

The
JELLIED EEL

London's magazine for ethical eating

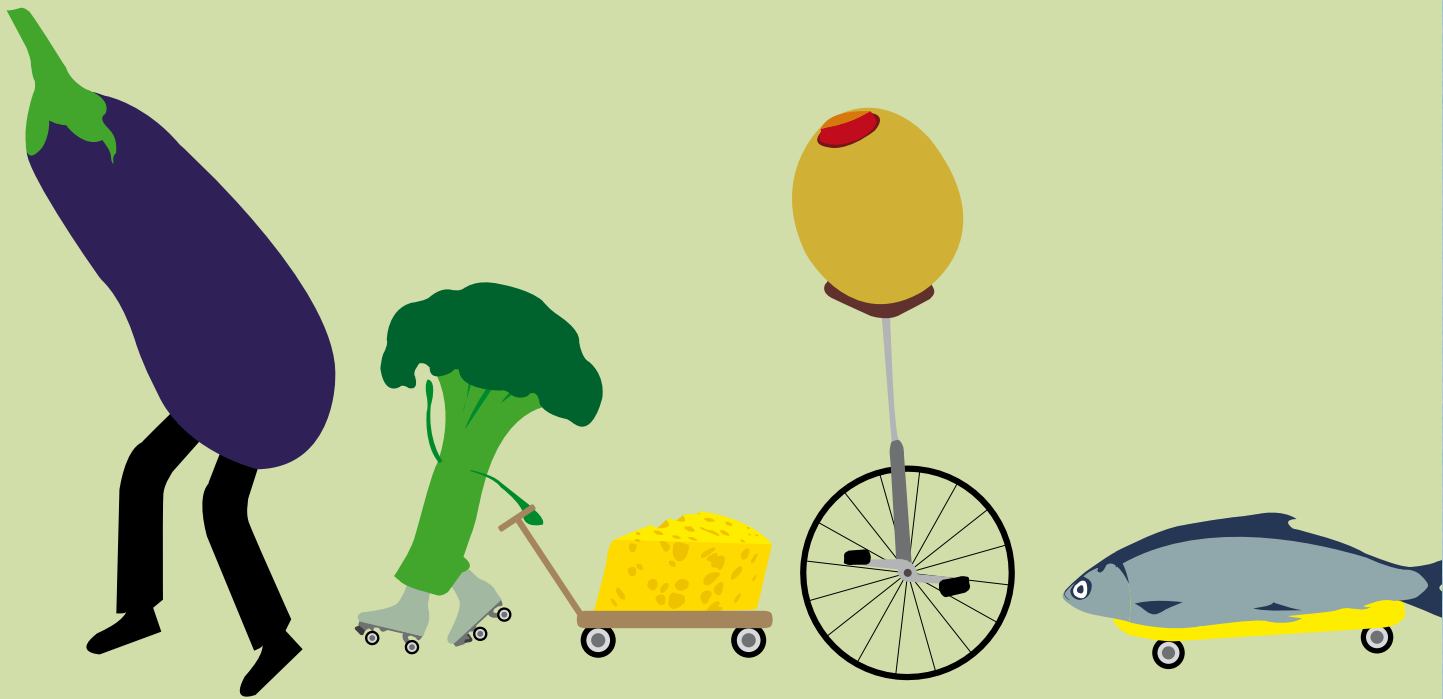
Put your
honey
where your
mouth is

**Survey -
which is
London's
tastiest
tourist
spot?**

**King's
Cross
eating
guide**

SUMMER 2011
FREE
magazine
ISSUE 37

Vegan cupcake shop * Edible gardens open day * Pizza East's pioneers



Wouldn't it be great if the best local shops delivered?

Well now they do. At www.hubbub.co.uk you can shop online at the finest independent shops at no extra cost and receive your order all in one delivery. Visit our website, use the postcode-checker to see if we deliver in your area yet, then start shopping.

Hubbub helps you get hold of, and cook with, the very best quality seasonal fruit and veg, meat, bread, fish, and more. Plus you'll save time, avoid over-enthusiastic traffic wardens and support independent shops without even leaving your home. You can't shop much more local than that.

We'll also give you **FREE DELIVERY** on your first order when you quote 'the Jellied Eel'. Order before midday and we can deliver to you the same day.

Who do we deliver from in your area?

La Fromagerie ★ Frank Godfrey Family Butcher
Earth Natural Foods ★ The Barnsbury Grocer
Saponara Italian Delicatessen ★ Fin & Flounder
Paul A Young Fine Chocolates ★ Ottolenghi

HUBBUB
www.hubbub.co.uk



Say hello to the Jellied Eel

So after an unorthodox (sunny) start to the summer it seems we're back to normal. I keep telling myself that the rain is good for farmers, though less so when it keeps punters away from the farmers' markets they sell at. Depending on when you read this, you've probably (or soon will have) given up on BBQs for the season, cancelled your plans for camping, and turned your attention to under cover exploits closer to home to pass away your hard-earned holiday time. A select few might be disappointed with my definition of 'under cover': I had in mind day trips to London's tourist hot spots. Which is why on p12 we take a look at whether the food is as dreadful as we remember when we were young. Without repeating all our findings, it looks like good news for tourists. There is perhaps a little perversity, however, that the food we serve to sick people in hospitals isn't as good as is offered at these attractions! Okay, as a country we're strapped for cash, but you've got to draw the line somewhere and standards at our public institutions aren't good enough.

All is not lost though. Shortly before going to press the government committed to 100 per cent of fish served in central government offices, the army and prisons, coming from non-endangered - and moreover - sustainable sources. Although there's still much more needed, with schools and hospitals (over two thirds of public sector meals) not part of these standards, it does show what difference it makes when we group together to demand change. Spurred on by this victory we should ask ourselves what else we could achieve. Well, next on our list (although there's still a way to go with fish, don't get me wrong!) is bees. We've just launched a campaign to get Londoners doing something to help bees. With the fantastic support from some high-profile partners (see

p11), we've got a poster campaign on the tube and virals (to my old fashioned mind, animations) with over 40,000 hits on YouTube. The messages may not be anything new - plant more bee-friendly plants and food, buy organic, stop using pesticides - but what is different is getting these important messages out to a new audience. It's clear the first task is just clarifying the difference between a bee and a wasp, as it would appear that to many a bee is bumble-bee shaped, and anything else is a wasp. I would curl up in despair if it wasn't so damned important. So what can you do? For a start, get onto www.capitalgrowth.org/bees and pledge to take action - as much or little as you can.

After all that hard work, you'll probably fancy a little bite to eat! Inspired by a little foodie ramble around Brixton recently, we thought producing little gazetteers for different parts of London would be a useful feature for those of us wanting to take a day out to fill our bellies and bags. We kick off this issue with King's Cross (p16). If you know of an area rich in interesting food destinations that more people should know about then drop us a line.

Ben
Editor



Photo: Adela Nistora

- 4 [Bulletin](#)
- 6 [Around Town](#)
- 7 [Shop Window](#)
Ms Cupcake
- 8 [To Market](#) Alexandra Palace
- 8 [What's in season](#)
- 10 [Star Stockist](#) Portobello Market
- 11 [Feature Help](#) London's bees
- 12 [Feature](#) Tourist attraction food
- 14 [Local to London](#)
London Honey Co
- 15 [On the Menu](#) Pizza East
- 16 [Eel Loves...](#) King's Cross
- 19 [Capital Growth](#)
- 19 [Growing Calendar](#)
- 20 [Reader's Kitchen](#)
Marcyanna Legan
- 21 [London Food Link](#)
MIND Haringay
- 22 [What's on](#)



The *Jellied Eel* is a quarterly magazine published by London Food Link and BIG Media. It has a circulation of 20,000 and is distributed to all London Food Link members, as well as food retailers, restaurants and entertainment venues. **Disclaimer:** inclusion of information in the *Jellied Eel* does not imply the product or service is endorsed by London Food Link or Sustain. We do not condone the consumption of jellied eels, as many eel stocks are currently very low.

Editor Ben Reynolds
Deputy Editor Kelly Parsons
Writer Matt Atkinson
BIG Media Director Jamie Ford
Art direction and design Becky Joynt
Contributors Michael Dees, Anna Francis, Clare Hill, Georgie Knight, Lorna McDowell, Tom Moggach and Anna Sbuttoni
Cover Beekeeper Steve Benbow by Julian Winslow

Editorial enquiries
ben@sustainweb.org or 020 7837 1228
www.londonfoodlink.org

Distribution enquiries to stock the Jellied Eel
thejelliedeel@sustainweb.org or 020 7837 1228

Advertising and sponsorship enquiries
jamie@thejelliedeel.org or phone 07900 496 979



Printed by
Stones the Printers



Schools of sustainable fish

At the time of going to press over 188,000 students will be served sustainable fish, as thirteen leading London universities have now made the Sustainable Fish City pledge. Tim Lang, Professor of Food Policy at City University, one of the participating establishments, has said: "What better way to demonstrate to our policy-makers of the future that sustainable fish is delicious, achievable and affordable than to serve it in university canteens, and promote this to staff and students." The universities taking part also include Imperial, Greenwich, The School of Oriental and African Studies, UCL, and the Institute of Education (see our article on some of Greenwich's other catering triumphs at www.thejelliedeel.org). www.tinyurl.com/sfc188000



Real Food Safari

Real Food Safari is a new company offering food tours and 'experiences' which showcase Kent's local produce and countryside. Tours include wild mushroom foraging in the Ashdown forest, fishing in Ramsgate, and a Game Safari complete with butchery demonstration. www.realfoodsafari.co.uk

Bulletin



London's best coffee

the APP!

This new app, available on iPhone and Android, is a great way to find independent cafés and stalls selling locally-roasted coffee in London. The features include a map of cafés, stalls and roasteries, details on the machines and the beans each independent uses, the ability to rate the places you've visited and links to buy the roasts you like most. Download it here www.londonsbestcoffee.co.uk/#a22/custom_plain



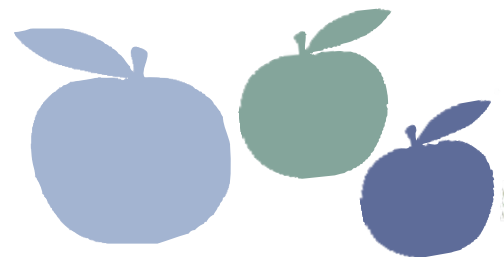
A spread

How ethical is your chocolate?

Campaign group Trading Visions has assessed all the main chocolate companies in the UK market on their progress towards a more sustainable chocolate supply chain. The measures used by the scorecard focus on corporate citizenship, social justice and environmental impact. Divine Chocolate comes out top, whereas Mars and Hershey scored the worst. Check how your favourite measures up at www.tradingvisions.org/downloads/ChocolateScorecard2011.pdf

Online map of orchards in London

The Greater London Authority recently commissioned a report to identify orchards in London. Building on this, the Heritage Lottery Funded project 'Rediscovering London's Lost Orchard Heritage' is launching an online map on 1 September that volunteers will use to verify and update information used in the report. Users will be encouraged to visit the orchards identified, take pictures, comment on tree and fruit varieties and then upload them to the map. www.thelondonorchardproject.org



One good egg

100 per cent of the profits from sales of this new brand of organic, free range UK eggs are donated to fund community egg-farming projects in Malawi. Communities are provided with hens, equipment and training in hen husbandry, in order to provide nutritious food for families, and a sustainable source of income. Look out for One Good Egg in their eye-catching blue boxes. www.onedifference.org



Calling all community beehives

If you run an existing community apiary (of five or more people) Capital Bee (see p11) may be able to help by sponsoring either an existing queen or a new queen up to spring 2012, and providing new hive tools. Email mikey@sustainweb.org or call 020 7837 1228 for more details. Successful applicants also receive great discounts from companies such as Organic Garden Catalogue, Duchy Originals, Dandy's Topsoil, B&Q, and Rocket Gardens.

Shopping basket

Café Crema Honey

This honey, sold at Café Crema in New Cross, is part of the café's social enterprise support beekeepers and make London a bee-friendly city. All the



money from the sale of the honey goes to the beekeeper and towards buying bee-friendly plants for the Secret Orchard behind the café. At the moment the honey, which costs £3.50, comes from local beekeeper Camilla Goddard and the café's own colony in Besson street. www.cafecremaevents.co.uk

London Honey Bees

Leanne Knox distinguishes her honey into three general types: Blossom, Summer and Autumn. Right now, Leanne tells us, her Southwark bees are bringing back a lot of clover and blackcurrant nectar. Sound tasty? The honey is sold at the Northfield Farm stall in Borough Market, Kastner & Ovens in Spitalfields and Covent Garden, and will be coming soon to Cornercopia in Brixton Village Market. www.londonhoneybees.com

Regent's Park Honey

Toby Mason has been keeping bees in Regent's Park for five years, and sells the honey they produce under the label of Regent's Park Pure Food honey. The park has a particularly fantastic range of flower species, reflected in the honey. You can buy it at Melrose and Morgan. www.purefood.co.uk

The Golden Company

A social enterprise that helps young people from the inner city produce, market and sell honey. The honey comes from hives all over London, and can be bought at Borough Market, Hackney City Farm and the People's Supermarket. www.thegoldenco-op.com

of the latest ethical food news

'Show what you grow' competition

Wine company Cono Sur is rewarding urban food growers with free wine! Simply photograph your home-grown produce and submit it for your chance to win. The best three photos each week will win a bottle of wine. www.conosurgreencooks.com



A future for eels

At the end of this year Londoners (and the rest of Britain) will be able to enjoy eels from sustainable sources through a new label. The first accreditation for our eponymous fish is from the Sustainable Eel group. Eel stocks have declined by 90 per cent over 30 years and are currently on the MCS red list of fish to avoid eating. www.sustainableeelgroup.com



Follow us on Twitter
twitter.com/thejelliedeel

AROUND TOWN

Get into what's happening in your area

COLNE VALLEY FESTIVAL UB9

The Colne Valley Local Food Festival on 25 September is a celebration of local food and farming. Schools involved in the Love Local Food project will be proudly exhibiting the produce they have grown and hoping to impress the judges. You can also buy a 'Meal Box' online from Colne Valley, made up of produce from local farmers. Try the Flexmore Farm BBQ box with their famous Water Buffalo Burgers, award winning Chilli and Coriander Sausages and Wingrove Farm's salad.

www.colnevalleyfood.org.uk

WATERLOO QUARTER FOOD FESTIVAL SE1



This summer, from the end of June to the end of July, Waterloo will become a major food destination. The festival programme includes free tastings at Greensmiths, home to the Ginger Pig butcher, baker and greengrocer on Lower Marsh, on 6 July. And the Three Stags Restaurant, a member of the Sustainable Restaurant Association, will be paying tribute to paella on 13 July, along with sangria and evening sunshine, of course!

www.waterlooquarter.org/foodfestival

CHATEAU TOOTING SW17

The Urban Wine Company needs your grapes! Working as a collective, the company harvested 1.5 tonnes of fruit from gardens across London to create a vineyard-quality wine for members to share (known as 'Chateau Tooting'). For the 2011 harvest in September, Urban Wine is appealing for more grapes. Members' contributions are pooled and the rose wine will be ready March 2012. If you have grapes, join the cause - 'Vino for Tooting'.

www.urbanwineco.com



LONDON'S OWN COMMUNITY FARM? SM7

Have you ever dreamt about owning a place in the country? An amazing opportunity has come up for people to club together and buy some land in south London: 35 acres including an existing veg farm and nursery, woodlands, farm shop, bungalow, glass houses and polytunnels. The land is £1.15 million to buy, and as of the beginning of June £860,000 worth of pledges have been made!

contact anna.francis@bioregional.com



URBAN ROOT CAMP N16

Root Camp is a field and cookery school for teenagers, aimed at creating a generation of thoughtful consumers and cooks for the future. As well as two courses available in Devon, Root Camp has recently moved into Hackney. Students will work at the urban market garden Allen's Gardens, and honey producer The Golden Company, and have cooking sessions with chef Anna Colquhoun, preparing seasonal dishes in her teaching kitchen nearby. The course runs for two intensive days on 28 and 29 July.

www.rootcamp.co.uk

FOODCYCLE CAFÉ E3

This fantastic charity reclaims surplus food from supermarkets and then, with the help of volunteers, the ingredients are turned into healthy and delicious meals for people in the local community. FoodCycle's second community café has opened in Bromley-by-Bow (there is already one in Haringay, see member feature on p21), and is particularly suited to often socially isolated elderly members of the community, who can come together and have fun with some friends, whilst getting some cheap, nutritious food which might otherwise be absent from their diets.

www.foodcycle.org.uk

THINK YOU CAN BBQ? SE10

Greenwich Co-operative Development Agency offers accredited and unique training courses in food, health and sustainability. One of this summer's courses is a day devoted to healthy sustainable barbecue cooking. Other courses include 'More than Mince' - how to use cheaper and more sustainable cuts of meat, 'Raw Chocolate Treats' - how to use Fairtrade Cocoa to make your own chocolate indulgences, and 'Community Café Training' - basic principles of menu planning to maximise the financial opportunity of sustainable, healthy food.

contact 0208 269 4880 or mel@gcda.org.uk

LONDON HONEY FESTIVAL SE1

At the Royal Festival Hall on 21 August, Capital Bee in conjunction with the Southbank Centre will celebrate urban beekeeping and honey harvesting as part of the 60th anniversary of the Festival of Britain. Stalls will be free to beekeeping organisations and individuals, and the public will have the opportunity to taste and buy local honey, against a backdrop of films and music that celebrate urban bees.

www.capitalbee.org

URBAN GREEN FAIR SE24

This year's Urban Green Fair in Brockwell Park will be held on Sunday 4 September. In its fifth year, this independent event has some impressive green credentials, being powered by solar and wind energy. The Brockwell Bake Association will be at the fair doing some baking and processing their grown-in-Lambeth heritage wheat crop: threshing out, winnowing, milling, sieving and baking it in a new mobile wood-fired oven. There will also be workshops, a speakers' marquee, children's activities, and food.

www.urbangreenfair.org



Clare Hill samples the wide-ranging wares at Brixton's new vegan cake shop.

This bright yellow corner shop, possibly London's first vegan bakery, rubs shoulders with 'Blacker Dread Music Store', a Japanese curry shop and a Ghanaian restaurant. Could this be anywhere but Brixton?

The ebullient Mellissa Morgan, aka Ms Cupcake, ditched her day job 18 months ago to ply vegan cakes at a stall in Greenwich market. Just when you'd think that the last thing London would want was yet another cupcake seller, the stall was a success, and Mellissa decided to open a temple to all things sweet and animal-free.

The cakes are, of course, made without eggs, milk, butter, cream cheese or honey, so they naturally tread more lightly on the earth. But it seems Mellissa's clientele are interested more in the eating than the ethics: "Sixty per cent of our customers are people who just like cake," she says. Confounding the assumption of a dry and dull cake, Mellissa has perfected freshness and moistness, and upped the ante with a slightly obsessive number of flavours – around 100.

While fresh fruits, natural preserves and real extracts such as almond are used to achieve the rainbow of flavours like pink champagne, guava or mojito, Mellissa's flavouring and colouring mantra is: "the sky's the limit as long as it's vegan."

Mellissa says there's big demand from parents whose children's egg or dairy allergies mean missing out on friends' birthday cakes. "I'm reminded why I do this job when I receive an email or a visit, almost once a week, from a customer saying 'thank you – I've now been able to give my three-year-old their first cake'." Mellissa and her team of seven bakers even do cakes without gluten, soya or sugar on request.

While pondering what would be left of a cake without those ingredients, I'm handed a Ms Cupcake invention to sample: a 'cuppa cake'. "Usually once you've bitten into a cupcake, you have to commit to eating the rest of it there and then," says Mellissa. She has solved that, erm, problem by piling layers of cake and icing into a biodegradable plastic cup, voila – a portable cupcake eaten with a spoon. Just as well, as the Ferrero Rocher-themed cake is richly chocolatey but also super-sweet, so I tackle it in stages.

Cupcakes are £2.20 each, £8.50 for six and so on, eat-in or takeaway. The shop also sells an interesting range of other vegan sweet stuff such as marshmallows, donuts, lemon curd and specially-imported chocolate bars.

Ms Cupcake is open from 11–6 Wednesdays and Saturdays, 11–7pm Thursdays and Fridays, and 11–5 Sundays.

408 Coldharbour Lane SW9 8LF

www.ms cupcake.co.uk

TO MARKET

Food markets around London

Alexandra Palace market



Alexandra Palace Park
Muswell Hill (bottom)
N10 3TG
Every Sunday 10am - 3pm
www.weareccfm.com

stopping to advise customers on the best way to grow organic mushrooms, or talk about their sustainable dairy farm that produces tasty raw milk. There's a good mix of local meat, cheese, bread, artisan goods, organic ice cream, and an abundance of organic fruit and veg.

After the gentle hustle and bustle of the market, you can mosey up through the park with your organic goodies

and find the perfect picnic spot, with breathtaking views over the city. What better way to spend a Sunday?

* Featured stallholder The Honest Carrot

The Honest Carrot lives up to its name. Business owner Fiona Rezende produces a range of tasty and healthy vegetarian and vegan goods, of which the main ingredient is organic and biodynamically-grown carrots. Perry Court Farm, which also trades at the market, supplies the carrots, and all other ingredients used are organic, natural and local. This includes the flour and spices used to make the breads, pies, falafel and scrumptious carrot burgers. The popularity of Fiona's recipes is evident as her company, established in November 2010, has expanded enough for her to be able to throw in the 9-5 and devote her days to cooking.
www.thehonestcarrot.com.

By Lorna McDowell

WHAT'S IN season

JULY

Kohl Rabi Give it a go – this unusual vegetable deserves more attention. Kohl Rabi has an addictive, juicy crunch. For a Mexican-style snack, cut into chunks, and sprinkle with fresh lime juice and chilli flakes or powder.

Currants Make the most of their short season, using the gorgeous fruit for jellies, cordials, cakes and sauces. White are rarer than red; pink are exceedingly scarce. Freeze any surplus for winter.

Also in season artichokes, beetroot, blackberries, blueberries, garlic, gooseberries, greengages, peas, raspberries, sorrel, strawberries, watercress.

AUGUST

Sweetcorn The first 'ears' of corn are cheap and tender. Hunt for specimens that are super fresh, as their natural sugars ebb swiftly once picked. Try sweetcorn on the bbq: leave the husks on, pre-cook for five minutes in boiling water, then finish off over the coals.

Apples It's the start of our wonderful apple season. Discovery is typically the first variety in the shops. Munch an apple a day, and sniff at foreign imports – our apples are the best on the planet.

Also in season broccoli, courgettes, fennel, French beans, peas, radishes, raspberries, sorrel, tomatoes.

SEPTEMBER

Squash Be generous with the spices, as squash flesh can absorb lots of flavour. Try in mashes and autumnal soups. Roast with spices such as cinnamon, coriander seed, fennel, cumin and hard herbs including thyme and rosemary.

Damsons Damson vodka is a fine tippie – make your own, freezing the fruit

first to encourage the skin to split (pricking each damson is deeply tedious). As a rough guide, you want a half kilo of damsons and 400g of sugar for every litre of vodka.

Also in season apples, artichokes, cabbage, carrots, leeks, marrow, pears, turnips

Tom Moggach



Winner of the Time Out Best Local Market Award 2008, Alexandra Palace market is a leafy refuge above the city:

birdsong can be heard from the trees and a wide range of produce is found weekly on the 30-50 stalls that line the stretch of path leading into the magnificent Alexandra Park.

The aroma of fresh Fairtrade coffee wafts through the air as a steady flow of visitors stroll through, many with children and dogs in tow. The traffic-free market is safe for families, and its location in the park means it's a popular choice for a day out. Families and food enthusiasts come from nearby areas to shop, browse, chat and enjoy the scenery, and there's parking for those from further afield.

The market was started eight years ago by City and Country Farmers' Markets, a small company founded in 2001 with the objective of encouraging the public to shop locally. Chris Elder, the company's founder, says it has achieved this goal: "The market is very popular and visitors span a wide demographic range, with people of all ages, from 18-80."

The stall holders are friendly and passionate about their produce, happily

YOUR

DAILY

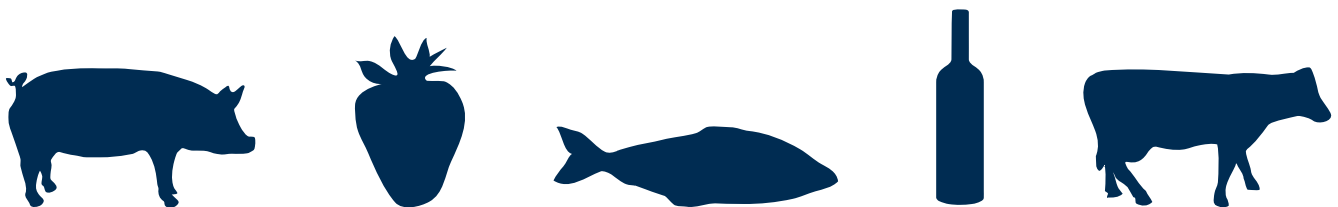


PRODUCE

MARKET

THE BEST LOCAL, SEASONAL AND
SUSTAINABLY PRODUCED FOOD

Sourced Market brings the best from local and artisan producers to the heart of St Pancras International. Open seven days a week, bursting at the seams with a fantastic range of carefully sourced produce.



WWW.SOURCEDMARKET.COM

Royal Borough of Kensington and Chelsea Street Trading Office



Thanks to Mark Atkinson at the borough's Street Trading Office, many local residents and market traders in Kensington and Chelsea have been able to enjoy the magazine. The borough boasts a rich and vibrant local food culture, represented at famous Portobello and Golborne road markets where British produce can be found all year round. But there is also a lot more than these popular markets. Fresh Carts, a scheme to get more fruit and veg sold around the capital

which launched in May (see our article at www.tinyurl.com/jearticle160 for more details), will have four sites in the borough: South Kensington Tube, Kensington High Street, St Charles Hospital and Portobello Road market. The London Farmer's Market on Bute Street, South Kensington Farmers' Market, is another foodie destination. And the recently launched Friday 'Portobello Pantry' showcases fantastic local fare from the likes of Norbiton Fine Cheese, Montrose Bakery, the Wild Game Company and many others. On top of all this we can look forward to the borough's third annual English Apple Festival in October. By *Matt Atkinson* (no relation!)

The *Jellied Eel* would like to thank Royal Borough of Kensington and Chelsea Street Trading Office and its staff for their continued support.

Are you a shop, restaurant, café, trader or community centre with sustainable food at its heart that wants to help us in spreading the word around London? Then get in touch with thejelliedeel@sustainweb.org about stocking the *Jellied Eel*.



If you **like** food.....
you will **love**.....



The **REAL FOOD** Safari Company
Gourmet Food Tours and Experiences



[facebook.com/realfoodsafari](https://www.facebook.com/realfoodsafari)

T: 0845 68 99 001

www.realfoodsafari.co.uk

E: info@realfoodsafari.co.uk

The not-so-secret **strife** of **bees**



Bees are in trouble: that's the urgent message behind a striking new Capital Bee poster campaign coming to a London Underground station near you this summer.
By **Michael Dees**.



The posters, which have been designed pro-bono by creative team LIDA, part of global advertising agency M&C Saatchi, feature dying bees on a drip, on a hospital bed in traction, and being carried on a stretcher, and will appear at over 100 locations across the capital for a month from 17 June. Accompanying animations - featuring bees getting into London-based scrapes - aim to go viral on the internet.

The posters and films mark a new stage in the Capital Bee campaign, which has been promoting community-run beekeeping in London and campaigning for a bee-friendly city since its launch in 2010. The campaign now has seven training sites, offering 75 new beekeepers one year's training from some of the city's most experienced beekeepers. These communities, spread across London schools, colleges, housing estates, businesses, and allotments, will then receive their own hive and bees in 2012.

"I hope we can build a strong community spirit with everyone taking part caring for the hives," says Sara, one of the winners in the community beekeeping competition. Sara is about to start her 20-week beekeeping course at Camley Street Nature Park on the banks of the Regent's Canal. She lives in the Alexandra and Ainsworth Estate in Camden, and wants to put hives on the roofs of the estate.

But you don't have to be a competition winner or even be a beekeeper to help bees, explains Mikey Tomkins of the Capital Bee campaign. "Londoners can support their bees locally

by growing plants that bees like, and finding alternatives to garden pesticides. Solitary bees and bumble bees also need a suitable habitat in gardens, in much the same way as we put up bird boxes. A honey bee will fly up to three miles looking for flowers, and with existing beekeepers tending over 2,500 hives in London, you are never far from a bee."

Londoners who want to do their bit are being encouraged to sign a pledge on the Capital Bee web site: it could be something as simple as planting bee-friendly flowers in a window box, or allowing a few wild plants (weeds to some) to flourish. They can also help rural bees too, says Mikey, by buying organic produce - organic farmland creates a healthy environment for honey bees, improving their health and the quality of food they pollinate - and buying local honey to help support the beekeepers that tend to the city's bees (*see our Shopping Basket feature on p5 for some London honey suggestions*).

Capital Bee is part of the Capital Growth campaign to create more food-growing spaces in London, so it's not surprising that one of the best ways to help bees is to grow more food. Plants from the bean and pea family need pollination, as well as certain fruiting trees, bushes and many herbs. Leaving some plants to go to seed, which lets them flower, can also benefit bees.

To get involved visit the Capital Bee website at www.capitalgrowth.org/bees and start growing, buying, campaigning or even beekeeping for London's bees.

POST CARD

Wish you were eating here?



The hundreds of thousands of visitors expected at next year's Olympic Games may be in for a pleasant surprise if they stop for a bite at one of the capital's top tourist attractions, find **Kelly Parsons** and **Matt Atkinson**.

Anyone arriving laden with persistent stereotypes about the poor standard of London food will find themselves in a city where, after years of mediocre and overpriced eating options, tourist hotspots are finally beginning to confront their bad international reputation on the food front.

A *Jellied Eel* survey of the capital's top attractions has found some beacons of good practice, and a general shift in ethical food efforts - thanks to pressure from visitors themselves, and more stringent requirements from landlords, who are welcoming a new generation of catering companies with a more modern, greener approach.

"Catering at London attractions has changed over the last few years and they now offer a wider variety of healthy and ethical produce, with Benugo outlets at the British Film Institute and Natural History Museum a good example," said a spokesperson for London & Partners, the city's official promotional agency. "The changes appear to be a result of developing consumer demands, and attractions keeping up with the choice of food that people want when they visit the capital.."

"Public expectations have changed," confirms Colin Lees of Company of Cooks, caterer behind the food at the Imperial War Museum, Royal Opera House, the Brew House at Kenwood in Hampstead Heath, and several other park cafés. "The food at attractions used to be fairly similar and bland - the same piece of cake and lasagna or cottage pie everywhere you went. Now people expect

it to be unique." And many want to take a more ethically-informed pitstop too.

Fois gras go home

This consumer power is having an undeniable impact, says Colin, even at the Royal Opera House, where fois gras was just dropped from the menu due to customer comments, and because it didn't fit with the caterer's own ethical policy. Pressure is also coming from the landlords themselves, reports Zoe Watts, head of events and catering at the Natural History Museum, which recently awarded its catering contract to Benugo, the company now running cafés at the Science, V&A, Childhood and London museums. "We've always been asked about green policies, but it is becoming much more prominent," says Benugo's Ben Warner. Likewise, Darren Elliott from Elixir UK, which just won the catering contract for the National Maritime Museum, says "attitudes to sustainability were undoubtedly a key factor in the contract tendering process."

St Paul's, via caterer Harbour & Jones, has one of the most comprehensive food policies we came across, covering sourcing, animal welfare and ethical trading. On top of free-range eggs, and a commitment to promoting the use of local suppliers and seasonality, it supports the Marine Conservation Society, and with its help put together a good fish guide for the chefs. It has developed relationships with regional fruit and vegetable growers on farms trips where chefs are taken out to meet producers, the chefs take an annual trip to Sussex

to harvest cherries from trees it sponsors under the 'Cherry Aid' initiative, and it sponsors bee hives in Regent's Park and uses the honey in the kitchens at St Paul's.

Good catch

The British Museum ranks as one of London's top ten most popular attractions according to tourist website Visit London (part of London & Partners). Museum caterer DO & CO has gone one step further than the general commitment to sustainable fish made by most attractions we surveyed, and signed up to the Sustainable Fish City campaign, pledging to make sustainable seafood choices and communicate the message to customers.

Also hoping to impact on visitor's fish buying habits is the London Aquarium, which gets an estimated 750,000 visitors a year. While it doesn't have a café, it regularly hosts catered events, and conservation officer Rebecca Carter says it has a responsibility to educate people about the importance of sustainability, and in particular sustainable fish. The Aquarium hands out MCS Good Fish Guides to visitors, and - like DO & CO - holding company Merlin has signed the Sustainable Fish City pledge. Now not only must all outside caterers hosting events in the venue agree to use only sustainable fish, the Aquarium is looking at sourcing sustainable food for its animals too!

Our survey highlighted there is still room for improvement in certain areas - for example in relation to the meat most caterers use. At best we found meat to be Red Tractor accredited, a



Royal Opera House, Covent Garden

British Museum

standard which can apply to intensive farming systems that leave much to be desired in terms of animal welfare. But there's no doubt London's top attractions are working to shake off the bad image of days gone by.

And just as well, with the tourist influx expected in 2012. LOCOG is the first Olympic organising committee to have developed a 'food vision', not

only for food within the Games' sites, but also throughout the city – aimed at improving approaches to local, seasonal, healthy and sustainable food across the events, catering and hospitality sector. This Olympic-led initiative will provide an even stronger incentive to attraction caterers already under growing pressure from the public to make good food a focus.

Tell it to the tourists

None of the attractions we talked to have a clear strategy for communicating their approach to food and sourcing, though Benugo is about to introduce a range of 'British' and 'In Season' stickers on sandwiches and salads, and some attractions use ad-hoc descriptions on menus, such as 'organic', 'and seasonal', and the Tate mentions specific sources such as fish 'fresh daily from the Newlyn day boats'.

How 'attractive' is the food at your favourite?

V&A; Museum of London; Science Museum; Natural History Museum; Museum of Childhood (Benugo) British Organic milk, Fairtrade coffee, tea and some chocolate. Some seasonal British produce. Donates some leftover food to homeless charity Crisis.

Cow and Coffee Bean in Greenwich and Regent's Parks; Pavilion Tea House in Greenwich Park; Lido café in Hyde Park; Imperial War Museum; Royal Opera House (Company of Cooks) Free-range chicken, Organic and Fairtrade tea and coffee, apple juice from Kent.

St Paul's Cathedral (Harbour & Jones) Free-range eggs and Fairtrade coffee and tea, emphasis on seasonal food and supporting local producers and initiatives, sponsor bee hives in Regent's Park, fish from sustainable sources.

British Museum (DO & CO) Sustainable Fish City signatory, meat served in restaurant and at events Red Tractor accredited, commitment to buy more British, seasonal produce.

National Maritime Museum (Elior) Committed to buying local and seasonal wherever possible, avoids the use of the most endangered species of fish, Red Tractor accreditation for meat and vegetables.

The Tate Gallery (in-house caterer) Only uses suppliers that source sustainably, food waste recycled, coffee grinds composted.

Pavilion Café, Victoria Park Producers from within 50 mile radius, most food organic, Fairtrade tea and coffee, plans to grow own vegetables on nearby waste land.

Sightseeing is thirsty work

Some of the easiest ethical accomplishments have been with drinks. Jugs of free tap water are now de rigeur, and Fairtrade coffee the norm. Like others, Tate Modern collects coffee grinds for composting around Southwark, and Company of Cooks and Harbour & Jones both get ethically-traded beans from Union Hand Roasted Coffee, the small, privately-owned company, based in East London.



The Beemaster of London Town

Urban beekeeper Steve Benbow produces honey for Londoners from the heart of the capital. **Anna Sbuttoni** met him at his Bermondsey studio to talk honey, hives and 'Harvey Nicks'



Steve wouldn't be seen dead with a squeeze bottle of supermarket honey. A Vespa-riding beekeeper with a 'nomadic lifestyle', he splits his time between the city and his native Shropshire, camps out with his bees in summer, and is an artisan producer for some of London's most iconic stores.

A photograph of his grandmother on the wall of his studio is a nod to the woman who introduced him to bees as a child. The 42-year-old former photojournalist decided that he wanted to keep bees in the capital 15 years ago, but there was a problem: he lived on the sixth floor of an ex-council block near Tower Bridge, with no garden. The only outside space was a flat roof, accessed through a fire escape.

But this didn't put him off. Steve took the radical move to keep bees in the heart of the city, with just one hive – that's 50,000 bees – on his Tooley Street roof. Five years later, he gave up his day job and set up The London Honey Company.

"As a photojournalist I travelled the world," he says. "I went to visit beekeepers in New York, Rio and Tokyo to see how they went about it and realised there was no reason it couldn't work here. So I gave up my job

to become a commercial bee farmer."

When he first started, he recounts, no one really got what he was trying to do and it was difficult to get spaces and homes for bees. "Now there are a lot of people trying to emulate what I am doing and it's lovely that people are keeping bees in London."

It turns out that, contrary to popular opinion, bees can thrive in cities, far from the treatments used by commercial farmers and with plenty of green space to forage. And to prove it, honey, honeycomb, lip balm and candles are just some of The London Honey Company range, which is sold at the likes of upmarket retailer Harvey Nichols, and at farmers' markets in Pimlico and Blackheath.

Benbow's rooftop skills are also behind the beekeeping at some of London's biggest names. He is beemaster for Fortnum & Mason, which has its own rooftop hives producing honey for the iconic store. The Tate Modern and Tate Britain have also signed up, with the honey sold in their gift shops. And the National Portrait Gallery will have its own roof-top hives serviced by Benbow from June.

The capital produces a number of distinctive honey types that depend on the individual areas in which the

bees forage. Honeys from the roofs of the Tate Modern and Tate Britain, for example, are quite different.

The current beekeeping renaissance can't come too soon, with bee numbers in decline. But the picture is more complicated than is often portrayed says Steve. "They are under threat from pesticides and insecticides, but," says Benbow, "the popularity of bees has surged and lots of bee breeders and manufacturers have been inundated. Those problems don't really affect my bees in London because there are no major crops nearby."

So what advice does Steve have for anyone looking to keep bees in the capital? "Just because you live in a flat it doesn't mean you can't have bees," says Steve. "A flat roof, an allotment, a shared space, a community garden, are all options nowadays. But join your local beekeeping association and work with a mentor, because you have to learn about it correctly."

.....
Steve's book, *The Urban Beekeeper* - a hands-on guide to city beekeeping - will be published by Random House next spring.
www.thelondonhoneycompany.co.uk

A new Shoreditch trend gardening chefs



CHEFS AT ORGANICLEA/PIZZA EAST RESTAURANT

CHEFS AT ORGANICLEA/PIZZA EAST RESTAURANT



ONE OF EAST LONDON'S HIPPEST HANGOUTS IS EMBRACING THE FASHION FOR FOOD-GROWING, FINDS EMILY CRAWLEY.

Respect: that's what it's all about, according to the three chefs from Pizza East squatting amongst lush rows of salad leaves and edible flowers at a north London community-growing site. They are sampling the chive flowers that will shortly be used in the green salad at their Shoreditch restaurant; but this isn't any old shopping trip. The produce grown on the site was lovingly tended by the very chefs that will soon be serving it up to London's pizza-hungry public.

And that's where the respect comes in. According to the chefs, the time they spend volunteering at the Organiclea growing site in Chingford helps give them a profound understanding and respect for the ingredients they use. So popular is the opportunity to work the land, a rota has been drawn up in the kitchen to make sure everyone gets a turn. There are also aspirations to take things one step further and grow produce on site at the restaurant or on a neighbouring rooftop. As junior sous chef Nicholas Fitzgerald puts it, they want the

chefs to be at the heart of the 'field to fork' process, and "create a whole food system within the restaurant."

This novel approach is not only popular with staff, but also has the potential to reduce food waste. When this year's hot spring resulted in blemishes on the rocket leaves grown at the Organiclea site, the growers were concerned that the quality wouldn't be up to restaurant standard - but the chefs were able to use their creativity and knowledge to come up with a (delicious) solution: rocket pesto. Although localising the food system is undoubtedly not a straightforward matter, passionate individuals reaping the benefits of relationships like these show it can be done.

Pizza East's sustainability mission is evident in other items on its menu too - though customers may not necessarily be aware of this due to the minimalist menu style. Many artisan Italian ingredients are supplied by Slow Food distributor the Deli Station. Suffolk rose veal also makes an appearance - a brave choice considering veal is commonly misunderstood by the public. Whereas

traditional white veal is to be avoided, due to the cruel way the calves are reared to keep the meat pale, British rose veal makes use of male calves from the dairy industry that would otherwise be shot at birth. When raised to higher welfare standards, it's actually a rather good thing to see on a menu.

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

THE EEL LOVES...



King's Cross

K

ing's Cross, you say? This is the bit where I get defensive about my neighbourhood.

Despite the presence of one of London's poshest hotels, a concert hall and a shedload of restaurants, bars and galleries, the image of the area as somewhere you wouldn't want to dwell long enough to buy a newspaper, let alone eat dinner, just won't die. However if you steel yourself and venture beyond the fast-food purgatory of the station and Euston Road you shall be gastronomically rewarded. Here are the Eel's picks of the most ethically-enlightened spots:

Food producer: *Alara Wholefoods* (1)
110-112 Camley Street N1C 4PF

Possibly the world's most right-on muesli factory? Its roots go back to 1975, selling waste fruit and veg from a squat in North London. These days Alara produces 200 kinds of muesli, most of it organic. A true believer in urban food production, the factory boasts a permaculture forest garden, vineyard, community orchard and community composting facility. Their products sell in most organic and wholefood shops. The factory isn't generally open for public visits – so check with them first.
www.alara.co.uk

Food-growing space: *Skip Garden* (2)
Pancras Road (behind German Gymnasium), NW1
Vegetable garden with a view of St Pancras International, where everything is grown in converted skips. It's part of Global Generation's network of gardens in King's Cross.
www.kingscrosscentral.com/skip_garden

Market: *Sourced* (3)
St. Pancras International Station, Pancras Rd NW1 2QP
A daily produce market in a train station is apparently unique in the UK. Produce is mostly seasonal, British and from small farms. I once took a big UFO squash from Sourced to Paris – it had a great time.
www.sourcedmarket.com

Food retailer: *Vx* (4)
73 Caledonian Road N1 9BT
This small shop run by the (not so) Secret Society of Vegans, sells an eclectic range of

In the first of a new series, **Clare Hill** takes a greedy wander around some of the ethical eateries and shops in a local London neighbourhood.



vegan cakes and pastries (including those of Ms Cupcake, see p7) and groceries, in what can only be described as a 'punk' environment.

www.secretsofvegans.co.uk/vcross

Bar: *Camino* (5)
3 Varnishers Yard, Regent Quarter N1 9FD
Takes the best of Spanish wine and cooking by region and then executes it through tapas, including the mother of all free range meat: jamón ibérico de bellota.
www.camino.uk.com/kingscross

Pub: *Queens Head* (6)
66 Acton Street, WC1X 9NB
Good selection of real ales and food ingredients sourced from markets and suppliers based in and around London.
www.queensheadlondon.com

Food-growing space: *The Calthorpe Project* (7)
258-274 Gray's Inn Road, WC1X 8LH
Established in 1984, this community garden is a much-needed oasis for King's Cross. It runs numerous food-growing and cooking courses, sells plants, and its salad is sold at the nearby People's Supermarket.
www.calthorpeproject.org.uk

Restaurant: *Itadaki Zen* (8)
139 King's Cross Road WC1X 9BJ
It doesn't get more righteous than an organic vegan Japanese restaurant. Delicately fried tofu, brown rice, mixed grains, all manner of soya derivations and intriguing puddings.
www.itadakizen.com

Cafe: *Niven's* (9)
157 King's Cross Road WC1X 9BN.
An attractive little larder cafe on this infamously tough strip.
www.nivensfinefood.com

Jellied Eel Stockist: *Hub Kings Cross* (10)
34b York Way N1 9AB.
If you've lost your copy and want to pick up another, pop into the following fab place:
www.kingscross.the-hub.net



rude health rants



The proudly outspoken Rude Health gang are passionate about real food, the way it should be. Rude Health take their Rants on the road to food festivals across the country, where they're joined by producers, celebrated chefs and food writers as they too step up to the microphone to rant. Listen to the Rude Health Rants on their website, including...



**Steve of Hook & Sons
on raw milk**

**Jane Mason of Virtuous Bread
on real loaves**

**Paul A. Young, chocolatier,
on Orangutans**

Come and hear the Rude Health Rants live at **Foodies Festival** in **Battersea Park** on **29th-31st July 2011**.

Rant Competition

Rude Health are giving away 20 packs of their new healthy organic snacks. Answer the question below and send with your name and address to: pickme@rudehealth.com

Q: Who is Rude Health's Chief ranter?



www.rudehealth.com

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



www.farm-direct.com



An alternative to the supermarket for North Londoners:

Order fresh, seasonal produce direct from local farmers and growers.

Collect your order from our Islington depot at 11 Ronalds Road N5 1XL or have it delivered to your door.

Wonderful mix of organic and free range produce. A range of meat, fish, dairy and veggies that you just don't get through most high street shops.

40 participating local farmers and food producers, ensuring low food miles, and sustainably produced food.

No obligatory boxes, no commitments, no minimum order value: what you want, when you want!



www.farm-direct.com
0845 519 2415



CAPITAL GROWTH

Wide open space

Some of the city's hidden food-growing spaces will be open to the public in September. **Matt Atkinson** gives us a preview.

On Saturday
3 September
some of
Capital

Growth's 1000 plus spaces will celebrate the season's harvest in the manner of that fantastic national tradition - the Open Garden Day.

The second Capital Growth Edible Gardens Open Day will be an opportunity for the public to potter around at their leisure, and see all the wonderful food the community gardens grow at that time of year. There will also be walking and bike tours for visitors who want to see as many spaces as possible.

Among the growing spaces that will be opening their doors for the day are Food From the Sky, on the roof of Budgens supermarket in Crouch End (pictured), Grow Mayow in Sydenham, Cranbrook Community Food Garden in Mile End, and the Dalston Eastern Curve Garden.

Cranbrook Community Food Garden is a fantastic example of the Capital Growth project and an inspiration to other growing spaces in the capital. The garden, which is in its third year, has 17 raised beds, a composting area, wormeries for fertiliser, a greenhouse and a tool shed, and all this on what was previously disused land. The organic produce grown here is shared amongst the volunteers that take part, whose ages range from nine to 94. Visitors on the open day will be able to buy seeds and plants from a stall in the garden.

The Dalston Eastern Curve Garden is also a thriving hub for the local community, hosting a range of interesting, fun and educational events and workshops for different age groups. One recent workshop on planting and using herbs included using them in herbal drinks and designing a herb garden in a fruit crate.

For a full listing of edible gardens that will be opening, go to www.capitalgrowth.org/training/opengardens/ nearer the time.



GROWING CALENDAR

JULY

- * Keep up the watering if dry, and remember that a good soak is far more effective than a frequent sprinkle.
- * Regularly pick peas, beans and courgettes. Your frequent harvests will encourage the plants to produce more fruit.
- * Lettuce seed can germinate erratically in hot weather, so try sowing in the cooler evenings or wait until later next month.
- * If you want to harvest crops over winter, start to plan ahead. Order or swap seed such as winter purslane, hardy lettuces, curly parsley, leaf radish, chervil, landcress, mustards, coriander and rocket.

AUGUST

- * Don't pamper your tomatoes. It's a mistake to overfeed or overwater – they respond better to mean treatment. And water after (not before) you pick the tomatoes.
- * Once strawberry plants have stopped fruiting, give them a decent hair cut – snipping off old leafy growth and unwanted runners.
- * Sow now for winter, as growth will slow right down once light and temperatures begin to drop. The trick is to get them established before the cold days set in.

SEPTEMBER

- * Now's the time to place orders for fruit. The 'bare root' season will soon begin, and fruit nurseries often quickly sell out of their best varieties. Research carefully, then reserve your stock.
- * Bring containers of your less hardy plants indoors, to protect them from cold and poor weather.
- * With squashes, a hard skin and a cracked, dry stalk are clues that the fruit is ripe. Harvest with a few inches of stalk intact, as this helps them store longer.

By Tom Moggach from City Leaf.

City Leaf provides expert food growing training to groups and schools. For more information, call 020 7485 9262 or email info@cityleaf.co.uk. www.cityleaf.co.uk

READER'S KITCHEN



A

pole

apart



Photos: Mike Jennings

Anna Francis visits a reader whose diet and kitchen have been transformed following a health scare

marcyanna's smart grey kitchen, in leafy Hampstead Garden Suburb, is surrounded by colourful gardens heavy with floral scent.

We sit down to a quintessentially English tea, complete with willow pattern tea cups, linen napkins and bird song from the open window; but there's a twist - the scones are vegan and sugar free, as is the jam. "Ever since my husband was diagnosed with type one diabetes two years ago we've completely changed how we eat. It's an evolving process but we've gradually cut out meat, fat and sugar," she says. "I now read the list of ingredients on everything I buy and we're eating much more healthily."

After several years as an account manager for a large IT company, Marcyanna had a career change and now works from home setting up a vintage bag business. This, coupled with her husband's diagnosis, means her lifestyle and kitchen habits have changed significantly: "I used to eat whatever I fancied which included a lot of chips, crisps, cakes, processed foods and cheese. But I found I was expanding, sideways," she chuckles. "It's harder to control blood sugar when you're overweight, so cutting down on fat is really important to us. I also found that it's harder to eat healthily when you eat out, so we do more cooking from home."

Marcyanna has embraced the change in diet as a new challenge. "We couldn't find any sugar free yogurts so I just bought some plain soya yogurt and added fresh strawberries - delicious." And her sugar-free vegan scones are such a hit with her friends she's even started catering for events and birthdays. "I love British cuisine: pies, roasts, scones, Victoria sponge, hot cross buns, so I've adapted the recipes to make them more healthy. For example, I use soya mince instead of beef in shepherds pie and soya fat instead of animal fat." I've also started baking which I really enjoy - I was

shocked to read recently what goes into industrial bread."

Having grown up in Poland, where the link between growers and consumers is much stronger, Marcyanna was also surprised to find that organic food in the UK is often more expensive, she says. "In Poland there are Saturday markets in every city and town; the produce doesn't have an official organic certificate, you just know that chap in the blue hat grows organically, so you buy from him," she explains. "Organic food is generally cheap and much more widely accessible than in the UK." Arriving in England, Marcyanna worked as a waitress in a hotel and was equally surprised by the quality of the food served: "The lamb shank would arrive in a pre-made sauce, wrapped in plastic. The chef just opened up the package and warmed it up."

Marcyanna says she tries to support local independent shops and markets, such as Broadway market in Hackney, as much as possible. "But like most people I do have to buy some organic produce from supermarkets," she admits. "I always buy Fairtrade tea, coffee and dried fruit, 95 per cent of the vegetables we eat are seasonal, and we only eat meat, usually chicken or turkey, once a month." But, even though her kitchen habits have been transformed, she's not adverse to the odd guilty pleasure, she adds: "We do love cheese. Tofu is fine but sometimes you just fancy some really smelly cheese, so we do indulge on occasion."

www.theviewfromthecottage.blogspot.com

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

Featured London Food Link member **MIND in Haringey**



LONDON FOOD LINK

Jessica Palmer recently started working at MIND, the mental health charity, in Haringey. Through a friend of a friend, Jessica heard about the FoodCycle café project running every Friday at MIND. She loved the ethos of the café, which includes no food waste and tasty good food at a low price (ingredients are from surplus food donated by local supermarkets and suppliers). The café has become a local meeting place for some of the service users, with some getting involved with the cooking and food preparation.

Jessica is excited about working in mental health, and about MIND Haringey's plans to start a healthy eating group, providing information on nutrition and healthy eating and giving users a greater understanding of the relationship between food and mental well-being.

She also likes cooking, and loves baking, and her favourite is carrot cake. Apparently the family recipe for carrot cake is 'quite famous' in north London. Her home-cooked food is mostly vegetarian and wholesome, and chillies are regularly involved, she says.

MIND is also running a gardening project which started around six months ago in collaboration with St Mungo's, a local homelessness charity. The project aims to give basic gardening skills and introduce people to the joys of working outside, as well as encouraging creativity and helping to build confidence. The allotment has now started to produce fruit and vegetables which it hopes to be able to supply to the FoodCycle café.

London Food Link

Join us!

Love the Jellied Eel?

Join London Food Link and have a copy delivered to your door every quarter. London Food Link is a network of organisations and individuals: farmers and food writers, caterers and community food projects, restaurants and reviewers. We work on increasing the availability of sustainable food in London through training, advice and campaigning. The *Jellied Eel* is a free magazine we publish to raise awareness of ethical food issues in London and London's growing local and sustainable food movement. We are a charity.

Member benefits

- * get our magazine the *Jellied Eel* with London news and articles delivered to your door
- * make useful London food contacts
- * find out what's going on around London with our regular email updates including local food news and funding info
- * invites and discounted entry to our regular London Food Link soirées and affiliated training/events – great for networking and accessing expertise

How to join

Online: Go to www.sustainweb.org/londonfoodlink/membership, complete the form and send it to georgie@sustainweb.org, then click the 'make a payment' link. Post: Complete this form and send it with a cheque made payable to 'Sustain', to 94 White Lion Street, London N1 9PF.

Membership form London Food Link

Name _____

Business/organisation _____

Address _____

Postcode _____

Tel _____

Email _____

Your website/Facebook/Twitter address _____

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

- _____
- _____
- £20 – individual or not-for-profit community project
- £40 – charity, social enterprise or company with less than £100,000 annual turnover
- £70 – public body, or company with £100,000–£1,000,000 annual turnover
- £100 – company with more than £1,000,000 annual turnover

Rate If the fee is not, for whatever reason, a fair reflection of your ability to pay membership, then please get in touch. If you are a community project, food business or local authority, contact georgie@sustainweb.org for more information on how you can be involved with London Food Link.

WHAT'S ON

Real Food Markets

Every Weekend *Southbank Centre*

From Friday to Sunday experience the best artisan food and drink producers, street food and live music.

Conference - Food and Spatial Planning

15 July *University College London*

Themes will include retail diversity and supermarkets, healthy food environments, and land use for urban and commercial food production. www.sustainweb.org/localactiononfood

Growing in Small Spaces Workshop

16 July 10.30am – 1pm *Regents Park*

Session with balcony grower Mark Ridsdill-Smith on how to make the most of food growing in restricted space.

www.capitalgrowth.org/training

London Permaculture Festival

16 July *NW1*

Permaculture Association festival at Cecil Sharp House, home of the English Folkdance and Song Society. Inspiring talks, interactive workshops, networking opportunities, alternative technology showcases and live music.

www.londonpermaculture.com

Products from Herbs and Perennials

17 July 10.30am – 1.30pm *Peckham*

Growing herbs and perennials encourages wildlife in your garden but you can also make many useful products from them. Learn how at this workshop.

www.capitalgrowth.org/training

Capital Growth site tours

20 July *North-East London*

This summer Capital Growth will be organising tours of some of its key community food-growing sites. The focus of this first tour will be sites in North and East London that grow to sell their produce locally. More tour dates will be confirmed for August-October (with themes to include health, housing estates and community orchards). Charges apply and spaces are limited. Contact ida@sustainweb.org.

Great British Beer Festival

2 – 6 August *Earls Court*

Tastings led by the Beer Academy, and traditional pub snacks aplenty. www.gbbf.camra.org.uk

The Beanstalk Project - Muck and Magic

8, 14 August and 25 September *Carshalton*

Free session - find out about composting and take away some free green manures to try out at home. www.ecolocal.org.uk

London Honey Festival

21 August *Southbank*

Held on the Ballroom floor of the Royal Festival Hall, there will be honey to taste and buy from London's Beekeepers, and films and music celebrating urban bees. www.capitalbee.org

Growing to Sell Workshop

25 August 6pm – 9pm *Allens Gardens, Hackney*

If you are growing food successfully you may have too much, so learn how to turn your passion for food-growing into an income generating activity. www.capitalgrowth.org/training

Carshalton Environmental Fair

29 August *Carshalton*

This popular fair returns again on Bank Holiday Monday. Farmers' market, local ale, food-growing activities, and three stages. www.ecolocal.org.uk/fair

Capital Growth Edible Open Gardens Day

3 September *London wide*

A chance for the public to see produce being grown around London. Bike tours will be available to make the most of the opportunity. For list of participating gardens visit www.capitalgrowth.org/training/opengardens/

Urban Green Fair

4 September *Brockwell Park, South London*

The 11am to 7pm fair will feature workshops, speaker's marquee, activities for kids, food, fun and practical cost-effective green solutions. www.urbangreenfair.org

Seed saving and Preserving Workshop

10 September 10am – 1pm *Hammersmith Community Gardens*

This session will take place at Ravenscourt Park Greenhouses and will be suitable for beginners as well those at an intermediate level. Learn how to make your harvest last. www.capitalgrowth.org/training

Food day at Ham House

11 September 11am - 5pm *Ham House, Richmond*

The National Trust property will host a wide variety of activities - garden tours, cooking and preserving demonstrations, talks on beekeeping and growing hardy winter veg and a farmers' market. www.nationaltrust.org.uk

Real Food Harvest Festival

22 - 25 September *Southbank Centre*

New FREE event celebrating our wonderful British produce. Expect lots of producers, top chefs and livestock. www.realfoodfestival.co.uk

Fenton House Apple Weekend

24 - 25 September *Hampstead*

At Fenton House there will be lots of 'apple' activities, plus honey and beekeeping demonstrations from the North London Beekeepers Association. www.nationaltrust.org.uk

Colne Valley Local Food Festival

25 September *Colne Valley, West London*

Tasting sessions, cookery demonstrations, children's entertainment, live music and more. www.colnevalleyfood.org.uk

For more events go to
www.sustainweb.org/londonfoodlink/events_calendar/

London Food Link network do

Our next network do, where those who care about ethical food come together to eat'n'greet, will be held at the end of July. As we go to print we've still got to confirm the venue! Contact georgie@sustainweb.org to find out more and book your place.

CALLING THE EMPIRE



London Calling the empire at home and overseas. This is Camden Town and at long last we are free to say words of our own. Stop drinking rubbish and begin drinking quality craft beer from your own towns brewery, Camden Town Brewery. Keep up to date with what's going on at the brewery, and with our latest beer news on offer by signing up on the website or by getting in touch www.camdentownbrewery.com

Camden Town Brewery
55-59 Wilkin Street Mews
London
NW5 3NN

Telephone: 020 7485 1671

brewingbeer@camdentownbrewery.com



The **co-operative** is not about making big profits for shareholders but creating value for its members.

The **co-operative** good for everyone