in the case of Hartcliffe, Morrison's. The Food Policy Council received a presentation from Stephen Hewitt, the former Chief Executive of the Hartcliffe and Withywood Community Partnership. This group was instrumental in bringing together statutory bodies to draw up plans to meet community aspirations for the area. The principal reason for this presentation was to demonstrate the complexity of the current debate about the role of supermarkets, in particular the 'big four'; Tesco, Morrisons, Sainsbury's, Asda, and to help ensure members are fully acquainted with all the issues about the future of food retail in the city.

Steven Marriott and Jason Thorne of Bristol City Council then gave a joint presentation of the current work by the City Council to understand and develop support mechanisms for the remaining traditional shopping streets/centres in the city. Recent activity has included consultation on the draft Market Strategy and Action Plan, and the High Street Inquiry Day held by the Sustainable Development and Transport Scrutiny Committee of the Council which will lead to the development of the Retail Action Plan next year. A discussion followed about whether further work was necessary to understand if independent food retailers in the city required any further support other than the suggestions arising out of the High Street Inquiry Day. The principle conclusion was that a dialogue with independent food retailers was required. The officers were tasked to develop this. Details of the Council work can be found on the website.

Further reports on the development of a city-wide food charter, the 2012 Bristol Food Conference and the Soil Association's Sustainable Food City Conference and Network were received and discussed. The reports and presentations are available from **Steve Marriott** · 0117 922 4462
steve.Marriott@bristol.gov.uk



People's Supermarket Bristol

A 'People's Supermarket' inspired co-operative to begin trading in Bristol · **Claire Milne**

A new community-owned supermarket, inspired by London's 'People's Supermarket', began trading as a market stall on Saturday 17 December, selling healthy, local food at affordable prices at the Stokes Croft Winter fair. The response from the local community was overwhelming, with 25 volunteers helping run the stall on the day and hundreds of people signing up to get involved.

Run as a not for profit social enterprise, the food cooperative aims to lessen the gap between consumers and the farmers and producers who grow the food we buy. Currently run entirely by volunteers, overheads are low, meaning profits are reinvested back into the project and good quality healthy food can be sold at almost cost price, offering an alternative to the supermarket giants dominating our high streets.

Produce will all be sourced locally from trusted suppliers who are treated fairly, resulting in a guilt-free shopping experience that also doesn't strip your wallet bare. The aim is to offer people the convenience and affordability of the larger chain supermarkets whilst ensuring that everyone and everything involved in

the food chain is treated with care and respect. And with no remote shareholders to drain profits, local money stays within the community, a win-win situation for everyone involved.

The initiative currently has a network of over 70 people volunteering in various capacities to build the foundations of the project – and is actively seeking involvement from as wide a range of people possible so that the shop can meet the needs of the whole community. There are plans in progress for a membership scheme which will see the cooperative become a wholly member led organisation in the not too distant future. Membership will be open to everyone within the local community and at every stage of the supply chain, with members contributing, for example, £4 and four hours a month in return for a discount on their shopping and an equal say in how the shop is run.

Initially operating as a market stall, the initiative will operate from a more permanent base later in 2012, and the project's team of volunteers are already seeking out a suitable premises. Until this happens, the project will continue to operate as a market stall across Bristol as well as holding a variety of food related

events such as festive feasts, talks, film screenings and world café nights.

Involving the local community is key to the project and the project's team of volunteers are keen to hear what people would like the shop to offer. Ideas about how the store can add value to the local area are already flowing including offering skills training and work placements for the unemployed and holding regular in-store community events such as cookery classes and talks on seasonal foods.

This model offers the potential to take market share away from the big supermarkets whilst in turn creating important new markets for local producers. We hope that this is the first of many community-owned supermarkets in Bristol and that together we can contribute to the re-building of a local food economy for Bristol and the surrounding area. We urgently need to raise £500 to fund the first 2 months of our office space – please email claire@bristolfoodhub.org if you are able to contribute in any way.

To sign up for regular updates or to volunteer, email bristolpeoplesupermarket@gmail.com For more information visit www.bristolpeoplesupermarket.org



PHOTOGRAPHS: MIMA KEARNS

Aquaponics: Part of the solution?

Ian Lapraik

With the trend of rising food and energy prices looking set to continue, and with the global population now passing 7 billion, it's no wonder people are thinking more and more about food security and local food production.

What is Aquaponics?

One idea which offers an elegant solution to current problems is aquaponics – the combination of aquaculture (growing fish in tanks) and hydroponics (growing plants without soil). Aquaculture and hydroponics both have their own problems. Aquaculture tends to be very water-intensive as you have to remove fish wastes and maintain water quality, which means regularly changing large volumes of water. In hydroponics a constant supply of chemical fertiliser is added to the water to keep the plants growing.

Aquaponics is a 'managed ecosystem' approach to food production. Fish waste in the form of ammonia is circulated through growbeds, where naturally occurring friendly bacteria convert the ammonia to beneficial nitrates to feed the plants, then the cleansed water is returned to the fish tanks. Water consumption is about 90% less than in soil-based agriculture, yet plant productivity is higher – reportedly four times (or more) as high as in soil-based agriculture. As a result aquaponics is a much more sustainable system.

Pioneered in Australia and the US, aquaponics is ideally suited to small-scale, local, sustainable food production. Systems range from a few large-scale intensive commercial setups (mostly in the US), to community-based projects like Moffat CAN in Scotland, to 'backyard' sized family sized units or even smaller. You could even set up your child's aquarium as an aquaponics system growing a few indoor herbs!

Outputs and Inputs

Outputs from an aquaponics system are plants and fish. A wide variety of plants can be grown: quick-growing leafy vegetables like lettuce and Pak Choi provide the highest productivity, but many other crops have also been successfully grown in aquaponics systems (tomatoes, cucumbers, broccoli and other brassicas, flowers, herbs, and strawberries). Some plants don't do so well in aquaponics systems – mainly root veg. Fish species typically considered in the UK are carp, trout and tilapia – the choice usually



A flourishing aquaponics system
© Herbs from Wales, Anglesey
www.herbsfromwales.co.uk

being driven by hardiness, productivity and local tastes.

The main inputs to an aquaponics system are fish food, water (topping up to offset evaporation and transpiration) and electricity (for pumps and, depending on your system, supplemental lighting or heating). All of these inputs can be sustainably sourced (e.g. using soy-based fish food rather than fishmeal pellets; rainwater harvesting; electricity from solar PV panels and heat from ground source heat pumps). Aquaponics encourages a natural/ecosystem based approach to problems of pests and diseases. Spraying plants with pesticides isn't an option as it will probably also kill your fish. Biological control is strongly preferred – e.g. bringing in ladybirds to manage aphid outbreaks, or tiny parasitic wasps to control whitefly. These kinds of pest control organisms are now readily available.

Considerations

When considering setting up an aquaponics system, there are a wide variety of options to choose from. At its simplest you need a tank to grow the fish in, some kind of growbed for the plants, and a pump to move the water from A to B.

There your choices begin. How big a system do you want? This is usually driven either by the quantity of fish or plants you want to produce in a given period. Do you want a 'flood and drain' growbed filled with some kind of neutral rooting medium (like expanded clay balls), or a 'floating raft' system where the plant roots dangle directly in the water that flows underneath the rafts, or a 'nutrient film technique' system where the roots grow in shallow channels through which the fish water passes? Do you want to have multiple fish tanks for fish of different ages (so you can harvest fish more regularly), or to keep different aged fish in the same tank (which can make it more difficult to harvest the

Aquaponics Resources Online

Aquaponics: ATTRA Overview Document

www.backyardaquaponics.com/Travis/aquaponic.pdf

Herbs from Wales: Anglesey-based family-run aquaponics, part of small-holding (plus aquaponics courses)

www.herbsfromwales.co.uk/joomla/

Aquaponics UK: Pioneers of aquaponics at Stirling University
www.aquaponics.org.uk

Moffat CAN: an example of a community-based aquaponics system integrated into a wider project

<http://moffatcan.org/index.php?page=Aquaponics>

Backyard Aquaponics: Australian site with a wealth of information

www.backyardaquaponics.com

Fishplant: Smallscale aquaponics kits available in the UK

<http://fishplant.co.uk/>

fish you want, but reduces the number of components in your system)?

There are advantages and disadvantages to each technique and combination; which route you follow will depend on your own particular requirements – what space you have available and what you want to achieve from your aquaponics system. On the downside, Aquaponics isn't something you can put 'on hold' while you go on holiday for a fortnight. The fish need feeding every day, water quality needs to be monitored regularly, and any problems need to be resolved promptly. Unless you have very good neighbours, this is one of the main reasons why aquaponics may be best run as a community, rather than as an individual project.

Conclusion

The benefits of aquaponics (locally produced, sustainable food available all year round) are significant, and with the growing demands and constraints on our food production and distribution systems, aquaponics is worth exploring as part of the solution to the problems facing society. If you'd like to find out more about aquaponics and whether it's something that would fit with and be of benefit to your organisation, please feel free to contact the author at IanLapraik@hotmail.com who would be happy to advise or direct you to additional sources of information.



Following the Plot no.10: Winter

Keith Cowling

The first hard frosts in December finally finished off the last of the summer crops and left allotments looking bedraggled and forlorn. Only the hardy winter vegetables remain to soldier on through the cold weather and shortened days. With little planting or weeding to do until the longer days start to warm the soil, winter is a useful time for other things. The name of the game is clearing away last season and preparing for the next.

Clearing

If you haven't already, have a good clear up before seed sowing gets too close. Most of last summer's growth can go on to the compost heap but woody stalks, rotten sticks and bramble roots should dry for a few weeks before a bonfire converts them into useful wood ash with 3% potash. Put this in a damp-proof container to spread along rows of broad bean shoots in the Spring. Once last year's crops have been cleared, cover beds that have no over-wintering crop to suppress weeds and preserve nutrients. (*See previous columns for the merits of using cardboard, leaves and black plastic for this, and for the developing consensus against using old carpets.*)

Mending

Winter is also a good time to tackle the maintenance jobs on the plot. Raised beds with wooden structures usually need a routine replacement of rotten wood. Similarly, paths need levelling and re-surfacing periodically, and storage areas and water collection arrangements should be checked and repaired before a new year haul of manure and the arrival of Spring rains. Once the plot infrastructure has had some TLC, turn your attention to

your equipment, making sure that tools are in good shape, pots and labels are in adequate supply and watering cans and roses still work. Check that you have enough netting and fleece (if you use them) and give the barrow a check and a squirt of oil.

Nutrients

You should already have a pile of Autumn leaves somewhere, quietly turning into leaf mould for the Summer after next – and hopefully some from the year before to make this year's seed-sowing beds. Good value fertility can be had from local authority bulk compost schemes like South Gloucestershire's (still no equivalent in Bristol, unfortunately) or from a local waste company that has a bulk composting system for green waste. At about £25 per tonne, this can be spread liberally as a top dressing on any bed that failed to produce well last year or where topsoil is poor or thin. It is also good to have a supply of manure ready to line the trenches of March's early potato plantings. No-dig gardeners should also think about bringing a straw bale back with them from a Winter drive to the countryside.

Lime is not really a nutrient, but it is an important soil additive, even for organic gardeners, since calcium is continually leached from soil by acidic rain. Lime's main function on the plot is thus to correct the soil's PH value, but it also helps to make phosphorus – one of the basic plant foods – more available and to prevent club root (*see below*) in the cabbage tribe. As brassicas prefer it a year after it has been spread, lime should go on the rotation course which comes a year before cabbages – generally after potatoes and before the beans and peas. So spread a kilo of slaked lime or ground limestone

(NB NOT builders' lime) to every 1 or 2 sq metres of soil before spring sowings.

Rotation

If you use any rotation system on your plot, Winter is the time to form a plan for the coming season. Make sure that crops that most problematically build-up disease-risk have all moved. Leave purple sprouting broccoli alone and any kale, sprouts or caulis that are nearly ready, but brassicas that have failed to thrive should now be cleared to ensure the maximum rest period before this plant family returns. This includes any radishes, turnips and swedes that were missed at harvest time plus weeds that are members of the cruciferae or cabbage tribe like shepherd's purse and charlock. Those who already have club root on their plot, need to exercise particular caution here and keep a strict liming routine as described above.

The potato is the other important crop which builds up pests and diseases in the soil, so last Summer's potato beds should be forked over once more, especially if potatoes were blighted, to look for the little 'travellers' that the crop lifting missed. These can also provide forage for eelworms over the rest period as well as carrying over blight spores.

As you get things tidy and review last season's output, decide on your planting and cropping plan for this season, aiming to avoid anything growing in the same place as it was last year. This will help to clarify the details of the seed order that is now getting urgent.

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



Waste not want not

Tom Hunt, eco-chef, food waste activist and big eater.
Co-founder of 'Poco' Stokes Croft

With 20 million tonnes of food being wasted each year and ever increasing numbers of people around the world going hungry, it's clear that change needs to happen.

As a chef, I've never believed in wasting food and have always tried to cook seasonal and local produce wherever possible. I did however see a certain amount of food waste as inevitable in mass food production.

Recently I was introduced to Tristram Stuart, the world's leading food waste campaigner, author of the award winning book *Waste*, and organiser of Feeding the 5000. Till then I thought I was a man of morals!

Tristram doesn't just talk about food waste, he works to prevent it, and he genuinely makes a real difference. Now I'm working on projects with Tristram to help reduce food waste, my whole perception of life has changed, and the way I look at cheffing is completely different.

I now have concern not just for the taste of the food but its whole production and the impact that has on the environment.

Food is currently wasted at every level of production from field to fork:

- Farmers often leave a certain proportion of their crops in the ground through overproduction, or an order by the supermarket that was never completed.
- Supermarkets will reject a product if it has less than 75% of its predicted shelf life left.
- Supermarkets will reject produce if it is not in the desired state, size or perfection.
- A large proportion of the food that does make it to our homes and restaurants is more often than not thrown into the bin. WRAP believe that 7.2 million tonnes of food is thrown away from our homes each year.

The current level of food waste is totally unacceptable and has inspired a group of us from our festival cafe Poco Loco The Shisha Lounge, to open Poco in Stokes Croft. Now that we have a premises that will be producing vast quantities of food and potential waste, we have a great responsibility to uphold.

Poco is both revolutionary in its concept, and simple in its approach. Our goal is to reduce our landfill waste to zero.

We will do this by:

- No bins just recycling and compost boxes
- Request from suppliers that all products have minimal or no packaging
- Managing orders so that food is fresh and runs out
- If food is over ordered or too much is prepared steps are taken early to preserve the food
- Any food that can't be consumed on the premises is given away
- Thrift – Innovative dishes are created to use meat and veg trimmings
- Correct storage, refrigeration to lengthen the life of products
- Recording waste so that a solution can be found and put into place in future.

Poco sees its business as an opportunity to effect change and make a difference through its production. We are excited about the challenge and responsibility we have taken on as a green business and will be transparent with our operations and hopefully educate other businesses in the process.

I will be writing articles about food waste, cooking and related recipes on my blogsite:

www.tomsfeast.com

On the web...

Food for thought: food sovereignty in Europe

DIGEST: Food systems have been reduced to a model of industrialised agriculture controlled by a few transnational food corporations together with a small group of huge retailers.

www.redpepper.org.uk/food-for-thought/

Making Local Food Real

DIGEST: Scaling-up CSAs on a 350 acre floodplain in Vermont.

<http://opinionator.blogs.nytimes.com/2011/11/29/making-local-food-real/?smid=tw-bittman&seid=auto>

Permaculture on a budget

DIGEST: Practical permaculture solutions from a soggy smallholding in Wales.

www.energybulletin.net/stories/2011-11-03/permaculture-budget

Planting our perennial future: Corn trees, oil bushes, potato thickets, & sweater swards

DIGEST: The current industrial model of US agriculture is economically, energetically, and ecologically doomed. Any hope for a livable future requires that we accelerate the creation of resilient, ecologically-viable 'shadow structure' replacements for industrial US agriculture.

www.energybulletin.net/stories/2011-11-04/planting-our-perennial-future-corn-trees-oil-bushes-potato-thickets-sweater-sward

Turn-key food hives

DIGEST: A new business model and web platform that enables anyone to set up a fair trade organic food distribution and supply network – and make a sustainable social business out of it at the same time.

www.energybulletin.net/stories/2011-11-04/turn-key-food-hives

Restoring Food Hubs

DIGEST: Food hubs can offer key infrastructure support and facilitate market opportunities for smaller producers.

www.energybulletin.net/stories/2011-11-11/restoring-food-hubs

Health, resilience, and a locavore diet

DIGEST: One woman's search for genuinely local ingredients in Sussex.

www.energybulletin.net/stories/2011-11-15/health-resilience-and-locavore-diet

Chef profile

Giles Evans, Head Chef, Tyntesfield

After years honing his skills in Michelin star restaurants, Tyntesfield's Head Chef Giles Evans has come back to his Bristol roots and tells us why having a Victorian Kitchen Garden at his fingertips is a chef's dream come true.

How important is local food to your menu?

It is probably the most important thing. Local food is fresh and therefore so much more tasty. It's the sustainable option too. The National Trust's aim is to source as much produce as possible from within a 30 miles radius and we are lucky enough to have some amazing local producers near Tyntesfield. Our menu is all about great British, seasonal food but we also try and serve things that people may not cook at home such as Dyrham estate venison or Somerset mutton. We are also privileged to get fruit and veg from Tyntesfield's own kitchen garden which is about as fresh as you can get!

What is it like to have a Victorian Kitchen garden at your disposal?

It is a chef's dream! The garden is so productive and well managed that we have the pick of the most awesome fruit and vegetables. The quality of food is exceptional and because of the glasshouses we even get to choose more exotic, home grown varieties – the figs are amazing! We regularly try to get down to the gardens and chat (and taste!) with the gardeners. They are really passionate

about what they grow and have their own recommendations on particular varieties. The garden has been in continuous production since it was created in the 1890s and it is so satisfying to use the garden as it was intended.

One year on since you opened, what are your highlights?

It has to be the work we do with local kids such as the annual crumble rumble race and our Countryside Guardianships project – every year a local school tend their own patch in the garden – this year we were able to help them make their own pasties with the veg they had grown. They loved it!

What's in store for 2012?

We've got the new Pavilion tea room opening, near the kitchen garden, which is going to be great – amazing views over Somerset countryside and a wood burner for cosy winter days. There will be more of the same great local food, building up new relationships with suppliers and experimenting with new varieties of fruit and veg. We're hoping to start cookery workshops this year – we'd love to get more people out here and get involved in what we doing.

Giles is Head Chef at the Cow Barn at Tyntesfield, in North Somerset. Open every day (except Christmas Day). Book a table on 01275 461965. For more information about Tyntesfield: www.nationaltrust.org.uk/tyntesfield.



On the web...

How the Farm-to-Table Movement Is Helping Grow the Economy

DIGEST: Local food becomes big business in the US.

www.entrepreneur.com/article/220357

Home-grown food in schools for a green economy

DIGEST: An international initiative led by the UN World Food Programme, and a unique institutional experiment in promoting a green economy by linking public sector food procurement to sustainable agriculture.

www.energybulletin.net/stories/2011-11-18/home-grown-food-schools-green-economy

Cob Cottage Company: Complete permaculture site

DIGEST: You cannot have permaculture without building your own comfortable dwelling from the materials onsite.

www.energybulletin.net/stories/2011-11-18/cob-cottage-company-complete-permaculture-site-tuesday-november-15-2011

The justice of eating: Food, fairness and the Fife diet

DIGEST: In Kinghorn, a small coastal town in Fife, the international FoodRevolt conference examined inequalities around food, and brought together around 200 activists, NGOs and food writers, as well as chefs, food producers and consumers.

www.energybulletin.net/stories/2011-12-06/justice-eating-food-fairness-and-fife-diet

Policies for a shareable city #11: Urban agriculture

DIGEST: 11 suggested US policies to help encourage urban food growing.

www.energybulletin.net/stories/2011-12-06/policies-shareable-city-11-urban-agriculture

Subscriber prize draw

Thanks to the National Trust at Tyntesfield, we can offer a prize draw for subscribers to this newsletter. On offer is a family day-pass for 2 adults and up to 3 children, which will give free entry to Tyntesfield and its lovely, productive walled garden.

The draw will take place at the end of February, so if you're not yet a subscriber, then sign-up now at:

www.bristolfoodnetwork.org/sign-up

Funding

Free Training and Grants for New Breakfast Clubs (UK)

School staff, parents and group leaders that wish to set up a new breakfast club in a school or community facility can obtain free training to equip staff with the skills they need to start up and run a successful breakfast club. Following the training, leaders will be able to apply for a Best Start Breakfast Club grant of £650 to get their new breakfast club up and running.

www.continyou.org.uk/school/breakfast_club_plus/funding/

Peoplefund.it

This new online service provides a platform to connect those that seek funding and those that want to support ideas. Projects that require funding from between £1,000 and £50,000 can create a page on the website. All you need is a project aim, a three minute video and an idea of what rewards you can give in return for pledges.

www.peoplefund.it/

Awards for All

Awards for All England is a simple small grants scheme making awards of between £300 and £10,000.

The Awards for All programme aims to help improve local communities and the lives of people most in need.

It funds projects that meet one or more of the following outcomes:

- People have better chances in life – with better access to training and development to improve their life skills.
- Stronger communities – with more active citizens working together to tackle their problems.
- Improved rural and urban environments – which communities are better able to access and enjoy.
- Healthier and more active people and communities.

The application form is short and simple. Just email the completed form.

You will find out if you are successful within six weeks.

www.awardsforall.org.uk/england/summary.html

Buy Better Together Challenge

The 'Buy Better Together Challenge' is aimed at raising awareness of the benefits of community buying and sharing best practice amongst communities. BIS and Co-operatives UK are each contributing £30k to the prize fund.

Community buying involves groups of people combining their buying power to purchase goods or services together and get better deals from shops and other suppliers. This can help businesses spread their overheads and in turn lowers costs for consumers. Support will be awarded to schemes that best demonstrate new and different models of group buying and which deliver real deals and social benefits for communities. Any group or organisation within the public, voluntary or business sectors is eligible to enter the competition.

Applications open in January 2012. In May, shortlisted applicants will be asked to prepare a detailed business plan for the final stage, aided by a business mentor if they need it. The overall winner of the prize will be announced in October 2012.

www.wired-gov.net/wg/wg-news-1.nsf/lfi/422373

The Community Festival and Event Fund

The Bristol City Council Community Festival and Event Fund is allocated annually to cover community-based events across the city. The fund is open to Bristol-based community groups, Bristol Parks Forum members and non-profit making organisations who are organising free festivals and events outdoors.

The funding application deadline for 2012/13 is 4pm on 9 February 2012 for events that occur between 1 April 2012 and 1 April 2013.

Individual funds are awarded to a maximum of £2,000 per festival/event.

Please only ask for £2000 if you really need it. Many festivals/events are allocated less than they ask for because the fund is small and aims to cover the whole city.

For more details of how to apply, please call or email the events team on teasdale@bristol.gov.uk or 0117 9224665

BIG Lottery Fund: Communities Living Sustainably

Communities Living Sustainably will fund partnerships that bring together the public, private, voluntary and community sectors to build up to 10 sustainable and resilient communities to help deal with the potential impact of climate change. These communities will provide inspiration and share their learning with other communities across England. We are particularly interested in supporting the most vulnerable groups and communities who are more likely to be affected by climate change.

Proposals from partnerships must meet all of the following outcomes:

1. Communities are better prepared for environmental challenges and longer term environmental change and understand the improvements they can make to live more sustainably.
2. Vulnerable people affected by the impacts of climate change are able to make greener choices to help improve their quality of life.
3. Communities maximise the use of their assets and resources to create new economic opportunities and live more sustainably.
4. Communities have a greater understanding of and more opportunities to use natural resources more efficiently.

The programme will invest in up to 10 communities by providing:

- access to expert support and advice to help each community to develop their skills, knowledge and abilities and build on best practice among communities
- up to £10,000 to develop a project delivery plan that details the environmental, economic and social challenges affecting the community and how they can be addressed
- grants of between £500,000 and £1 million for up to five years for a range of activities and initiatives within a local community.

Closing date 31 January 2012

www.biglotteryfund.org.uk/prog_communities_living_sustainably.htm?regioncode=-uk

Events



Coexist Community Kitchen interactive workshop

Monday 16 & Tuesday 17 January 2012
Hamilton House, 80 Stokes Croft,
Bristol BS1 3YQ

Suggested donation of £25-£75

During the 2-day workshop we will:

- Tailor a design which will respond to everyone's needs
- Work in teams, getting hands-on to gut the old kitchen
- Give focus and clarity on your own business and personal involvement
- Get a chance to share your own project vision and explore collaboration opportunities with others
- Learn techniques to help continually build and strengthen your team.

For more information and to book your place, email: food@coexistuk.org

Avon Organic Group: 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

AGM

Wednesday 1 February 2012
Hamilton House, 80 Stokes Croft
Bristol BS1 3YQ

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

7.30pm Annual General Meeting & Seed Swap – including heritage varieties

8.15pm Befriending our Bees – talk and demonstration

Yatton Area Bee Project supports sustainable ways to increase the local population of healthy honey, bumble, and solitary bees. Find out more about bees, and practical things to encourage and look after them, from Robin Morris.

The Ethicurean: Barley Wood Wassail

Saturday 14 January. Midday till late.
Barley Wood Walled Garden, Long Lane,
Wrighton BS40 5SA

£7 advance/£10 on the door

£19.50 Evening coach ticket from Bristol

Building on last year's sell-out event, The Ethicurean bring you an extended full day event with activities for all the family including storytelling, creative workshops, face painting & art. Wassail Ceremony 6pm. Evening entertainment with music and Mummings Play.

<http://theethicurean.wordpress.com/>

Green Capital Future City Conversations: Feed Me

2-5pm Wednesday 25 January
Ecohome, Create Centre, Smeaton Road,
Bristol BS1 6XN

Several years ago, a series of World Cafe conversations resulted in the current Green Capital vision. A programme of new 'conversations' has been arranged which aim to develop our shared understanding and agreement about what needs to be done. These will be overseen by 'thinker in residence', Professor Herbie Giradet, who will facilitate our discussions and ensure that we maintain our thoughts at the cutting edge of what is possible, both theoretically and practically. It is essential that the discussions are attended by a multi-disciplinary group of local experts who have a deep understanding of the issues, evidence and possibilities. Although titled 'conversations' the result is intended to be action.

'Feed Me' session

The recent study 'Who Feeds Bristol' clearly showed the lack of resilience in our food system, reliant as we are on the large retailers. The fightback has started, but how do we redress the balance in favour of local food? We need to get more people growing and cooking their own food, as well as increasing access to healthy, locally sourced options..

<http://bristolgreencapital.org/latest/2011/12/future-city-conversations-23-27th-jan-2012/#more-919>

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

Food Co-ops Networking event

Wednesday 8 February
Southville Centre, Bristol BS3

Sustain and the Soil Association are organising a networking event for food co-ops in the South West and West Midlands. There will be a chance to hear from new and existing food co-ops, the Love Local Food project in Exeter and a university food co-op. There will also be workshops offering information on how to set up and develop a co-op, legal advice, good communication and meetings and funding. If you're interested in coming then email alison@sustainweb.org for more details and a booking form: www.foodcoops.org



Transition Bath Apple Pruning Workshop

10am-4pm Saturday 25 February
Richens Orchard, Smallcombe
£20

The tutor is an expert in orchard management, and will cover selection, planting, grafting and pruning. The whole-day workshop costs £20, and will be held at Richens Orchard which is on National Trust land at Smallcombe, opposite Transition Bath's community nuttury. To book a place, phone Jim on 01225 481500 or email piltonman@gmail.com.

Love Food Spring Festival

Saturday 31 March and Sunday 1 April

The Spring Festival combines some of Love Food's favourite producers with a superb cookery school, fantastic childrens' activities and some great new features in a fabulously fun environment. Follow the food love on Twitter @lovefoodfest. If you're a passionate food lover and would like to be a part of the festival, please e-mail lorna@lovefoodfestival.com.

www.lovefoodfestival.com

Events appeals

InterClimate Network: Your Green Future

9am–3.15pm Tues 13 & Wed 14 March
UWE's Exhibition and Conference Centre

The organisers are looking for a representative (or a couple) from the Bristol Food Network to take on a team within the Jobs Change Workshops, to act as mentors and judges.

During the workshops, teams of students will design a product for a business, such as a ready meal. Each team will have to think about issues such as where the product will be manufactured, how it is produced, the materials used, its impact on the environment, the supply chain and where profits distributed.

Students will be supported by a range of professional 'mentors' who will be able to support them in their process.

The format of the workshops:

- Students, in teams (about 6–8 teams per session) will design a product for a business, such as a ready meal.
- Each team will have to think about issues such as where the product will be manufactured, how it is produced, the materials used, its impact on the environment, the supply chain and where profits distributed.
- Each team will link the need for the product to the wider issues – for instance over consumption, resource depletion, throw away culture.
- Students will be supported by a range of professional 'mentors' who will be able to support them in their process – about 6–8 mentors needed per session.
- At the end of the session students will present their product to the other students and the mentors – who will vote for the best product.

For more information, contact Simon Little
Simon_little24@yahoo.co.uk
0797 4975886

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

The Big Green Cook-off

Wednesday 21 March
Bristol

As part of this event, the organisers want to raise awareness of the various local food growing initiatives in and around Bristol. A representative from the Bristol Food Network could really help to ensure that this local perspective is given. This could be done by acting as a member of the judging panel in marking each meal and each pitch for its sustainable merits, cross-examining the young people at the pitch stage to ensure that they have a true grasp of the issues involved.

The Big Green Cook-off is a young chef cooking competition in which participants will be asked to take part in a 'Dragon's Den' style, head-to-head competition to come up with and pitch to hypothetical investors an environmentally friendly ready meal. Contestants will need to present the factors contributing to the eco footprint of their meal with some evidence to show the relative impact of each.

It will involve community engagement between local businesses, local food growing initiatives and students (16–19 year olds) from Bristol. This event is being planned in collaboration with Oliver Pratt, head chef from The Watershed, and Phil Houghton of The Community Farm at Chew Magna and in conjunction with Your Green Future (YGF) Bristol 2012.

The competition will be filmed and screened at The Watershed during the Big Green Week (9–17 June).

Enquiries about participation are welcome, please contact Simon Little
simon_little24@yahoo.co.uk

On the web...

Rome's Travelling Garden Supports Occupy Movement

DIGEST: A travelling edible garden in Rome called Orto Errante (which in Italian means Wandering Garden) made a 2.5 mile journey from Santa Croce in Gerusalemme to the city's Occupy Rome tents.

www.urbangardensweb.com/2011/11/22/romes-travelling-garden-supports-occupy-movement/

NYC Rooftop Farm Classroom Cultivates Minds

DIGEST: A 1400-square foot smart and sustainable hydroponic urban farm sits on the third floor rooftop of a New York City public school.

www.urbangardensweb.com/2011/11/16/nyc-classroom-in-an-urban-rooftop-farm/

We're throwing out less food – but still too much

DIGEST: Wrap's report reveals that the amount of household food waste thrown out in the UK has dropped by 13 percent, or 1.1 million tonnes, since 2006–07.

www.independent.co.uk/life-style/food-and-drink/news/were-throwing-out-less-food--but-still-too-much-6262749.html?utm_source=FCRN+Mailing&utm_campaign=4b3adf080d-FCRN-Mailing-24-Nov&utm_medium=email

Industrial-Sized Rooftop Farm Planned for Berlin

DIGEST: Berliners have earmarked a massive former factory roof for an unusual urban agriculture venture. The sustainable set-up will produce both vegetables and fish for local residents and could be a model for future city farms as the world continues to urbanize.

www.spiegel.de/international/germany/0,1518,800376,00.html

Bring it to the table: Creating justice through food

DIGEST: What do we understand by the term food justice? Is it the search for accessible, affordable and healthy food for all? Or is there a role for food in tackling today's larger-than-self problems?

<http://stirtoaction.com/?p=536>

A competitive cooperative

DIGEST: Essential food cooperative celebrates 40 years of trading.

<http://stirtoaction.com/?p=540>

Conferences

The Campaign for Real Farming The Oxford Real Farming Conference

Thursday 5 & Friday 6 January 2012

Magdalen College, Oxford

£20 day/£35 both days

Farmers, writers, diplomats and academics of many kinds will be asking the questions that really need to be addressed as humanity negotiates what perhaps are the choppiest waters that we have yet had to face. What would farming look like if it was really designed to feed people without wrecking the rest? Is the global, neoliberal economy really suited to such farming? What kind of governance is needed to ensure that good farming can thrive? Why don't the people who frame farming strategy talk to farmers? How can we create a new generation of farmers, in an economy that seems intent on getting rid of them? On the technical front: what is the role of grazing, mixed farming, and all the rest? And how do we provide energy on farms?

www.campaignforrealfarming.org/2011/11/you-are-invited-to-the-third-oxford-real-farming-conference-at-magdalen-college-oxford-on-january-5th-and-6th-2012/



Soil Association Annual Conference **Facing the future: Innovation in food and farming**

Friday 2 March 2012

Royal Horticultural Halls, London

For bookings make before 2 January:

£72 members/£100 non-members

After 2 January: £90/£120

Exploring two major themes of the organisation's strategy: *Facing the Future*, which explores the exciting scientific and technical progress being made in organic and low-input farming systems; and *Good Food for All*, which contributes to the important debate about food, public health and social justice.

If the current model of food and farming is 'unsustainable', then we need to galvanize the finest thinkers, technologists, scientists, farmers, entrepreneurs and teachers to develop new ways of feeding a growing world population now and in the future.

In addition, the growing challenge of diet-related ill-health, in the UK and internationally, means that we need to explore the relationship between food production and its consumption. With a world that has approximately 1 billion people malnourished and 1 billion obese, there is a powerful case for bringing public health and nutritional expertise to the farming and food production table, to innovate joined-up solutions for our food future.

www.soilassociation.org/shop/item/categoryid/26/list/1/level/a/productid/168/utm_source/fcrn%20mailing/utm_campaign/cb7868dc4e-fcrn_mailing_18_october_2011to_20_2011/utm_medium/email

Making Local Food Work Conference

Making Local Food Our Future

Wednesday 20 March 2012

Mermaid Conference Centre, London

Making Local Food Our Future will bring together the innovators, drivers and investors in the community food sector, to show how they are making a real impact by joining together and working collaboratively.

We all have something to contribute to the future stability of the food system. *Making Local Food Our Future* will be your opportunity to be inspired by real examples, to connect with the key stakeholders and to find out how to do it in your own community.

The conference marks the culmination of five years of Making Local Food Work, funded by the Big Lottery Fund, which has helped over 1,000 enterprises – and over 2 million consumers – reconnect with local food through community food enterprises.

Register your interest by calling Eileen Keenan on 01993 810730 or email info@makinglocalfoodwork.co.uk

www.makinglocalfoodwork.co.uk/

Growing Schools Conference: **Benefits not Barriers**

28 March 2012

RHS Garden Wisley, Surrey

£125 per person or £100 if booked prior to the end of January 2012

Featuring six, exciting, hands-on workshops and 20+ marketplace exhibitors the conference will demonstrate the many advantages of making your school a Growing School.

For further details contact Sandra McNeill sandra-mcneill@countrysidefoundation.org.uk or Gary Richardson on 07711 069092.

www.growingschools.org.uk/News/detail.aspx?ItemID=45

Courses

... with the low-impact living initiative

Creating and maintaining orchards

10am–4pm Friday 20 January
Near Thornbury, South Gloucestershire
£95

This 'hands-on' course will guide you through choosing varieties and caring for your trees and their surroundings. The practical sessions will be a chance to see 'best practice' in planting trees and to try skilled pruning of small and large trees. We have a wide range of fruit trees both large and small for you to practice your skills on, including medlar, pear, apple, plum, greengage, cherry and crab apple.

www.lowimpact.org/thornbury_orchards.htm

Starting an allotment: Part 1

10am–4pm Wednesday 15 February
Near Thornbury, South Gloucestershire
£95

Details to follow online.

www.lowimpact.org/thornbury_allotment.htm

...with the University of Bristol

**University of Bristol Botanic Garden,
The Holmes, Stoke Park Road,
Stoke Bishop, Bristol BS9 1JG**

For all course information:
www.bristol.ac.uk/Depts/BotanicGardens/about/education.htm

Organic vegetable growing

10.30am–4.30pm Sats 4–28 February
£90 · Tutor: Dave Hamilton

Growing vegetables is hugely rewarding and with more people taking on an allotment for the first time in this short course at the Botanic Garden Dave Hamilton will explain the basics of setting up a growing space, including ground clearing, bed construction, siting of perennials and fixtures, soils, fertility, crop planning and rotations. The course will provide first time allotment owners enough information to get them started and achieve success within the first year.

...at the Create Centre

**B Bond Warehouse, Smeaton Road,
Bristol BS1 6XN**

For all course information:
www.bristol.gov.uk/sites/default/files/documents/leisure_and_culture/adult_education_and_learning/ALS%20course%20guide%202011.pdf

An introduction to sustainable gardening

10am–4pm Saturday 11 February
£36/£18 · Tutor: Susan Rogers

Create a garden that has a low impact on resources and enhances the environment. The day will offer an exploration of organic growing methods and permaculture design principles to develop your approach to your garden.

Container vegetable production

10am–4pm Saturday 25 February
£36/£18 · Tutor: Susan Rogers

Focussing on some practical and basic principles in growing vegetables in containers and small spaces.

The compact edible garden

10am–4pm Saturday 24 March
£36/£18 + £10 materials costs
Tutor: Sarah Edwards

Plant up a recipe in a pot so you can pop out and gather the ingredients for your favourite tasty dishes easily and quickly even if you have little space. Enjoy your own home grown food.

...at Stoke Lodge

**Shirehampton Road, Stoke Bishop,
Bristol BS9 1BN**

For all course information:
www.bristol.gov.uk/sites/default/files/documents/leisure_and_culture/adult_education_and_learning/ALS%20course%20guide%202011.pdf

The compact edible garden

10am–4pm Saturday 10 March
£36/£18 + £10 materials costs
Tutor: Sarah Edwards

Make a zingy salad and edible flowers hanging basket.

Pruning – All you need to know

10am–4pm Saturday 10 March
£36/£18 · Tutor: Jon Wheatley

A practical workshop which shows you how to prune fruit, shrubs and roses.

Growing fruit and vegetables

10am–4pm Saturday 17 March
£36/£18 · Tutor: Jon Wheatley

Focussing on some practical and basic principles in homegrowing techniques.

The low maintenance water wise garden

10am–4pm Saturday 28 April
£36/£18 · Tutor: Sarah Edwards

Plan a garden that is beautiful, bountiful and able to withstand the changes in climate.



...more courses & training

...with Ragmans Lane Farm

**Ragman's Lane Farm, Lydbrook,
Gloucestershire GL17 9PA**
www.ragmans.co.uk/courses/courselist.html

Sustainable Land Use

23 January–2 March

Taught by: Patrick Whitefield with Jo Newton, Mike Gardner, Sarah Pugh and Caroline Aitken
£400 per week including accommodation

This is the ideal course for people who want to work on the land in a sustainable way, taught by people who are leaders in their fields. No previous experience is necessary, but people who have had a more mainstream training have found it valuable for the holistic perspective it gives. It especially suits people who are working on the land or are intending to as it gives the overview knowledge which complements what you learn by actually doing it.

It's modular, so you can take one or more of the above subjects or all of them. Each module is a week, except the Permaculture which is two.

For full information see:
www.patrickwhitefield.co.uk/slu.htm

MSc Sustainable Horticulture and Food Production – growing low input, diverse and resilient food systems

Starting September 2012
University of Plymouth/Schumacher College

A new and cutting-edge MSc programme in Sustainable Horticulture and Food Production, at the forefront of new thinking on resilient and healthy food systems of the future.

This full-time 1-year postgraduate programme is offered in partnership with the Eden Project, the Centre for Alternative Technology and Plymouth University

To start in September 2012 please apply by 28 February. Postgraduate diplomas and certificates are also available.

www.schumachercollege.org.uk/courses/msc-sustainable-horticulture-and-food-security

RHS Campaign for School Gardening: Local courses

Lawrence Weston Community Farm, Bristol

For more details and for information about other courses:

<http://apps.rhs.org.uk/schoolgardening/teachershome/teachertraining/southeast/default.aspx>

From plot to plate

Monday 19 March 2012

This one day course is designed to help you make your garden as productive as you want it to be! Help children to make the connection between what they eat and where it comes from. Producing food makes children more adventurous in tasting food and so helps with getting them to eat more healthily too. Inspire your children to grow with the magic of cultivating food from seed to harvest.

Go wild in the garden

Monday 21 May 2012

Whether your site is small or large there is always opportunity to make the way you grow wildlife friendly. In recent times, pressure on agricultural land has taken its toll and the value of gardens for wildlife has come to the fore. This course will help you to maximise the wildlife potential in your school garden whilst still using it to its full potential for delivering the best for your children.

Community coaching

Do you...

- work with a community group
- inspire others and help them to help themselves
- want training to help you work better with other groups

The Community Coaching training programme starts in January in Salisbury and Exeter, 5 days spread over 6 weeks.

Please contact Georgia Spooner directly if you are interested in the course or need further information 0117 909 6315

www.swcn.org.uk/

Simply Governance

10am–4pm 21 March 2012
The Coach House (CDA BRAVE Ltd), Bristol

Free of charge if you are part of, associated to, or assisting with the development of a community food enterprise. £50 + VAT to other individuals wishing to attend.

The training workshop is suitable for the following: those advising, working with or participating in any community enterprise or co-operative organisational structure. It is particularly aimed at anyone serving on the governing body of a community food enterprise.

The morning session uses group work to explore:

- What is governance and why is it important?
- The typical governance problems of a community enterprise.
- Solutions and strategies to avoid the typical governance problems.

The afternoon session is a practical hands-on workshop in which the participants assess the governance health of a community food enterprise (either their own or someone else's). This is carried out in two ways:

- a paper-based Governance audit, which is fed back to the group; and input into
- a web-based Governance Audit tool – newly created for this course and available to participants and their organisations after the course.

Participants will also receive a copy of Simply Governance, Co-operative UK's comprehensive guide to the systems and processes concerned with the effective running of a community or co-operative enterprise.

For both courses, there is much that is applicable to any community or co-operative enterprise.

Contact: mlfw@uk.coop · 0161 246 2953

www.makinglocalfoodwork.co.uk/about/gs/Training.cfm?frmAlias=/training/

Publications

The State of the World's Land and Water Resources for Food and Agriculture

Food and Agriculture Organization of the United Nations

£29.99

By 2050, food production is projected to increase by about 70 percent globally and nearly 100 percent in developing countries. This incremental demand for food, together with demand from other competing uses, will place unprecedented pressure on many agricultural production systems across the world. These 'systems at risk' are facing growing competition for land and water resources and they are often constrained by unsustainable agricultural practices. They therefore require particular attention and specific remedial action.

The State of the World's Land and Water Resources for Food and Agriculture (SOLAW) analyses a variety of options for overcoming constraints and improving resource management in these areas of heightened risk. In each location, a mix of changes in institutional and policy measures will have to be combined with greater access to technologies for better management of land and water resources. Increased investments; access to novel financing mechanisms; and international cooperation and development assistance will also help overcome these constraints.

www.fao.org/nr/solaw/solaw-home/en/

Achieving Food Security in the Face of Climate Change

Summary for policy makers from the Commission on Sustainable Agriculture and Climate Change

The Commission on Sustainable Agriculture and Climate Change has reviewed the scientific evidence to identify a pathway to achieving food security in the context of climate change. Food systems must shift to better meet human needs and, in the long term, balance with planetary resources. This will demand major interventions, at local to global scales, to transform current patterns of food production, distribution and consumption. Investment, innovation, and deliberate effort to empower the world's most vulnerable populations will be required to construct a global food system that adapts to climate change and ensures food security while minimizing greenhouse gas emissions and sustaining our natural resource base. Greatly expanded investments in sustainable agriculture, including improving supporting infrastructure and restoring degraded ecosystems, are an essential component of long-term economic development. The sooner they are made, the greater the benefits will be.

http://ccafs.cgiar.org/commission/reports?utm_source=FCRN+Mailing&utm_campaign=4b3adf080d-FCRN-Mailing-24-Nov&utm_medium=email

Food Systems Failure: The Global Food Crisis and the Future of Agriculture

£65

This book provides a critical assessment of the contemporary global food system in light of the heightening food crisis, as evidence of its failure to achieve food security for the world's population. A key aspect of this failure is identified in the neoliberal strategies which emphasize industrial efficiencies, commodity production and free trade-ideologies that underlie agricultural and food policies in what are frequently referred to as 'developed countries'.

The book examines both the contradictions in the global food system as well as the implications of existing ideologies of production associated with commodity industrial agriculture using evidence from relevant international case studies.

www.routledge.com/books/details/9781849712293/?utm_source=FCRN+Mailing&utm_campaign=4b3adf080d-FCRN-Mailing-24-Nov&utm_medium=email

Films

More CSA inspiration

Watch short films from inspirational CSAs on the Soil Association website.

www.soilassociation.org/communitysupportedagriculture/medialibrary

Edible Landscapes London

A showcase garden that's the cutting edge of no-dig, agroforestry, predominantly perennial and definitely low-maintenance gardening.

www.energybulletin.net/stories/2011-11-29/edible-landscapes-london

Nuttery at Smallcombe on the Great British Food Revival

Transition Bath planted this nuttery at Smallcombe Vale in February 2011 and were back in August to weed around the trees and mulch with the BBC filming!

www.youtube.com/watch?v=OLl oe436WYQ&list=UUNf5xVGPsMyoeH0dm2v9vwQ&feature=plcp&utm_source=Transition+Bath+Newsletter&utm_campaign=c8d15fb8c2-TB+Newsletter+November&utm_medium=email

Urban Roots

The film follows the urban farming phenomenon in Detroit and offers an alternative sustainable future to a nation grappling with collapsing industry.

<http://vimeo.com/22102417>

BrightFarms

BrightFarms operates hydroponic rooftop greenhouses at grocery retailers, eliminating time, distance and cost from the food supply chain.

www.sustaining.co.uk/2011/10/brightfarms-reduce-supply-chain-to-about-10-vertical-metres/

Odds & ends

Good planning policy in practice

Brighton and Hove City Council have adopted new planning policies to encourage new developments to include food growing spaces. Food Matters has written the Planning Advice Note (PAN) in collaboration with the planning department and as part of the Harvest project.

Although not obligatory, the PAN encourages developers to think creatively about using walls, roofs and balconies for food growing when space is limited. Several developments in the City have already incorporated growing spaces, most notably One Brighton which provides roof top allotments for residents.

For more information visit www.sustainweb.org/

Setting up a cider co-operative at work

Cider clubs are a new flavour of co-operative. Setting up a cider co-op at work is an easy and sociable way to make the most of one of the UK's most unsung fruits.

The Co-operatives UK booklet gives a few pointers on how you and your colleagues can start your own cider co-op, and enjoy your own liquid dividend in the very near future.

www.uk.coop/fruity

FREE mentoring support and study visits still available from the Making Local Food Work programme

Would you appreciate the advice of an experienced mentor or the chance for your group to visit another CSA? These Skillshare opportunities are only available until March 2012. For more information contact Olivia olivia.gardner@plunkett.co.uk or visit the website:

www.makinglocalfoodwork.co.uk/about/Enterprise_Support.cfm

Become a CSA advocate in Europe!

Would you like to travel to Europe to talk about CSAs? The Soil Association has received EU funding to support the growth of CSA in Europe by organising exchange visits of CSA farmers and organisers. So we are looking for volunteers including CSA farmers and growers, organisers of established CSAs and people who can speak confidently about CSA models and development in the UK, to travel to Europe between January–April 2012. European hosts will organise for UK representatives to speak to farmers and organisers in other countries. Travel expenses are covered. If you are interested, please contact Jade at jbashford@soilassociation.org

Flavrbox appeal

Flavrbox is a new social enterprise initiative that aims to bring local produce direct to the doors of people unable to visit their local farmers' market, yet which operates on a national scale.

It is appealing for support to help fund a series of 12 short videos which will promote selected local producers – allowing them to tell their story of how food is produced, and giving consumers a better understanding of the true value of food. To find out more about the project and how you can help, visit:

www.sponsume.com/project/flavrbox-change-world-one-bite-time

The Park Café

The Cooking Company has expanded and is now operating two cafés – from its old home at the Folk House Café and its new venture, the café at the Park Community Centre in Knowle West.

The Park is on the site of the old Merrywood Boys School, which closed in 1999. It is a 60's building and has a kitchen so vast that from the New Year, it will be shared with the Cookery School from Bordeaux Quay.

<http://theparkknowle.co.uk/>

Podcasts

Dickson Despommier on the Rise of the Vertical Farm

Despite some notable detractors, Dickson Despommier is profoundly optimistic that this is how we will feed our exploding population, and early ventures from Korea to the Netherlands show signs he may be right.

www.treehugger.com/treehugger-radio/dickson-despommier-podcast.html

Profile: Cheryl Rogowski

Majora Carter visits the northern reaches of the New York metropolitan area, where Cheryl Rogowski, a fourth-generation farmer, grows 200 varieties of fruits and vegetables.

www.thepromisedland.org/episode/16-cheryl-rogowski

Local currencies, Transition Councils and Declarations of Food Independence: it must be the October Transition podcast!

Including the latest from the Brixton Pound; the Wiltshire town whose Town Council just voted to become a Transition Council; and the Yorkshire valley that recently declared independence from the global food system.

www.energybulletin.net/stories/2011-11-14/local-currencies-transition-councils-and-declarations-food-independence-it-must-b

Radio 4: The Food Programme

Dan Saladino explores how higher food prices are changing what we buy and how we eat. From increases in food related crime to shortages of ingredients, what else is in store?

www.bbc.co.uk/programmes/b0183p6c

Regular things

Easton Community Allotment

Every Thursday 12–4pm (5pm summer)

We are a beautiful, green enclave nestled on the edge of Easton. It's a social space for people who want to grow vegetables, drink tea and share the harvest.

No experience necessary – just drop in.

Email for map/directions:

eastoncommallot@yahoo.co.uk

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 Rd Community Orchard

Usually third Sunday of the month

Meet at Metford Road Gates (green metal gate in between numbers 37 and 39) at about 11.30am, bring gardening gloves.

There should be a notice on the gate telling you a mobile number to ring if we're already there, and we'll come and let you in.

If there's no notice, and nobody there – you're the first, be patient! If you've

never been before then you can ring Joe on **07840 059079** to tell us you're coming.

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

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.janestevensondesign.co.uk

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

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

Soil Association e-news

www.soilassociation.org/

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/>