



BRISTOL FOOD NETWORK

Bristol's local food update

COMMUNITY PROJECT NEWS · COURSES · PUBLICATIONS · EVENTS

NOVEMBER–DECEMBER 2015



Autumn already! Time to plant trees and make long-term plans. And time to reflect on where our Green Capital goes from here. Will we become a Flexitarian city? A city which guards its best soils against development? A pesticide-free city? A Sustainable Food City?

Please email any suggestions for content of the January–February newsletter by 11 December to bristollocalfood@googlemail.com.

Bristol: pesticide-free city?

Local food networks, environmental groups and parents have joined forces in the Pesticide Safe Bristol Alliance, which is calling on Mayor George Ferguson to put Bristol on course to becoming the UK's first pesticide-free city.

City parks, play areas and pavements are routinely sprayed with potent weed-killers, some of which are associated with serious health risks. Glyphosate, the best-selling herbicide for urban use, was this year branded a probable carcinogen by the World Health Organisation. France has banned the sale of glyphosate at garden centres and California plans to label it as 'known to cause cancer' – yet it is still being sprayed on the streets of Britain.

This issue is important for those growing edibles in public spaces and parks, as they may not know if and when herbicide has been sprayed around their veg beds. It is also of concern to foragers, who need to know that what they are harvesting is safe to eat. There may also be a problem for those growing in schools, if veg beds are sited next to playgrounds.

Green Party Councillor Gus Hoyt questioned the Mayor on the use of glyphosate by the Council and its contractors in September. However, the Council is yet to disclose full details of what is applied where. The Council failed to respond to similar questions filed as a Freedom of Information request by PlaySafe Bristol, a group set up by local

mums to promote a healthier environment for all who work, live and play in the city.

Harriet Williams of PlaySafe says: *"Bristolians have a right to know where and when chemicals with known health impacts are being sprayed in our city. Ultimately we want Bristol to become a pesticide-free city. It is entirely possible to wean ourselves off chemical weed control in public spaces. Cities like Paris, Chicago and Vancouver are already doing it, and as European Green Capital 2015 it would be brilliant if Bristol followed suit."*

Sara Venn, of Incredible Edible Bristol, says: *"Every year, thousands of litres of toxic pesticides are applied to public spaces up and down the country.*

When local authorities are challenged about pesticide use, their typical response is that alternatives cost too much, or are not practical. The fact that cities in other countries manage perfectly well without pesticides shows this to be an out-dated position. We hope that Bristol will embrace this opportunity to provide clear leadership on reducing urban pesticide use."

Julian Jones of Bristol Friends of the Earth says *"We welcome this initiative to reduce harmful pesticides in the environment and only use chemical pesticides as a last resort rather than a routine choice.*

As a Green Capital we should clearly be following best practice in this area and joining other leading cities in making the place safer for people and wildlife."

The Pesticide Safe Bristol Alliance calls on Bristol City Council to:

- Reduce urban pesticide use, and to eliminate some of the most harmful chemicals altogether (starting with glyphosate)
- Publish full annual data on pesticide use by the Council and its contractors, including dates, locations and substance applied
- Adopt sustainable methods of pest control, using recognised organic techniques as standard
- Provide clear notices about spraying. Where pesticide use is the ONLY option (for example in the control of aggressive, invasive non-native species), BCC will display clear public information signs during spraying, and will apply warning notices to any areas once spraying is completed
- Ensure proper safety and care for contractors using dangerous chemicals

The campaign is supported by PlaySafe Bristol, Incredible Edible Bristol, Bristol Friends of the Earth, Bristol Food Network, Bee the Change and Sustainable Food Trust. If you represent an organisation which agrees to the 5-point request above, and would like to join the Alliance, please email Harriet: playsafebristol@gmail.com

PlaySafe Bristol is surveying public opinion regards urban pesticide use: <http://tinyurl.com/pcy48r4>



Good Food Tour Autumn update

Just to recap what the Bristol Good Food Tour is about and what it wishes to achieve. Its roots began at a Bristol Food Network workshop which has blossomed into a project offering outreach pop-up cookery events around the city.

Our events demonstrate how easy it is to make simple, affordable low carbon meals using basic equipment and seasonal ingredients. Taking the tour around Bristol has been at times a challenge but to date we have worked with some great people and projects.

During European Green Capital year we aim to undertake the following:

- Pop-up events in every neighbourhood of the city, prioritising areas where fresh, healthy food is not always available, use of healthy ingredients is sometimes rare, and cookery is not always practised regularly, leading to poor diet and nutrition and falling short of the recommended 'five a day' intake.
- Ticketed cookery masterclasses in selected locations in the city, where exciting and more ambitious recipes will be demonstrated to audiences by leading chefs from the area and beyond.
- Appearances at major city events through 2015, to promote good food.

So in September we attended three events. We kicked off with two demonstrations firstly at Hartcliffe's Make Sunday Special on Sunday 6 September. Glyn Owen from Kids and Food delivered two cookery demos during the day. Glyn showed how easy it is to make simple, affordable dishes in 30 minutes. At the first demo Glyn made flatbreads with hummus, and at the second demo, a tasty

jerk stew with dumplings. As we were outside, the smell of his stew attracted a lot of attention and people seemed to come from far and wide! We had a lot of people asking about the project and many attended Glyn's cookery demos. This event was held in partnership with Hartcliffe Health and Environment Action Group (HHEAG), using produce grown by the team at Greens, their community market garden and we are grateful for this opportunity.

Our next event was on 12 September at Knowle West Fest 2015 at Filwood Broadway. This event saw the Broadway closed and set up with stalls etc from 12–6pm. We partnered with Knowle West Health Association (KWHA) to deliver the cookery demo with Glyn being the chef for our slot. This time he made a simple dish of flatbreads stuffed with falafel. We were in good company with cookery demos from Barny Haughton from Square Food Foundation and Alex from HHEAG to name a few. Lucy Holborn from KWHA said "Huge thanks for joining us at Knowle West Fest on Saturday; delivering engaging demonstrations and generally going with the flow! I'm sure you'll agree there was a great atmosphere and some fantastic conversations about food/cooking with the local community".

Our most recent outing was at Windmill Hill City Farm's 'Eat Local' event on 27 September. This event was in association with the farm and Fresh Range. Again Glyn took to the stage in the farm's outdoor kitchen area. We had a guest appearance from Jo Ingelby who helped Glyn with his cooking. The event went well with a good crowd watching. Glyn said "One of the

most positive reactions we had was at Windmill Hill City Farm where a group of children came back afterwards to say that instead of preparing cup cakes for their school Harvest this year (original plan) they were now going to prepare falafel using our recipe."

If you want to create the dishes that Glyn made please visit: www.kidsandfood.co.uk/recipes.html

We are now into the last six weeks of the project and our next event is on the **7 November at The Greenway Centre, Doncaster Rd, Southmead**. This is an event that is in partnership with Reach and volunteers from churches in North Bristol with Glyn Owen undertaking the cookery demo. We have other events that we are currently planning so I hope to be telling you about these in the next update. If you would like to be involved in The Good Food Tour or know of an event we should be attending please get in touch.



Darran McLane

The Bristol Good Food Tour Project Lead
darran@bristolfoe.org.uk · 07944844838

www.bristolfoe.org.uk/bgft/

Facebook: [facebook.com/BGFTour](https://www.facebook.com/BGFTour)

Twitter: @BGFTour

YouTube: <https://youtu.be/lwylesgtkCQ>



A fresh-range welcome to winter

Jenna Freeman

As the nights continue to draw in and the days get colder, there's no doubting that winter is on its way. Although summer gives us an abundance of seasonal produce, the colder months have some wonderful things to offer. Having bid a firm farewell to summer berries and salads, we welcome in new seasonal produce which makes the perfect ingredients for our favourite winter warmers. An abundance of root vegetables and pumpkins in November mean there's no shortage of ingredients for comforting soups and stews. And, as the saying goes, December truly is the season to be jolly as at fresh-range we offer locally grown vegetables including cabbages, leeks and purple sprouting broccoli, and local, free range, high animal welfare turkeys, and other meats, for the Christmas table.

As well as local, fresh, seasonal produce, we also aim to cover all your weekly and special occasion shopping needs with our broad range of product categories. Stock up on all your store cupboard goods, like jams and chutneys handmade on Farrington's Farm in Bristol, drinks like Worley's Ciders locally brewed in Somerset, local baked bakery products such as Hobbs's House bread, and even household supplies from the environmentally friendly and completely sustainable Ecover company.

The ultimate Christmas is locally sourced.

- From Wednesday 4 November you will be able to browse and shop our Christmas store on fresh-range.com and pre-book your Christmas delivery slot. Delivery starts from only £1 and can be left in a safe place if you are out.
- We aim to help you celebrate the festive season with the freshest, high quality produce – locally sourced wherever possible.
- Our festive meats include the finest organic free range Bronze turkeys from The Story Organic. Our special selection of fish from Samways in Dorset includes smoked salmon, scallops and oysters.
- There will also be an abundance of other Christmas treats such as freshly baked mince pies from Hobbs House Bakery, brandy and rum butters handmade on Rose Farm in Somerset and locally crafted brandy, liqueurs and wine.
- We are pleased to announce that we have put together a choice of special festive bundles for fresh-range customers to choose from this year. These vary in size to suit your needs (and appetite!). With delicious local cheeses, chutneys, Fairtrade chocolates, local tipples, freshly baked mince pies and more.

Browse our full range of fresher, more local foods on **fresh-range.com** and bid a firm farewell to the supermarket shelf this season.

More online

Brighton & Hove Food Partnership: The film

DIGEST: Brighton & Hove Food Partnership is all about growing, cooking, eating (& wasting less) food. Find out about the projects that run in Brighton & Hove and why other cities are looking to replicate this approach.

www.sustainablefoodcities.org/newsevents/news/articleid/426/brighton-hove-food-partnerships-large-scale-impact-watch-the-film

Beyond organic: A look at the biodynamic way

DIGEST: People often avoid a complicated explanation by referring to biodynamic agriculture as 'organic plus' or 'über-organic'. Biodynamics offers a holistic approach to nurturing soils, biodiversity, resilience and tuning into seasonal cycles, with the aim of long-term ecological sustainability.

<http://sustainablefoodtrust.org/articles/beyond-organic-a-look-at-biodynamic-gardening/>

Brighton and Hove aims to be first #SugarSmartCity

DIGEST: The Council has started a city-wide Sugar Smart initiative to reduce levels of sugar in homes, schools and restaurants.

www.sustainablefoodcities.org/newsevents/news/articleid/447/brighton-and-hove-aims-to-be-first-sugarsmartcity

City and soil: How food waste can feed us

DIGEST: Everything we are, everything we ever will be is predicated on what we eat, and most of what we eat comes from the soil.

<http://sustainablefoodtrust.org/articles/city-and-soil-how-food-waste-can-feed-us/>

What should we eat now?

DIGEST: What we eat is in constant flux, changing from decade to decade and century to century. Kale, for example, once considered horse feed, is now a 'superfood'.

<http://sustainablefoodtrust.org/articles/what-should-we-eat-now-climate-change/>

Flexitarian Bristol update



Flexitarian Bristol launched in June this year. It's a voluntary project working with Bristol Friends of the Earth and Eating Better to encourage more sustainable eating that relies less on meat and dairy. Given the high environmental impact of meat and dairy production, Flexitarian Bristol is aspiring for Europe's Green Capital to become the UK's first flexitarian city.

'Flexitarianism' is about enjoying a diverse range of plant-based meals as well eating some meat and fish — being flexible in light of our different priorities and lifestyles. Restaurants and cafes throughout Bristol are already leading the way by offering a variety of appealing choices for customers of all tastes and Flexitarian Bristol wants to highlight and encourage this.

The project team have created the Flexitarian Restaurant Award, which was recently given to the Thali Café (read about it here: www.thalicafe.co.uk/the-thali-wins-flexitarian-restaurant-award) and is

now involving more restaurants across the city. The awards team are using criteria to assess whether restaurants are flexitarian and rank them bronze, silver or gold.

Offering tantalising choices for everyone is obviously a big part of the selection process (good news if you're eating out in a group of veggies, vegans and carnivores), along with a cost incentive for choosing meat-free meals. Equally important is how the meat and fish are sourced. All meat, dairy and eggs must be certified free range and/or organic. All fish must be MSC certified and, ideally, locally procured.

A map on the Flexitarian Bristol website <http://flexibristol.org/> shows where these restaurants are located, an app is being developed to make it easier to access info and reviews, and award stickers can also be displayed in restaurant windows. The project team are planning a flexitarian restaurant tour as part of the Food Connections festival in May 2016. Anyone who would like to nominate a restaurant or find out more about the award can email award@flexibristol.org or tweet suggestions to [@flexibristol](https://twitter.com/flexibristol).

With restaurants and cafes being an aspirational part of the city's food scene, it's hoped that a shift towards more plant-based dining will have a positive influence on how people eat at home too. Flexitarian Bristol is keen to make flexitarian eating accessible to families who can't necessarily afford to dine out. It's teaming



Above: A Flexitarian planning session at the Arts Café in Stokes Croft.

Below: Dan, Jeremy & Rosa promoting Flexitarianism in Wells.



up with Artful Futures to deliver healthy food art workshops that introduce children to having fun with veggies and learning basic cooking skills.

The first workshop was held at Shelter homeless centre and there are plans to run them in many more areas of the city. If you would like to be involved or know some children who would like to join in please email education@flexibristol.org. It also plans to campaign for the council to move towards spending its food budget on healthier, sustainable options.

Flexitarian Bristol wants to work together with forward-thinking organisations and individuals to ensure less and better meat is included on the agenda and gets the attention it deserves. Find out more and please get in touch:

www.flexibristol.org

Twitter: [@flexibristol](https://twitter.com/flexibristol)

Facebook: <https://www.facebook.com/profile.php?id=100010138451048>

Rosa Van Kesteren, Communications
Dan Milner, Project Development



Eating out at the award-winning Thali Café in Southville

How does Fairtrade help meet the Sustainable Development Goals?

Vicki Woolley, Bristol Green Capital Partnership Co-ordinator

On 25 September 2015, 193 world leaders adopted a set of global goals to end poverty, protect the planet, and ensure prosperity for all – the Sustainable Development Goals (www.globalgoals.org).

Each of the 17 Global Goals aims to achieve 3 extraordinary things in the next 15 years. End extreme poverty. Fight inequality & injustice. Fix climate change.

At the heart of the Sustainable Development Agenda is the call to action for everyone to do their part: governments, the private sector, civil society leaders and individuals around the world.

Following on from the huge success of the 9th International Fairtrade Towns Conference (<http://bristolgreencapital.org/love-the-future-of-fairtrade-bristols-green-capital-day/>), Bristol Fairtrade Network (www.bristolfairtrade.org.uk/), Bristol Green Capital Partnership (<http://bristolgreencapital.org/>) & Love the Future (www.lovethefuture.co.uk/) have been working together to raise awareness of the links between Fairtrade and Sustainability. A video commissioned for the conference asked 'How Green is Fairtrade?' (<https://vimeo.com/123425704>) and after the conference, inspired by Bristol's degree of collaboration and partnerships, 72% of the delegates said that they will use the information they learnt at the Conference to connect with local sustainability groups in their own towns and cities.

How Fair Trade principles are crucial in achieving the new Sustainable Development Goals

Jenny Foster, Bristol & South West Fairtrade Coordinator explained: "Fairtrade is a brilliant anti-poverty tool that promotes sustainable food production and environmental protection in developing countries. When you look at the Sustainable Development Goals, Fairtrade clearly helps meet:

- **Goal 2: Zero Hunger** – to end hunger, achieve food security and improved nutrition and promote sustainable agriculture
- **Goal 8: Decent Work & Economic Growth** – to promote sustained,



inclusive and sustainable economic growth, full and productive employment and fairly paid work for all

- **Goal 10: Reduced Inequalities** – to reduce inequality within and among countries
- **Goal 12: Responsible Consumption & Production** – to ensure sustainable consumption and production patterns locally and globally
- **Goal 16: Peace, Justice & Strong Institutions** – to promote peaceful and inclusive societies for sustainable development
- **Goal 17: Partnership for the Goals** – to strengthen the means of implementation and revitalize the global partnership for sustainable development

Fair Trade for Climate Action

Goal 13: Climate Action sets targets that require urgent action to combat climate change and its impacts. By 2030, the Sustainable Development Goals hope to achieve strengthened resilience and adaptive capacity to climate-related hazards and natural disasters in all countries, to integrate climate change measures into national policies, strategies and planning, and to improve education, awareness-raising and institutional capacity on climate change mitigation, adaptation, impact reduction and early warning.

Fairtrade's work on improving environmental protection and climate change adaptation helps to deliver this goal. Fairtrade Standards prohibit the

use of certain agrochemicals and focus on reducing the use of pesticides, ensure that farms are free from hazardous waste and are using water sustainably, and encourage activities to enhance biodiversity and carbon reduction. Fairtrade standards also promote training for farmers, which can include advice on switching to environmentally friendly practices, such as developing nutrient-rich soils that support healthy plants and encouraging wildlife to help control pests and diseases.

Beyond the Standards, the **Fairtrade Premium** (www.fairtrade.org.uk/en/what-is-fairtrade/what-fairtrade-does/fairtrade-premium/) is used to fund a range of projects and training that promotes environmental sustainability. For example, converting to organic production, which can be challenging for farmers because of the extra costs involved, but may mean earning a higher price for their crop and becoming more resilient to environmental shocks. 55% of Fairtrade produce is now also Organic.

How Fair Trade can help to ensure sustainable consumption and production patterns

In his blog 'The Malnourished Are Outnumbered by the Obese', Michael Gidney, CEO of the Fairtrade Foundation argues that the Sustainable Development Goals are an unprecedented opportunity to reform the structures and power dynamics that keep people in poverty, particularly in the area of trade.

Continued on p.6

Travelling Kitchen

Sarah Francis

Travelling Kitchen is a Bristol-based social enterprise supporting those wanting to cook with children and other community groups.

We design and deliver inspiring workshops which encourage people to engage creatively with food and feel confident about cooking. Our name comes from the fact that we are a mobile service. We arrive at the workshop location with an oven and hobs and all the equipment required. However our name also reflects how we work. We look at different ways to explore food and this often involves us taking groups on a culinary journey around the world or to different periods in history.

Travelling Kitchen has worked with a number of Bristol schools to deliver the primary school cookery curriculum and using cooking to extend learning in other areas. We aim to equip children with basic cooking skills and techniques whilst raising awareness of the wider cultural, social and historical significance of the food we eat.

Workshops can be around historical or global themes, to celebrate festivals or enrich school curriculum subjects. Some examples include a world food picnic, cooking in the age of Shakespeare and re-creating a steerage and First Class menu of a Victorian steamship. We aim to create a visual and sensory experience and will also bring items to inspire and encourage engagement; baskets from around the world filled with delicious fruits,

vegetables and herbs and shelves full of spices. Travelling Kitchen also provide additional materials to support learning and the experience. We have access to a range of primary and secondary sources and objects and materials to extend learning and enhance the experience.

Most of our cooking is vegetarian and we encourage children to try new foods and tastes. In June Travelling Kitchen teamed up with the Soil Association's Food for Life partnership to deliver one of the Big Picnics at Bristol Free School. The students cooked flatbreads and a variety of healthy and seasonal dips from around the world including Kachumbari relish from Kenya and Egyptian broad bean and lentil dip.

Travelling Kitchen believes that cooking is for everyone and an essential life skill. We want to foster a love of good food and the joys of cooking it and sharing it with others. Most importantly we want to show people how cooking can be fun. We can create bespoke workshops to meet specific needs and love working with people to make their ideas a reality. Travelling Kitchen will do all the planning and preparation so that everyone participating can enjoy the cookery workshop and teachers or other organisers can be assured that they are in safe hands. If you would like to find out more about Travelling Kitchen please visit our website or email Sarah Francis and Clare McLoughlin at info@travellingkitchen.org

www.travellingkitchen.org

The display of food is taken from a workshop at Blaise Primary school on 'Cooking in the Age of Steam' – these are some of the dishes from the First Class menu of a Victorian steamship that we re-created with the children.



How Does Fairtrade help meet the Sustainable Development Goals?

continued

“Goal 12 – ensure sustainable consumption and production patterns’ – sounds obvious, but its inclusion recognizes just how unbalanced production and consumption have become. Two billion people depend on agriculture for a living, but still half the world’s hungry are farmers (www.fairtrade.net/fileadmin/user_upload/content/2009/news/2013-05-Fairtrade_Smallholder_Report_FairtradeInternational.pdf). Our food system is badly out of balance: consumers in richer countries expect ever cheaper food, yet we throw away one-third of all the food we buy. The connection between value and price has been broken – in the UK, we pay less for our food than ever before. There are more than 700 million malnourished people in the world, but now they are outnumbered by the obese. There is widespread use of agro-chemicals with little thought to the future ecosystem. What can be done to turn this around?

For more than 25 years, the Fairtrade movement has sought to address these challenges in the belief that trade – if done differently – can reduce poverty and boost sustainable development. The growth of Fairtrade is testament to how far these ideas have gained public and commercial support: more than 1.5 million farmers and workers in 70 countries now benefit from the clear terms of trade – including a minimum price – and commitment to social and environmental welfare at the heart of Fairtrade standards. The global Fairtrade market is now worth \$6bn annually.”

Read the full blog: www.huffingtonpost.com/michael-gidney/the-malnourished-are-outnumbered-by-the-obese_b_8147490.html

Read some great blogs from leading Fairtraders: www.bristolfairtrade.org.uk/#!global-goals/c2g4

Read more about how Fair Trade standards support environmental protection and climate change: www.fairtrade.org.uk/~media/fairtradeuk/what-is-fairtrade/documents/fairtrade-and-sustainability/fairtrade-and-sustainability-environmental-protection-and-climate-change.ashx

This article was first published on bristolgreencapital.org

SUPURBfood

Dan Keech, CCRI, University of Gloucestershire



supurbfood

Sustainable urban and periurban food provision

SUPURBfood project closes with publication of practitioner and policy recommendations

Cities cover just 2% of the planet's surface but consume 75% of its resources. Any movement towards sustainability in cities will require a major focus on the role of food and agriculture. Until recently, the benefits of agriculture were considered to be part of the rural development realm, but research suggests that in the future they will be part of city life.

During the past three years, researchers at the University of Gloucestershire's Countryside and Community Research Institute (CCRI) have been part of a pan-European partnership exploring

food production and consumption in city-regions. This has been part of a major EU funded food project, Supurbfood, an acronym for 'Towards sustainable urban and peri-urban food provisioning'. Supurbfood has explored seven urban case-study regions: Bristol, Rome, Riga, Rotterdam, Vigo, Zurich and Ghent and has now come to an end.

Leading the research for CCRI, Matt Reed said: "One of the unique features of Supurbfood has been that we have worked with SMEs as research partners, so we have understood their perspective."

Two short briefings, one for food practitioners, and one for policy-makers, have been produced and are available on the CCRI website:

www.ccri.ac.uk/urban-food-the-sustainable-city/#more-8531

Read more in *Urban Agriculture Magazine* (No 29 – City Region Food Systems, pp.26–29. May 2015) 'Building a Bristol Food City Region from the Grass Roots up: Food strategies, action plans and food policy councils': www.ruaf.org/sites/default/files/UAM%2029%20p26-29.pdf

Bath–Bamberg research partnership on urban food and identity

During early September one of Germany's leading geographers, Professor Marc Redepenning of the Otto-Friedrich University in Bamberg, visited Bath. He was accompanied by Dr Daniel Keech of the University of Gloucestershire's Countryside and Community Research Institute. Marc's visit was part of a Bath–Bamberg exchange trip funded by the Bavarian Research Alliance. Marc and Dan interviewed a range of people involved in food and agriculture in and around Bath to explore how urban food production and consumption influences urban structures, governance and local identity. Later in the month, Dan travelled to Bamberg.

Bamberg, like Bath, enjoys World Heritage (WH) status for its outstanding historic architecture. Unlike Bath, urban gardens are included in the Bamberg WH designation. On the edge of the city centre, almost two dozen commercial gardens of between 2 and 20 hectares produce flowers, bedding plants and a range of vegetables and fruits. This neighbourhood, called the 'Gärtnerstadt', or gardeners' quarter, has been commercially active for several centuries.



Commercial gardeners sell produce from the forecourts of the distinctive, low houses which characterize the area. Some of the larger growers also sell to regional supermarkets. The Bamberg WH team has set up a walking trail of the gardeners' quarter to encourage tourists to venture beyond the honeypots of the cathedral

and the medieval and baroque parts of the city. Many gardeners grow locally distinctive varieties of potato, garlic and cabbage, and some follow organic or biodynamic principles.

More details are available from Dan Keech dkeech@glos.ac.uk

A celebration of soils at 'Down and Dirty'

Katherine Lewis

In recognition of International Year of Soils and Bristol Green Capital, the Soil Association (www.soilassociation.org/soilsymposium) **is hosting its 7th annual Soil Symposium, a day of technical workshops and talks on healthy soils for farmers and growers, at At-Bristol on 5 November. At the end of the day we will be hosting 'Down and Dirty'** (www.soilassociation.org/farmersgrowers/events/nationalsoilsymposium/downanddirty) **a celebration for people who have a passion for food, growing and our soil. There'll be an organic feast followed by music and lots of dancing and Kerry McCarthy, Labour MP for Bristol East and Shadow Minister for Rural Affairs, is stepping in to do the after-dinner speech.**

Kerry McCarthy says: *"I'm delighted to be giving one of my first public speeches in my new role as Shadow Environment Secretary in Bristol, and to the Soil Symposium.*

There is so much innovative and inspiring work being done in the field of sustainable food and farming right now, from local urban food growing projects like Feed Bristol on the 'Blue Finger' soil in my constituency, to large-scale farms where farmers are exploring how to move from a chemical-based to a biology-based approach, and from market-led research to farmer-led research.

The Government should be addressing these issues in its forthcoming 25 year food and farming plan. My fear is that the plan will have a much more narrow focus.

In my speech at the Soil Symposium I will be setting out some of my priorities for food and farming, and urging the Environment Secretary to take a more imaginative, forward-looking approach in her 25 year plan."

So why are we celebrating soils? Soils are home to over a quarter of all known living species, and a teaspoon of soil can contain as many micro-organisms as there are people on the planet. Almost all our food comes from soil, and the world's soil contains more carbon than all of the forests and other vegetation, and the atmosphere, combined.

According to a UK government report our soils have been 'degraded' because of 'intensive agricultural production', and we are losing 2.2 million tonnes of topsoil

each year, costing the economy £45 million annually – nearly £10 million of which is lost food production.

The United Nations says that around 40% of all agricultural soils in the world are seriously degraded, meaning droughts and floods have greater impact, and food production is at considerable risk. This destruction is all the more incomprehensible, given that we know that it takes more than one hundred years for one centimetre of topsoil to form.

A key element of a healthy soil is the amount of organic matter it contains. Soil organic matter sustains the incredible variety and quantity of living organisms in soils. Organic matter in healthy soils is what allows them to hold water like a sponge, releasing it slowly and helping to prevent or minimise flooding. The same ability of organic matter in soils to hold water helps those soils withstand droughts.

Even more crucial to the survival of life on earth, organic matter in soils consists largely of carbon. Soils are the greatest source of carbon on our planet (more than all the forests). Soils can either release that carbon and accelerate catastrophic climate change, or take carbon from the air and store it safely in the ground. At the moment soils are driving climate change as they lose organic matter, but that destructive process can and must be put into reverse quickly.

For years, scientists have known that there are simple steps farmers can take to increase soil organic matter such as: introducing crop rotations that include temporary grassland; using crops like red clover, peas and beans to increase soil fertility naturally; growing green winter cover crops to protect soil from erosion and to add to the plant material returned

to the soil; and returning animal 'waste' to the soil as manures or compost. All of these practices are encouraged or required by organic farming standards and methods, and research has shown that as well as storing up to 450kg more carbon from the air per hectare than non-organic farms, organic farming systems have more soil organic matter.

In support of International Year of Soils, the Soil Association launched a campaign to increase soil organic matter levels across the UK by an average of 20% over the next 20 years. This will require policy makers to incentivise and promote better farming practice, and to prevent the worst too... such as the wide scale move towards growing maize for large scale anaerobic digesters (www.soilassociation.org/soils/maizegrowingproblem), which can lead to considerable soil damage and loss.

Our soils are too precious to be ignored, and along with improving farm practice now, we need more research funding to be channelled into this neglected area. We need to take action now to manage our soils more respectfully and reverse their decline, and start the process of rebuilding that thin layer of living soil on our planet that all of us depend on ultimately for our survival. Read more in our report *'Living Soils: A call to Action'* (www.soilassociation.org/LinkClick.aspx?fileticket=KMGFQY-7sIM%3D&tabid=2416).

Do come and help us celebrate the wonderful world of soils on **5 November at At-Bristol**. Bristol Food Network readers can get tickets from just **£25** to include organic alcoholic and soft drinks, dinner and entertainment if booked online before 5.30pm Tuesday 3 November. Just use the discount code 'BFN' when booking.



DOWN AND DIRTY
A celebration of soil

The top six inches of soil support all life on earth. We think that's something worth celebrating!

An organic feast bringing together everyone with a passion for food, farming and our soil.
At-Bristol • Thursday 5th November, 6pm 'til 11pm
www.soilassociation.org/soilsymposium

Thoughts from the end of the land

Jane Stevenson, Bristol Food Network

I've just returned from the end of the land – from a week at the most westerly and southerly points of our mainland.

I love this part of Cornwall. When I first visited as an adult holidaymaker (as opposed to one more interested in rockpools), I was struck by this part of the world's refusal to change.

Penwith – the very last bit of Cornwall, delimited by St Ives in the north and Penzance in the south – still retains its small patchwork of fields, marked-out by Bronze Age field walls. Its parish boundaries are still indicated by standing stones in the middle of those human-scale fields. There is evidence of civilizations gone-by, almost everywhere you look. From the remnants of Cornwall's first 'gold rush', when its tin first brought international trade to the area 2,500-or-so years ago, to the ruins of its most recent industrial revolution 250-or-so years ago. When I visited 20 years ago, there were spots in the landscape where it felt that nothing fundamental had changed over all that time.

This year, walking through those same fields, I got the feeling that things were starting to change. One of the joys of using a 20-year-old walk book (the disadvantages are probably more obvious), is that you get to see what's changed – the sorts of things that don't normally get documented. On one walk we pass through a former market garden, only recently turfed-over. This part of our mainland benefits from particularly kind growing conditions. The small patchwork of walled fields help to create micro-climates where sheltered crops can get the maximum benefit from mild winters and early springs. The December daffodils and first-of-the-year vegetables used to fetch premium prices at London markets. Over time, this premium has disappeared as our increasingly globalised market has delivered us *everything*, wherever and whenever we want it. We have lost the joy of seasonality, and no longer value what these market gardens used to deliver.

On another walk, we pass through two farms in succession which are being converted into holiday properties. I feel culpable. The land here is still being used for dairy cows, so presumably there have been mergers. The old family-scale farms can no longer generate enough income

to support today's farming families. One suggestion made for a way forward for agriculture, is that we persist on the road to industrialisation, but that we have to regard our old way of farming as catering to the leisure market. One of the farms we walk through has set up its own nature trails, allowing a new route down to the coast path. That's great, but I'm not keen on viewing farms as historical theme parks. We need to think again about *why* these farms no longer pay. Why, as a society, have we come to place so little value on the work of people who provide us with things essential to life?

How can we get back to a better way of feeding ourselves?

Premium products

We pass-by two local success stories – Rodda's (www.rodidas.co.uk/our-story/) and Roskilly's (www.roskillys.co.uk/). Both of these businesses take a *basic* local product – milk – and create added value by turning it into a *premium* product. Rodda's use milk from farms within a 30-mile radius to make clotted cream. Roskilly's make organic ice cream on their own farm, from their own milk.

Both Rodda's and Roskilly's 'export' their products to other parts of the country and beyond. Their products are no longer regional specialities. When I was little, it felt that almost every tourist-orientated outlet in Cornwall was exhorting you to send clotted cream by post – a regional treat to send back to friends and relatives. You couldn't buy clotted cream anywhere else at that time. A cream tea was a genuine regional speciality – not something available at every National Trust tea room across the land. Even now, I can remember my Dad pulling over beside a hand-painted 'cream tea' sign, and the lady of the house producing scones fresh from the oven, homemade jam and clotted cream, and just for us. I can't help feeling that we've lost something, now that we can get everything, everywhere, at any time.

But how do we re-learn to celebrate the genuinely local?

The celebrity effect

The regenerative effect of Rick Stein's arrival in Padstow is well-known. The Stein business family now extends to cookery school, hotel, restaurant, chip shop, patisserie and fishmonger (www.rickstein.com/).

While this is undoubtedly a good thing in supporting and celebrating Cornish (sustainably caught) seafood, it has also had the knock-on effect of further gentrifying what was once just a working fishing port. As the brand moves into other Cornish towns, how can local populations break the seemingly inevitable train of events: business which supports a local, traditional industry becomes so successful that it leads to a gentrification of the area that ends-up pricing-out the locals.

I've seen similar criticisms levied at businesses setting-up in Easton.

A quiet way forward

We call in at a quiet, rather understated enterprise on the Lizard Peninsula – the Potager garden (www.potagergarden.org/). The garden has been reclaimed from an abandoned plant nursery and garden centre (reclaiming lost gardens being a Cornish industry in its own right). Artists' studios have been created within old outbuildings, and a space for productive fruit & veg beds has been carved-out. Chickens wander amongst the apple trees. One 100-foot glasshouse has been retained, another has been converted into a vegetarian café, which naturally makes the most of the garden's and other local produce. While we have coffee, a bunch of 20-somethings, who do not look like the usual garden-loving suspects, buzz through the building, trying out the tightrope and the hammocks that have been suspended in the garden. A group of 40-somethings adjourn to the table tennis table in the glasshouse. We show-off our badminton 'skills'.

I wonder if this is a new way forward for our shared inner city gardens? To create a space for play as well as productivity?

Signs of hope

On the way home, we stop overnight in Tavistock, an ancient market town on the western fringe of Dartmoor. Our hotel shows-off all of its local suppliers on the back of its breakfast menu. Totally Locally Tavistock has sprung-up since we visited last (www.totallylocallytavistock.co.uk/), and most simply and effectively of all, on each of the main streets is a map and list of all the independent shops in town. Perhaps we *are* starting to care, after all.

Jane Stevenson

bristollocalfood@googlemail.com

Events

Communicate 2015: Challenging Partnerships

Tuesday 10 & Wednesday 11 November
At-Bristol, Harbourside, Bristol
£275+VAT for 2 days, £175+VAT for 1 day

Communicate is the UK's leading conference for environmental communicators, bringing together over 150 delegates each year to develop their skills, share best practice and debate the latest issues in engaging people with the natural world.

www.bnhc.org.uk/communicate/

March for climate, justice and jobs

Sunday 29 November
12 noon: meet at Castle Park
1-3pm: rally at College Green

As world leaders prepare for the Paris Climate Summit in November, people from all over the world will unite in a Global Climate March to send a strong message to politicians that this time we want action, not just words. Citizens united for an economy powered by 100% clean and safe energy, where good jobs benefit people and planet alike. A world protected from the ravages of climate change, where everyone has a right to food, water, clean air, and a healthy life.

As Bristol is European Green Capital this year, it's the perfect chance for the people of Bristol to come together and show the world why we were chosen.

www.climatemarchbristol.com

Orchard plantings

Plant a new Bedminster orchard
10am-1pm Saturday 14 November
Dean Lane (next to the Tap and Barrel pub, on the corner of Warden Road)

Help plant a new orchard with the Patchwork Community Gardening Group. The new site is on the corner of Dean Lane and Warden Road, on a little square patch of unloved grass next to the Tap and Barrel pub. Bring gloves, spades and forks if you have them, and a drink. Cake provided!

<http://bedminsterpatchwork.tumblr.com/>

Improving Dementia Inclusion in Community Gardens

Tuesday 10 November
Federation of City Farms and Community Gardens, The Green House BS3 4NA

A best practice sharing event for community gardens and professionals working with people with dementia.

Food growing and gardening activities have proven health and wellbeing benefits for people with dementia. Yet, participation in community growing is low and many growing projects struggle to include people with dementia as co-workers. Growing Support invites you to a free workshop to learn how community gardens and health and social care professionals can work together to improve inclusion at community gardens for people with dementia.

Talks

- The mental and physical health benefits of community gardening for people with dementia: best practice examples (Maria Devereaux, Growing Health project lead, Sustain).
- Bristol Dementia inclusion programme (Jan Connett, commissioning officer, Bristol Public Health)
- What we've learnt, taking part in the Growing Support in the Community Project (Jan Perry, allotment coordinator, Knowle West Health Association).

Discussion How can we overcome barriers to inclusion for people with dementia in community gardens? Facilitated by Growing Support.

To book email dalec@growingsupport.co.uk or telephone Dale on 07581 281 578

Hengrove & Whitchurch Community Orchard planting

25 & 26 November 2015
Whitchurch Village Green

We welcome all Bristol residents to join local school children, volunteers and the Orchard team to help to plant the first fruit trees on Whitchurch Village Green.

Please get in touch by emailing futureperfectbristol@gmail.com



**The Community Farm, Woodbarn Farm,
Denny Lane, Chew Magna BS40 8SZ**

Community Farmer Day – Winter Preparations

10am-4pm Saturday 7 November

As the season draws to a close it's time to prepare for the winter ahead. Battening down the hatches and a warm reflection on the season past. It will be great to have you along. We'll get the soup and bread in for a yummy lunch (donations to cover costs please) and ask you folks to bring some goodies along to share too.

Any questions, please email me on volunteer@thecommunityfarm.co.uk or alternatively you can call or text Ian on 07837 912 108.

Travelling to the Farm: Our veggie box delivery angel, Barry, has a licensed minibus and he's happy to bring 16 lucky people along (and take you back!). There are 16 seats available and we are extremely happy to be able to offer this service free of charge. First come, first served. Book your seats online

There will be 2 pick-ups in Bristol. The Minibus will be on Anchor Rd opposite the Marriott Hotel leaving at 9.15, then on the exit ramp at Temple Meads station, leaving at 9.30. Leaving the farm at 4pm returning to both pick up points.

www.thecommunityfarm.co.uk/course/community-farmer-day-winter-preparations/

Festive family cookery!

Saturday 19 December · £19
10am-12.30pm: under 8 year olds
1.30-4pm: 8-16 year olds

We'll be cosying up in our yurt (equipped with a wood-burner) giving an opportunity for children and parents to come together to harvest crops from our fields and learn how to make some tasty treats in time for the Christmas festivities.

BBC Cook of the year, Jo Ingleby, is our much loved tutor and with her great experiences of children's cookery this is sure to be a fantastic experience for all those budding chefs out there!

www.thecommunityfarm.co.uk/course/festive-family-cookery/

... more events

Festival of the Future City

17–20 November

Venues across Bristol

Cities are the future, as the majority of the population move to live and work in them. The Festival of the Future City – one of the Arts Council England supported Exceptional projects – will be the largest debate ever about the city and the future, bringing together academics, city planners, artists, writers, filmmakers, games makers, architects, politicians, journalists and commentators, poets, community leaders, businesses, scientists, think tanks and others to debate the future city with the public.

The aims of Festival of the Future City are: to inspire wide thinking and debate about the future of cities; to look at examples of good practice in cities that will help promote a better and more resilient, sustainable and prosperous future for all; to examine and debate good examples of city futures from the past and what they can tell us now; to provide models for future city development; and to promote debate and discussion about the future city by the widest range of people and organisations.

Download the programme at:

www.ideasfestival.co.uk/seasons/festival-future-city/



Bristol Food Producers Gathering

9.30–3pm Thursday 26 November

5th Floor, Hamilton House, Stokes Croft, Bristol • £5

Bristol Food Producers is a new organisation open to all those wishing to work together to grow local food production and support sustainable food producing enterprises, in Bristol and beyond. The Gathering will involve an introduction to Bristol Food Producers, the launch of our membership, and practical workshops throughout the day involving: creating a local food brand, cooperating on distribution, building the enterprise skills of growers, land access and land matching, how to market your products and more!

The day will provide a great opportunity to meet other existing, or aspiring, food producers, processors and distributors in and around Bristol and share and develop your own ideas and networks, whilst finding out more about what is going on within Bristol's pioneering food scene.

There will be sessions on planning future objectives and work streams for the organisations too – so you can get stuck into making sure Bristol Food Producers provides what you need in order to help you make your livelihood as a Bristol food producer.

A £5 entry fee will be charged for the day. There will also be one-to-one business advice sessions available to book in the afternoon for no extra charge. A delicious lunch and refreshments will be provided.

See the programme & book your ticket:

<https://www.eventbrite.co.uk/e/bristol-food-producers-gathering-tickets-18972386920?aff=Bitly>

www.bristolfoodproducers.uk



Celebrating World Soil Day

10am–10pm Saturday 5 December

Hawkwood College, Painswick Old Road, Stroud GL6 7QW

Free but donations welcomed

Please book in advance:

info@hawkwood.co.uk • 01453 759034

Conversations, inspirations & actions to celebrate food & our soils include; Experiencing Soil and Its Soul; Walking Hammonds Farm; Soil, Heavens and the Harvest; Soil Searching; Soil Film Festival & Earth Music with cinematic journey of 'Soil Saturdays', 'Dawn to Dusk' & 'Songs from the Soil' films.

World Soil Day celebrates the fruits of UN International Year of Soils with Touchstone collaborations; Biodynamic Association; Biodynamic Land Trust; Blue Finger Alliance; British Society of Soil Science; Centre for Agroecology, Water & Resilience; Centre for Contemporary Art and the Natural World; People 4 Soil European Citizens Initiative & Soil Association.

www.hawkwoodcollege.co.uk/all-courses-and-events/sustainability/world-soil-saturday-in-december

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

Bristol Green Capital Partnership

<http://bristolgreencapital.org/>

Bristol Vegans Newsletter

Email: brisvegnews@gmail.com

Eating Better

<http://www.eating-better.org/get-involved.html>

Food Climate Research network

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

Forest of Avon

<http://forestofavontrust.org/>

Garden Organic e-news

www.gardenorganic.org.uk

Growing Schools newsletter

www.growingschools.org.uk

Plunkett Association

www.plunkett.co.uk/whatwedo/newsletters.cfm

Soil Association e-news

<http://action.soilassociation.org/page/s/enews>

Somerset Community Food

<http://somersetcommunityfood.us4.list-manage.com/subscribe?u=d30d0c50334e44b93bd28f890&id=9cadf64cc3>

Sustainable Food Cities

www.sustainablefoodcities.org/

Sustainable Food Trust

<http://sustainablefoodtrust.org/support-us/>

Voscur

www.voscur.org/news

Christmas events

Markets & Christmas Fairs

BEATS Night Market

5–10pm Friday 13 November
Tobacco Factory, corner of North Street & Raleigh Road, Southville

Bristol Eats (BEATS) street food collective returns, this time including a special night market with vintage homeware, local art, winter hats and gloves – plus much more.

<https://www.facebook.com/events/1029346133764356/>

North Street Winter Fair

Saturday 28 November
North Street, Southville/Bedminster

Bringing its traditional range of market stalls, music and festive cheer to North Street!

<https://www.facebook.com/bedminsterbristol.bs3>

East Street Christmas Fair

10am–4pm Saturday 12 December
East Street, Bedminster

There will be music, reindeer, Santa and much more along East Street between.

www.bedminstertownteam.org

Windmill Hill City Farm Christmas Fair

11am–4pm Saturday 12 December
WHCF, Philip Street, Bedminster

If you would like an application form for a stall, download one from the website or contact reception on 0117 9633252 or info@windmillhillcityfarm.org.uk

www.windmillhillcityfarm.org.uk/whats-on/events/christmas-fair/

Westbury On Trym Christmas Fayre

11am–3pm Saturday 19 December
Canford Lane in Westbury On Trym

Local food and crafts, rides, carolling and children's entertainment.

Local food stalls are especially welcomed. Please email the organisers for more information regarding pitch, stalls, timing etc: wotchristmas@yahoo.co.uk

Winter Solstice at Feed Bristol

6–9pm Friday 18 December
Feed Bristol, Bristol BS16 1HB

Celebrate the end of the year with fresh seasonal food and live bands in the roundhouse.

We are creating a special ceremony to mark the occasion. You are welcome to come down in the morning to help put the site to bed for winter, harvest and prepare vegetables.

- FREE family fun
- Sensational seasonal home cooked hot food
- Herbal and Delicious Café serving hot drinks and cake
- Kids activities

www.avonwildlifetrust.org.uk/events/2015/12/18/winter-solstice?instance=0



Surplus Supper Club: Festive Feasting

FareShare South West, Little Anne Street, St Agnes, Lawrence Hill BS2 9EB

Join the Surplus Supper Club, catering arm of food redistribution charity FareShare SouthWest, for a Christmas party night in 'The Warehouse Winter Wonderland' (home to FareShare SouthWest), and sample a meal made from surplus food.

On **Friday 4 and 11 December**, experience a formal four-course meal with music and games. On **Saturday 5 and 12**, it's a more relaxed affair with a two-course buffet.

All Go Green members and not-for-profit organisations will receive a 10% discount on food packages. Price per head **from £18** (with discount).

The venue can also be booked out on other Fridays and Saturdays, with a minimum number required.

www.surplussupperclub.org/

More online

Over 100 cities sign the Milan Urban Food Policy Pact

DIGEST: Mayors and delegates from more than 100 cities all over the world gathered in Milan to sign the first international Urban Food Policy Pact. This protocol commits the political leads of these cities – representing together over 400 million people – to develop sustainable food systems to grant healthy and accessible food to all, protect biodiversity and fight against food waste.

www.sustainablefoodcities.org/newsevents/news/articleid/446/on-world-food-day-over-100-cities-sign-the-milan-urban-food-policy-pact

Ted talk videos: What's wrong with what we eat?

DIGEST: These TED talks examine the problems linked to what we eat and offer some solutions. Speakers include: Jamie Oliver, Mark Bittman, Louise Fresco, Tristram Stuart, and Graham Hill.

www.fcrn.org.uk/research-library/ted-talk-videos-what%E2%80%99s-wrong-what-we-eat

U.S. government rejects inclusion of sustainability in dietary guidelines despite expert advice

DIGEST: It has been announced that the U.S. will not be incorporating sustainability into the new Dietary Guidelines for Americans.

www.fcrn.org.uk/research-library/us-government-rejects-inclusion-sustainability-dietary-guidelines-despite-expert

Waste at the top end of the food chain

DIGEST: A staggering 44.5% of food grown within Kenya's horticultural export industry is rejected before it has left the country

<http://sustainablefoodtrust.org/articles/feedback-food-waste-report/>

Courses

Mushroom cultivation & identification introductory course

Friday 13–Sunday 15 November
**Brook End LAND Centre near Street/
Glastonbury, Somerset**

(1 hour south of Bristol)

£60 (low income) to **£180** (high income).
We have a number of free places for those in receipt of benefit.

This three day course will take a look at the fascinating world of fungi, introducing key concepts in their biology and ecology. Looking at the identification and classification of fungi and seeing how we can be cultivated and integrated in our gardens.

Fungi are a much sought after food crop, that provide a range of health benefits, but they also provide many valuable services in our gardens and woodlands. The course will look at using fungi to help with composting, creating edible mulches, recycling waste and improving plant health.

We will be using looking at the techniques needed to create mushroom spawn which will lead onto to outdoor methods of cultivating wood eating wild fungi.

This requires only a few simple pieces of equipment, so all that you learn will be repeatable at home.

We will also explore mushroom enterprises & next steps for supplying our communities.

This course is being organised by Feed Avalon, a workers cooperative and social enterprise dedicated to cultivating local food resilience & social justice in Glastonbury, Street and surrounding areas. It has financial support from Somerset Skills and Learning. We are excited to work with the Upcycled Mushroom Company from Bristol who are sharing their knowledge & skills.

To book, email: nicole@feedavalon.org.uk

www.feedavalon.org.uk/mushroom-course/



Introduction to growing vegetables

9.30am–4pm Sundays 8, 15 & 22 Nov
**University of Bristol Botanic Garden,
Hollybush Lane, Stoke Bishop**
£120.00

Join us at the University of Bristol Botanic Garden on Sunday 8, 15 & 22 November for a three day course covering everything you need to know about growing vegetables.

Steve Collins is repeating this popular course introducing you to the rewarding world of growing your own vegetables in which he will cover the whole process of vegetable growing including planning your site, sowing seed, and creating your own compost. The theory course will feature practical demonstrations with the opportunity to participate yourself, weather permitting. Appropriate clothing and footwear should be worn – all tools provided.

Limited places are available so to secure your place you should make a card payment via the University's online shop on <http://shop.bris.ac.uk/> or send a cheque made payable to 'University of Bristol' to The Course Administrator, University of Bristol Botanic Garden, Hollybush Lane, Stoke Bishop, Bristol BS9 1JB (0117 3314906)



Course directory

Looking for training in something a bit more specialised, and prepared to travel further afield? Try some of the following course providers:

General sustainability, permaculture & low impact living

The **Low Impact Living initiative** has a comprehensive directory of courses and resources
www.lowimpact.org

Montkon Wyld, Elsdon's Lane,
Charmouth, Bridport, Dorset DT6 6DQ
<http://monktonwyldcourt.co.uk>

Ragmans Farm, Lydbrook,
Gloucestershire GL17 9PA
www.ragmans.co.uk

Embercombe, Higher Ashton,
Exeter EX6 7QQ
www.embercombe.co.uk/

Gardening courses

The Cotswold Gardening School,
Gossington Hall, Gossington GL2 7DN
<http://cotswoldgardeningsschool.co.uk/>

Smallholding skills, beekeeping, butchery

Mumbleys Farmhouse, near
Thornbury, South Gloucestershire
BS35 3JY
<http://mumbleysfarmhouse.co.uk/>

Empire Farm, Throop Road,
Templecombe, Somerset BA8 0HR
www.empirefarm.co.uk/

Westfield Farm, Limeburn Hill,
Chew Magna BS40 8QW
<http://westfield-farm.co.uk/>

Cookery, breadmaking, cheesemaking

Abbey Home Farm, Burford Road,
Cirencester GL7 5HF
www.theorganicfarmshop.co.uk

Lower Shaw Farm, Old Shaw Lane,
Shaw, Swindon SN5 5PJ
www.lowershawfarm.co.uk/

Forest gardening

Agroforestry Research Trust,
46 Hunters Moon, Dartington, Totnes,
Devon TQ9 6JT
www.agroforestry.co.uk/

Edible Landscaping

Cardiff
www.ediblelandscaping.co.uk/

...more courses

Voscur events & training

The climate is changing. Is your organisation?

9am–1.30pm Tuesday 10 November
The Station, Silver Street
Bristol, BS1 2AG
Free

An Introduction to Twitter

1–4pm Tuesday 24 November
Knowle West Media Centre,
Leinster Avenue, Bristol BS4 1NL
Full Member: £50, Associate Member:
£70, Non Member: £85

Convince your funders you make a difference

9.30am–3.30pm Wednesday 2
December
St Werburghs Centre, Horley Road,
St Werburghs, Bristol BS2 9TJ
Full Member: £75, Associate Member:
£95, Non Member: £175

Volunteers and the Law

9.30am–1pm Thursday 3 December
The Gatehouse Centre, Hareclive Rd,
Bristol BS13 9JN
Full Member: £50, Associate Member:
£70, Non Member: £85

Kick Start Your Organisation!

6–9pm Tuesdays, 19 Jan–22 March
Event location TBC
FREE

Fund it! 2016

10am–4.30pm Wednesday 17 February
Event location TBC
Early Bird rate: £60 per person/£95 for 2
attending from the same organisation
(Standard Cost: £80 per person)

www.supporthub.org.uk/upcoming-support-hub-events-and-training

Cooking Connections: Building skills in the kitchen

No.10 The Peoples Kitchen,
The Gatehouse Centre, Hareclive Road,
Hartcliffe BS13 9JN

A new course starting in January 2016,
open to anyone living in BS3, 4, 13 or 14.
Take home what you make and share a
healthy meal with others! Would you like to:

- Create healthy & nutritious food from scratch?
- Gain practical, safe, cookery experience?
- Increase your confidence in a working environment?
- Eat what you make & meet new people?

YES? Then please get in touch to register
interest! Contact Alex 0117 9465285
alexandra.burr@hheag.org.uk
(crèche spaces available)

Outdoor Cooking Food Hygiene Course Level 2 Training

8.45am–5.30pm Thursday 5 March 2015
Lawrence Weston Community Farm,
Saltmarsh Drive, Bristol BS11 0NJ
£130

Run by Forest of Avon Trust this exciting
new course explores the fun and
practicalities of cooking outside with
groups of adults or children. Ideal for
anyone interested in outdoor learning,
including Forest School leaders, teachers
and support staff. You will learn about
food hygiene and safety when you are
working outside including storage,
handling and food safety hazards.
For further information contact:
admin@forestofavontrust.org

www.lwfarm.org.uk/learning.html

Bristol online

A persuasive vision of a future economy

DIGEST: Ciaran Mundy reports back from
October's Bristol New Economy Summit.

<http://newstartmag.co.uk/your-blogs/a-persuasive-vision-of-a-future-economy/>

Reframing the foodscape: the emergent world of urban food policy

DIGEST: Taking Bristol and Malmö as
empirical case studies, this paper
illustrates the different paths that cities
are taking as they strive to fashion more
sustainable urban foodscapes.

<http://epn.sagepub.com/content/47/7/1558.abstract>

More online

The race to fish: how fishing subsidies are emptying our oceans

DIGEST: The short-term 'race to
fish' is jeopardising the long-term
environmental, social, and economic
security that fisheries offer us all.

<https://theconversation.com/the-race-to-fish-how-fishing-subsidies-are-emptying-our-oceans-48227>

Reclaiming our Place in the Planet's Ecology

DIGEST: An overview of the courageous
organisers of land and food
movements, camps, conferences
and projects, all working on food
sovereignty.

<https://itsvivid.wordpress.com/2015/10/09/reclaiming-our-place-in-the-planets-ecology/>

Honeybees Face Global Threat: If They Die, So Do We

DIGEST: Starting around 11,500 years
ago, when humans began making
permanent settlements and invented
agriculture, bees emerged as the most
critical animal to human survival.

<http://ecowatch.com/2015/10/06/honeybees-face-global-threat/>

The Miracle of Mals

DIGEST: By banning pesticides in a
referendum, the community of Mals
in Southern Tyrol is set to garner
worldwide attention.

www.resilience.org/stories/2015-09-30/the-miracle-of-mals

To feed growing cities we need to stop urban sprawl eating up our food supply

DIGEST: As Australian cities expand
to accommodate rapidly growing
populations, fertile farmland on the
city fringe is at risk due to urban sprawl.

<https://theconversation.com/to-feed-growing-cities-we-need-to-stop-urban-sprawl-eating-up-our-food-supply-49651>

Resilience and Collapse: Notes from Cyprus

DIGEST: Attempts to spark a movement
for resilience and local self-reliance.

www.resilience.org/stories/2015-10-05/resilience-and-collapse-notes-from-cyprus-part-two

Publications

From individual to collective action: Exploring business cases for addressing sustainable food security

WWF-UK/Food Ethics Council

This new report finds that businesses want to see government taking bold actions to create a food system that serves citizens, the economy and planet alike. Businesses must also actively seek opportunities to work together for sustainable food security, the report says, and the government must create the conditions to make it easier for businesses to collaborate to deliver long-term food security for all.

www.wwf.org.uk/about_wwf/press_centre/index.cfm?7670

Global Nutrition Report 2015: Actions and accountability to advance nutrition & sustainable development

The authoritative Global Nutrition Report 2015, launched at the UN in New York by the International Food Policy Research Institute (IFPRI) includes recommendations to reduce demand for meat consumption. The authors call on Governments to build climate change into national nutrition strategies, including national dietary guidelines.

<http://ebrary.ifpri.org/utis/getfile/collection/p15738coll2/id/129443/filename/129654.pdf>

The Bristol Method

As European Green Capital in 2015, Bristol have an opportunity to share what we know with people all over the country, across Europe and around the world.

To do this as effectively as we can, the 2015Co have created the 'Bristol Method': a knowledge-transfer programme aimed at helping people in other cities understand and apply the lessons that Bristol has learned in becoming a more sustainable city, not just in 2015 but over the last decade.

<https://www.bristol2015.co.uk/method/food-nature/>

<https://www.bristol2015.co.uk/method/resources/>

The State of Food and Agriculture Social protection and agriculture: breaking the cycle of rural poverty

The Food and Agriculture Organization of the United Nations

The FAO argues in its latest version of the State of Food and Agriculture report SOFA that expanding social protection offers a faster track to ending hunger, when combined with broader agricultural and rural development measures. It argues that the vast majority of rural poor remain uncovered by social protection (only about a third of the world's poorest people are covered by any form of social protection). Thus, expanding social protection programmes – including cash transfers, school feeding and public works – in rural areas and linking them to inclusive agricultural growth policies would rapidly reduce the number of poor people.

www.fao.org/publications/sofa/2015/en/

Cultivating Equality: Delivering Just and Sustainable Food Systems in a Changing Climate

CARE, Food Tank, and CCAFS

The report focuses on the need to tackle inequity and gender inequality to end hunger and malnutrition in the face of climate change.

Inequality determines who eats first and who eats worst, and this shapes people's ability to adapt to climate change. Solutions around food production are not enough, and inequality in food systems also needs to be addressed. The report states that: "Business as usual – increasing greenhouse gas emissions, unsustainable means of production, high levels of food waste and loss, and unequal access to resources and power – is unacceptable. It's time for a dialogue – and action – about equity."

<http://careclimatechange.org/publications/cultivating-equality-report/>

Resources

The future of protein

Forum for the Future have launched The Future of Protein hub to explore how to address the challenges of a feeding a growing world population. Forum are working with the Protein Challenge 2040 to bring together the animal, plant and novel protein industries for the first time.

www.thefuturescentre.org/topic-hubs/protein

2016 International Year of Pulses

An opportunity to promote lower carbon menus, centred around pulses. The site has lots of ideas for how to celebrate Pulse Feast on 6 January.

<http://iyp2016.org/toolkits/10-great-things-you-can-do-to-promote-iyp2016>

Grow your own business: Sow it. Grow it. Sell it!

An activities pack developed for the Food Growing Schools London network, and part of a set of 3 themed Grow Your Own projects, which also includes Grow Your Own Picnic and Grow Around the World.

www.foodgrowingschools.org/resources/files/Grow%20your%20Own%20Business%202015_final%20low%20res.pdf

Digital Business Academy: 11 free online courses

Eleven specialist business courses, ranging from building brands to running online campaigns, developing digital products to raising finance.

www.digitalbusinessacademyuk.com/

The Compassionate Food Guide

Sixty billion animals are farmed for food worldwide every year – the vast majority of them reared intensively in systems that seriously impact their welfare. Compassion in World Farming's guide summarises what the assurance schemes and retailers do for animal welfare.

www.ciwf.org.uk/your-food/

Odds & ends



Refill Bristol

Refill Bristol is a practical campaign to make Bristol a city in which refilling your water bottle becomes a cultural norm, with refill points on every street, via cafes, retailers, hotels and businesses.

It has been launched by City to Sea, a collaboration of organisations, charities, marine biologists, academics and individuals from Bristol who share an interest in stemming the flow of plastic litter reaching our oceans. Their research and consultations identified Refill Bristol as a 'quick win' – a way to get Bristolians on-board with a change in the way we use single-use plastics, in this instance, bottled water.

Together with project partners Bristol 2015, Go Green and Frank Water, Refill Bristol aims to sign up 100 Refill stations by the end of 2015.

Participating cafes, bars, restaurants, banks, galleries, museums and other businesses will simply put a sticker in their window – alerting passers-by to the fact they're welcome to come on in and fill up their bottle – for free!

www.citytosea.org.uk/index.php/refill-bristol/

Orchard grants

Do you know of any orchards in need of TLC? The people's trust for endangered species have launched a grant scheme for the improvement and restoration of traditional orchards in the UK.

As part of the grant scheme we are sending out free grafting kits and pre-grafted trees, on a first come first served basis! Community Orchards are eligible to apply and grants will be issued on a first-come-first-served basis.

<http://ptes.org/campaigns/traditional-orchard-project/orchard-grants/>

Orchard Box Crowdfunder for UK's first craft cider subscription box

Bristol Based Orchard Box is a brand new subscription box service for people tired of mass produced ciders made from concentrates and artificial flavourings who want to discover the best craft cider from independent producers delivered to their doorstep every month. Join in the crowdfunding before 5 November to receive the UK's first craft cider subscription box.

Orchard Box will be supporting independent producers who are making real cider that can't be found in the supermarket. Orchard Box will offer a route to market as well as marketing opportunity to those small producers to get their products in the hands of real cider drinkers.

www.crowdfunder.co.uk/orchardbox

www.OrchardBox.co.uk
[Twitter.com/OrchardBox](https://twitter.com/OrchardBox)
facebook.com/OrchardBox



Food Made Good

Food Made Good is the new consumer movement launched by the Sustainable Restaurant Association. It is aimed at those of us who take great care when shopping for food for the home but feel compromised when eating out – and often end up checking in our principles in the cloakroom.

#MakeFoodGood campaign is asking food lovers to commit to one action when eating out, such as asking if the fish is sustainably sourced or checking where your tip goes.

Make a pledge today, chefs, customers and all food lovers can get involved.

www.foodmadegood.org/

Creating Social Value in Bristol

Consultation open till 8 January 2016

Social value is about maximising the impact of public expenditure to get the best possible outcomes, and recognising that local people are central to determining how these can be achieved, and what it is that makes Bristol a successful city. The Policy outlines the Council's intended approach to creating social value and how we seek to maximise this in our expenditure in order to improve the economic, social and environmental well-being of the area. The accompanying draft Toolkit is more detailed and will support council officers, particularly commissioners and procurement officers as well as potential provider organisations in any sector.

Bristol City Council is aiming to be one of the most successful and innovative authorities for achieving social value. Before finalising these documents we want you to tell us what you think of our approach so that we can use these views to help shape the policy and toolkit, and help us achieve this aim.

Take part in the consultation at:
<https://bristol.citizenspace.com/business-change/creating-social-value>

neighbourly: food

M&S have just announced that they'll be working with neighbourly to launch a new nationwide surplus food redistribution scheme! The initiative will help get surplus food to where it is most needed in the community – to people and not bins.

The neighbourly platform will provide a simple process for food charities to register and receive food from local M&S stores and allow M&S to centrally monitor what products are resulting in surplus. They'll be the first major retailer to provide live updates on the number of tonnes of surplus food redistributed, via their neighbourly homepage.

Surplus food will include products nearing their expiry date including fruit, vegetables, bread, cakes and groceries.

If you work for a charity that would benefit from free surplus food, please contact us on food@neighbourly.com

<https://www.neighbourly.com/foodroute>

Regular things

Blaise Walled Kitchen Garden

Workdays: 10am–1pm Saturdays

Open days: 11am–3pm 1st Sunday of the month

Facing the front door of Blaise House, go left through the rose garden until you come to the entrance doors to the walled garden OR, go behind the house and take the door next to the orangery and go left through a little door into the garden. Please wear sturdy footwear, and make the volunteer leader aware of your arrival. Contact: Christine Carroll · 0792 870 1369 info@blaisegarden.org.uk

<http://blaisecommunitygarden.org.uk>

Easton Community Allotment

Thursdays 11–4pm (5pm summer)

A beautiful, green enclave nestled on the edge of Easton. 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: eastoncommallot@yahoo.co.uk
www.eastoncommunitygarden.org.uk

Feed Bristol

Mons, Tues, Weds & Fridays

Communal growing days: Volunteers are welcome on Mondays, Tuesdays and Wednesdays 9.30am–4pm; Fridays 9.30–12pm.

Drop in with workshops and events. All welcome. Phone to see if we're here on Saturday: 0117 917 7270

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

Golden Hill Community Garden

10am–4pm Wednesdays

We always have a range of jobs to suit ability and preferences. Free feel to come down for a chat and a look around with no commitment to stay. You can drop in for an hour or stay all day whatever fits round your life or energy levels.

www.thegoldenhillcommunitygarden.com

Metford Rd Community Orchard

3rd Sunday of the month all year round; 1st Sunday too between March–October

MRCO is a small organic orchard based on permaculture principles growing apples, plums, pears, medlars, quince, gages, nuts, a multitude of different currants and berries, a vine with grapes and figs, a herb garden and a chutney veg plot.

All are welcome to join us on meeting days, including children – come anytime after noon. Entrance is at the green gates between nos 37+39 Metford Rd, BS6. Please bring sturdy footwear. Contact: Karen at k.shergold@phonecoop.coop or Lewis on 07906 596460.

www.sustainableland.org.uk/metford-road-community-orchard/

Royate Hill Community Orchard

Main orchard day is the **3rd Sunday of every month**. Additional/alternative day is **1st Sunday from March to October**. Contact Mike Feingold 0776 891 5423 if you'd like to join or visit us.

As well as the fruit, we also plant veg, 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. Compost toilet. Everybody welcome.

www.kebelecoop.org/?page_id=28

Southmead Fruit Garden

1st Saturday of the month 10am–3pm

You can find us behind the Whitehall on Glencoyne Square, BS10 6DE. We're a friendly bunch! Contact us at: southmead.fruit.garden@gmail.com
www.facebook.com/Southmeadfruitgarden

Trinity Community Gardens

Gardening drop-in sessions

Last Sunday of the month 11am–5pm

Learn to grow fruit, veg & herbs at the Trinity Gardens (BS2 0NW) throughout the growing season. Get fit, work outside, meet people, gain knowledge/practical experience and share some lovely food together.

<http://3ca.org.uk/activities/garden>

Woodcroft Community Orchard

Workdays 1st Saturday of the month

On the edge of Nightingale Valley on former allotment ground at Woodcroft Road. Now planted with over 50 trees and numerous soft fruits.

woodcroftcommunityorchard@gmail.com

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

www.facebook.com/WoodcroftCommunityOrchard

Find a growing group near to you at:
www.bristolfoodnetwork.org/local-food-map/



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@gmail.com

Subscribers will also be e-mailed a maximum of twice a month with an e-update of any event information that missed the newsletter deadline.

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

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

Views expressed in this newsletter are not necessarily endorsed by Bristol City Council.

Bristol Food Network

Get involved with the Bristol Food Network – online, via Facebook or Twitter. Or explore further via our Pinterest boards.

www.bristolfoodnetwork.org

www.facebook.com/bristolfoodnetwork?fref=ts

[@BristolFoodnet](https://twitter.com/BristolFoodnet)

www.pinterest.com/bristollocalfood/

Bristol Green Capital

Email us for details of the next Bristol Green Capital Partnership Food Action Group meeting/networking session.

bristollocalfood@gmail.com

Sign-up for the Partnership newsletter:

<http://bristolgreencapital.org/news/>

...and for events news during 2015:

www.bristol2015.co.uk/

**BRISTOL
FOOD
NETWORK**

Bristol's local food update is produced by Bristol Food Network CIC, with support from Bristol City Council.

Bristol Food Network CIC supports, informs and connects individuals, community projects, organisations and businesses who share a vision to transform Bristol into a sustainable food city.

Registered office: 7 Queen Square, Bristol BS1 4JE
A Community Interest Company, Limited by Guarantee. Registered in England and Wales.
Registration no. 8838348.