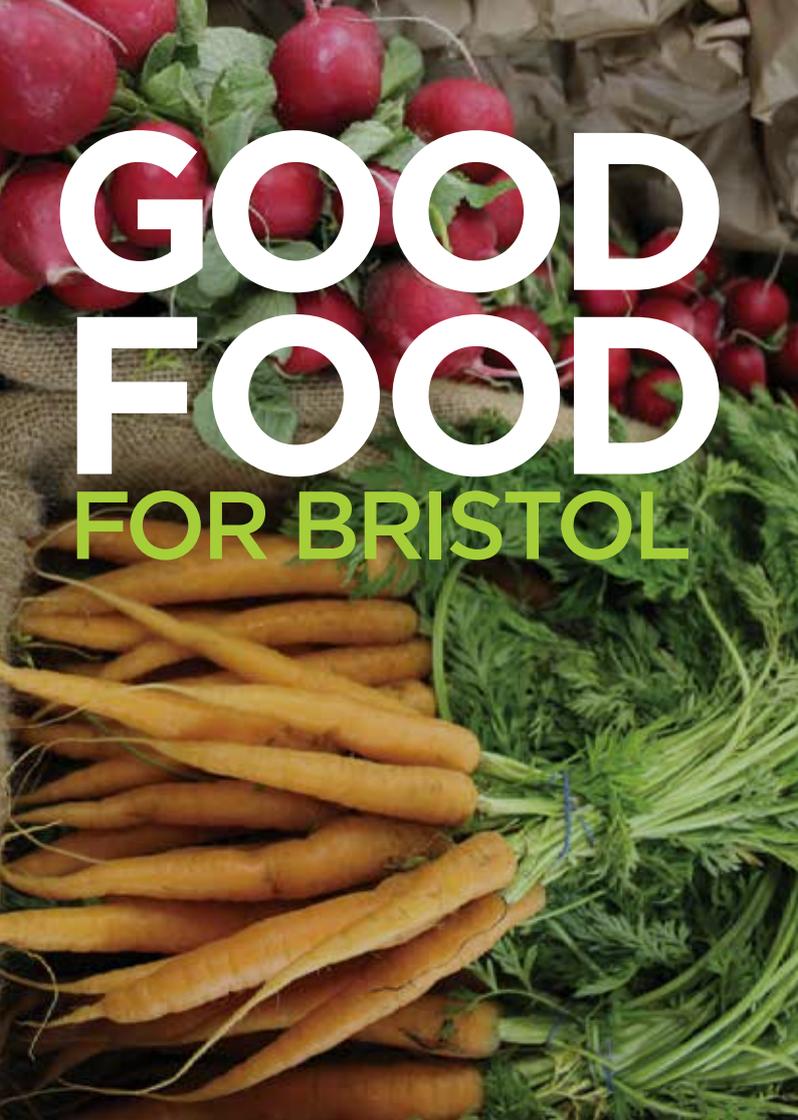


**GOOD  
FOOD**

**GROW SHOP  
COOK EAT IT  
WASTE LESS  
LEARN MORE**



# GOOD FOOD FOR BRISTOL

**Imagine you lived in a truly sustainable food city, renowned for the vibrancy and diversity of its food culture, and for a food system which, from field to fork, is good for people, places and the planet. A city where good food is visible and celebrated in every corner and where everyone has access to fresh, seasonal, local, organically grown and fairly traded food that is tasty, healthy and affordable, no matter where they live.**

Picture a city where every school, hospital or care home, every restaurant and work place canteen serves only delicious sustainable food; where good food enterprises multiply and thrive; where people of every age, and from every background, are developing skills in growing and cooking and are practically involved in creating a positive and inclusive food culture in their own communities.

Would you want to live in a city like this? We believe that this is an achievable reality for Bristol, and it involves all of us...

# OUR 5-A-DAY

If you're inspired by **GOOD FOOD** - food which is good for people, places and the planet - then this is the guide for you.

Our 5-a-day are five pledges that you can make, in order to help **GOOD FOOD** to flourish in Bristol. All of them are things that you can do **RIGHT NOW!** with a little bit of help from this guide.

- ✓ Try growing your own herbs, fruit or veg on a windowsill, in your garden, at an allotment or help out at your local community farm or food project.
- ✓ Buy more of your food from local, independent shops and traders.
- ✓ Prepare meals from scratch using fresh, seasonal, local and organic ingredients.
- ✓ Aim to waste as little food as possible and compost any food that you can't use.
- ✓ Keep on learning about food. Try a new recipe. Visit somewhere new. Take a course. Explore the city's diverse food cultures. And meet new people!

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# GET INSPIRED

## Follow the Urban Food Growing Trail

An edible walking route taking you from Temple Meads station to At-Bristol.



## Try a month of meat-free Mondays

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

## Visit your local greengrocer or butcher

Ask what's good and in season at the moment, and how best to cook it.

**Try something new!**



## Visit one of Bristol's city farms

Lawrence Weston City Farm  
9.30am–4.30pm except Mondays  
Saltmarsh Drive BS11 0NJ  
St Werburghs City Farm  
9am–5pm every day (4pm Winter)  
Watercress Road BS2 9YJ  
Windmill Hill City Farm  
9am–5pm every day (4pm Winter)  
Philip Street BS3 4EA

## Go foraging

Try making soup from young nettles or wild garlic in Spring, or a blackberry & apple crumble in Autumn.

Not sure what to pick?  
Try taking a led foraging walk.

<http://foodforagingcourses.co.uk>

## Visit the Botanic Gardens

Stoke Park Road, Stoke Bishop  
BS9 1JG  
10am–4.30pm  
April–Sept: open 7 days a week  
October: closed Saturdays  
Nov–Mar: closed weekends  
£4.50, under 16s free



# GET GROWING

Few things beat the satisfaction of harvesting and eating your own home grown fruit & veg – and it's also hard to match for freshness and flavour. So what's stopping you from getting growing?

## I don't have enough space

All you need is a windowsill (see p.8)  
Or join a community group to share their space (see p.12)

## I don't have enough time

You can join a community orchard (see p.12) and in exchange for your membership fee and a small amount of work, you get a share of the harvest. Other community growing groups will pay you in veg for your one-off workday contribution.

## I don't know how!

The best and cheapest way to learn is from others around you, by taking part in a volunteer session at an Incredible Edible Bristol or other community group plot (p.12). Don't worry if you don't know your dill from your daisies – experienced gardeners love to share their knowledge.

## The allotments are all over-subscribed

While it's true that there are long waiting lists in some parts of the city, there are vacant plots elsewhere. Take a look at the Council's Allotment Finder to see what's available near you (p.12)

PHOTO: PATRICK GRAHAM



“ The kids  
love it! ”

**Dougie**, Volunteer  
at Golden Hill  
Community Garden

# HOW TO GROW YOUR OWN WINDOWSILL HERBS

If you have little or no outdoor space, that needn't stop you from growing some of your own food because it's perfectly possible to grow some small but successful crops on a sunny windowsill.

Fresh herbs are amazing for flavouring food, and parsley and basil are two of our favourites as well as being some of the easiest crops to grow if you are really limited for space. There are even two foolproof methods for growing these herbs, which are explained below:

Maybe you've bought the pots of fresh herbs that supermarkets sell, and watched as before they are all used-up, they have shrivelled and died. This is because a lot of seeds are planted per pot so that the pot looks really full at the point of sale. But, if when you buy the pot, you split the clump of little plants into three, you will end up with three sturdy plants that will continue to grow.

Gently remove the herbs from their pot, retaining as much compost as possible. Then gently pull the rootball into three sections, taking note of where the individual stems can be seen. Repot each piece into a clean 9cm pot with fresh peat-free multipurpose compost, put them on a sunny windowsill and water them to keep them moist but not too wet. If you keep harvesting leaves, the plant will continually regenerate itself and these three should keep you in fresh parsley and/or basil for the whole of the summer.



The other method is to sow parsley and basil from seeds. Again you will need clean 9cm plant pots that are filled with compost. Water the compost before you sow the seeds and then scatter around a dozen seeds evenly on the top of the compost and press them into the soil. Scatter a little bit more compost over and press that down gently with parsley, but with the basil seeds, leave them on the top of the compost.

Then cover the pots with clingfilm and put them on a sunny windowsill and wait for the seeds to begin to germinate.

Once you see tiny shoots starting to appear, remove the clingfilm which has done its work in creating a little greenhouse on your windowsill, and watch as the plants begin to grow. Once they reach about 6cm tall start to harvest from them and they will continue to regenerate themselves, growing from the nearest buds you have cut them to.

Eventually of course, you might be able to treat your seed grown plants as your shop bought plants and split them up to create more plants, which you can use, but also which make great gifts for people.

For more about crops you can grow on your windowsills have a look at [www.bbc.co.uk/gardening/basics/techniques/growfruitandveg\\_cropsinpots1.shtml](http://www.bbc.co.uk/gardening/basics/techniques/growfruitandveg_cropsinpots1.shtml)

Enjoy your crops!



# HOW TO GROW TOMATOES

**Even with the tiniest amount of space you can grow tomatoes at home. Follow these simple steps and you'll be delighting in a home grown crop by late summer.**

Choose your seed carefully. There are varieties that are good for tiny spaces such as hanging baskets and containers, varieties for inside and outside, in the garden or a growbag and cherry, salad types, cooking and giant varieties to choose from too.

Tomato seeds need to be sown indoors, on a warm windowsill, in a seed and cutting compost. Pop them either into modules or 5 seeds to a 9cm round pot about half a centimetre deep. Then water them well and keep the soil moist until they start to poke through.

When they have 2 sets of true leaves, so 3 sets in all, replot them into small pots with normal peat free compost, and put them back on the windowsill or outside if you have a greenhouse. And of course one of those plastic greenhouses is fine! Make sure you keep them nice and moist and water either first thing in the morning or in the evening so the water doesn't evaporate in the heat of the day.

Once the pots are full of roots which you can see by either looking at the holes in the bottom of the pot or gently removing the pot to check, the plants are ready for their final home.

Plant them into their final home with plenty of added compost if the area is outside or in a greenhouse border, and put



a stake in place before they get large. Remember to pinch out the little sideshoots that appear at the joint of the branches and, when the first flowers appear feed once a week. Tomatoes need consistent watering or they can get a disease called Blossom End Rot when the tomatoes go brown at one end of the fruit so check on them at least daily to make sure they are moist.

Once the plant begins to fruit, keep tying it into its support, taking off the side shoots and keeping it well fed and watered. Once there are 5 layers, or trusses of flowers, cut off the tip of the plant to stop it growing and to keep it concentrating on producing lots of lovely, ripe and juicy fruits!

For more information on tomato growing see: [www.tomatogrowing.co.uk](http://www.tomatogrowing.co.uk) or [www.youtube.com/watch?v=VFfo3sdceCI](https://www.youtube.com/watch?v=VFfo3sdceCI)

Of course there are many ways you can enjoy your wonderful fresh tomatoes, but they are best straight from the vine, still slightly warm from the sun.

For cherry tomatoes why not try the variety *Sungold*? If you want a great tomato to grow outside why not try *Ailsa Craig* or *Moneymaker*? If you're too late to sow your own, you can often pick up a plant late in the season, at a garden centre, summer fair or market.

Good luck!!



## Allotment finder

Use the Bristol City Council online **Allotment finder** to find allotments near you, and to apply for a plot - whether the plots are managed by the Council or by independent Allotment Associations.

T 0117 922 3719

E allotments@bristol.gov.uk

W <https://www.bristol.gov.uk/museums-parks-sports-culture/allotment-finder>

## Incredible Edible Bristol

At the opposite end of the spectrum to allotments are Incredible Edible plots - where *everyone* is free to harvest the crops. Join-in at an existing plot or start your own. For more information about training sessions and regular workdays:

W <http://ediblebristol.org.uk>

## Community Gardens

There are over 40 community growing projects around the city. We've only got space to list some of those with regular growing sessions where you can just drop-in. To find other projects near to you, go to:

[www.bristolfoodnetwork.org/get-growing-map/](http://www.bristolfoodnetwork.org/get-growing-map/)

## Regular volunteer sessions at Community Gardens

### Blaise Community Garden

Blaise Castle Walled Garden, Henbury Road BS10 7QS  
Find us next to Blaise House Museum, to the left of the front of the building (number 1 bus or parking next to Blaise Café)

WORKDAYS: Saturdays 10am-2pm

E [info@blaisecomunitygarden.org.uk](mailto:info@blaisecomunitygarden.org.uk)

W <http://blaisecomunitygarden.org.uk>

### Easton Community Garden

Gordon Rd, Easton/Whitehall. Access lane is between nos. 58 & 60. Nearest postcode BS5 7DR

WORKDAYS: Thursdays 11-4pm (5pm summer)

W [www.eastoncommunitygarden.org.uk](http://www.eastoncommunitygarden.org.uk)

### Feed Bristol

181 Frenchay Park Road (on the corner with Stoke Lane) Stapleton BS16 1HB

COMMUNAL GROWING DAYS:

Volunteers are welcome on Mondays, Tuesdays, Wednesdays & Fridays 9.30am-4pm

T 0117 965 7086

W [www.avonwildlifetrust.org.uk/feedbristol](http://www.avonwildlifetrust.org.uk/feedbristol)

### Golden Hill Community Garden

Entrance through the allotment gates at the bottom of Monk Rd BS7 8NE

WORKDAYS: Weds 10am-4pm

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

### HHEAG

WASTE TO WONDERLAND:

10am-1pm Wednesdays, Bouchier Gardens Allotments, adjacent to 119 Crosscombe Drive, Hartcliffe BS13 0DA

FRIDAY GARDENING GROUP:

10am-1pm Fridays, Molesworth Allotments, Molesworth Drive (between house nos 79 & 81), Withywood BS13 9BJ

E [info@hheag.org.uk](mailto:info@hheag.org.uk)

W [www.hheag.org.uk/?Community\\_Food\\_Growing](http://www.hheag.org.uk/?Community_Food_Growing)

### Metford Road Community Orchard

Metford Road Allotments, Metford Road (entrance by no 37), Redland BS6 7LA

WORKDAYS: 3rd Sunday of the month all year round; 1st Sunday too March-October. Arrive 11.30am-12pm

T Lewis 07906 596460

E [janbrewercbc@yahoo.co.uk](mailto:janbrewercbc@yahoo.co.uk)

W [www.sustainableland.org.uk/metford-road-community-orchard/](http://www.sustainableland.org.uk/metford-road-community-orchard/)

### Patchwork Community Gardening Group

Various sites in BS3

PATCHWORK: last Thursday of the month 6.30pm, April-September

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

### The Old Library, Eastville

Muller Road BS5 6XP

VOLUNTEER DAYS: 10am-2pm 1st Saturday of the month

W <http://theoldlibrary.org.uk>

### Trinity Community Gardens

Trinity Centre, Trinity Road BS2 0NW

GARDENING FOR HEALTH: Tuesdays 11am-1pm and 2-4pm. Booking essential contact 0778 7520837

WEEKLY COMMUNITY DAYS:

Wednesdays 12-4.30pm

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

### Woodcroft Community Orchard

Behind Woodcroft Road (access lane opposite 97 Birchwood Rd), St Anne's BS4

WORKDAYS: 1st Saturday of the month

E [woodcroftcommunityorchard@gmail.com](mailto:woodcroftcommunityorchard@gmail.com)

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



# SHOPPING & EATING OUT

Whether it's your weekly shop or a meal out, deciding where and how to spend your money can be challenging. Supermarket shelves and restaurant menus present us with an overwhelming number of options, much of which is grown or processed hundreds of miles from where we buy it. Shopping locally and eating at places that serve sustainable food can help connect us with our food, local businesses and our community.

## The benefits of shopping and eating locally:

- The food will be fresher and healthier. Having travelled fewer miles before reaching your plate, it'll often contain more nutrients and taste better.
- It'll bring variety into your diet; from discovering new seasonal vegetables to eating more pulses to exploring lesser known cuts of meat, there's plenty of inspiration to be found. Check out 'What's in season now?' on p.20.
- You're supporting a local business, which means that you're helping create local jobs and keep money in your community. And if you switch your spending to Bristol Pounds ([bristolpound.org](http://bristolpound.org)), then you guarantee your money will keep being spent within locally-owned businesses.
- Stronger local businesses provide more support for farmers and growers in the surrounding area, protecting British farms and preserving our countryside.

“ Matter Wholefoods was set up to provide accessible real food in local areas. Our aim is to provide people with the affordable peak nutrition our body and minds need to help us to improve things in ourselves and in the world.”

Jon Luke, *Matter Wholefoods*

# 5 WAYS TO SHOP SMARTER

When it comes to shopping locally or eating fresh food, a lot of people think it will be too expensive or less convenient. However, there are a number of straightforward steps you can take to change your shopping habits; you don't have to change everything all at once, simply try one of these five easy ideas and you might be surprised how simple it can be!

## 1. Plan your weekly shop

Impulse shopping in supermarkets, leftovers going off in the fridge; these are often the result of a lack of planning in our food shopping. Why not try sitting down and planning what meals you are going to eat for the next week and checking what you have in your cupboard? This can reduce waste, allow ingredient sharing and help make sure you stay in budget.

With your shopping list in hand, why not try buying from an independent retailer who sources from local producers? There are several locally-run schemes where you can order online/by phone and arrange delivery to your home or a nearby collection point, so it can even save you time!

**TRY:** Fresh Range: 0117 332 2813 [www.fresh-range.com](http://www.fresh-range.com)  
Somerset Local Food Direct: 01458 830801 [www.localfooddirect.co.uk](http://www.localfooddirect.co.uk)  
Real Economy Co-op: 0117 332 1141 [www.realeconomy.co.uk](http://www.realeconomy.co.uk)



## 2. Eat Real Bread

Loaves of supermarket bread may seem cheap, but the long list of ingredients and additives (including 'processing agents' which don't even end up on the label) may mean that you're not getting quite what you bargained for.

Why not visit your local bakery where a reputable baker will be happy to talk about their ingredients? Most bakeries offer a range of breads, from affordable white and brown loaves (often costing less than £1.50 a loaf) to the more artisanal sourdoughs.

Or perhaps try making your own bread as the basic ingredients will cost less than 50p a loaf, so with a bit of time and energy you can make some lovely bread and save money.

**TRY:** Mark's Bread (North Street, Bedminster), East Bristol Bakery (St Mark's Road, Easton), Hart's Bakery (Lower Approach Road, Temple Meads), Bordeaux Quay (Harbourside)

## 3. Order a Veg Box

Many people feel organic vegetables are beyond their budget, but a farm direct veg box can be a great way to get fresh and seasonal vegetables at an affordable price. There are some excellent local options around Bristol, offering a variety of boxes for different household sizes (often including other groceries such as eggs and dairy), and many deliver directly to your door. Plus, having new and different veg to try each week can add variety to your meals, not to mention the wonderful taste of the fresh produce.

**TRY:** Sims Hill Shared Harvest: [simshill.co.uk](http://simshill.co.uk)  
The Community Farm: 01275 295 029 [www.thecommunityfarm.co.uk](http://www.thecommunityfarm.co.uk)  
Leigh Court Farm: 01275 375 756 [www.leighcourtfarm.org.uk](http://www.leighcourtfarm.org.uk)  
Boxes/veg shares start at £6-7 per week.



## 4. Eat less, but better meat

The average UK person eats over 82kg of meat a year, with many of us eating meat at least once a day. This level of consumption is hard to maintain for the planet, and can impact significantly on the welfare of the animals. Why not try reducing the amount of meat you eat, but increasing the quality? With the right cuts, a little can go a long way too, with stewing meat and pot roast joints being among the most affordable options.



Look out for 'Organic', 'Free-range' (chicken), 'Pasture-Fed Livestock' and 'Freedom Food' labels, and if you're in a butchers shop, don't be afraid to ask about animal welfare.

**TRY:** Your local butcher or farmers' market

## 5. Bulk up

Dried goods can make up a significant amount of our weekly shop, and buying in bulk can be a great way to increase the quality of what you buy, without costing more. Look out for big bags of grains and pulses, tray deals of tomatoes and canned beans, and invest in some glass storage jars to decant into and keep in your cupboards. There's a range of options to try, from visiting your local 'scoop' style bulk shop to joining or forming a bulk buying club with friends.

**TRY:** Buzz Lockleaze (Gainsborough Square)  
Food for All co-op (Gatehouse Centre, Hartcliffe)  
Harvest Natural Foods (Gloucester Road)  
Matter Wholefoods (Greenbank Road)  
Scoopaway (Gloucester Road)  
Southville Deli (North Street & Church Road)  
Wild Oats (Lower Redland Road)  
Essential Trading Coop (0117 958 3550)  
[www.essential-trading.coop](http://www.essential-trading.coop)



### Farmers' Markets to try

**Bristol Farmers' Market**  
Corn Street  
Wednesdays 9.30am-2.30pm

**Tobacco Factory Market**  
Corner of Raleigh Road/North Street, Southville  
Sundays 10.30am-2.30pm

**Whiteladies Road Market**  
Apsley Road/Whiteladies Road  
Saturdays 8.30am-2pm

### High Streets to visit

Church Road, Redfield  
Clifton Village

East Street, Bedminster

North Street,  
Southville/Bedminster

Gloucester Road,  
St Andrews/Bishopston

Henleaze Road, Henleaze

St Mark's Road, Easton  
Stapleton Road

Whiteladies Road, Redland

## FARMERS' MARKETS & HIGH STREET SHOPPING

Bristol has a number of great farmers' markets, which can provide you with an opportunity to meet the people who are growing and producing your food. There are also a number of high streets across the city where you can visit independent shops such as butchers, fishmongers, bakeries, greengrocers and much more.

Instead of seeing food shopping as a chore, why not turn it into an occasion? Go to a part of the city you don't normally visit, meet a friend or take the family, ask the stallholders or shop keepers what's seasonal or a good value item, and find out more about what you eat.

# WHAT'S IN SEASON NOW?

DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
							COOKING APPLES				
							EATING APPLES				
	BEETROOT						BEETROOT				
						BROAD BEANS					
							RUNNER BEANS & FRENCH BEANS				
								BLACKBERRIES			
	CABBAGE						WHITE CABBAGE				
	SAVOY CABBAGE						SAVOY CABBAGE				
	CARROTS					CARROTS					
	CAULIFLOWER						CAULIFLOWER				
							CELERY				
							CHERRIES				
						COURGETTES					
				CUCUMBER							
	KALE								KALE		
	LEEKS								LEEKS		
	PARSNIPS					LETTUCE & SALAD LEAVES					
						PEAS					
							PLUMS				
	MAINCROP POTATOES		JERSEY ROYALS			NEW POTATOES			MAINCROP POTATOES		
							RASPBERRIES				
					RHUBARB						
					SPINACH						
						STRAWBERRIES					
								SQUASH			
							SWEETCORN				
						TOMATOES					

# WHAT SHOULD YOU LOOK FOR WHEN EATING OUT?

- A prominent blackboard or sign listing suppliers – with plenty of local producers included
- A short, regularly changing menu. Sometimes the best places have just a couple of options, meaning more thought has gone into the supply of ingredients and less waste is produced
- Fairtrade and organic ingredients indicated on the menu
- Bristol Pounds accepted – so you know that the venue is supporting other local, independent businesses
- A good variety of vegetarian and a few vegan options, with meat used cleverly and sparingly in other dishes
- Engagement in the local community – for example the venue is used for workshops, events and fundraisers
- Accreditation from organisations such as Go Green, Fish2Fork, the Sustainable Restaurant Association ('Food Made Good'), or Soil Association's 'Food For Life' mark

If you're feeling brave, ask questions. If there's one thing that'll encourage restaurants and cafés to change their buying habits, it's customer demand:

- Where does the restaurant's meat come from?
- Do they serve sustainable seafood?
- How is the restaurant working to cut down on waste?
- Do they use eco-friendly cleaning products?
- Are the veg from a West Country supplier?
- Is the coffee Fairtrade?
- Does the restaurant use renewable energy?

Here are a few of our favourite Bristol things...



## Tapas with a conscience: Poco

This lively brunch spot and tapas restaurant aims to buy 90% of their ingredients from the UK – most of it from organic, community farms within the Bristol area. And the staff can tell you exactly where the produce comes from, right down to which boat caught the fish and the catch method. Every effort is made to reinvent leftovers to avoid waste. In fact if Poco has surplus food, this is served as a free gift to customers on arrival. The format of sharing platters also helps reduce waste and, unusually, waiting staff are careful to avoid people over-ordering. Poco currently 'Weigh the Waste' every day and recycle and up-cycle more than 90% of it, with the ultimate aim of being 'waste zero'. Top marks.

**45 Jamaica Street, Bristol BS2 8JP · T 0117 923 2233**

**SAMPLE DISHES:** Purple-sprouting broccoli, blood orange, cardamon and red pepper flakes · Gurnard, roast kale, crispbread, caper and green olive dressing · Shredded pork rib, seeded rye, foraged salad, apple and rhubarb

**OPENING HOURS:** Open 7 days a week. Monday-Friday 9am-late, Saturday & Sunday 10am-late. Brunch, lunch and a selection of tapas is served until 3pm. Tapas is served from 6pm.



## Farm to table St Werburghs City Farm Café

The inspired menu at this city farm café truly changes with the seasons, according to what the local allotments, small, independent farms that surround Bristol, and the city farm itself supply at any given time. In fact the café operates a trading system with nearby allotments to make use of seasonal gluts. Sustainability is the back-bone of all decision-making at this family-friendly venue, from banking ethically to using locally produced crockery to sourcing environmentally friendly cleaning products. There's always a vegan, veggie, fish and meat main, with the vegetarian dishes changing most frequently. Try their delicious experiments with the fermented tea kombucha or charcuterie and preserves produced on the farm - like onions pickled with elderberry-infused vinegar. Every dish tells a story.

**Watercress Road, Bristol BS2 9YJ · T 0117 908 0798**

**SAMPLE DISHES:** Pan-fried hake, wild garlic pesto and samphire  
Roast root salad with homemade ricotta and toasted hazelnuts  
Goat bacon with elderberry onion salad and city farm grown leaves  
Calendula cake

**OPENING HOURS:** Open 6 days a week, 10am-4pm winter, and 10am-5pm summer (closed Tuesdays).



## Taking deliciousness seriously No 1 Harbourside

This buzzy centrally located venue takes a thoroughly modern, 'flexitarian' outlook to its menu. Expect dishes that will get you pretty excited about a plant-based diet, with meat as just an occasional treat. A wide range of vegetarian options are on offer, making the most of locally sourced ingredients. Follow your meal with some locally sourced live music or top touring acts from further afield, or perhaps a vegan beer from a choice of three different Bristol breweries. No 1 Harbourside has three stars from the Sustainable Restaurants Association, which is the highest SRA award possible. This was awarded in recognition of their sourcing policy, how they dispose of waste, their use of renewable energy, commitments to their staff and being an active member of the community. Fair do's!

**No.1 Canons Road, Bristol BS1 5UH · T 0117 929 1100**

**SAMPLE DISHES:** Chickpea ginger and chilli kachori with peanut chutney · Spinach tagliatelle with cavolo nero, parmesan and toasted pine nuts (parmesan optional) · Roast Stream Farm organic chicken with pilaf, dates and saffron butter, crème fraiche and toasted almonds

**OPENING HOURS:** Monday 10am-11pm, Tuesday-Thursday 10am-midnight, Friday & Saturday 10am-1am, Sunday 10am-11pm



“ The garlic press squashes it so that it comes out the other end... Can I cook a biggish tomato? I like washing up and cooking exactly the same. ”

**Devon** (aged 4)

*Devon & Leen exploring food with Jo Ingleby at Redcliffe Children's Centre and Nursery School*

# GET COOKING

Delicious home cooked food needn't be overwhelming, time consuming or expensive. Ready meals can be high in fats, sugar, salt and empty calories. But cooking from scratch gives us choice about what's in our food, where it comes from, and can be rewarding to create.

Here are some ideas to get you going...

## It's not expensive to cook healthy & fresh food if you:

- Plan ahead and make a shopping list.
- Start off with a good cupboard of staple ingredients and a few simple recipes that incorporate core ingredients.
- Select recipes that use ingredients you have grown, that are seasonal and inexpensive.
- Cook in bulk, make extra portions and freeze. Soups, casseroles, curries, seasonal fruit and veg all freeze well.
- Add pulses or beans to meat dishes, to make it go further.
- Keep leftovers to use in another meal.

## If you are busy or short of time:

- Select recipes that are not labour intensive or ingredient heavy. One-pot recipes are good to start with.
- Make sure you have the ingredients and equipment you need before you start cooking.
- Try out a new recipe when you have plenty of time. The next time you prepare and cook it, the process will be more straightforward.

## Store cupboard suggestions

Keeping a good range of non-perishable basics in your store cupboard and a few key ingredients in your fridge makes shopping so much easier. You don't need to buy these all at once – choose the ingredients you use most. If you have a good selection of core of ingredients you can create lots of interesting and simple dishes. All of the following recipes include some of these staple ingredients.

### Jars & tins

A good curry paste, stock/bouillon, tinned tomatoes, tomato puree, tinned coconut milk, soya sauce, mustard powder

### Baking

Plain flour, self raising, strong bread flour, baking powder, dried yeast, porridge oats, golden castor sugar, light muscovado sugar

### Pasta & rice

Rice noodles, egg noodles, bulghur wheat, couscous, basmati rice, Arborio rice, spaghetti, linguine

### Pulses

Tinned butter beans/chickpeas/kidney beans, dried red lentils, puy lentils.

### Fruit

Tinned fruit in juice (apricots, pears), dried fruit – sultanas, prunes, apricots

### Oils, vinegar

A good olive oil, sunflower oil, balsamic and white wine vinegar

### Herbs & spices

Sea salt, black pepper, garam masala, cumin seeds, vanilla pod/extract, cinnamon, chilli powder, ground turmeric, dried oregano, bay leaves. (Buying whole spices and grinding them is far more economical, as spices lose their flavour quickly if not used-up.)

### Fresh herbs

Window boxes – for small amounts of fresh herbs, harvesting a few basil leaves, chives, or parsley is a good idea (see p.8).

### Freezer

Broad beans, green beans, peas, raspberries, fruit, grated cheese, breadcrumbs

Join a cookery class – you can choose from a wide range of classes that cater for all ages, levels of skill and interests – see p.36.

Cook for friends, especially if you live alone – you can alternate the cooking in each other's homes to share skills and costs.

Look at simple recipes online – if you learn by viewing and then doing you can find video clips online of almost any cooking process or recipe to assist you as you cook.

## Equipment

There are two ways to go with equipment – cheap and cheerful or the best you can afford. The latter will last you longer and make life easier, particularly with pans and knives.

Here is a list of basic tools to get you going. You can add more things as you need them.

- A large baking tray
- Can opener
- Chopping board or pack of flexi mats
- Colander/sieve
- Ovenproof frying stainless steel sauté pan with lid
- 2 x thick-bottomed saucepans with lids (3 litres & 5 litres plus)
- Grater, microplane
- Pestle & mortar
- Knives: 1 x cooks' knife, 1 x paring knife
- Measuring jug
- Digital weighing scales
- 3 Mixing bowls small, 2 x medium, 1 x large
- Selection of spoons, spatula, wooden spoon
- A good stainless steel vegetable peeler
- Whisk

### Electrical

- A stick blender with a mini chopper attachment – great for smoothies, soups, dips, pastes.

# RECIPES

Here are just a few recipe suggestions which make the most of your store cupboard essentials when combined with some fresh seasonal veg. All of the recipes are quick to make and require only basic kitchen equipment.

## Garlic dip An alternative to hummus

Makes 150ml

### Ingredients

3 thick slices of stale bread  
3 large garlic cloves peeled and crushed  
2 tablespoons of lemon juice  
1 tablespoon vinegar  
4-5 tablespoons olive oil  
Paprika  
Fresh coriander

### Equipment

Knife & chopping board  
Bowl for soaking the bread  
Tablespoon  
Stick blender with mini chopper attachment/ food processor

- 1 Remove the crusts from the bread and soak in water for 2-3 minutes
- 2 Squeeze the water out of the bread, but leave quite moist.
- 3 Put the bread, garlic, lemon juice and vinegar in a mini chopper or food processor and whizz, adding the oil gradually until the mixture resembles a smooth hummus.
- 4 Put into a bowl and trickle over a little olive oil, a sprinkle of paprika and some fresh chopped coriander
- 5 Serve as a dip with sliced crunchy fresh vegetables (celery, carrot, peppers etc).

VARIATIONS: Use a small handful of chopped wild garlic leaves instead of garlic cloves · Add a handful of chopped walnuts · Add 400g of leftover boiled mashed potato and 3-4 more tablespoons of olive oil

## Shakshuka

### Eggs poached in a spiced tomato sauce

Serves 4

### Ingredients

2 tablespoons olive oil  
1 onion peeled and chopped  
3 cloves garlic, peeled and thinly sliced  
1 red chilli deseeded, and finely chopped or 1 teaspoon mild chilli powder  
2 green peppers (or any colour you have) deseeded and finely chopped  
1 teaspoon ground cumin  
2 tablespoons tomato purée  
2 tins of chopped tomatoes  
A little sugar if required  
4 eggs  
Fresh coriander or flat leaf parsley (optional)

### Equipment

Knife & chopping board  
1 tablespoon  
Sauté pan or large frying pan with lid  
Can opener  
Tablespoon & teaspoon

- 1 Heat the oil in the sauté or frying pan. Add the onion and cook for 5 minutes then add the garlic followed by the chopped chilli (or chilli powder) and peppers, cook for 5 minutes.
- 2 Add the cumin, tomato purée and chopped tomatoes, simmer for 30 minutes to reduce. Add a little water if the sauce is too thick or begins to stick to the pan.
- 3 Taste the sauce, season with salt and pepper, add a pinch of sugar if it tastes too sharp.
- 4 Remove the pan from the heat and make 4 small wells in the tomato sauce. Gently crack an egg into each of the wells and put the pan back on the heat, cover with a lid and cook until the yolks are set.
- 5 To serve scatter over a handful of chopped coriander or parsley
- 6 Serve with good quality bread.

VARIATIONS: Swap the eggs for 400g of cubed medium firm tofu · Add 200g of crumbled Feta cheese at the end of step 3

## Store cupboard lentil, squash & spinach curry

Serves 4

### Ingredients

1 tablespoon sunflower oil  
1 onion peeled and chopped  
2 tablespoons of your favourite curry paste (or a teaspoon each of turmeric, cumin, coriander)  
2 tablespoons tomato purée  
1 small butternut squash, peeled and cut into 2cm chunks  
400g tin chopped tomatoes  
800ml vegetable stock - made up with bouillon/vegetable stock  
300g red lentils - washed and soaked for an hour prior to cooking  
150g young spinach leaves

### Equipment

Knife & chopping board  
Weighing scales  
Measuring jug  
1 tablespoon  
Large saucepan/deep frying pan with lid  
Can opener  
Wooden spoon

- 1 Heat the oil in the pan, add the onion and cook gently for 5 minutes
- 2 Stir in the spices or curry paste and cook for a further 1 minute, then add the tomato purée and butternut squash. Combine everything together.
- 3 Put in the chopped tomatoes and stock, bring to the boil then reduce heat and gently simmer for 10 minutes.
- 4 Add the lentils and simmer for 20 minutes or until the lentils and squash are tender, and the liquid has reduced by half.
- 5 Just before serving add the washed spinach leaves to the pan and cover until they have wilted.

**TIP:** Using curry paste is a good alternative if you don't have the spices in the store cupboard.

**VARIATIONS:** Use sweet potato instead of squash · Add a tin of washed and drained chickpeas or butterbeans at the end of step 3 · Use chopped kale/beet greens instead of spinach



*Clockwise from top left: Quick coconut rice pudding with fruit purée · Store cupboard lentil, squash & spinach curry · Turkey burgers · Shakshuka · Garlic dip*

*All recipes by Francine Russell from all about food*



all about food  
www.allaboutfood.uk.com

## Turkey burgers

Makes 8 small burgers

### Ingredients

2 tablespoons of sunflower oil  
1 onion finely chopped  
A handful of porridge oats or breadcrumbs made from stale bread  
450-500g turkey mince  
8 dried apricots finely chopped  
1 large carrot peeled and grated  
1 egg, beaten  
Oil for frying

### Equipment

Weighing scales  
1 mixing bowl  
Grater  
Frying pan  
Baking sheet  
Mixing spoon  
Teaspoon

- 1 Preheat the oven to 190°C/Gas 5.
- 2 Heat the oil in a frying pan. Soften the chopped onion in oil for 5 minutes then leave to cool.
- 3 Put the rest of the ingredients and the cooled onions in a bowl and combine well.
- 4 Season to taste and shape into 8 small patties.
- 5 Heat a tablespoon or 2 of oil in a frying pan, brown the burgers for a minute on each side.
- 6 Transfer to a baking sheet and bake in the oven for 10-15 minutes until well browned and cooked through.

**VARIATIONS:** Use chicken mince instead of turkey · Use grated courgette instead of carrot

**SERVING SUGGESTIONS:** Serve in a good quality bread bun accompanied by a green salad. Or with tabbouleh and a green salad.

## Quick coconut rice pudding with fruit purée

Serves 4

### Ingredients

100g Arborio rice (washed)  
50g caster sugar  
1 x 400ml tin coconut milk  
1 teaspoon vanilla extract  
A couple of handfuls of fresh or frozen raspberries (defrosted) or a tin of apricots in natural juice, drained.

### Equipment

Weighing scales  
Measuring jug  
Small saucepan  
Wooden spoon  
Stick blender (if making fruit purée)

- 1 In a saucepan combine the coconut milk with 100ml of water heat gently for a minute until any coconut solids have melted.
- 2 Add the washed and drained rice to the coconut milk with the sugar and vanilla extract.
- 3 Put the saucepan on a medium heat bring to the boil.
- 4 Reduce the heat and partially cover with a lid, simmer and stir occasionally until the rice is cooked. Approximately 20 minutes.
- 5 If the consistency is too thick add a little coconut milk or water.
- 6 To make the fruit purée, whizz-up a tin of drained apricots, or a couple of handfuls of raspberries with a blender. Serve with the pudding.

**VARIATIONS:** Use 500ml whole milk instead of coconut milk and water

### For more recipe ideas, visit:

91ways.org  
[www.kidsandfood.co.uk/recipes.html](http://www.kidsandfood.co.uk/recipes.html)  
[www.veganrecipeclub.org.uk](http://www.veganrecipeclub.org.uk)  
[bristolindependents.co.uk/bristol-independents-recipes/](http://bristolindependents.co.uk/bristol-independents-recipes/)

# COOKERY CLASSES

## Community courses

### HHEAG

No.10 The People's Kitchen,  
Hartcliffe Health & Environment  
Action Group, The Gatehouse  
Centre, Hareclive Road,  
Hartcliffe BS13 9JN

T contact Alex 0117 946 5285  
E alexandra.burr@hheag.org.uk

**TYPICAL COURSES:** Lunch & More ·  
Cooking Connections · 'Figure it  
out' · Cookwell Eatwell · Kitchen  
on Prescription · Cooking class  
for parents of young children

**LIKELY COST:** Some courses free  
to those living in particular  
postcodes, others £2/session

### Knowle West Health Association

Community Kitchen, Knowle  
West Health Association,  
49–51 Filwood Broadway,  
Knowle West BS4 1JL

T contact Lucy 0117 963 9559  
E kitchen@  
knowlewesthealthassoc.org.uk  
W <https://kwha1.wordpress.com>

**TYPICAL COURSES:** The Friendship  
Group · Cooking for healthy  
weight and healthy heart · Learn  
to cook good mood food

**LIKELY COST:** £3.50 per session

### Square Food Foundation

The Park, Davenry Road  
BS4 1DQ

T 0117 904 6679  
E info@squarefoodfoundation.  
co.uk  
W www.squarefoodfoundation.  
co.uk

**LIKELY COST:** Masterclasses for  
adults, children, teenagers &  
families: child places £25–£50;  
adult places £70–£115  
Basic cookery classes:  
£4.50–£16.50

## Adult education

### Bristol Adult Education

Stoke Lodge Centre  
Shirehampton Road  
Stoke Bishop BS9 1BN

T 0117 903 8844  
E stokelodge@bristol.gov.uk  
W www.webenrol.com/  
bristolcourses/

**TYPICAL COURSES:** Best of British ·  
English Cream Tea Afternoon ·  
Gluten free cookery · Moroccan  
and North African Cuisine ·  
Vegetarian Cookery · Delicious  
fish dishes · Italian cookery ·  
The hidden corners of Italy

**LIKELY COST:** £20–£72 (typically  
£30) + ingredients charge

### City of Bristol College

Various venues across the city  
W www.cityofbristol.ac.uk  
Leisure & hobby short courses

## Cookery schools

### Bordeaux Quay Cookery School

Bordeaux Quay Ltd, V-Shed,  
Canons Way BS1 5UH

T 0117 943 1200  
W www.bordeaux-quay.co.uk/  
cookery-school.php

**LIKELY COST:** £35–£150

### Cooking it

3 Clare Avenue, Bristol BS7 8JF

T 0776 5844763  
E monica@cookingit.co.uk  
W www.cookingit.co.uk

**LIKELY COST:** £20–£45

### Demuths Vegetarian Cookery School

6 Terrace Walk, Bath BA1 1LN

T 01225 427938  
E us@demuths.co.uk  
W <http://demuths.co.uk>

**LIKELY COST:** £55–£160

### Little Kitchen Cookery School

153 Wick Rd, Brislington BS4 4HH

T 07783 334881  
W www.little-kitchen.co.uk

**LIKELY COST:** £25–£175

### Papadeli cookery classes

84 Alma Road, Clifton BS8 2DJ

T 0117 973 6569  
E info@papadeli.co.uk  
W www.papadeli.co.uk/product-  
category/cookery-classes/

**LIKELY COST:** £85

### Source Food Hall and Café

1–3 Exchange Avenue,  
St Nicholas Market BS1 1JW

T 0117 9272998  
E info@source-food.co.uk  
W www.source-food.co.uk/  
eventsMain.html

**SKILLS COURSES:** Basic butchery ·  
Charcuterie · Fish filleting ·  
Learn to make your own sushi

**LIKELY COST:** £55–£75

## Training for educators

### Redcliffe Children's Centre

Spencer House, Ship Lane,  
Redcliffe BS1 6RR

T 0117 903 0334  
W redcliffechildrenscentre.co.uk

Courses for teachers and  
people who work with  
children: Training courses in  
Experimental Cookery, Forest  
Experience and Professional  
Development for educators

# WASTE LESS

Food waste is a major issue. In the UK, we throw away 7 million tonnes of food and drink from our homes every year, the majority of which could have been eaten.

Wasting this food costs the average household £470 a year, rising to £700 for a family with children, the equivalent of around £60 a month.

## Environmental impact

If we all stop wasting food that could have been eaten, the benefit to the planet would be the equivalent of taking 1 in 4 cars off the road.

When we throw away food we are not just wasting the food, but also the water, time, fuel and energy that went into growing, harvesting, storing, transporting and cooking it. Rotting food produces methane if it ends up buried in landfill sites, which is bad for the environment.

## Did you know

A lot of people think that food packaging is a bigger problem than food waste. While this is true for excessively packaged goods, most packaging is there to protect food, often keeping it fresher for longer, so less food gets thrown away. Fruit and vegetables like carrots, peppers and apples, are best kept in the bag they came in. A shrink-wrapped cucumber, for example, can last around 3 times longer than a non shrink-wrapped one!

**The waste of good food and drink is associated with 4% of the UK's total water use**



## Why is it wasted?

There are two main reasons why we throw away good food: we cook or prepare too much or we don't use it in time.

In the UK, the foods we waste the most are:

- fresh vegetables and salad
- fresh fruit
- bakery items such as bread & cakes



## Did you know

We also create a lot of additional waste by buying over-packaged food. Here are some top tips:

- For packed lunches, use reuseable drinks bottles and use a lunchbox for your sandwiches instead of wrapping in foil.
- Instead of buying individually wrapped or packaged 'snack size' items, buy the larger version and transfer into a smaller reusable tub, e.g. crisps or yoghurt or biscuits.
- You can often avoid unnecessary packaging, e.g. by buying whole fruit instead of pre-chopped fruit. You'll probably save money too!

# 5 WAYS TO REDUCE WASTE

Each month, the average family throws away almost **£60** of good food that was bought but not eaten.

**Love Food Hate Waste** has come up with five easy ways to help prevent food being wasted in the first place, which will also put money back in your pocket!

## 1. Get friendly with your fridge and freezer

Regularly checking the 'use by' dates on perishable items in your fridge will help save money and food from going to waste. Meat, fish, cheese and ready meals are often the most expensive things we buy. If you don't think they'll be eaten before the date shown, pop them in the freezer for later.

Fruit and vegetables keep much longer if left in their original bag and stored in the fridge. All fruit can be kept in the fridge except for bananas and citrus fruit. Likewise with most vegetables – the exceptions being potatoes and onions which should be stored in a cool, (not cold) dark place.

## 2. Store cupboard savvy

Stocking your food cupboard with 'basics' and 'essentials' that have a long shelf-life will help you to create some last minute meals, using up any food items which are close to their 'use by' date. Tinned beans, tomatoes and lentils, frozen vegetables, dried fruit, nuts, pasta & noodles, rice & grains will all help to create meals. They are also really useful in bulking out leftovers, for example adding a tin of tomatoes and some herbs to one leftover portion of casserole could then feed two.

## 3. Perfect portions

Measuring the correct portions will help save food waste on basic staples such as rice, lentils and pasta. Weighing dry ingredients – according to the suggested portion amount on packets – will prevent you from cooking too much. Instead of cooking a whole bag of potatoes, think about how many each person is likely eat. If there are a few left over, these can easily become part of a soup or potato salad the following day.

## 4. Lovely leftovers

Odds and ends of food can be used up in many different ways. Crusts of old bread can be put in the food processor to make breadcrumbs which can then be frozen for toppings on pies. Cut the bruises or wrinkly skin off old apples and they are perfectly good for making into a crumble.

If you have cooked too much at mealtimes, this can always be frozen as a 'ready meal' for another day. Incorporating leftover meat or vegetables into new recipes can be fun – pies, curries and risottos all lend themselves to using up small amounts of spare food.

## 5. It pays to plan!

Planning at least some of your meals in advance each week can help you prevent food waste. Before you head to the shops, look at what you already have to use up and only buy what you need. Check your fridge, freezer and store cupboard and write a list, so that you don't over-buy. Then remember to check the dates on the items as you shop, avoiding 'impulse buys' and special offers, unless you can be sure you will use them up in time.

To find out more, visit the Love Food Hate Waste website:  
[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

## Bristol's Food Waste Recycling collections

Bristol has an excellent food waste recycling service. If you haven't tried it yet, it is simple to get started.

First go to [www.bristol.gov.uk/bins-recycling](http://www.bristol.gov.uk/bins-recycling) or call **0117 922 2100** to order a food waste bin and kitchen caddy.

Keep the smaller caddy in the kitchen and line it with newspaper or a compostable liner.

Put all the food waste listed below in the kitchen caddy.

Transfer the contents to your larger (outdoor) brown food bin when the caddy is full. Remember to lock the lid by pulling the handle over to the front. Put the food waste bin out at the front of your property with your other recycling on collection day.

If you can't eat it, then recycle it. Food waste can make great compost.

### What food waste can I recycle?

All cooked and uncooked food, including:

- ✓ Fruit waste
- ✓ Meat, fish and bones
- ✓ Plate scrapings
- ✓ Egg shells
- ✓ Bread, pasta, rice and cereals
- ✓ Cheese and dairy products
- ✓ Coffee grounds, tea leaves/bags
- ✓ Vegetable peelings



## Home composting in Bristol

Home composting is an inexpensive, natural process that transforms your food waste into a valuable fertiliser for your garden. Making your own compost, instead of putting it out for collection, reduces vehicle emissions and transport costs.

You can compost kitchen scraps such as egg shells, fruit and veg peelings, teabags and coffee grounds. But please don't compost meat, fish, dairy products, bread or any cooked food as it could attract vermin.

There are two sizes of subsidised compost bins for Bristol residents, available from the council.

Cost of subsidised compost bins (prices include delivery):

- 220 litre bin (90cm high, 74cm diameter) for £12
- 330 litre bin (100cm high, 80cm diameter) for £15

To order, or for further information, visit:

[www.bristol.gov.uk/bins-recycling/buy-a-compost-bin](http://www.bristol.gov.uk/bins-recycling/buy-a-compost-bin)

Contributors:

Resource Futures [www.resourcefutures.co.uk](http://www.resourcefutures.co.uk)

Love Food Hate Waste [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

### Do you want to do more about waste?

Why not organise your own Disco Soup event?

Download the toolkit at:

[http://feedbackglobal.org/wp-content/uploads/2016/03/DiscoSoupe\\_Toolkit\\_EN.pdf](http://feedbackglobal.org/wp-content/uploads/2016/03/DiscoSoupe_Toolkit_EN.pdf)

Join the Gleaning Network

<http://feedbackglobal.org/campaigns/gleaning-network/>

Watch the TED talk about the global food waste scandal [www.tristramstuart.co.uk](http://www.tristramstuart.co.uk)



# LEARN MORE

## Growing courses

The following organisations often run short growing courses, aimed at the home grower. For information about current courses, subscribe to *Bristol's local food update* newsletter:

[www.bristolfoodnetwork.org/blog/category/newsletter/](http://www.bristolfoodnetwork.org/blog/category/newsletter/)

### Bristol Adult Education

T 0117 903 8844

w [www.bristolcourses.com](http://www.bristolcourses.com)

### Shift Bristol

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

### The Cotswold Gardening

School, Gossington Hall,  
Gossington GL2 7DN

w [cotswoldgardeningsschool.co.uk](http://cotswoldgardeningsschool.co.uk)

**Windmill Hill City Farm**, Philip Street, Bedminster BS3 4EA

T 0117 963 3252

w [www.windmillhillcityfarm.org.uk/whats-on/courses/](http://www.windmillhillcityfarm.org.uk/whats-on/courses/)

### University of Bristol Botanic

Garden, Stoke Park Road,  
Stoke Bishop BS9 1JG

T 0117 331 4906

w [www.bristol.ac.uk/botanic-garden/courses/](http://www.bristol.ac.uk/botanic-garden/courses/)

## Learn on the farm

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

T 01275 295 029

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

Join regular volunteers on Tuesdays & Thursdays. Or come to a Community Farmer Day when free minibus transport is available from Bristol.

**Leigh Court Farm**, Pill Road, Abbots Leigh BS8 3RA

T 01275 375 756

E [mail@leighcourtfarm.org.uk](mailto:mail@leighcourtfarm.org.uk)

w [leighcourtfarm.org.uk](http://leighcourtfarm.org.uk)

Volunteers needed May-Dec.

## Wwoofing

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

Wwoof UK holds a list of organic farms, gardens and smallholdings, all offering food and accommodation in exchange for practical help on their land.

## Apprenticeships

[www.soilassociation.org/futuregrowers](http://www.soilassociation.org/futuregrowers)

The Soil Association's Future Growers programme matches apprentice growers with UK organic host farms.

## Further afield

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

### Sustainability, permaculture & low impact living

The **Low Impact Living initiative** has a comprehensive directory of courses and resources: [www.lowimpact.org](http://www.lowimpact.org)

**Monkton Wyld**, Elsdon's Lane, Charmouth, Bridport, Dorset DT6 6DQ  
[monktonwyldcourt.co.uk](http://monktonwyldcourt.co.uk)

**Ragmans Farm**, Lydbrook, Gloucestershire GL17 9PA  
[www.ragmans.co.uk](http://www.ragmans.co.uk)

**Embercombe**, Higher Ashton, Exeter EX6 7QQ  
[www.embercombe.co.uk](http://www.embercombe.co.uk)

### Forest gardening

**Agroforestry Research Trust**, 46 Hunters Moon, Dartington, Totnes, Devon TQ9 6JT  
[www.agroforestry.co.uk](http://www.agroforestry.co.uk)

### Smallholding skills, beekeeping, butchery

**Mumbleys Farmhouse**, near Thornbury, South Gloucestershire BS35 3JY  
[mumbleysfarmhouse.co.uk](http://mumbleysfarmhouse.co.uk)

**Empire Farm**, Throop Road, Templecombe, Somerset BA8 0HR  
[www.empirefarm.co.uk](http://www.empirefarm.co.uk)

**Westfield Farm**, Limeburn Hill, Chew Magna BS40 8QW  
[westfield-farm.co.uk](http://westfield-farm.co.uk)

### Cookery, breadmaking, cheesemaking

**Abbey Home Farm**, Burford Road, Cirencester GL7 5HF  
[www.theorganicfarmshop.co.uk](http://www.theorganicfarmshop.co.uk)

**Lower Shaw Farm**, Old Shaw Lane, Shaw, Swindon SN5 5PJ  
[www.lowershawfarm.co.uk](http://www.lowershawfarm.co.uk)



# VOLUNTEER

In previous sections we've looked at volunteering opportunities with community growing groups (pp.12-13) and commercial farms (p.46) around the city. Here are some other ways that you can get involved:

## FareShare South West

Unit 4, Little Anne Street,  
St Judes BS2 9EB

T 0117 954 2220

w [faresharesouthwest.org.uk](http://faresharesouthwest.org.uk)

FareShare redistributes quality surplus food to groups working with vulnerable individuals in and around Bristol.

### TYPICAL OPPORTUNITIES:

Warehouse volunteers · Drivers · Stock control · Cycle delivery · Catering volunteers

## FoodCycle Bristol

Barton Hill Settlement,  
43 Ducie Road, Barton Hill  
BS5 0AX

w [foodcycle.org.uk/location/bristol/](http://foodcycle.org.uk/location/bristol/)

FoodCycle collect surplus produce which is used to prepare nutritious meals to be served to the community.

### TYPICAL OPPORTUNITIES:

Collecting surplus food · Cooking · Support team

## Growing Support

T 07581 281 578

E [dalec@growingsupport.co.uk](mailto:dalec@growingsupport.co.uk)

w [growingsupport.co.uk](http://growingsupport.co.uk)

Social and therapeutic gardening activities for people with dementia, supported by trained volunteers.

## The Matthew Tree Project

Various sites around Bristol

T 0117 966 8071

E [info@the-matthew-tree-project.org](mailto:info@the-matthew-tree-project.org)

w [www.the-matthew-tree-project.org](http://www.the-matthew-tree-project.org)

Providing a range of support and guidance services targeted at the most at risk and crisis hit members of society.

### TYPICAL OPPORTUNITIES:

Food appeal collection · Sorters & packers · FOOD PLUS centre volunteers

## More opportunities

[www.volunteerbristol.org.uk](http://www.volunteerbristol.org.uk)  
[volunteerteam.bristol.gov.uk](http://volunteerteam.bristol.gov.uk)



“ Our weekly gardening groups help people with dementia enjoy the garden and grow their own food. Volunteers help us take on an enabling approach and create a sense of community. Getting valued social contact, sensory stimulation and a sense of purpose are just some of the other benefits of getting involved. ”

Dale Cranshaw, *Growing Support*

“ Now when everyone is having tomatoes for tea I can say to them – I grew those! ”

Resident with dementia

## Thank you!

This guide was put together by Bristol Food Network with expert help from the following people:

### **How to grow your own tomatoes & windowsill herbs:**

Sara Venn,  
Incredible Edible Bristol  
[ediblebristol.org.uk](http://ediblebristol.org.uk)

### **Eating out section, full-page photos & quotes:**

Ramona Andrews  
[ramonaandrews.com](http://ramonaandrews.com)

### **Shopping:**

Steph Wetherell  
[www.thelocavore.co.uk](http://www.thelocavore.co.uk)

### **Get cooking:**

Francine Russell  
[www.allaboutfood.uk.com](http://www.allaboutfood.uk.com)

### **Waste less:**

Sally Scholefield & Jane Stephenson, Resource Futures  
[www.resourcefutures.co.uk](http://www.resourcefutures.co.uk)

BRISTOL  
FOOD  
NETWORK



BRISTOL  
LEARNING CITY  
[bristollearningcity.com](http://bristollearningcity.com)

**Has this guide inspired you do something? Tell us more at: [bristollocalfood@googlemail.com](mailto:bristollocalfood@googlemail.com) to enter our prize draw.**

To find out more about **GOOD FOOD** in Bristol, go to:  
**[www.bristolfoodnetwork.org/blog/bristols-good-food-plan](http://www.bristolfoodnetwork.org/blog/bristols-good-food-plan)**

To keep up-to-date with what's going on in food in Bristol, sign-up for Bristol Food Network's free newsletter at:  
**[www.bristolfoodnetwork.org](http://www.bristolfoodnetwork.org)**

All of the information in the guide was as accurate as we could make it at the time of going to print. We hope that the guide will inspire more people to get involved in food, but it's only short and we couldn't possibly include everything that's going on. Please contact Bristol Food Network to tell us more about what you're doing, or to publicise your classes and activities in our newsletter.