

Bristol's Local Food updates and events

Autumn 2008

Seeking land for food production?

By getting together with others in your community you can access council land for food growing. Many people do not know that in section 23 of the 1908 Allotments Act an obligation is placed on Local Authorities to provide land for allotment gardens. The Act requires that "the Authority must take into consideration any representation made to them in writing by any **six** registered parliamentary electors or council tax payers resident in the area, to the effect that the circumstances of the area are such that it is the duty of the allotments authority to "take proceedings" for the provision of allotments."

Steve Clampin, the Allotments Manager for BCC told Bristol Food Links recently; "This basically puts a duty on the authority to provide allotment gardens. It is useful to note that the Acts do not provide any steer on the facilities that should be provided, it could be just a field or piece of derelict land with no water supply, fences etc. Also, the land available is likely to be overgrown and need clearing, and it is important to ensure that they are prepared for this in terms of tools etc. However, if any group of people are really keen to take on a site, then we would certainly consider their application in relation to any land that may be available".

Great news for groups wishing to start producing some of their own food.

Contact janet.newland@bristol.gov.uk with 6 or more names.

Eat the Change:

A week of local organic food, free from plastic packaging

6 – 21 September 2008

Join us for a week of trying to eat only local organic food, free from plastic packaging to demonstrate to Government that urgent action is needed to transform our food system. This challenge aims to show just how difficult it is for us to make the sustainable food choices the Government asserts 'consumers' must make.

Most of us would love to eat more locally grown food that is good for us and the environment. But how many of us feel we could actually do it in our current globalised food system?

Between Saturday 6th and Sunday 21st September, during Organic food Fortnight - when food is at its most abundant in the UK - join us for one week trying to eat only food from the following sources:

- Organic food, grown and produced in the UK - free from plastic packaging
- Foraged food - free food growing wild and abundantly all over the UK
- Home grown food - food you, your friends or family have grown.

Eat the Change is your opportunity to make your everyday sustainable food choices count. Don't worry if you think the challenge is too difficult - that's the point! You don't have to succeed - we are asking you to pledge to **try** to eat only local organic food free from plastic packaging and then let your MP and other local

decision-makers know that you want them to tell Government to take urgent action to transform our food system.

Take Action!

- 1) Sign up to our pledge at www.pledgebank.com/eatthechange - please still sign up even though we have already reached our target - we need as many people signed up as possible to make an impact
- 2) Visit www.eatthechange.org for more information and advice, to share your experiences during the week and to find out how to highlight to Government that urgent action is needed to transform our food system.
- 3) Write to your MP, local paper or other local decision-makers to tell them how hard it is to make sustainable food choices in the absence of urgent government action to reform our food system (see website for help).

Share the Harvest: celebrating local food in and around Bristol

Join Transition Bristol and Bristol Hub for a Week of Harvest Celebrations to celebrate Bristol's abundance of local food at harvest time. Events will celebrate the amazingness of food as well as raise awareness of the need to re-localise our food in the face of the havoc our current globalized food system is wreaking on the health and wellbeing of our communities and the environment.

Bristol's Week of Harvest Celebrations is happening throughout September and October to coincide with World Food Day on 16 October and National Apple Day on 21 October.

Events include community food swaps, food preserving workshops and foraging and include the Meaning of Food: a weekend festival film at the Pierian Centre on 18 and 19 October. To find out about events in your area visit www.sharetheharvest.co.uk (space precludes listing them all here - but do take a look!)

Involving Marginalised and Excluded Groups in Sustainability Projects Saturday 20th September 2008, 10am - 4pm

CEED, Ujima House, 97-107 Wilder Street, Bristol BS2 8QU

A workshop for people involved in local food projects, Transition Bristol/neighbourhoods, activists and those working on community-based environmental sustainability projects. The workshop will provide an opportunity for participants to think about working with different communities, engaging with them on their own terms and drawing out their interests regarding environmental projects.

For more information and to reserve your place please download a form from our website at www.fcdl.org.uk or contact FCDL at admin@fcdl.org.uk or call us on 0114 253 6770 for a booking form and more information.

This workshop is being re-run due to popular demand - it's come about as part of Transition Bristol's www.sharetheharvest.co.uk

Food Fayre at the Knowle West Media Centre Sunday 14th Sep 10.30- 1.30pm

The Knowle West Carbon Makeover project aims to support local people, using media as a tool, to develop sustainable (balancing environmental, social and economic factors) campaigns, projects and initiatives within the local community.

The main highlight of the day will be firing up the Earth Oven that Carbon Makeover participants have hand built over the last week. There will be pizzas made in the new oven.

Other highlights during the event will include demonstrations of veg planting, sugar free sweet making, jam making, cycle powered smoothie making and stalls selling locally produced food.

We are also looking for volunteers for various fun activities, ranging from helping Bristol Food Hub with their bicycle powered smoothie maker, to setting and clearing up and making tea and coffee.

For further information please contact Misty@kwmc.org.uk or telephone 01179 030444. Knowle West Media Centre Leinster Avenue, Knowle West, Bristol BS4 1NL

The Power of Community: How Cuba Survived Peak Oil Film Tuesday September 16th - 7.30 p.m

With a presentation from the noted Cuban biologist and permaculturist
Roberto Perez featured in the film.

The Cube cinema, 4 Princess Row, Kingsdown, Bristol, BS2 8NQ www.cubecinema.com

If you haven't already caught this fascinating film come and see how a whole country survived and in many ways thrived post 'Peak oil' employing a widespread return to traditional agricultural methods and permaculture inspired design systems.

*£4/£3 tickets on the door from 7pm or advance from The Better Food Company,
Sevier St, Bristol. Tel 0117 9351725*

DIY Green/ Edible Roof Day at the CREATE Centre Sunday the 12th October

The workshop is being run by 2 green roof experts and places are limited to just 25 so booking is essential – please register your interest before Friday 19th September.

Food and refreshments are included and you'll get to make and take home a section of green roof and a digital DIY Green Roof Guide!

Prices: Standard rate £80, Low waged rate £45, Concession/benefits rate £30

To book a place please contact: rowan.matthiessen@bristol.gov.uk or tel: 0117 9224459 Tues-Fri 10am-5pm

Great Courses starting at Windmill Hill City Farm

The Permaculture Garden. Thurs 9.30-12.30, 10 sessions starting 25th Sept & 15th Jan

Are you interested in sustainable living and self-sufficiency but living in the city or suburbs? This course is an introduction to Permaculture with a special focus on practically applying it to your life and in your garden, even if you don't have one! There will be some practical work based in the farm gardens and simple personal design projects. There will also be a trip to visit other Permaculture gardens in Bristol and some short walks around the area.

Cost: £110 full fee, or free but with a £15 booking fee for those on low incomes

Organic Gardening Course. Weds 12.45-2.45, 10 sessions starting 14th Jan & 29th April

Learn about the basics of organic gardening to get you growing well at home or on the allotment.

Cost: £74 or free but with a £15 booking fee for those on low incomes

Tutor Ruth O'Brien is a community gardener and active member of Bristol Permaculture Group who has studied and helps teach on the Permaculture Full Design course with Sarah Pugh in Bristol. She trained and has worked as an organic market gardener and has also studied Organic Horticulture and Sustainable Land-use.

Phone the farm reception on 0117 9633252 tues to fri 9.30am-4.30pm if you want to book.

Meet the Buyers event: For food businesses interested in supplying public sector caterers Thursday 9 October, venue tbc

Eat Somerset is planning a number of events for food producers and buyers over the coming months.

Other events will be held for wholesalers and retailers and caterers along with workshops on sustainable packaging and marketing for producers in January 2009. In addition, work is underway with 6 local shops in the West of England area to increase local produce within their range.

For more information look at the Eat Somerset pages on Sustain's website www.sustainweb.org or contact Alison Belshaw on 01225 787919.

Healthy eating resources for multi-cultural communities

Bristol PCT are looking to develop healthy eating resources for BME communities and would love to hear from anyone who may be able to help in terms of knowing what is needed - Liz Fox 01179002192 /

liz.fox@bristolpct.nhs.uk

South Gloucestershire Local Food Festival

Our neighbours in South Gloucestershire will be celebrating their abundance of local food at harvest time with a jam-packed programme of food and farming events. The festival launches this Saturday and it looks like the weather may even decide to cheer up too!

Check out what's happening at www.southgloslocalfood.org

Community Supported Agriculture training event 11 November, 6.30 – 10pm, The CREATE Centre

The Soil Association, Bristol Food Links and Transition Bristol will be holding a training event for communities wanting to set up Community Supported Agriculture (CSA) initiatives. CSAs are schemes where communities support local organic farmers by committing to buy an entire season's worth of produce in advance (like a credit union this can be flexible to reflect the differing incomes within and between communities). This provides local farmers with both the confidence and investment to grow organically for local communities. CSAs are a great way for communities to access organic fruit and veg at extremely affordable prices, at the same time as supporting local farmers and connecting with where their food comes from. What's more, The Ecologist magazine recently published price comparisons that showed CSA organic produce being cheaper than supermarket non-organic produce. Watch this space for more details and how to register.

Funding News

Local Food Fund

Funding for local food projects taking a holistic approach to promoting sustainable food is available from the big Lottery's Local Food fund. The application process is on-going – with no deadlines.

Find out more at www.localfoodgrants.org

Esmee Fairbairn

Progressive funders, Esmee Fairbairn, have recently opened a Food Strand, which is encouraging applications for work promoting an understanding of food's role in enhancing quality of life. It will prioritise the enjoyment and experience of food rather than its production. It will not fund healthy eating or food growing projects. It is particularly interested in work that seeks to influence policy and practice across a range of food-related areas. Find out more at www.esmeefairbairn.org.uk

Local Food JOB VACANCY

Local food mapping regional coordinator job vacancy at the Campaign to Protect Rural England.

Deadline 22 September

<http://www.cpre.org.uk/about/jobs/vacancies/63>

What's in season in September?

As 'summer' (if you can call it that!) comes to an end, the autumn harvests brings a number of seasonal treats. From juicy plums, blackberries and apples to wild salmon and flavour filled autumn lamb. A perfect opportunity to try out that old apple crumble recipe and get preserving. Look out for all the Apple Related events that start to happen in abundance at this time of the year!

Apples, Butternut Squash, Damsons, Pears, Plums, Pak Choi, Sweetcorn, Cucumber, Figs, Spinach, Autumn Lamb, Duck, Wild Salmon, Mussels, Blackberries. Yum Yum!

Do take a look at the wonderful <http://realfoodlover.wordpress.com/> for all things local, seasonal and delicious. Elizabeth Winkler, the writer of this regularly updated and 'cosy' read is a passionate proponent of fresh, organic food and knows how to make the most of it. What's great is that she's not protective of her original seasonal recipes and shares them freely through this accessible and inspiring web blog.

On-going events and activities

Knowle West

'Get the Balance Right'

A healthy eating group starts again at the Healthy Living Centre, Knowle West on September 11th. Contact 3772252 for more info.

Green Footprints

Buried Treasure's Green Footprint's community gardening project is looking for community gardening volunteers. Whether you are an experienced gardener or simply willing and able to learn, contact Mil on 07810 474558 or Buriedtreasure2001@hotmail.com

Knowle West Farmers' Market, Every Friday 10am – 1.30pm, Mede Centre in Inns Court

British grown fruit and veg at affordable prices

Easton

Easton Community Allotment, Gordon road, Easton

Thursdays (11am-4pm) are volunteers days at Easton Community Allotment. Drop in and lend a hand*with our vegetable beds, herb garden, fruit trees and cuttings. We share lunch and plenty of cups of tea in our iron age shelter. No experience necessary, all harvest is shared at the end of the day. Contact Beth on 07875136040 or bethastle@yahoo.co.uk to find out more or find us on our myspace for directions and to drop by.

Transition Easton's Gardening Project

Interested in edible landscapes, 'guerilla' gardening or gardening education?

There is now a group of people looking at projects around the Easton area. For more info, email transitioneaston@yahoo.co.uk / or call Abby on 0781 4747606

St Pauls

Sunday community meals, 7.30pm Café Midnimo, 163 Ashley Rd, St Pauls

Tantalise your taste buds at Bristol's best value and friendliest community meal.

www.midnimocentre.co.uk

Redland

Whiteladies Rd Farmers market, 1st Friday of every month, 8am - 2pm

At the junction of Apsley Road and Whiteladies Rd. The traders sell low packaged, locally grown and locally produced goods.

St Werburghs

Freeskilling Weekly Events, Tuesdays from 7pm at The Better Food Company, Servier Street, St Werbs. This Tues 16th Sep it's a food related one this week teaching how to preserve everything!

<http://www.justfortheloveofit.org/>

Thank you for reading Bristol Food Links Newsletter. We try our best to make sure the information is accurate-feel free to pass on to other interested parties. Edited by nadiahillman@yahoo.ca