

*The*  
**JELLIED EEL**

*London's magazine for ethical eating*

**The**  
**SCOOP**  
on  
summer  
food



Ice cream  
Festival  
eating  
Pick your  
OWN

SUMMER 2010  
**FREE**  
magazine  
ISSUE 28

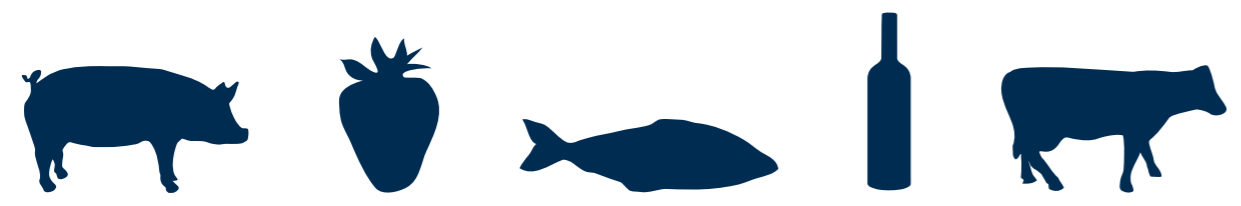
Urban farm shop \* Carbon-saving dining \* The People's Supermarket

# YOUR DAILY PRODUCE MARKET



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WWW.SOURCEDMARKET.COM

**Tuck in!**

## Say hello to the *Jellied Eel*



**A**s a father of two, the summer comes with a healthy mix of troubles and rewards. Something about the season is particularly messy, with its picnic crumbs, soft fruit smears, dribbles of cream, and half eaten sausages. Fortunately this is tempered by most of these occasions being outside, so we don't need to clean what seems to be the entire house after every meal. Not that I'm a fan of waste mind you, but if it degrades I can tell myself that I'm doing my bit for creatures further down the food chain.

Also doing their bit on food waste are the geniuses behind the Feeding the 5000 event in Trafalgar Square last year, who are now launching 'Taste of Freedom' – a kind of sorbet in a novel fruit cone made from unwanted fruit (see Shopping Basket p5). We heard from these guys, and several more of their fellow food waste enterprises such as FoodCycle, at the last London Food Link network event, which was as vibrant as ever. The next network do isn't until 15 September, but get it in your diary now.

Going back to dribbling desserts, this issue features a profile of Opera Ice Cream, one of the growing number of ice cream sellers around London starting to use local ingredients (p14). As ever, a 24-page Jellied Eel magazine is never big enough to tell you everything we want to about ethical eating in London. The good news is that, as part of our new look website, we're going to be putting lots of extra material online in the coming weeks. This will include a more in-depth look at what makes an ethical ice cream, not to mention articles on whether it is possible to have a sustainable barbecue, and Growing Communities, the organisation behind

this issue's featured market (see p8). Throughout the summer, London plays host to an array of outdoor festivals. But what is the food like at these events, and why are they lagging behind other sectors such as retail, where ethical options are well established? Turn to p12 to read what some London festival organisers had to say about the barriers they're facing in offering sustainable food.

While we're still out in the open air, this is of course the best time to be in the garden, at one with nature and at odds with the mollusc population. And what a lot of people are out there growing food this summer. The team working on Capital Growth (see page 19) is understandably rather chuffed to have helped support the creation of over 500 new community food-growing spaces as of June. Perhaps most excitingly of all is a new feature on [www.capitalgrowth.org](http://www.capitalgrowth.org), which not only shows where all the spaces are, but also which ones need growers.

So if you don't have any space to grow in, you could do worse than helping out at your local community garden.

**Ben**  
Editor



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## Thirsty play

Only a pitiful 11 per cent of the UK's public parks have drinking water fountains yet the majority of people would be happy to use them if they existed, according to a survey conducted in 140 parks last summer by Sustain's Children's Food Campaign. Their report, Thirsty Play, is part of a new campaign which calls on local councils to fix broken fountains and install new ones, so that children (and adults) can quench their thirst in a healthy, sustainable and cheap way when enjoying their local park. [www.sustainweb.org/childrensfoodcampaign/waterinparks](http://www.sustainweb.org/childrensfoodcampaign/waterinparks)

London alone serves more than one billion meals every year, three million every day. That's according to **Extraordinary Ones**, a new 'when you eat they eat' campaign. Every time you sit down to eat at a participating eaterie, 20p goes automatically to help end world hunger. [www.extraordinaryones.co.uk](http://www.extraordinaryones.co.uk)

## The Big Lunch

The Big Lunch invites you to get together and have lunch with your neighbours, in the middle of your street, on Sunday 18 July. Last year 730,000 people ate at 8,000 lunches across the UK, the biggest set of street parties since the Golden Jubilee. For free tips, inspiration and materials and to register your Big Lunch, visit [www.thebiglunch.com](http://www.thebiglunch.com)



# Shopping basket

**A Taste of Freedom**  
Each year in the UK alone, 20 million tonnes of food are wasted, while 80 per cent of school children do not eat enough fruit and vegetables. Freedom is a new social and environmental venture aimed at highlighting that contradiction. It intercepts fresh yet unwanted fruit before it goes to waste, and transforms it into mouth-watering frozen swirls. The swirls are even served in cones made of absolutely nothing but fruit! Look out for the Freedom team at a festival near you this summer.

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



# Bulletin

A spread of the latest sustainable food news



## The Well London Cup

This summer the ActivEAT scheme, run by London Sustainability Exchange, is targeting London's teenage footballers to a Well London World Cup, in a bid to get them involved in healthy eating. Twenty London teams are taking part, by inviting their local communities to represent them and play an online penalty shootout game to spread ActivEAT's 'Eat better, play better' message. The team with the highest number of plays of the online game will win a fantastic new kit and football boots. To play the game go to [www.wlwc.co.uk/health](http://www.wlwc.co.uk/health)

## Ban the supermarket challenge

The newly-established London branch of the Women's Food and Farming Union is challenging the nation to 'look local, support British farmers and buy British!'. For one month this summer it wants everyone to ban themselves from buying produce from the big-name, commercialised supermarkets. [www.wfulondon.org.uk](http://www.wfulondon.org.uk)



## Foodwaste tips

- \* If you've grown lots of broad beans and want to preserve some for later on in the year, just blanch the beans in boiling water for about three minutes and then freeze.
- \* Hate the idea of throwing the pods away? You can cook beans in the pods when they're still quite young. Remove the ends and stringy bits, and cut up, then stew them with olive oil, lemon juice and dill, Turkish style, or even fry them in batter.
- \* Old potatoes with eyes that are sprouting can be 'recycled' by planting them in a container of compost.

Maresa Bossano

## Edible Estates competition

Launched at the end of June, Capital Growth is running a competition to find the best community food-growing projects in London's social housing. Supported by the Mayor of London, this competition seeks to encourage social housing residents to start a community food-growing space or to enhance their existing food-growing space. For the winners and two runners up in three different categories, a staggering list of prizes have been donated by B&Q, Wiggly Wiggles, Bulldog, Rocket Gardens, Gardening Express and Seed Pantry. The first ten communities who register for the competition will also enter a draw to win construction help from Mears Group on their site. [www.capitalgrowth.org/edibleestates](http://www.capitalgrowth.org/edibleestates)

## Are you a local loaf lover?

Over the weekend of 31 July and 1 August, the Real Bread Campaign is organising Local Loaves for Lammass. Not that anyone needs an excuse, but the traditional Lammass bread festival is a great opportunity for everyone to buy or bake a local loaf and for kids to discover that Real Bread starts its life in a field not a factory.

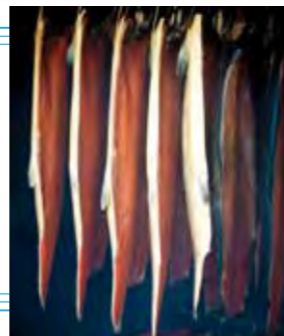
To help you celebrate, Jellied Eel has teamed up with True Loaf (the Real Bread Campaign membership magazine) and Gilchesters Organics ([www.gilchesters.com](http://www.gilchesters.com)) for a fabulous baking competition. Simply email your own Real Bread recipe and picture of your loaf to [realbread@sustainweb.org](mailto:realbread@sustainweb.org) by 27 August 2010, and you could win a pack of five different flours from Gilchester Organics.

The winners will be picked by a team of experts from the Real Bread Campaign and announced in the next editions of the *Jellied Eel* and *True Loaf*. For a full round up of Lammass activities and details of how you can join in, visit the events page at [www.realbreadcampaign.org](http://www.realbreadcampaign.org)

**Terms and conditions** The recipe must be your own and meet the Campaign's definition of Real Bread – no flour 'improvers', chemical leavening (eg baking powder) or any other artificial additives. The Real Bread Campaign reserves the right to use recipes and photos (fully credited) in future publications and promotion of Campaign activities. Entrants' email addresses will be kept by Sustain (the charity of which Real Bread Campaign and London Food Link are part) and Gilchesters Organics, either of which may send you email updates. Your details will not be passed to any third party and you are free to opt out at any time but if you would prefer not to have your details kept on file, please say so in your entry.

## The Jellied Eel Tell us how we're doing and win a food safari!

Let us know your thoughts on the *Jellied Eel* by filling out our online reader survey. We are very lucky to have a Food Safari to give away to one of our readers that takes part. Food Safari ([www.foodsafari.co.uk](http://www.foodsafari.co.uk)) specialises in gourmet food explorations in Suffolk. Adventures include making sausages, foraging for food and fishing trips. The day culminates in a feast featuring the fruits of your work. A second reader will get a copy of new must-have book *Eat Slow Britain*. Visit [www.thejelliedeel.org](http://www.thejelliedeel.org) and have your say!



## AROUND TOWN

Get into what's happening in your area



### FOOD FROM THE SKY N8

Thornton's Budgens in Crouch End has become the first supermarket in the world (probably!) to grow food on its roof. 'Food from the Sky' is the brainchild of Andrew Thornton of Budgens, and Azul-Valerie Thome of the Postive Earth Project. Andrew was inspired to build an organic food garden to take his local food philosophy one step further, and Azul designed the sustainable garden and created a community project to build it. On Monday 31 May a crane was hired to lift the materials – including 10 tonnes of compost, fencing, trees and over 100 pallets – onto the roof of the supermarket. Produce from the Food from the Sky garden will go on sale in Thornton's Budgens soon, with all proceeds being ploughed back into the garden.

[www.foodfromthesky.ning.com](http://www.foodfromthesky.ning.com)

### FAST FOOD RESTRICTIONS CUT OBESITY? WALTHAM FOREST

A council curb on new fast food venues has led to a reduction in childhood obesity, according to an announcement by Waltham Forest's local authority. A year ago, the Council banned such outlets from opening within 400 metres of schools, leisure centres and parks, and since then has rejected five applications to open new hot food takeaways. This has been supported by a drive to improve school meals to ensure all pupils receive at least one healthy meal a day. All secondary schools also routinely bar pupils from leaving school at lunchtime. In the same period, childhood obesity levels dropped from 22.8 per cent of year six pupils in 2007/08 to 20.6 per cent in 2008/09. While it isn't certain that the decline in obesity is a direct result of the ban, the council is confident its policy is having a positive effect and is now looking to build on this by encouraging existing takeaways to offer healthier foods.

[www.bit.ly/a5Zg8H](http://www.bit.ly/a5Zg8H)

### NOMADIC ALLOTMENTS AT BOROUGH SE1

As part of the London Festival of Architecture, on 4 July Borough Market unveiled a collection of portable allotments and furniture. The structures make use of waste materials found in the market such as pallets and packaging, and offer a variety of growing, eating and seating areas for market-goers, local visitors and residents. They were created by students from Cardiff University's Welsh School of Architecture, who were asked to design and build structures on a theme of reduce, reuse and recycle. The allotments are being passed on to local school children and the community, under the supervision of a professional gardener appointed for the project.

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

### A NEW KIND OF FARM SHOP E8

FARM:shop is a new project aimed at putting farming at the centre of the city. Architecture and design agency Something & Son, in partnership with Hackney council, will transform 20 Dalston Lane into a farm, and grow as much food as possible inside and out. Salad, herbs and vegetables will be grown in hydroponic and aquaponic arrays, mushrooms in a darkened room, and there will be 'catch your own' fish ponds, laying hens on the roof, and weaner pigs and veg in the garden. The project aims to introduce visitors to the innovation, fun and promise of old and new urban farming techniques, and provide a living, breathing statement about how we could be feeding our cities. It will be open to the public from Thursday to Sunday, from June 2010 until late September.

[www.somethingandson.com](http://www.somethingandson.com)

### FROM TUBE TO FOOD SW6

Union Market, which describes itself as a cross between a farmers' market and a supermarket, is due to open in Fulham in July. The store is situated in the Grade II-listed former Fulham Broadway underground station and plans to promote the best of British seasonal foods. All the bread, bakery and fresh meat will be from the UK, as well as 90 per cent of cheeses and 80 per cent of fresh veg, increasing to nearer 100 per cent in the summer. Cheeses will be from Neal's Yard Dairy; free-range pork from Butter-cross Farm in Shropshire; oak-smoked turkey from Adlington in Warwickshire; and bread, pastries and cakes from The Bread Factory and The Flour Station. Seasonal fruit and veg will be supplied by small family farms accredited to the Linking Environment and Farming (LEAF) scheme.

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

### COMMUNITY FARM AND VEG VAN SM6

A new community farm has been set up near Wallington, Sutton (zone 4). It runs activity days every Tuesday and Saturday on growing, making signs and sharing other skills. It will be running a harvest festival on 18 September to share farm food and plans to launch its own Community Supported Agriculture scheme. BioRegional, who set up the farm, along with Ecolocal, are also running an electric Veg Van, selling local food at Hackbridge Station, local schools and a local hospital every week, and will hopefully soon be selling the farm's produce too.

[www.vegvan.org.uk](http://www.vegvan.org.uk)  
[www.suttoncommunityfarm.org.uk](http://www.suttoncommunityfarm.org.uk)

### GOLDEN CITY EC1-4

The Golden Company is seeking 100 City-based companies and institutions to sponsor and support beekeeping across the City of London. The Hackney-based social enterprise, which works predominantly with teenagers to teach beekeeping and produce a range of bee products, is also encouraging these companies and institutions to keep hives on their own properties, such as on the roof. These hives will be managed by the Golden Company, and urban wildflower meadows for the bees will be planted by St. Mary's Secret Garden and River of Flowers.

[www.thegoldenco-op.com](http://www.thegoldenco-op.com)

## The People's Supermarket



It might be on the site of an old Tesco branch, but The People's Supermarket is no ordinary grocery store, says Kelly Parsons

This is a not-for-profit social enterprise, which founder Arthur Potts Dawson – the man behind the Acorn House social enterprise restaurant – hopes will lead to a revolution in the way we shop. His inspiration, Park Slope Food Co-op in Brooklyn, New York, which opened in 1973, now has 14,000 members.

In return for a £25 annual membership fee and a commitment to work four hours per month – on the till, shelf-stacking, cleaning – London's shoppers will get a minimum 10 per cent discount in the supermarket, and access to a range of 20 low-priced own brand goods. For around a pound each, they can pick up the Tottenham-baked, additive and preservative free 'people's loaf', or a 'people's pint' of organic milk. There's even plans for £5 'people's plonk' wine. Low staff costs mean cheaper produce, and the more volunteers that sign up the cheaper it will get.

Though it sits at the top of independent store haven Lamb's Conduit Street, Potts Dawson is adamant his supermarket won't be just another shop for the white middle classes. "I'm not opening a Planet Organic or Fresh & Wild," he says. "Ten feet in one direction and 20 feet in the other, you're in some of the poorest and most densely-populated wards in London, with a huge immigrant community, mostly Bangladeshi and Somali, where 51 per cent of people are living below the breadline. We want to get good food to the people who can't normally afford it. That is why the concept is going to work here."

His zeal is no less evident when he moves on to the subject of local food. Produce in the People's Supermarket will ideally be from within 100 miles of London, and failing that British, and at worst European. "British agriculture is on its knees and its decline has taken place directly as supermarket profits have shot up," he says. "Our potato farmer was being paid four pence a kilo for potatoes by a supermarket, which would then charge around 90 pence in the store, whereas we've agreed to buy for 16 pence, and sell our 'people's potatoes' to members for 40 pence."

72-78 Lamb's Conduit St, WC1N 3LP  
[www.peoplessupermarket.org](http://www.peoplessupermarket.org)

# TO MARKET

**Food markets around London**

## Stoke Newington farmers' market

William Patten School  
Stoke Newington  
Church Street N16  
10am–2.30pm  
every Saturday  
except Christmas  
and New Year



Ask any of the people shopping, cooking or selling at Stoke Newington Farmer's Market what they value most. It's not just the fact it's FARMA-accredited (National Farmers' Retail and Markets Association), ensuring all the producers travel less than 100 miles – and some only a few hundred metres – to set up and sell. It's not the assurance that this is still the UK's only farmers' market where all the food is from producers farming to the highest environmental standards, small-scale organic or biodynamic. And it's not even the knowledge that they are supporting small, family farms or younger farmers trying to get started. What most people talk about is the sense of community. As one customer puts it: "We'd rather give our money to people we have a relationship with."

The market currently provides an outlet for 23 small-scale farmers and producers. Its popularity and steady growth has allowed several farmers to take on more land, and to convert to organic production. Over 400 acres has been converted since the market opened in May 2003. In addition, Growing Communities, which runs the market, has supported several ultra-local producers to develop ready-to-eat foods using sustainable ingredients, including produce on sale at the market. They include Hatice Trugrul, who makes traditional Turkish börek from market ingredients; Global Fusion, which offers Creole-style vegan cakes and soda breads

and Anthony Ferguson of Niko B. Organic Chocolates, who creates chocolates flavoured with spices and seasonal fruits. For information about setting up your own community-led food trading scheme, go to: [www.growingcommunities.org/start-ups](http://www.growingcommunities.org/start-ups)

### \* Featured stallholder Sarah Green Organics Hall Farm

#### Tillingham, Essex

Sarah Green is from a traditional farming family, and grows seasonal outdoor vegetables on 30 acres of organic farmland looking out to the North Sea. The land here is sheltered and the climate mild, ensuring vegetables early in the hungry gap (the period in spring when there is little or no fresh produce available from a vegetable garden or allotment), and a continuous supply through winter.

Providing organic fresh vegetables every week of the year is challenging, but careful planning means Sarah can offer an interesting and varied range throughout the four seasons, from aubergines to onions, cabbages to courgettes.

Sarah is at Stoke Newington Farmers' Market on the first and third Saturday of the month.  
[www.sarahgreensorganics.co.uk](http://www.sarahgreensorganics.co.uk)

Zeenat Anjari

# GOOD EATING

## now

### JULY

**Red and white currants** Use these fruity jewels to decorate puddings, create jellies and sauces or as a flourish for a stylish fruit salad.

### Rabbit

A thrifty choice for carnivores – a whole rabbit costs only a few pounds.

Rabbit is available all year round, but the best flavour is in the coming months.

**Also in season** artichokes, beetroot, blackberries, blueberries, courgettes, French beans, garlic, gooseberries, greengages, peas, radishes, raspberries, sorrel, strawberries, watercress.



Marj Joly. Creative Commons <http://bit.ly/bvJVLW>

### AUGUST

**Greengages** Pounce on these green fruit, a smaller sister of the plum. Sweet and delicious eaten out of hand, they also work wonders in fruit crumbles and compotes.

**Grouse** Available from the Glorious Twelfth to December 10, from good butchers. The price of these wild game birds decreases as the season unfolds.

**Also in season** artichokes, beetroot, blackberries, blueberries, broccoli, courgettes, fennel, French beans, peas, radishes, raspberries, sorrel, strawberries, tomatoes, watercress.

### SEPTEMBER

**Apples** Our temperate climate produces the world's best apples, so there's no excuse for foreign imports during their season. Discovery is often the first variety into our fruit bowls.

**Mussels** These tasty molluscs are at their peak during from now until spring. Try cooking with chorizo and dry cider.

**Also in season** butternut squash, chillies, cobnuts, courgettes, damsons, figs, grapes, leeks, parsnips, pears, plums, sorrel, spinach, sweetcorn, wild mushrooms.

Tom Moggach



the mayor's  
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Sat 11 Sept / [thamesfestival.org](http://thamesfestival.org)

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We've laid the tables, grown some food, invited some of the UK's best sustainable producers and opened the bar, so please join us for a harvest meal in the heart of the city.

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[www.foodsafari.co.uk](http://www.foodsafari.co.uk)  
[info@foodsafari.co.uk](mailto:info@foodsafari.co.uk)  
**01728 621380**

# Pick of the PYOs

The country's best pick-your-own farm is actually this side of the M25. Michael Wale finds out what makes Parkside's produce a winner

**R**ichard Whitman fell in love with fruit farming 30 years ago when he persuaded his father to give up dairy farming and plant a pick-your-own farm. Last year he was rewarded when Parkside in Enfield was named pick-your-own farm of the year, by FARMA, the National Farmers' Retail and Markets Association.

Richard admits he just loves growing fruit: "I think it is the whole process of growing something that is palatable." Mind you, while he might make it sound easy, in reality it can often be stressful. "Early frosts saw the overnight temperatures drop to -4°C, quite late in May, when the forecasters thought it would only be -1°C or less," he says. Richard thinks he has lost the plum crop as a result. "And it's a good job we don't open until June, or we would have no early strawberries, because the frost got them as well," he adds.

Parkside's biggest success is its strawberry crop. Richard uses several different strains, so the harvest continues through the summer into late autumn. The farm now has seven acres of strawberries all set at a table top level, so pickers do not have to bend down to harvest them. "It was the installation of our table top system, where we planted the strawberries in compost and made

it easier to pick, that increased our trade so much," says Richard.

One of the secrets of that strawberry success is a really unusual biological method of keeping the weeds away. "We cover the top of the compost with crushed almond shells," he says. "I don't remember where I got the idea from, and it's quite expensive because we have to buy them from Holland, but it certainly works, and it's biodegradable. Plus, at the end of the season we pour all the compost from the strawberry table tops on to the growing fields".

While strawberries are the number one favourite of Parkside pick-your-owners, raspberries come a close second, and blackberries are becoming increasingly popular. And as far as the veg is concerned; sweetcorn is the favourite, followed by French beans.



## Parkside Farm

Hadley Road  
Enfield EN2 8LA  
[www.parksidefarmpyo.co.uk](http://www.parksidefarmpyo.co.uk)

Although it is not registered as organic, Parkside uses organic methods; such as growing grass between each row of fruit and mowing it, and doesn't use herbicides. Red mite is one of the bane of a fruit grower's life, and usually the response is chemical sprays, but not at Parkside. Richard imports a biological control – insects – and pours them on the plants to do the job as nature intended.

"We've also got a beekeeper who brings his hives in," explains Richard, "so all the fruit is pollinated, and we sell his honey in our farm shop. All our fruit and veg is grown in the open air. We use biodegradable plastic and fleece to protect the young plants, but we don't grow anything in poly-tunnels like many other fruit farms".

One other environmental advantage for Londoners picking their own at Parkside is good access by public transport. You can get an overland train to nearby Gordon Hill station from Liverpool Street, and any bus going to Enfield's Chase Farm Hospital will take you to the farm too.

Photos: Silvia Haniger



[www.caldesi.com](http://www.caldesi.com)



**La Cucina Caldesi cookery school is the only Italian cookery school in central London.**

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**At La Cucina Caldesi you'll find a warm welcome even if you don't know your spaghetti from your spatula, because we cater for all levels of skill, and teach children as well as adults.**

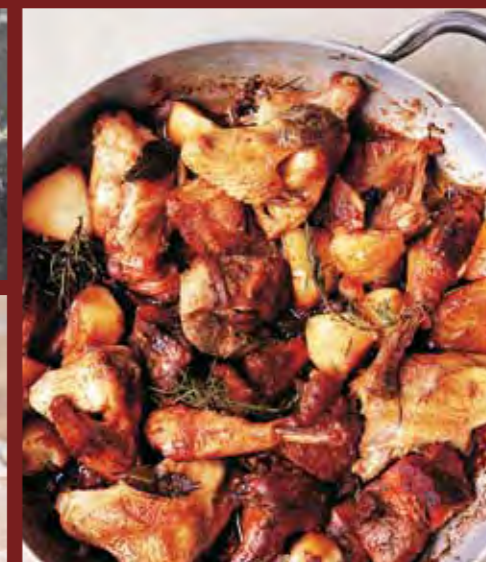
Cooking and wine tasting is taught by visiting celebrity chefs, food writers & wine experts as well as by our own experienced staff.

Tailor made cookery classes are always popular for corporate group events, birthday celebrations, hen and stag days, and private dining. La Cucina Caldesi is also available for private hire, perfect for press, promotional and PR foodie events.

118 Marylebone Lane, London W1U 2QF  
t: **020 7487 0750**

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t: **020 7487 0750** Gerrards Cross, Bucks  
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For details of all courses and dates see: [www.caldesi.com](http://www.caldesi.com)

[www.caldesi.com](http://www.caldesi.com)

Kelly Parsons investigates the food offerings at some of London's best-known summer festivals

# Feeding the festival thousands

**F**estivals aren't shy about promoting their green credentials these days; how they're cutting greenhouse gas emissions, supporting environmental initiatives, greening travel, increasing recycling, or improving water management. They even have their own dedicated awards scheme, run by not-for-profit organisation A Greener Festival. It launched last year to help music and arts events around the world adopt environmentally-efficient practices. Ask those same festivals about food, on the other hand, and their silence says it all.

Our research into the food offerings at 14 of London's best-known summer festivals has highlighted how far the events sector lags behind the catering industry in terms of ethical eating. Most festivals we contacted didn't really know where to start when asked about their sustainable food policy, while those that have a clear policy are struggling to put their (unarguably good) intentions into practice.

Even Camden Green Fair – an environmental festival pioneer – is grappling with the challenge of offering catering that reflects its green ideals. “Every year we have a new stalls co-ordinator, who gets all gung ho, but it has proved a very difficult area to tackle and we've had to dilute our policy for various practical reasons,” says creative director Charlie Willsmore. “It's a major item on our agenda: either we need to go back to the standards we originally set, or we'll have to stop doing food and tell people to bring a picnic.”

And Glastonbury, granddaddy of the festival scene and a barometer for the whole industry, is only now starting to take a rigorous approach to the sustainability of food stallholders, according to its green initiatives co-ordinator Lucy Brooking Clark. “We can't continue to say we are going green but at the same time have stalls selling endangered cod, because we are in a powerful position and set the standards for the whole industry.”

## Putting principles into practice

One hurdle is availability of the ‘right’ kind of traders. Though the festivals we surveyed did, in theory, give priority to local traders, or those providing ethical or Fairtrade goods, several organisers complained of a lack of ethically-focused stallholders. “Our experience is that sustainable stalls just aren't coming forward, even to us – one of the greenest events in the UK,” says Camden Green Fair's Charlie.

However the biggest failings of the festival scene are about implementation. “Many festivals now include food requirements in their terms and conditions, but are not necessarily imposing them on site,” says A Greener Festival co-founder Claire O'Neill. “Stalls claim to be sustainable, but there are no verification checks, and I'm not sure they are as sustainable as they claim to be,” agrees Charlie. Clearly more scrutiny is needed. At Glastonbury, for instance, the wholesalers appointed to supply the stallholders are local, but their products could still have been shipped in from anywhere in the world.

The problem seems to stem from a general lack of pressure on stallholders to improve their standards. On the positive side, the fact that festivals have been more successful in tackling waste and recycling, proves that changes in policy can have results. “We've seen more and more festivals imposing conditions on food traders, but for packaging rather than food,” says A Greener Festival's Claire. “Often that's because enforcement is easier, because you can instantly see if polystyrene is appearing around a catering unit.” Festivals increasingly insist traders only bring biodegradable containers on site. “One thing we are looking at is getting a sponsor for branded cornstarch catering containers and cutlery, with festival information on them, which traders would have to buy from us at cost price,” adds Charlie.

For Notting Hill Carnival, recycling remains a huge challenge. “We create over 200 tonnes of rubbish in just two days but we can't have bins for security reasons, so all of our recycling is done by individual pickers,” says Adrian Hodgson, filming and special events manager at Kensington and Chelsea Council.

## Festivals and finances

Some events offer reduced price pitches for sustainable caterers, who often spend more for ingredients or produce. “It is positive to find that more festivals, which have traditionally sold the whole concession to standard burger vans, are requesting better quality caterers,” says Claire O'Neill. “But so far the burger



**we need to go back to the standards we first set - or we'll have to stop doing food and tell people to bring a picnic**

Charlie Willsmore, Camden Green Fair

vans are still required in addition. It is hard to encourage festivals to forgo the income from bottled water sales or burger vans, especially when faced with ever increasing police and security bills.” One approach Glastonbury is exploring is a kind of ‘Fairtrade tax’, where additional items that must be Fairtrade or sustainable are gradually introduced, and traders have to pay a penalty if they don't comply.

The fact that some festivals are attempting to address these issues is promising. While few of the events we surveyed were anywhere close to establishing standards for food from farming systems that minimise harm to the environment (such as certified organic produce), or banning fish species identified as most ‘at risk’ by the Marine Conservation Society, several were extremely keen to engage in the discussion, and get support to help them improve. One such is Thames Festival, which already highlights a preference for traders using seasonal ingredients on its application form. For the first time this year it is working with Community Food Enterprise, a social enterprise food business in the London Borough of Newham.

But, unfortunately this is the exception. Beyond food-focused festivals like the Real Food Festival, there is clearly much progress to be made on the culinary offerings at these events, so watch this space.

## Festival-going what you can do

- \* Don't just head for the nearest burger van – make an effort to seek out what exciting food the festival has to offer.
- \* Buy local, Fairtrade and organic food and drinks whenever they are available.
- \* Don't be afraid to ask stallholders where their produce is from.
- \* Support stalls that are trying to make a difference – if you find a good stall with ethical practices, spread the word.
- \* Look out for stalls using real crockery – you usually just have to pay a deposit and get it back when you return the mug or plate.
- \* Check that the plates and cutlery you are being given are biodegradable (or bring them with you when camping).
- \* Re-use a bottle at the taps or, failing that, go for ethical water companies like Belu and One.
- \* Avoid disposable foil barbecues and invest in a lightweight, portable one that can be reused – it will work out cheaper in the long run too.
- \* Buy charcoal that's from sustainably managed forests in the UK – check for the Forest Stewardship Council logo.

[www.agreenerfestival.com](http://www.agreenerfestival.com)

Photo: MJ Goldman Creative Commons <http://bit.ly/d30dFO>

Photo: Silvia Haniger



Photo: Silvia Haniger

## LOCAL TO LONDON

What do you get when you cross an opera singer and a chef? Opera Ice Cream of course



# the ice cream lady sings

**W**hen, in the midst of the economic downturn, opera singer Kerry McDunnough found she was getting less opera work, and her partner, chef Spasko Mitreski, was doing fewer shifts at his restaurant, they teamed up to create a novel solution: Opera Ice Cream.

The duo started offering themselves for hire at events, with Kerry supplying the opera while Spasko provided homemade ice cream, served from a traditional Victorian bicycle.

Kerry, who trained at Dalhousie University, Canada and the Royal Academy of Music, has made operatic and concert performances on both sides of the Atlantic, and premiered a number of works by leading composers, both live and televised. She juggles running the ice cream business with singing engagements, and even finds time to spend days busking in towns as far afield as Bath.

"We've been booked for a range of events," says Kerry, "everything from weddings to large events like the Notting Hill Carnival, Marylebone Summer Fayre, Carnaby Street Halloween Fair, Dulwich Festival, Earl's Court Real Food Festival, and even Leicester Food and Drink Festival: we do travel around a bit. We're based in Haringey so we always do the Green Fair here." Events they have coming up include



**when we go to the farmers' market to sell our ice cream, we can do our ingredient shopping at the same time**

Kerry McDunnough

The Luton and Tottenham Carnival, Marylebone Summer Fair and Haringey Green Fair, Kew Fete, various school fairs, and Kent Autorama, which features lots of vintage cars. "They love our Victorian bicycle," explains Kerry.


Being in the ice cream business, Kerry admits that Opera's success is dependent on the weather, and has her fingers firmly crossed for a good summer. They've learnt a lot of lessons from last summer's meteorological disappointment, and this year branched out into crêpes and homemade lemonade.

Keen on local food, they insist on getting their ingredients from producers at London's farmers' markets, including milk from Alham Wood Dairy, and organic eggs from Rookery Farm. Kerry buys the ingredients for the crêpes from farmers' markets too, including the ham filling: "When we go to the market to sell our ice cream, we just do all our ingredients shopping at the same time."

They can be regularly found selling their own wares at Swiss Cottage market, Shepherds in Primrose Hill, and the Duck Pond market in Ruislip. [operaicecream@hotmail.com](mailto:operaicecream@hotmail.com)

Michael Dees

## ON THE MENU



A new restaurant chain is putting carbon footprinting on the menu – literally

# Carbon (saving) is king

### Otarian

190 Shaftesbury Avenue  
London WC2 and 181-183  
Wardour Street, London W1  
[www.otarian.com](http://www.otarian.com)

**B**y eating an Otarian 'carbon saving combo' meal instead of meat just one day a week for a year, the average Londoner could save enough carbon to drive from here to Naples in a hybrid car.

It's a novel sales pitch from this new vegetarian restaurant, which recently upped the sustainable restaurant ante by becoming the first global chain to carbon footprint its entire menu. The footprint for every dish, alongside that of an equivalent meat dish, will be displayed in its new London branches in Shaftesbury Avenue, Wardour Street, and two branches in New York.

Founder Radhika Oswal, a lifelong vegetarian and environmentalist, was inspired to open the chain because of her dismay at the "rabbit food and tofu" usually served up in the name of vegetarianism. "Vegetarianism is the most sustainable and environmentally conscious way of eating and being, because the foods have a lighter ecological footprint, reduced water impact and lower carbon emissions," she says, "but I have found it insurmountably difficult to find

decent dishes around the world."

Otarian's carbon-saving menu is backed by a no-air-freight policy. Ingredients that would typically be flown in (like fresh herbs from Israel) are transported by road, and where no reliable supply without using air transport is available – for example with lemon grass – dishes have been reformulated to exclude them. "Only very small quantities of chillies are available without reliance on air freight, so we use these where we can, and top up with chilli powder," says Radhika.

While other sustainable restaurants have focused their efforts on organic or local produce, carbon emissions are at the heart of Otarian's strict food policy. "We welcome moves toward more local and organic farming methods," she says, "but our focus has been on developing dishes with the lowest carbon footprint possible."

The chain takes a similar view on buying local; it buys as locally as environmentally sustainable, but in all cases takes into account the total carbon footprint of the entire life cycle for each product. "Local food is not always

the most environmentally sustainable choice," says Radhika, offering by way of example produce grown in green houses heated with fossil fuel energy, which are much more carbon intensive than the same produce from a nearby region grown in a more sustainable manner. "British tomatoes can have a significantly higher carbon footprint than Spanish or Dutch tomatoes, even when transport is taken into account, so we source tomatoes from Spain and the Netherlands (according to season)," she says. *(However, while the carbon footprint of Spanish tomatoes, for example, may be lower their water footprint will be higher, in an area where water is scarce – Ed).*

This attention to sustainable detail is equally evident in the restaurant décor: almost everything from the floor to the ceiling is made from recycled materials. The Zulu chairs use a southern African technique to weave recycled plastic onto recycled aluminium steel frames, the ceiling decoration is made from recycled aluminium, and pendant lights are created from broken pieces of glass.

### Kelly Parsons

Restaurants in our *On the Menu* section are chosen by the team from Ethical Eats, the informal network of London restaurants and catering businesses that care about sustainability. [www.sustainweb.org/ethicaleats](http://www.sustainweb.org/ethicaleats)

Ethical eaters can help their favourite restaurants to go green by encouraging them to join the **Sustainable Restaurant Association**. Contact [kirsty@sustainweb.org](mailto:kirsty@sustainweb.org) or 020 7837 1228 to find out how easy it is to use your consumer power.

## A TASTE OF LONDON

# The London particular

I asked whether there was a great fire anywhere? For the streets were so full of dense brown smoke, that scarcely anything was to be seen. "Oh dear no, miss," he said, "this is a London particular." I had never heard of such a thing. "A fog, miss," said the young gentleman. "Oh indeed!" said I.

Bleak House  
**Charles Dickens**

At the height of the Industrial Revolution, pollution from chimneys combined with the mists of the Thames Valley to form a yellow, soupy fog over the city, known as the London Particular. Ironically, the comforting and nutritious split pea soup we all know and love was named after this deadly fog because of its resemblance in colour and texture. If that doesn't get your taste buds going, our quick and delicious recipe surely will. And what's more, **Gaby De Sena** tells us how to bring the soup up-to-date with some easy peasy sustainable shopping tips.

### London Particular

#### Ingredients (serves 6-8)

1lb split green peas (soaked overnight)  
1 large sliced onion  
4 rashers of bacon, or a ham bone  
4 pints of water, or preferably stock from ham, or instant stock  
1 tbsp of Worcestershire sauce  
2 tbsp cream for garnish (optional)  
Small croutons or bread

#### Method

Soak the dried peas for at least four hours or preferably, overnight. Dice the bacon (or use a well-covered hambone) and let the fat run out in a large saucepan, then lightly fry the onion in it until just soft. Add the peas, water or stock, cover and simmer for about two hours or until the peas are puréed. You can also use a blender or food processor for a smoother soup if you wish. Carrots or a stalk of celery can also be added, but are not strictly traditional. Stir well and taste for seasoning. Add the Worcestershire sauce. Before serving, stir in the cream or float it on top. Serve with small fried bread croutons or a hunk of fresh bread. (Recipe adapted from *A Taste of London in Food and Pictures* by Theodora Fitzgibbon).

Photo: Mark Dodds. Creative Commons <http://bit.ly/9kUk>

### WHERE TO SHOP

Do what the Clean Air Act did for London's smog and clean up your London Particular with these sustainable ingredients. Soup-er!

#### Instant stock

If you would rather use instant stock, Marigold or Kallo both have a wide range of organic instant stock powders or cubes. Available from your local health food shop, such as Alara on Marchmont Street, WC1.

#### Split peas

Suma is the UK's largest independent whole food distributor, specialising in vegetarian, fairly traded and organic products. They provide a whole host of packaged pulses which can be found in your local health food shop and even online – try [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com)

#### Onion, bacon and cream

Visit your local farmers' market to pick up some free-range and organic meat and dairy products, as well as fruit and vegetables. Or sign up to an organic box delivery scheme such as Just Organic (for North and East London), Abel and Cole or Growing Communities.

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

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

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

[www.growingcommunities.org](http://www.growingcommunities.org)

#### Worcestershire sauce

Both Geo Organic and Biona provide an organic version of our beloved Worcestershire sauce. Available in all good health food shops, such as Earth Natural Foods on Kentish Town Road, NW5. [www.earthnaturalfoods.co.uk](http://www.earthnaturalfoods.co.uk)

#### Bread

Step away from the supermarket bread aisle! Don't miss out on the real, fresh bread London has to offer. Check the Real Bread finder to track down your local bakery at: [www.realbreadcampaign.org](http://www.realbreadcampaign.org)

You can now buy all your fresh food straight from local farms



[www.farm-direct.com](http://www.farm-direct.com)



Unbeatable value from local farms

**Groceries delivered direct from the farm:**  
Wonderfully fresh & great value.

Two ways to receive your order: home delivery, or collection from our local depot in the heart of Islington at 11 Ronalds Rd, N5 1XL.

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[www.farm-direct.com](http://www.farm-direct.com)

0845 519 2415

we send you a box of baby plants 1



you grow your own organic garden 2

## Grow your own this Autumn.

eat delicious home grown food 3

Creating your own edible paradise is now easily achievable in the city, too. A patio area, roof terrace or even just a window sill are all you need to grow some of your own delicious food.

It's not just a Spring thing, either. You can also keep growing through the Autumn and into Winter. Oriental salads, warming peppers and Winter greens are ideal in small spaces but really anything can be grown and it doesn't have to be difficult or time-consuming.

**Rocket Gardens do the tricky bit of growing plants from seed and when the baby plants are at the ideal size for planting, they carefully package them up in a box, wrapped in golden straw, and deliver them direct to your door.** Just unpack, then plant and voila you've got your own growing vegetable garden!

Their range of products can be grown by anyone, no matter what size of garden you have. They take out all the risk and hard work that comes with growing your own organic plants from seed. It saves you time and effort as well as eliminating the disappointment when seeds fail to germinate. Based in Cornwall, all their plants are grown naturally, without chemical pesticides, fertilizers or artificial heat.

There are 10 different gardens to choose from, including Salad, Container and Window Box Gardens, as well as the traditional Vegetable Gardens. There's even a River Cottage Veg' Patch Garden, designed especially by the gardening team at River Cottage.

"My passionate wish is that everyone should grow a little of their own food. Instant Gardens are the perfect way to get started on a veg patch if you're new to growing or if, like me, you've got a bit behind with the digging and missed the start of the season!"

Hugh Fearnley-Whittingstall

Even better, you can purchase a garden throughout the year with Rocket Gardens' unique voucher system. The vouchers also make the perfect gift, enabling anyone to get growing in an instant.

**Window Box Garden**  
 This garden is perfect for the city-dweller with limited space. You'll be amazed at how much food you can harvest from it!

For £24.99, including P&P\*, you'll get:

Peppers x2	Green frills mustard x10
Winter purslane x10	Chinese leaf, Tatsoi x5
Winter lettuce x10	Red frills mustard x10
Giant red mustard x5	Spring onions x15
Endive x10	Land cress x10
Texel greens x5	



# Learning allot about food growing CAPITAL GROWTH

Sarah Williams provides an update on Capital Growth, the London Food Link campaign to support 2,012 new community food-growing spaces by the end of 2012

**T**he Campaign now has over 500 registered spaces – well on the way to its target, and the Capital Growth team is working hard to increase the support it provides these spaces.

The team has developed a new urban food-growing training programme, now being run at space number 500, The Regent's Park Allotment Garden. This is a new food-growing site developed by The Royal Parks, run in partnership with Capital Growth.

The garden has been designed as a training site, with a mixture of low beds, high beds and ground planting. The Capital Growth beds are maintained by volunteers, who also help with training and events.

"The site is in a great location and to encourage lots of people to pop in we have put together a variety of activities, from kids events to 'ask the expert sessions'," says Amy Solomons, the site's volunteer co-ordinator.

Training has already started: so far there have been sell-out two-and-a-half hour sessions covering seed sowing, planning a garden and composting. Future sessions include: understanding soils and soil life; winter growing/seed saving; and container growing, plus training specially designed for Capital Growth schools.

Visit [www.capitalgrowth.org/training](http://www.capitalgrowth.org/training) for training dates, or if you are interested in volunteering at our open days (and can commit at least one Saturday each month) contact [sarah@sustainweb.org](mailto:sarah@sustainweb.org) to be considered for future recruitment.



Photo: Silvia Haniger

### Open days

- Come visit our beautiful site in the heart of one of London's finest parks, on the following open days:
- Sat 17 July 2010 – Drop-in/Q&A session
  - Sat 31 July 2010 – Ask the experts
  - Sat 13 August 2010 – Ask the experts
  - Fri 21 August 2010 – Ask the experts
  - Wed 25 August 2010 – Children's day
  - Sat 18 September 2010 – Container growing
  - Sat 26 September 2010 – Harvest festival



The team is also organising discounts, competitions, and a new volunteer-matching service, making it easier to find volunteers or to get involved in a site if you are not already. Visit [www.capitalgrowth.org/spaces](http://www.capitalgrowth.org/spaces) to find out more, and don't forget to sign up for our in-kind support if you are involved in a community food-growing project in London.

### GROWING CALENDAR

#### JULY

- \* Often a dry month, so water thoroughly – roots not leaf – and use mulches to retain the moisture of soil or compost.
- \* Use a knife to snip off courgettes; best when firm and slender. The flowers are also a delicacy.
- \* Sow beetroot, carrots, chard, fennel, French beans (dwarf varieties), lettuce, peas (early varieties), radishes, spring onions and turnips.

#### AUGUST

- \* Rotate squashes to make sure all sides catch the sun. Place a tile or piece of paving slab under each fruit to prevent rot and retain heat. Harvest with a few inches of stalk – to help with storage.
- \* Pinch out the tips of your runner beans when they reach the top of canes or supporting structure.
- \* Try ripening green tomatoes by placing in a paper bag with a banana.

#### SEPTEMBER

- \* Place your orders for garlic, best sown in autumn to establish roots before winter. Have a go at Elephant garlic, a giant version, allowing a few plants to eventually go to flower.
- \* Sow crops for winter such as chervil, chicory, Oriental greens, lambs lettuce, land cress, mustards, spinach, rocket and winter purslane.

Tom Moggach

Tom Moggach and Chris Heath from City Leaf are teachers who offer food-growing training to groups and individuals, plus site assessments and project consultancy. Call 020 7485 9262 or email [info@cityleaf.co.uk](mailto:info@cityleaf.co.uk). For free monthly growing tips, sign up for the City Leaf newsletter: [www.cityleaf.co.uk](http://www.cityleaf.co.uk)



Visit us online at [www.rocketgardens.co.uk](http://www.rocketgardens.co.uk) or call 01326 222169 for more information.

## READER'S KITCHEN

# Olga keeps it local

Kelly Parsons visits Cyprus-born Olga Astaniotis, and her two children Penelope and Alexander, in Bounds Green, North London

Olga knows a thing or two about food. She has a background in the hotel and catering industry, and now runs a commercial kitchen in Park Royal ([www.theolivegrows.co.uk](http://www.theolivegrows.co.uk)), which she is proud to rent out to a range of local food producers.

At home, Olga and her family are really into recycling, and whatever doesn't go in the local authority boxes is given to the school for art projects. They also have a couple of compost bins.

She is also enjoying her third summer of having an allotment down the road, and has learnt some valuable lessons since starting growing. "At the beginning we'd leave courgettes on the plant so long they got big and tasteless, and we didn't really need so many runner beans," says Olga. "These days we're much better at growing things we are going to eat, and freezing and preserving the excess: tomatoes go straight into a sauce, and onions, potatoes and garlic can easily be stored."

For other food shopping, Olga's first port of call is the shops on Green Lanes, around Palmers

Green. She then heads to a supermarket for anything she can't find, and once every few months takes a trip to the cash and carry to stock up on non-perishables. "There's one Greek-Cypriot butcher on Green Lanes who serves the whole community," she says, "and I can ask him for any cut of meat I want, choose the thickness of my chops, or if I want my mince fine or thick, and anything that isn't in the window he will go and cut for me."

Olga is also a fan of several ethnic grocers on the same street. "I get all my pulses from them, plus fresh herbs, which are all more expensive in Tesco. I can get



Photos: Silvia Haniger

six lemons for £1.50 rather than 40 pence each, and I'm supporting local shops at the same time." Local shopping is something she feels particularly strongly about. "We live in London, which is so cosmopolitan, and it is important to have these ethnic shops. If we don't use them they will disappear and everything will become homogenised."

Linked to this is Olga's other big priority when food shopping: being able to touch and smell the produce before she buys. "I like to know I'm not being ripped off. I bought a pineapple the other day and it didn't smell of anything at all – what's happened to our fruit and veg?"

She makes good use of her freezer, and is proud of her ability to rustle up a tasty meal for people at short notice, just like her mother used to. "Mum would always have frozen spicy sausages in the freezer, and halloumi, olives, and some fresh bread, and suddenly there would be a table of mezze for unexpected visitors." But she also guiltily confesses that the freezer is home to a few bags of chicken nuggets for children coming on play dates, though she insists they are washed down with a good helping of broccoli!

Olga gets a free goody bag from the splendid ladies at **Happy Kitchen** as a thank you for letting us through her door.

If you would like us to consider putting your kitchen under our microscope, please contact [ben@sustainweb.org](mailto:ben@sustainweb.org)

### Scorecard

**High scores** for growing her own fruit and veg, composting and supporting local shops (though certain produce may have travelled some distance).

**Deductions** for those chicken nuggets.

"I couldn't live without... the car." Unfortunately the high street's not quite within walking distance, and I can't do a shop for the family on the bus."

Grade



## Featured London Food Link member Croft Tea Room



## LONDON FOOD LINK

Carole runs the Croft Tea Room and local food shop, a social enterprise, in the conservation area of St Mary Cray, near Orpington in Kent.

After two years of planning negotiations for the new eco building, the tea room opened last year, and has become a firm favourite with locals, including young mums, the gypsy traveller community, walkers, cyclists and retirees.

It sells food from 20 local producers and farms and hosts free tastings of local produce and other community events with local organisations. Carole is firmly focused on community engagement, sustainability, civic pride, restoring a village feel to the area, and creating volunteering and job opportunities. But most importantly she wants to offer a welcoming environment with tasty, local, seasonal food (up to 90 per cent of the menu) for all the community to enjoy.

As well as running the café and its events, Carole was instrumental in restarting the local country market, and is a passionate, determined, local food guardian angel.

Future plans include a delivery scheme and taking the tea room to housebound people.

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

# London Food Link *Join us!*

### Love the Jellied Eel?

Join London Food Link and have a copy delivered to your door every quarter, and become part of London's growing local and sustainable food movement. The *Jellied Eel* is a free magazine published by London Food Link to raise awareness of ethical food issues in London and promote people and projects that are working to improve sustainability in the capital's food sector. London Food Link is a charity that runs a membership network for individuals and organisations that share this vision.

### Member benefits

- \* A free copy of the *Jellied Eel* delivered to your door every quarter.
- \* Membership of the London Food Link e-forum which gives regular information on local food news, funding information, jobs, events and more.
- \* An invitation to our twice-yearly Network Do's to celebrate the work of London Food Link and its members.
- \* A discounted rate and special offers on entrance to selected food events happening in London.

To join, fill in the membership form and send it to: London Food Link, c/o Sustain, 94 White Lion Street London N1 9PF or call 020 7837 1228.

### Membership form London Food Link

Name

Address

Postcode  Borough

Tel

Email

Please write a brief summary of who you are/your interest in local food

Individual membership fee of £20 (tick box)

Rate If the fee is not, for whatever reason, a fair reflection of your ability to pay membership, then please get in touch. Please make cheques payable to *Sustain*.

If you are a community project, food business or local authority, contact [georgie@sustainweb.org](mailto:georgie@sustainweb.org) for more information on how you can be involved with London Food Link.

## WHAT'S ON

## JELLIED EEL *star* STOCKIST

### The Real Food Festival Market

2 July – 5 September Southbank Centre Square

If you missed this year's fantastic food festival, fear not: the best producers will be bringing their wares to London every first weekend of the month. For more details, see the 'RFF Market Southbank' section at [www.realfoodfestival.co.uk](http://www.realfoodfestival.co.uk)

### Croydon Summer Festival

31 July – 1 August Lloyd Park, Croydon

This free festival kicks off in South London. A world party will be held on the Saturday. A funfair, global markets and a green village will keep you busy all weekend. [www.croydonsummerfestival.org](http://www.croydonsummerfestival.org)

### Local Loaves for Lammas

1 August

This ancient harvest festival's traditional highlight is eating bread baked with autumn's first grain. Not that anyone needs an excuse, but Lammas is a great opportunity for everyone to seek out and enjoy locally produced Real Bread. For more information visit [www.realbreadcampaign.org](http://www.realbreadcampaign.org)

### Great British Beer Festival

3–7 August Earls Court

For five days Earls Court will be transformed as 64,000 beer lovers descend on it. Over 500 varieties of beers, ciders and perries. <http://gbbf.camra.org.uk>

### Soil Association Organic Fortnight

3–17 September

The UK's biggest celebration of all things organic. This year's ideas on how to get involved include, hosting an organic dinner party, visiting one of the 100 farms across the UK, dining out organically, or learning a new skill from the experts at the Soil Association Organic Farm School. See the 'Organic Fortnight' section at [www.soilassociation.org](http://www.soilassociation.org)

### Spitalfields Show and Green Fair

12 September Allen Gardens & Spitalfields City Farm

The village fair comes to London. Learn about composting, growing your own and how to live more sustainably. [www.alternativearts.co.uk](http://www.alternativearts.co.uk)

### Feast on the Bridge

14–15 September Southwark Bridge

Sample the best food from the Britain's best sustainable farmers as well as taking part in creating a six metre cake, churning butter and foraging for food along the Thames. [www.thamesfestival.org/events](http://www.thamesfestival.org/events)

### London Food Link Network Do

15 September Location TBC

Email [georgie@sustainweb.org](mailto:georgie@sustainweb.org) for more information.

### British Food Fortnight

18 September – 3 October

The ninth British Food Fortnight will celebrate the diverse and delicious range of food that Britain produces with promotions and tastings in shops, all-British menus in pubs and restaurants, food and cookery lessons in schools and glorious food festivals. [www.lovebritishfood.co.uk/whats\\_happening](http://www.lovebritishfood.co.uk/whats_happening)

## Royal Brompton Hospital



Based in trendy Kensington, our star stockist this edition is not a bar or a café, it's a hospital. Not just any hospital though: the Royal Brompton has shown it is possible for the public sector to buy good sustainable food with taxpayers' money.

One third of the hospital food now comes from within 50 miles of London. All eggs are free range; milk, bacon and pork are all from Bedfordshire; and the potatoes are from Kent. Other local produce includes apples, asparagus, and fruit juices, to name just a few.

What's more, tap water is now being bottled on site, and waste is turned into compost, decreasing the waste per patient and cutting emissions. By carefully choosing cheap cuts of good meat and eating seasonal fruit and veg, the hospital has even managed to save money. All of which leads to some very satisfied patients.

You can pick up the *Jellied Eel* in all of the wards and waiting rooms, the café and the restaurant.

Sydney Street, London SW3 6NP

[www.rbht.nhs.uk/patients/brompton/food](http://www.rbht.nhs.uk/patients/brompton/food)

For more about sustainable public sector food: [www.sustainweb.org/goodfoodpublicplate](http://www.sustainweb.org/goodfoodpublicplate)



EAT YOUR OWN EARS, ADVENTURES IN THE BEETROOT FIELD, BUGGED OUT! BLOGGER'S DELIGHT & VILLAGE MENTALITY PRESENT

Andrew Weatherall [DJ set] / Anna Calvi / Archie Bronson Outfit  
Amiina / Atlas Sound / Babeshadow / Beth Jeans Houghton  
Bethan Elfyn and the Vinyl Vendettas / Blogger's Delight  
[Casper C / Nikniknik / Skull Juice] / Caribou / Carte Blanche  
[Riton & DJ Mehdi] / Cate Le Bon / Chapel Club / Chilly Gonzales  
Club.the.Mammoth [DJs] / DâM-FunK & Master Blazter / Dam Mantle  
Deadly Rhythm Soundsystem / Don't Die Wondering [DJs]  
Eat Your Own Ears [DJs] / Egyptian Hip Hop / Erland & the Carnival  
Esben and the Witch / FACT [DJs] / Factory Floor / Fake Blood  
Feeding Time / Flower–Corsano Duo / Gilles Peterson / Gold Panda  
Gruff Rhys vs Tony da Gatorra / Holly Miranda / Hounds of Hate  
Hudson Mohawke / Hypnotic Brass Ensemble / Is Tropical  
James Holden / Joker & MC Nomad / Leather Boy / Max Tundra  
Lightspeed Champion / Matthew Herbert's One Club / Memory Tapes  
Mim [Black Cab Sessions] / Moderat / Mount Kimbie / Mouse on Mars  
Night Slugs [L-Vis 1990 & Bok Bok] / No Age / No Pain in Pop [DJs]  
Off Modern [DJs] / Pantha du Prince / Phoenix / Prizes / Ramadanman  
Rory Phillips / Shula's Wigwam / Silver Apples / Steve Mason  
Simian Mobile Disco [DJ set] / Sunday Girl / Tensnake / The Fall  
The Golden Filter / The Invisible [DJs] / The Kissaway Trail  
These New Puritans / Thisaintnodisco / Von Haze / Walls / Yuck...

# FIELD DAY

SATURDAY 31<sup>ST</sup> JULY  
VICTORIA PARK LONDON E3

TWITTER.COM/FIELDDAYLONDON  
FIELDDAYFESTIVALS.COM

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# the mayor's thames festival

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## **Feast on the Bridge**

**Sat 11 Sept / [thamesfestival.org](http://thamesfestival.org)**

Southwark Bridge is closed to traffic for one day only and transformed overnight into a spectacular dining space.

We've laid the tables, grown some food, invited some of the UK's best sustainable producers and opened the bar, so please join us for a harvest meal in the heart of the city.

Come and eat, dance, talk, share stories, play games, and bake whilst enjoying fabulous views and convivial company!



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