



Bristol's local food *update*

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JULY–AUGUST 2009

Welcome to the July–August issue of Bristol's Local Food Update. In this issue we focus on a Sustainable Food Strategy for Bristol. Two years in the making, this Strategy has the ambition to transform the city into a model of local food production, distribution and retail – but does the city have the ambition to live up to the plan? Read on to see how you can help to make it all happen.

Please email any suggestions for content of the September–October newsletter to bristollocalfood@googlemail.com by 13 August.



A Sustainable Food Strategy for Bristol & Bristol Food Network

Executive Summary

This strategy has been prepared by an interim Bristol Food Network steering group. The proposed activities and plans are being consulted on with a wide group of stakeholders in Bristol and the surrounding area. This is a working document, subject to change. It will be used as the basis for funding bids to be made during summer/autumn 2009 and will directly inform the day to day work of Bristol Food Network.

The need

In response to the host of increasingly urgent environmental and wellbeing issues related to food, a plan has emerged to create a sustainable food system for Bristol, which is set out in this document.

At a time when recession and price volatility is fuelling anxiety over food security, the development of a sustainable food system has the potential to play a revolutionary role in how communities function. Food is at the heart of everyday life for everyone, and can help the regeneration of neighbourhoods, strengthen local economies and improve community cohesion, diversity and future prosperity. In the context of peak oil and

climate change (and natural resource depletion generally), responsible planning for sustainable food provision will rest on the re-localisation of much of our food system, balanced with a need to support producer communities regionally, nationally and globally. Achieving this will require more community ownership and the rebuilding of transparent relationships between those producing, selling and eating food.

The vision for food in Bristol

The collective vision inspiring this strategy is that in the long term all of Bristol's residents:

- are able to access and afford food that has been produced by local farmers and producers with respect for the health and wellbeing of the environment, animals and local communities, and sold by a diversity of collaborative local businesses.
- know much more about where their food comes from and the impact their food choices have on all those involved in supplying their food and really value and enjoy the local produce they are buying.

- have pride in their City being nationally recognised as an inspirational example of a diverse, vibrant, thriving food culture based on Bristol's myriad sustainable food initiatives.

The aim of the strategy is to develop a sustainable and resilient food economy for Bristol based on mutually supportive collaboration between Bristol communities and producers, processors, suppliers in and around Bristol that supports the health and wellbeing of communities and the environment now and in the future.

The strategy includes the following:

- 6 strategic work programmes
- a new organisation in the form of a social enterprise (a Community Interest Company), the Bristol Food Network, to coordinate and drive delivery of the strategy
- a steering group to help guide and manage delivery and coordination of the strategy, ensuring a partnership approach from key stakeholder organisations
- a management group to assist with key organisational matters and ensure best practice, transparency and financial sustainability

A Sustainable Food Strategy for Bristol *continued*

The six strategic work programmes are:

1. Reaching wider audiences
2. Increasing sustainable food production for Bristol
3. Developing sustainable food chains providing food for Bristol
4. Developing a sustainable food culture in Bristol schools and early years establishments
5. Influencing decision-makers to support sustainable food systems in and around Bristol
6. Communications to raise awareness about sustainable food and activities in Bristol

The strategy is based on the following set of values and beliefs which will also serve as cross-cutting themes that guide the way the strategy is delivered.

- Mutually supportive relationships around food need to be rebuilt
- Key skills to enable production and use of food need to be learned and shared
- Food affects both mental and physical health
- Increased resource efficiency is needed
- Global food justice is needed
- Food base initiatives in the city need to be supported to be effective and contribute to long term goals

To drive this work and coordinate it, ensuring strong community involvement, the Bristol food network Community Interest Company (CIC) will be set up.

The aim of Bristol Food Network is to deliver the six core programmes, to facilitate the links between city stakeholders around the programmes and to ensure community involvement in the strategy.

Bristol Food Network will run the 6 strategic programmes which have specific objectives to support the wide range of stakeholders producing, distributing, preparing, selling and eating food in and around Bristol. The role of the organisation will be to bring together stakeholders and enable communities to build relationships with their food supply chains in their local areas. The network will expand and promote the work of grassroots activities that can link up and work together to deliver a sustainable food system available to all sections of society.

Objectives of the Bristol Food Network

Programme 1: Reaching wider audiences

PROGRAMME AIM: Reconnect communities and transform their relationships with food – particularly Bristol's most disadvantaged communities

- Community based food initiatives in Bristol are better connected, and are sharing good ideas and best practice with each other
- Bristol communities are actively creating thriving and celebratory food cultures through a range of activities and events
- Bristol communities have re-learned essential skills related to food production, preparation and cooking
- People – and in particular those groups currently most disengaged from food – are prioritising making positive food choices because they understand the benefits this brings

Programme 2: Food production

PROGRAMME AIM: Increase the production of sustainably-produced food in and around Bristol – by commercial operations and community groups

- A greater amount and diversity of food is being produced in and around Bristol, in sustainable ways
- More people are employed in food production in and around Bristol
- More people are involved in community groups and individual growing plots, successfully contributing to their own food needs with innovative production methods and models

Programme 3: Food chain

PROGRAMME AIM: Increase the availability and consumption of sustainably produced food in and around the city, in the public and private sector

- A diverse range of locally produced food is available in and around the city
- A wide range of public and private sector food businesses commit to improve sustainability performance for example through the Soil Association's Food for Life catering mark
- Bristol boasts a diversity of local food based businesses providing meaningful employment

Programme 4: Schools and early years

PROGRAMME AIM: Support Bristol schools and nurseries to develop and implement holistic sustainable food strategies

- Provide hands on support for pilot schools and nurseries in Bristol to fully transform their food with a holistic approach, working across the curriculum and on food sourcing
- Fully integrate the schools and early years programme into other programmes within Bristol Food Network

Programme 5: Advocacy

PROGRAMME AIM: Food related policies locally, regionally and nationally are consistent with a move towards a more sustainable food system

- Decision-makers support the changes needed to create more sustainable food systems for Bristol

Programme 6: Communications

PROGRAMME AIM: Support all activities of Bristol Food Network through quality communications

- Communications outputs raise awareness about sustainable food systems and the work of Bristol Food Network
- Good press and media relations ensure coverage of food activities within the city locally, regionally and nationally

A Sustainable Food Strategy for Bristol *continued*

By creating opportunities for projects to come together to make the whole of Bristol's food work greater than the sum of its parts, we will empower stakeholders to increase their impact throughout the entire food chain. The rebuilding of relationships around food is at the heart of all our work. It is only by facilitating this collaborative approach within and between communities that we will bring about the huge changes needed. Reconnecting people with where their food comes from, will help them better understand the realities our current food system and the potential it has to nourish the health and wellbeing of communities and support sustainability.

These aims are extremely ambitious. However, the challenges we currently face have created the imperative for responses on this scale. We are confident that by working together Bristol can lead in creating a truly resilient food system that cities, towns and communities the world over can learn from and be inspired by.

The six cross cutting themes have some specific objectives, to enable their delivery to be measured and supported across all programmes.

Theme 1: Rebuilding relationships around food

- Community groups are working collaboratively with producers, suppliers and retailers to increase mutual benefits and support

Theme 2: Reskilling

- Communities are supported to share and learn skills around food production, processing and preparation, to enable greater resilience

Theme 3: Health – mental and physical

- Ensure that the health benefits of sustainable diets are documented and communicated through all programmes, including physical and mental benefits

Theme 4: Resource efficiency

- Bristol communities and businesses are actively reducing food waste, recycling and composting
- Enterprises are providing mechanisms for food recycling and composting all around the city

Theme 5: Global food justice

- Issues of global food justice are considered within each programme and explored by community groups with their supply chain collaborations

Theme 6: Organisational efficiency and sustainability

- Bristol's food enterprises and initiatives become robust, viable and successful

The full draft strategy has now been circulated far and wide amongst Bristol's food stakeholders and we received fantastic support and feedback during the drop in consultation sessions that were held. The deadline for feedback has now passed, but if you have any urgent feedback please email it to bristolfoodnetwork@googlemail.com

To see a the full and updated versions of the strategy please visit: www.transitionbristol.net/?p=1965

We will be keeping you posted on progress and on-going opportunities to get involved, so watch this space.



Save our Green Spaces

Pip Sheard, Save our Green Spaces

Local residents from affected villages such as Dundry, Shortwood, Long Ashton and Whitchurch, groups in the City such as Bristol Friends of the Earth, Transport for Greater Bristol Alliance and the Bristol Civic Society have joined groups from other areas across the South West region to oppose the high targets for new housing proposed for the region (half a million) half of which will be built in the countryside in large new urban extensions the size of small towns. The new Alliance is known as Save our Green Spaces (SGS).

Our website is at:

www.saveourgreenspaces.org

and our manifesto is at:

<http://saveourgreenspaces.org/manifesto.html>

which states the importance of land for food production.

The housing targets were increased last year by the Government despite opposition by local councils, MPs and communities and are contained in the South West Regional Spatial Strategy. There are 7 urban extensions proposed for the countryside surrounding Bristol. You can see them on the map at www.cpreavonside.org.uk/wp-content/uploads/cpre-housing-map.pdf The first proposed extension is 10,500 homes to be built between Long Ashton and Dundry and the company involved in developing it plans to apply for outline planning permission for all the homes this year following the publication of the South West Regional Spatial Strategy (RSS).

We want the housing numbers reduced, with the development of brownfield land first and a proper system of funding affordable housing. The scale of the development will also be a transport disaster for our area because we do not have an Integrated Transport Authority to plan public transport in conjunction with



'Mourners' at a 'Don't bury the greenbelt' demonstration. Photo: Jo Halladay

new housing and the result will be the low-density car-based developments, beloved by developers that will increase traffic all across the West of England.

Our alliance has set a target of sending 40,000 postcards, emails and letters to the new Secretary of State John Denham, who has just replaced Hazel Blears. We believe a new Minister is a new opportunity. Please help us reach our target by going to our website and clicking on the 'Send a letter' section which allows you to send an email via the site to John Denham. We also have postcards that can be signed and returned to us.

The RSS was due to be published at the end of June. However on 20 May, the High Court issued a judgment against the Regional Spatial Strategy for the East of England – that it had failed to meet certain requirements of the Strategic Environmental Assessment Directive. In the light of this ruling, the Government is reconsidering the implications for the South West Regional Spatial Strategy. There is no new date set for publication, but the latest news should be available at: www.gosw.gov.uk/gosw/planninghome/691545/713860/?a=42496

Pip Sheard pip_sheard@hotmail.co.uk

CPRE greenbelt survey update

Almost 300 people have completed CPRE's green belt survey which was launched in May to find out what local people in Bristol and Bath thought about the green belt in this area.

The consultation runs until the end of July so there is still time to add your comments.

The easiest way is to go to:

www.sustainweb.org/localactiononfood/greenbeltsurvey and click on the link.

Full results will be available in November and will be used nationally by CPRE to influence Government policies on green belt land.

Food Chain

The Friends of the Earth Food Chain campaign make the links between rainforest clearance in South America to grow soy and unsustainable livestock rearing in the UK. The campaign aims to get a Sustainable Livestock Bill through the House of Commons, that will see a diversion of UK-allocated Common Agricultural Policy funds towards more sustainable agricultural practices.

There's a growing hidden ugly and unhealthy side to the food industry. The world is consuming a steadily increasing proportion of meat and dairy in the diet, which relies on 'factory farming' methods. There's mounting evidence that the diet balance shift is related to the increasing incidence of the major chronic diseases in western countries, like heart disease, cancers, obesity and diabetes. People are eating more meat and dairy because they are led to believe it's good. However as well as being unhealthy it is only made possible by intensive livestock production which is also bad on many counts.

Not only is intensive livestock production directly dangerous, as evidenced by the recent swine flu epidemic, but it relies on a hidden chain of imported high-protein animal fodder which is largely grown by unscrupulous companies in deforested areas of the tropics in South America. This is now the main driver of deforestation and biodiversity loss and a significant cause of climate change. It also causes poverty and hunger as small farmers are driven off their land in the forest to make way for vast plantations, which after a few years are abandoned to grazing as the soil is exhausted.

In Bristol, BFoE has been gathering support for the national Food Chain campaign as well as looking at ways to revive interest in and passion for healthy food. At our first weekend stall of the year, at Bristol's Vegan Fayre we gathered around 500 postcards to MPs across the country calling for actions.

We'd love your support in creative ways to roll out the national campaign locally or stimulate local food interest. Please get in touch via the website or come along to a monthly general meeting!

For more information:
www.fixthefoodchain.com

Julian Jones
julian.p.jones@googlemail.com

Events

Knowle West's 3rd Annual Food Fest

11am–3pm Sunday 5 July
Knowle West Media Centre

A FREE festival for all the community celebrating local people's skills in growing, selling and cooking food.

Cooking demos · Live entertainment · Sweet Making · Food swap shop · Mini market · Cycle-powered fun

Bring homemade or homegrown food to swap and receive a free smoothie...

Please please contact us if you are able to volunteer before or on the day, even if can only give half hour of your time. We really need your support to make this happen!

For more information, contact Misty Tunks phone: 0117 9030444 ext 211

www.kwmc.org.uk/carbonmakeover



Bristol Wine & Food Fair

10–12 July, Bristol Harbourside
£8 advance, £15 weekend ticket

- 10 minute free wine tutorials
- Wine tasting forum
- Kids' cookery classes
- South-west chefs' master classes
- Food producers market (supported by Slow Food Bristol and Taste of the West)

www.bristolwineandfoodfair.co.uk

National cherry day

Saturday 18 July

Sadly, the South West isn't really cherry orchard territory, but the CherryAid website has plenty of information about:

- where to buy English cherries
- products made from British cherries
- cherry tree seasonal rental
- recipes using British cherries
- restaurants with cherries on the menu

www.foodloversbritain.com/FoodMatters/FoodLovers-Britain-CherryAid/



The Big Lunch

Sunday 19 July

The Big Lunch is a new initiative from Tim Smit and the Eden Project. The idea is to hold a series of local street parties across the country, where the food, entertainment and decorations will all be home-grown.

Enter your postcode on the site, and see if there's an event planned for near you:

www.thebiglunch.com

And for local advice on how to set up your street party, go to our local experts – Streets Alive:

www.streetparty.org.uk

Cider Festivals

Bath Cricket Club Cider Festival

Friday 24 July, 7.30pm onwards
Bath Cricket Club, North Parade,
Bridge Road, Bath
£6 advance, £7 on the door

2nd Bristol Cider Festival

Friday 7 August: 7.30pm–11.30pm
Saturday 8 August: 11am–4pm &
7.30pm–11.30pm
Brunel Passenger Shed, Temple Meads,
Bristol
£6 advance, £7 on the door

Over 80 ciders and perries including award-winning ciders from Ben Crossman's, Rich's, Thatchers, Broadoak and Heck's (Somerset), Gwatkin (Herefordshire), Gwynt Y Ddraig (Wales), and Mr. Whiteheads (Hampshire)

www.somersetmade.co.uk/ciderfestivals/festival.php

Hotwells & District Allotments Association open day

Sunday 6 September
Alderman Moore's field

More details to be published on the HWDAA website:
www.hwdaa.co.uk

Courses

Introduction to Permaculture Weekend

11–12 July
Windmill Hill City Farm, Bedminster,
Bristol
£65–£25 depending on income

There are still a couple of places left on this weekend introductory course. Email course_enquiries@yahoo.co.uk for more information and bookings.

Or see

<http://ruthbrienpermaculture.wordpress.com>

Organic Farm School

The Soil Association's Organic Farm School is a series of over 300 hands-on courses which provide the opportunity to learn practical skills from organic farmers with personal experience. The Organic Farm School offers courses for all levels – from a one-day basic introduction to more professional expertise – in bee-keeping, chicken keeping, vegetable growing, willow weaving, hedge laying or dry stone walling, and many others. Abbey Home Farm is probably the nearest course venue to Bristol, but for all the courses, see:

www.soilassociation.org/Takeaction/Learning/Organicfarmschool/tabid/239/Default.aspx

Abbey Home Farm, near Cirencester,
Gloucestershire

10.30am–4pm Saturday 4 July
Herbs for Health – herbal remedies

£58.00 (£45.50 for Soil Association members)

9.45am–3pm Saturday 22 August
Cheese making

£60.00 including organic lunch and cheese (£47.50)

10am–3.30pm Saturday 12 September
Harvesting and storing organic vegetables and saving seed

£58.00 including organic lunch (£45.50)

<http://92.52.112.178/web/sa/saweb.nsf/a4742d5445d8339e80256a6a0042e018/8c5187d7262c22b8802573b1002f5e71?OpenDocument>

Funding

Waitrose Community Matters

Waitrose branches across the country are giving away a share of £1000 a month to community projects. Each month three projects are chosen to share in the pot of money for their work in the local community. Visit your local branch for more information. You can find your local branch at:

www.waitrose.com/branches/index.aspx

More information at:

www.johnlewispartnership.co.uk/Display.aspx?MasterId=a4e17b78-fb5b-40d2-9499-46154da7dd91&NavigationId=1235

Lloyds TSB Foundation

The Community Programme focuses on core funding work that helps disadvantaged people to play a fuller role in the community.

www.lloydstsbfoundations.org.uk/Pages/Welcome.aspx

E-news

There are lots of e-newsletters and email alerts that can help keep you up-to-date with local food developments. Where an email contact is given below, just email to say that you would like to subscribe. Where a website is given, there is an on-line form for subscription

Fresh Ideas

The Fresh Ideas Network supports community food projects which aim to make healthy/local food more easily available, accessible and affordable to local communities, particularly in areas of disadvantage. They aim to link projects and people involved in food work at ground level, supporting them with resources, training and a chance to meet and share ideas.

www.freshideas.org.uk/about-us/index.htm

Conferences

Insider Voices: Human dimensions of low carbon technology

14–15 July

**Bailbrook House Hotel, Bath
£175 (non residential rate)**

When people talk about reducing carbon emissions they usually talk about technology or about economics, maybe claiming that new technologies will solve the carbon problem. Research by lowcarbonworks shows that new technologies alone are not sufficient to ensure carbon savings. A wider systemic context in which initiatives are situated and the human relationships that build capacity to drive the innovation are of equal – or even greater – importance. The conference will provide essential learning, practical support and cross-sector networking for policymakers, local authorities, businesses and activists – in fact, anyone interested in bridging the policy/practice gap and acting now for a low carbon future.

www.forumforthefuture.org/lowcarbonworks-conference-july09

Community Supported Agriculture conference

**Thursday 6–Sunday 9 August
Green & Away, Worcestershire
£75 CSAs/farmers/individuals
£150 NGOs/organisations/companies**

This 3-day conference is being held on an organic farm near Worcester and hosted by Green & Away, Europe's only tented conference centre.

The aims of the conference are to provide technical training, networking opportunities and to inspire and motivate all those involved in community supported agriculture (CSA). The conference is designed for those already involved in a CSA, including long established ones, young ones and also those at the conceptual stage. The conference welcomes farmers and growers, CSA members and those involved in getting one established, plus those wishing to seriously find out more with the intention to set one up. As places are limited, priority will be given to those active in a CSA, or directly involved in setting one up.

For more information about the venue: www.greenandaway.org

For bookings and more information about the conference, contact Amanda Daniel: CSAInfo@soilassociation.org

Making Local Food Work conference

**Wednesday 30 September
Marriott Hotel, Bristol City Centre**

The event will focus on the role of Community Enterprise in Britain's food future and will feature the usual mix of keynote speakers, inspirational case studies and participative workshops.

As before, a limited number of free places will be available to representatives of community food enterprises, with a limit of two per organisation.

For further updates on speakers, workshops and how to book a place, register for email updates at: www.makinglocalfoodwork.co.uk

Food for Life Programme: introductory seminar

**2–4pm Wednesday 7 October
Council House, College Green, Bristol**

Schools across the country are signing up to transform their food culture with the Food for Life Partnership. Young people in these schools are growing, cooking, and eating fresh, seasonal, local and organic food and visiting the farms where their food is produced. Good food is becoming real for them and their families. By following the Food for Life Partnership Mark framework,

schools will be setting your pupils up for life with the knowledge and practical skills to take control of how they eat and its impact on their health, animal welfare and the climate.

To reserve a place at the introductory seminar, email Sharon Sexton sharon.sexton@bristol.gov.uk or Jane Tiley jane.tiley@bristol.gov.uk

Stating number of places required at the seminar, your name, job title, school name and address, and phone number

Working with young volunteers

Ros Parkes, Development worker, Young Bristol

Many young people have passion, energy, idealism and time. They are committed to the things they care about, and so can make a fantastic contribution as volunteers. Across Bristol young people are helping organisations do what they were set up to do, by volunteering their time to make a difference.

Lawrence Weston Community Farm (LWCF) provides people with the opportunity to experience the daily delights of farming, gardening, and animals, with a particular interest in combating social exclusion and providing a safe and supporting environment in which people can flourish and contribute positively to their community. At LWCF young volunteers are involved in farming, looking after small animals, gardening, bee-keeping, environmental conservation, catering, DIY and much more. Some stay for a few weeks, some stay on for a couple of years, some work towards accredited qualifications.

Ian Fielder, the volunteer co-ordinator

says: *"we particularly enjoy enabling different generations to volunteer together when they might not usually mix"*.

Would you be interested in involving young volunteers in your work?

The Bristol involved team works with local organisations to develop their capacity to work with young volunteers. We can provide free training; advice and support on recognising young volunteers' contribution; support and advice around child protection and developing volunteering policies; advertising your opportunities to the young people we work with – and anything else you might want help with. If we cannot help, hopefully we will know someone who can. We promote volunteering to 16–25 year olds in Bristol, and support them to access suitable opportunities. We also work closely with Bristol volunteer centre.

For more info, contact Ros Parkes
0117 907 1010 rp@youngbristol.com or:
www.vinspired.com

Freeskilling

The Better Food Company
Proving House, Servier Street,
St Werburghs, Bristol
www.betterfood.co.uk

7pm Tuesday 14 July **How to build and maintain a** **Wormery!**

Learn how to use worms to convert food waste into great compost for your garden. With Fred Miller.

7pm Tuesday 21 July **How to tell one Tree from the next –** **a Walk and Talk!**

Learn to identify trees and discover their stories and uses. With Ben and Lucy.

For more information on your local Freeconomy Community
www.justfortheLoveofit.org

The evenings are absolutely FREE and EVERYONE is welcome, though donations are accepted for the venue.



Eat Somerset & Radstock co-op

Alison Belshaw, Eat Somerset

The Eat Somerset project has worked with local food producers and retailers to introduce local produce into convenience stores and other outlets.

When Radstock Co-operative Society (Radco) was approached by Alison Belshaw, project coordinator, Alan Bonner (Chief Executive) was quick to see the advantages for both parties as well as the benefits for customers.

With the help of Alison, the Society shortlisted a dozen or so local producers and invited them in to showcase their wares. The Society launched their new 'Eat Somerset' range in its 9 stores at the beginning of June. The range consists of products from Bath Ales, The Orchard Pig, Marshfield Bakery, Fussel's Fine Foods, Wickwar Brewing Co., The Bay Tree and Radford's Fine Fudge providing products such as beers, cider, preserves,

spreads and oils, cakes, biscuits and confectionery.

Alan Bonner said this week *"We hope that customers respond positively to the fact that we are bringing them high quality, locally sourced products which contribute to the sustainability of local producers and cut down on 'food miles' by reducing the distance travelled to get produce on to the shelves. We are looking to extend the number of suppliers that we add to the 'Eat Somerset' range in the future."*

Ben White of Marshfield Bakery said *"Without the introduction from Eat Somerset we wouldn't be supplying the Radstock Co-Operative Society at the moment"*, whilst Andy Fussel said *"One of my objectives when I set up Fussel's Fine Foods was to connect local people with high quality locally produced food. Eat Somerset has been a great help and*

support in many ways and in particular, the fact that I can see my brand on the shelves of Radco – the most important local retailer in our area – is a testament to the great job that they do."

The project has also been working with some shops in Bristol including Brigg's Greengrocers in Cotham and Bristol SweetMart in Easton. Both of these have introduced some new local produce as a result. The project started in June 2007 with funding from the Esmee Fairbairn Foundation. It was then funded between July 2008 and the end of March 2009 by the Rural Renaissance Initiative.

Details of the Eat Somerset project can be seen at:

www.sustainweb.org/eatsomerset

Radstock Co-operative Society
www.radstockcoop.co.uk

Food stories on the web

British supermarkets accused over destruction of Amazon rainforest

DIGEST: Nearly 80% of deforestation in the Brazilian Amazon results from cattle ranching, according to a new report by Greenpeace.

www.guardian.co.uk/environment/2009/may/31/supermarkets-amazon-cattle-deforestation-greenpeace

How Britons fuel destruction of the rainforest

DIGEST: British consumers are fuelling the rising demand for palm oil, speeding up the destruction of rainforests and killing off orangutans. It says that palm oil is present or suspected in 43 of 100 best-selling brands in UK.

<http://www.independent.co.uk/environment/green-living/howbritons-fuel-destruction-of-therainforest-1677096.html>

Allotment demand leads to 40-year waiting lists

DIGEST: Demand for allotments has reached such heights that, in one London borough, would-be gardeners will be waiting 40 years for a patch of land.

www.guardian.co.uk/money/2009/jun/02/allotments-shortage-waiting-lists

Soil is the most precious thing

DIGEST: King's Cross reimaged as a food growing paradise, with vineyards and vegetable plots, and ripe pineapples harvested from rooftop greenhouses.

www.thecnj.co.uk/review/2009/052809/feature052809_07.html

Paul McCartney backs 'Meat Free Monday' to cut carbon emissions

DIGEST: Sir Paul McCartney has followed in the footsteps of the world's leading climate scientist and a small Belgian town by calling on people to go meat-free one day a week and cut carbon emissions.

<http://www.guardian.co.uk/environment/2009/jun/15/paul-mccartney-meat-free-monday>

Sustainable Redland

Gardening club

Sustainable Redland now has a **Fruit and Veg Gardening Club**. Very informal, we just meet in someone's garden, have a cup of tea and a wander around whilst chatting about all things fruit and veg. Check the Susred website for upcoming dates, and email us through the Contacts page to find out where the next gathering will be:

www.sustainableredland.org.uk

What's the Story?

A **Festival Day** at Luke Hasell's Story Community farm will take place on **Sunday 5 September**. Luke is working with Better Food Company, Avon Wildlife Trust, the Soil Association and local people to develop part of the land as a Community Supported Agriculture project focussing on sustainably produced REALLY local food. Making a CSA work for people in a City is a challenge – if you want to help try

and make it happen then put the Festival Day in your diary and come along.

Luke Hasell adds: *"The Farm is in the heart of the beautiful Chew Valley area and the Community farm intends to reach out to each and everyone who want to reconnect their lives back with the land and in particular food and farming. Together we are going to create a model of sustainable community supported agriculture, with education being a major focus for us to encourage the younger generation to care more about what they buy and eat."*

There will be yearly events that will encourage participation on all levels from harvest homes to music festivals, members will enjoy all the benefits of having a weekly vegetable box but also being part of a much bigger picture.

To get involved, contact:

info-csa@thestorygroup.co.uk

Or visit:

www.thestorygroup.co.uk

Best of Bedminster

The Best of Bedminster (BOB) Show is back for its 3rd year. It will celebrate the best bits about Bedminster and Bristol. The show is an urban 'Village Show', designed for local people to show their growing, culinary and creative prowess. BOB welcomes in the harvest on North Street Green and this year it's happening on **Saturday 26 September**.

If you're feeling talented or green fingered? Then be prepared for this year's Best in Show categories: Best cake, Best sunflower head, Best jar of chutney, Best jar of Jam, Best miniature garden, Best wildlife photo, Best home grown pumpkin, Scariest fruit and vegetable monster and Best display of seasonal produce. If you wish to enter the BOB Competition, entry forms with a full listing of categories and instructions are available from the Southville Centre now.

The show has lots of fun activities, including refreshments by WI, Face Painting, Roy's Wonky Tent, Human Fruit Machine, and bicycle maintenance with Lifecycle's Dr Bike. There's also lot's of climate friendly stalls such as Bristol Cycling Campaign, City Car Club, Sustainable Southville, Bristol Friends of



the Earth, Transition BS3 and Centre for Sustainable Energy.

To find out more about BOB: www.climatespace.org/?p=895 to see what happened last year: www.youtube.com/watch?v=501p1BZLGB4

BOB is organised by Climate Action Bedminster, an association of local people who encourage climate friendly fun activities in South Bristol. For more information on BOB and Climate Action Bedminster contact Jim: 0117 9664318 jim.os@blueyonder.co.uk

Publications

Comparative life-cycle assessment of food commodities procured for UK consumption through a diversity of supply chains

It is of real concern that in this report Defra seem to be endorsing increasing food imports. They assert that it may be better, when considering the global warming potential (GWP) of food production, to accept that importing from countries where productivity is greater or less refrigerated storage is required, may have reduced GWP compared to UK production using, e.g, intensive greenhouse production. Defra accept that prioritising GWP considerations may lead to increases in other environmental burdens, in particular demands on water supplies.

<http://randd.defra.gov.uk/Default.aspx?Menu=Menu&Module=More&Location=None&ProjectID=15001&FromSearch=Y&Publisher=1&SearchText=FO0103&SortString=ProjectCode&SortOrder=Asc&Paging=10#Description>

Sustainable food: a guide for hospitals

Department of Health, May 2009

This guide describes why the sustainability of food is important; provides guidance on what hospitals can do to improve the sustainability of the food they provide to patients, staff and visitors; and advises on how hospitals can assure the sustainability of their food service provision.

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_098881

Making local food work: communities taking control

Report from the Making Local Food Work Conference, 30 March 2009, Aston University Business Centre, Birmingham

- Can food systems be changed from the bottom up?
- The Recession: opportunity or threat for local food?
- Is Social Enterprise the key?
- How to make local food work.

www.makinglocalfoodwork.co.uk/about/ice/conference_march_09.cfm



Globesity: A Planet Out of Control?

Francis Delpuech, Bernard Maire, Emmanuel Monnier and Michelle Holdsworth

Written by specialists in public health nutrition, *Globesity* examines the underlying nature and causes of the rapid rise in obesity world wide. It argues that the causes of obesity are primarily socio-economic and the result of a distorted agricultural and food production and supply system. To address this problem, it says that we must learn how to better manage the physical, social and economic environment rather than simply focus on individual lifestyle choices. Drawing parallels between the obesity crisis and climate change, the authors find that both are characterized by the over-consumption of expensive and increasingly scarce resources and require radical, urgent, and sustainable solutions.

www.earthscan.co.uk/?tabid=56997

Waste: Uncovering the global food scandal

Tristram Stuart

With shortages, volatile prices and nearly one billion people hungry, the world has a food problem. Farmers, manufacturers, supermarkets and consumers in North America and Europe discard up to half of their food – enough to feed all the world's hungry at least three times over. Forests are destroyed and nearly one tenth of the West's greenhouse gas emissions are released growing food that will never be eaten. While affluent nations throw away food through neglect, in the developing world crops rot because farmers lack the means to process, store and transport them to market. *Waste* shows how the way we live now has created a global food crisis – and what we can do to fix it.

www.penguin.co.uk/nf/Book/BookDisplay/0,,9780141036342,00.html



“Land Grabbing” by Foreign Investors in Developing Countries

Joachim von Braun & Ruth Meinzen-Dick, Policy briefing from the International Food Policy Research Institute

One of the effects of the food price crisis of 2007–08 is the increasing acquisition of farmland in developing countries, by other countries seeking to ensure their food supplies. Increased pressures on natural resources, water scarcity, export restrictions, and growing distrust in the functioning of global markets have pushed countries short in land and water to find alternative means of producing food. These land acquisitions have the potential to inject much-needed investment into developing countries, but they also raise concerns about the impacts on poor local people, who risk losing access to and control over land on which they depend.

www.ifpri.org/pubs/bp/bp013.asp

Low greenhouse gas agriculture

This report presents strong evidence for the environmental benefits of organic agriculture, which has huge potential both in terms of mitigation against climate change and for future food security. It...

- reduces erosion caused by wind, water and overgrazing
- is a good way to rehabilitate poor soils
- offers many added benefits such as conserving agricultural biodiversity and reducing environmental degradation impacts.

<ftp://ftp.fao.org/docrep/fao/010/ai781e/ai781e00.pdf>

Benefits of Organic Agriculture as a Climate Change Adaptation and Mitigation Strategy for Developing Countries

Adrian Muller

Organic agriculture, as an adaptation strategy to climate change, is a promising option for rural communities and has additional potential as a mitigation strategy. Further research is needed on yields in organic agriculture and its mitigation and sequestration potential.

www.efdnitiative.org/research/publications/publications-repository/benefits-of-organic-agriculture-as-a-climate-change-adaptation-and-mitigation-strategy-for-developing-countries

Odds & ends

Local Action on Food

Local Action on Food is a network run by Sustain: the Alliance for Better Food and Farming. The network brings together a wide range of organisations and individuals working to improve the food system, and aiming to:

- Improve the security and sustainability of the nation's food system
- Improve everyone's access to healthy and sustainable food for all
- Protect and promote a diverse food culture

The Local Action on Food network aims to support the work of community projects, businesses, local government departments, farmers, food writers or anyone else involved in the food sector, linking similar initiatives across the country.

www.sustainweb.org/localactiononfood



Public inquiry on food and fairness: Call for evidence

The Food Ethics Council has launched an inquiry into Food and Fairness, inviting evidence until 16 July. The Inquiry asks: How fair is the global food system? Who are the winners and losers? Who is responsible for making it fairer?

From fair trade to global hunger, food has seen some of the boldest efforts to tackle inequality, and some of the worst cases of exploitation. They FEC want to hear first-hand experience from consumers and people working in food and farming. The Inquiry Committee will examine what lies behind success stories and failures, and seek to understand the responsibilities of the British government, businesses and public in promoting a fair global food system.

www.foodethicscouncil.org/node/451



Eat seasonably campaign

An initiative to get first-time gardeners growing their own food and eating seasonably has been launched by the Federation of City Farms and Community Gardens (FCFCG). The website gives links to gardening advice, tips on growing ten easy fruit and vegetables, news and information about food growing events and tools to help match people with land available to grow on. Experienced gardeners can help beginners get started by signing up to be 'Veg Doctors' and extend advice to people in their local area.

The Defra-backed campaign involves a number of diverse organisations including: The Royal Horticultural Society and Garden Organic; the National Trust, B&Q, Dobbies, Suttons, Tesco and Sainsbury's; Landshare, the Eden Project, the Soil Association and WRAP.

For more information, and to sign-up to the Eat seasonably e-newsletter:

www.eatseasonably.co.uk

www.farmgarden.org.uk/eat-seasonably-campaign.html

New Soil Association website

The Soil Association website has been redesigned to be more attractive and easy to use, and to better help highlight the vast range of our work to the outside world.

Amongst the new features are Buying organic on a budget:

www.soilassociation.org/Takeaction/Buyorganic/Organiconabudget/tabid/336/Default.aspx

And a Charity Dinner Party planner:

www.dinner4good.com/soilassociation

Food waste website launched

A new website has been launched that aims to provide a 'one-stop-shop' for information on sustainability in the food chain. Key areas covered, include

- waste minimisation
- technologies for treatment of food waste
- sources of funding
- links to organisations working in the area
- related legislation

The Food Chain Sustainability Special Interest Group website is a joint initiative between the Institute of Food Research (IFR), the Resource Efficiency Knowledge Transfer Network and the Food Processing Knowledge Transfer Network (KTN).

www.ifr.ac.uk/waste



Food Co-ops Toolkit
a simple guide to setting up food co-ops

Food Co-ops Toolkit

www.sustainweb.org/foodcoopstoolkit

The toolkit has been produced as part of the Making Local Food Work programme www.makinglocalfoodwork.co.uk to help more communities set up their own food co-ops and buying groups.

The toolkit aims to provide an overview of the important things to think about when setting up and running a food co-op. Currently, it is only available on-line, but a printed version will also be available soon for groups without access to a computer.

The content of this toolkit is divided up into explanatory text and 'tools'. The 'tools' are useful documents such as sample questionnaires, checklists, and other templates that your food co-op can download and use or adapt to your own needs.

The toolkit is an expanding resource and will be updated regularly with text and downloadable documents based on requests received from food co-ops for extra information. For example the section on Practical resources has recently been updated in response to requests about where to buy equipment:

www.sustainweb.org/foodcoopstoolkit/equipment

Regular things



FEATURED WEBSITE: Ecojam

www.ecojam.org

Ecojam is a one-stop website for Bristol's green and ethical scene. Launched by researchers at the University of Bristol, it is a place for Bristolians to discover local green businesses and initiatives, search for ethical jobs, trade free stuff and tune into local news, events and discussions.

Visitors to Ecojam can find out how they can make a difference, through what they buy, how they get around, and what they do in their communities and at work. All tastes are catered for, from local food to ethical fashion and green travel. Users of the site have traded everything from free washable nappies to office furniture to bread-making skills.

GROFUN Action Weekends

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

Ashley Vale Allotments are just behind The Farm pub, Hopetoun Road, St Werburghs. Drag on your wellies and come and give an hour or two. Refreshments provided

Phone Nadia 0797 3847894 for more info.



Eastside Roots regular volunteer days

Stapleton Road Train Station
10.30am–4.30pm Wednesdays & Fridays

Trinity Community Arts Centre garden
12 noon–5pm every Thursday

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

For more information, phone Nick Ward on 07810 806 354 or email nick@eastsideroots.org.uk

www.eastsideroots.org.uk



Grub Club Organic Veg Club

Every Tuesday 4.30–6.30pm
Midnimo Centre, 163 Ashley Road, St Pauls

Enjoy wholesale veg prices on organic veg, by joining the The Grub Club veg co-op – which now has its own website:

<http://bristolgrubclub.blogspot.com/>

Royate Hill Community Orchard

Regular monthly workdays
1st & 3rd Saturdays of the month
11am–4pm (drop by anytime, but cleaning up starts around 3pm)

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

For more information:
www.kebelecoop.org/collectives_permaculture.html

Map at:
www.kebelecoop.org/images/flyer_permaculture_may08.pdf



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 to you, to: bristollocalfood@googlemail.com

This is also the address for sending anything you would like included in the next newsletter – deadline 13 August. We'd also love to hear your feedback...



Bristol local food directory

www.bristollocalfood.co.uk

Publicise your community project or promote your favourite stalls, shops, pubs & cafés. Help us to keep the directory up-to-date with reviews by you – people who care about local food.

Fill in the form on the website, or email suggestions to: info@bristolfoe.org.uk

BBC2 Doc Series Looking for Diners

The BBC is coming to the South West
Do you like dining out?

If you'd like to make a reservation then get in touch, call 07977 988 566 or email beth.ridley@bbc.co.uk

This issue of Bristol's local food update was compiled by Claire Milne & Jane Stevenson.

Design by Jane Stevenson: janestevenson@madasaqfish.com.

Thanks to Martin Haswell for the fruit & veg photos: www.mhdi.co.uk