

The JELLIED EEL

London's magazine for ethical eating

The grin grocer

London's growing green scene

SPRING 2012

FREE
magazine

ISSUE 35

Arthur Potts Dawson on veg * Nose-to-Tail Fortnight

Dalston eating guide * Brockley Market * East London's own cola



RAW

(rɔː) – *adj* in a natural state;
not treated by manufacturing
or other processes.

RAW, London's Artisan Wine Fair
by **THAT CRAZY FRENCH WOMAN**

Tickets & information available online
www.rawfair.com

~ Come & explore the astounding world of **fine, natural wine** ~

20 & 21 May 2012

170+ artisan wine producers will be sharing some **600 wines** at The Old Truman Brewery, Spitalfields, in May. There will be a **pop-up wine cinema** onsite, a **pop-up wine shop** to take home your favourite bottle from the fair, our very own speakers corner featuring exciting talks and masterclasses, as well as a delicious selection of food stalls to snack while you taste, including chocolates by **Paul A. Young**; a pop-up cafe by Julian Biggs from **Duck Soup**; the **Coleman Coffee Roasters** from southeast London; savoury Scandinavian treats by Signe Johansen, the author of **Scandilicious**, and **Ole Hansen**, a Norwegian who smokes salmon in Stoke Newington!

Tuck in

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p12

For the majority of you that have already emerged from hibernation, we don't have to explain why this issue we're focusing on vegetables. If getting your hands dirty at your local community garden in March's Big Dig wasn't inspiring enough, then read about the restaurants which are buying some of the veg being grown on Capital Growth spaces (p12). We also ask how close we've come to seeing the last of London's greengrocers and hear from the man who's fighting back (p15). Not to mention our new vegetarian restaurant competition – where we're asking you to tell us which you think is the best in London (p7). All this and the results of last issue's Love Your Local Sausage Competition (p11), the launch of Nose-to-Tail Fortnight (p7) and a fabulous scoop with Dalston Cola, which is set to blow some bubbles in the face of all those Olympic sponsors come the summer (p14). And while we were in Dalston we took the time to visit some of our favourite foodie haunts (p16) and Eel stockists (p17). So without further ado, get stuck in...



Ben

Editor

Correction from Issue 34:

We would like to clarify that Meat N16 is not the only butcher in Stoke Newington, as other provision includes the weekly Stoke Newington farmers' market, N16, selling local, organic meat.



p18



p7

Photo credits: top and middle © Amy Scaife, bottom © Arthur Potts Dawson



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A foodie's guide to city gardening

Growing food is different in the city: life is faster, space is tight and cities are microclimates. So it makes sense to focus on the most rewarding plants. In Tom Moggach's (see p8 and p13) new book, *The Urban Kitchen Gardener*, he selects his 30 best city crops, from the familiar to the more unusual, and provides advice on growing and cooking with each. Published by Kyle Cathie for £16.99.



UK ethical spending at an all-time high

Sales of eco-friendly and ethical products in Britain have risen by 8.8% since 2010 despite the recession, according to the Co-operative Bank's Ethical Consumerism Report 2011. <http://tinyurl.com/ecr2011>



Time to 'simply ask'

Over 50% of all eggs we buy in supermarkets are now cage free, but it's not the same when we eat out. Around 80% of whole and liquid eggs used in catering come from hens kept in cages. 'Simply Ask' is Freedom Food's campaign to get you asking about animal welfare when eating out, by reading menus much as we read supermarket labels before we buy. And if the information isn't there, simply ask. Help nominate restaurants, cafés, and pubs who have good welfare credentials through a free listing on the restaurant finder at www.rspca.org.uk/freedomfood/simplyask



Hunger in London

Every day, Kids Company offers loving care to vulnerable children in London. Many of the children say they feel hungry and that often there just isn't enough food at home. From a recent survey of children attending its street-level drop-in centres: 64% reported going to bed feeling hungry because there's no food in their house; 33% rely on being given money for a takeaway; 32% don't eat breakfast; and 85% rely on Kids Company for their evening meal. To fight this Kids Company is launching the Plate Pledge, a campaign to provide meals for over 2,000 children a week through its street-level centres and outreach work with families in need.

www.kidscoplatepledge.org



Bulletin

A spread

Brewers eat shoots but don't leave

An unusual ingredient will appear on London menus over the weekend of 27-29 April - hop shoots. They belong to the group of plants, like samphire and salsify, known as 'poor man's asparagus'. So on 27 April members of the London Brewers' Alliance will gather shoots at Chris Liliwhite's Kentish hop farm before racing back to distribute the freshly cut, tasty little spears to waiting chefs across London, who have taken up the challenge to incorporate them into imaginative dishes. The Romans, who introduced hops to us, weren't beer drinkers, and ate them as a vegetable. Find out whether your local's taking part in this festival by going to www.facebook.com/LondonBrewers or email brewery@florencehernehill.com.



love your local sausage



See pg 11 for more details.

Win a Real Bread masterclass worth £120!

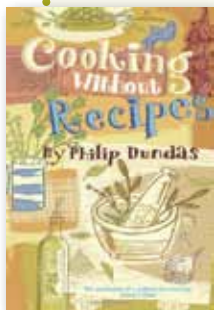
From 7-13 May, the Real Bread Campaign is calling on Britain to give a little true loaf love to our local Real Bread makers, be they high street bakers, forgotten bread machines, or your own hands. Join in and you could win a Real Bread masterclass with Paul Barker at Cinnamon Square in Rickmansworth, and take advantage of flour discounts from Marriages, Shipton Mill and Gilchesters Organics. www.realbreadcampaign.org



of the latest ethical food news

Throw off your cook book shackles

Ever wanted to open the fridge door, dig out some leftovers and conjure up a feast? Well, Philip Dundas, of PipsDish fame, has written a 'rough guide' for cooks wanting to put away their recipe books and go freestyle. *Cooking without Recipes* takes you by the hand, walks you through what tools and essential ingredients you need to make the best use out of whatever foods you fancy, and then encourages you to go off and play. Published by How-to-Books for £9.99.



Vegan made easy

Interested in trying a vegan diet for a month but need some support? Then sign up for the London Vegan Pledge. You will get help at two free weekend events (19 May & 16 June) which include speakers, films, delicious vegan food, cookery demos, free recipe booklets, and health and nutrition advice. Sign up at www.vegancampaigns.org.uk or call 07890 136663.

British Street Food Awards 2012

The British Street Food Awards was set up in 2010 to recognise the best of the 10,000 mobile caterers who sell their wares on our streets. First prize in 2010 was a food mixer. But in 2011, the winner left with a business makeover from M&S and a pitch to trade in the Olympic village. Get the nominations in for your favourites by 31 July at www.britishstreetfood.co.uk



Follow us on Twitter @jelliedeelmag

National Vegetarian Week, 21-27 May

Calling all budding writers with a passion for veg. The Vegetarian Society wants to hear what youngsters (aged 16 and under) have to say on vegetarianism. Ideas might include reviewing a favourite veggie meal, writing an article explaining why it is (or isn't) a good idea to become vegetarian, designing a leaflet, or researching what veggies do and don't eat. Very young entrants can submit image-based entries. Competition closes 27 April and winners announced, and prizes awarded during National Vegetarian Week. Contact: education@vegsoc.org. www.nationalvegetarianweek.org



Shopping basket

Reviving old favourites
Old vegetable varieties are returning to the halls of New Covent Garden Market. White sprouting broccoli (Brassica oleracea) is an under-planted early variety with a sweet and prolific crop of white spears, and tender stalks and leaves which can be treated like early asparagus. Ramsom, or wild garlic (Allium ursinum), might be familiar from spring walks in the woods - the entire plant is edible, from stem to narrow, tapering leaves, flower heads and bulb. Both are available through www.farm-direct.com, or from the Desiree fruit and veg stand at Selfridges, or delivered free to your door through www.yourlarder.co.uk. Get 10% off by quoting 'Jellied Eels'.

Vegetables as you've never tasted them
Beetroot and chilli brownies, and parsnip and caraway cupcakes, are just two of the more unusual goodies from the Vegetable



Cake Coop, a new producer at Stoke Newington Farmers' Market. All cakes are made with organic, seasonal veg from growers at London's only weekly organic farmers' market, or from Growing Communities' box scheme. Saturdays 10am-2.30pm, St Paul's Church, Stoke Newington High Street, N16 www.growingcommunities.org

Waste not want not

When Rochelle Schwartz and husband Peter Newton spotted windfall apples going to waste in a neighbours' garden, London Glider Cider was born. Last autumn they collected eight tonnes of unwanted apples and pears and now have 5,000 litres of what is - according to the Campaign for Real Ale - the only cider made on a commercial basis in the capital from London apples and pears. They have already supplied one CAMRA festival, have orders from the Duke of Cambridge, the Southampton Arms and Hackney Downs Studios, and are looking for new outlets, including farmers' markets, festivals and pubs. thelondonglider@gmail.com

AROUND TOWN

Get into what's happening in your area

CUTTING A SWATHE

NW1

Thinking about rooting out the strimmer or mower and finding the extension cord now the grass is growing again? How about a greener, cleaner, quieter way to keep your small urban lawn in trim – and a bit of exercise thrown in free? Simon Fairlie and Ida Fabrizio are training urban gardeners in mowing and managing their lawns with an Austrian scythe at the London Green Fair, from 9-10 June, in Regent's Park. If you want to know more, get in touch with Ida at ifabrizio@hotmail.com.

www.thescytheshop.co.uk

THE EDIBLE HIGH ROAD

W4



Abundance London is organising the Edible High Road in Chiswick from 19 May–10 June, to celebrate the first Chelsea Fringe, coinciding with the Chelsea Flower Show. The project plans to create a river of fruit trees in big pots along Chiswick High Road, Devonshire Road, and Turnham Green Terrace. Restaurants, shops, estate agents, dry cleaners, chiropractors, banks, and grocers have already signed up; and the council has asked to plant some of the trees in the streets afterwards.

contactinfo@abundance.com

FIRST PLASTIC BOTTLE FREE SCHOOL

W6

West London Free School near Hammersmith has installed commercial tap water dispensers and become the UK's first 100% plastic bottle free school. www.tapwater.org donated lifebottles free of charge to staff and students so they could fill up with chilled tap water. Besides being environmentally-friendly the whole scheme should save staff and students a whopping £43,750 per year in bottled water costs.

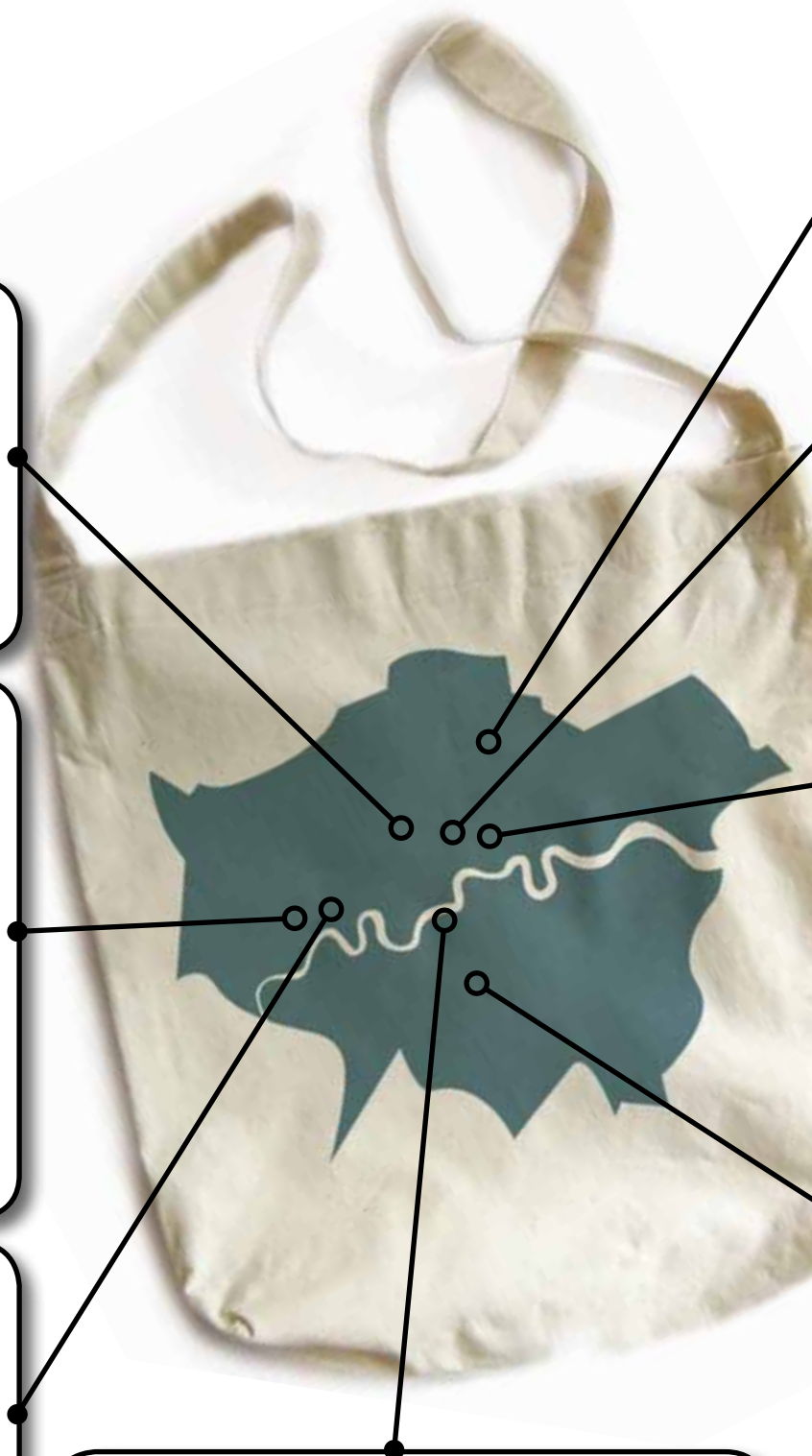
www.westlondonfreeschool.co.uk

GROW YOUR OWN ALE

SW9

How to get a man who is a reluctant gardener to grow a pot plant? Enter the Brixton Beer Company, and a simple idea courtesy of City Farmers' blog, to encourage Londoners to grow their own ale. From spring, the project is helping individuals and community gardens to grow and harvest hops. They will then pool the harvest and take the hops to a local brewer to magic them into beer, which the growers will indulge in at a boozy harvest party. Follow them [@city_farmers](https://twitter.com/city_farmers) or read the blogs at <http://cityfarmers.co.uk>

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



SATURDAYS AT ST JAMES STREET

E17

Every Saturday from 8am-5pm, street food traders will be setting out their stalls on Walthamstow market – the longest outdoor street market in Europe – to entice visitors with the sight, smell and taste of great street food.

www.walthamstowmarket.com

CENTRAL STREET COOKERY SCHOOL

EC1V

Bring a friend and get 20% discount on your first class at this fab new cookery school. To book and for information on classes contact the school on 020 7549 8176, email at info@centralstreet.org, or follow @central_st.

www.centralstreet.org

NATURAL WINE FAIRS

E1

This year, fans of natural wines are blessed with two showcase tasting events. But sip slowly - both run on the same weekend. RAW, organised by Isabelle Legeron, the first French female Master of Wine, will offer around 400 wines from 150 growers. All the producers use natural farming techniques, often organic or biodynamic, with minimum intervention in the wine-making process. RAW, 20-21 May, The Old Truman Brewery, E1. Sunday open to all, 10-6pm, £20/£25 from www.rawfair.com (Monday registered trade only). The Real Wine Fair, with a similarly impressive range, is organised by wine importers Les Caves de Pyrène, also the driving force behind restaurants Terroirs, Brawn and Soif. 20-22 May, Victoria House, WC1B 4DA. Sunday open to all, 10-6pm, £20 from www.therealwinefair.com (Monday and Tuesday registered trade only). To read more about natural wines, visit our website for a longer feature.

www.rawfair.com, www.therealwinefair.com

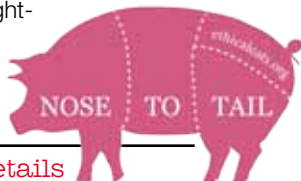
WEST NORWOOD FEAST SE27

The Feast is back after its winter hibernation. This monthly pop-up street market is held on the first Sunday of the month across four sites: Gardeners' Corner, Artisan Market, Food Fair and Retro Village. If you want to get involved, contact: hello@westnorwoodfeast.com; enquire about a stall at: food@westnorwoodfeast.com; or follow @wn_feast.

www.westnorwoodfeast.com

GOING NOSE-TO-TAIL

From 30 April, restaurants around London will be showcasing nose-to-tail menu specials, as part of a fortnight-long event being organised by the Ethical Eats project.



See p11 for details

Wine Tasting

We've teamed up with Isabelle Legeron MW to offer Eel readers a special evening to taste some of the best natural wines out there, and whet your appetite for the RAW wine fair. The tasting will be held on the evening of 8 May at Antidote, natural wine bar, in Soho. Tickets are £25 and should be bought in advance from www.rawfair.com/content/antidote-tasting

VOTE NOW



Photo: David Pearson



Vote for London's top veggie restaurant

The Eel has ganged up with the Ethical Eats network to launch a search for the best veggie restaurant in London, to tie in with National Vegetarian Week at the end of May. We will be asking Londoners to tell us which is the best exclusively vegetarian eatery in the Greater London area. We're looking at any kind of eatery, be it a café, restaurant or even a pub, but the premises has to be open to the public, with catering as its main purpose. Voting starts on 3 April and closes on 27 May. A short-list of those with the most public votes will be put to an expert panel, with the winning restaurant announced in early July.

Not only will the winning entry get the credit they deserve, but if your choice is voted top, you have a chance of winning a meal for two at the winning restaurant.

Vote now at www.thejelliedeel.org

TO MARKET

Food markets around London

Brockley



Photo: Toby Allen

Brockley Market is the best kind of surprise. Since the extension of East London line, Brockley is easier to get to, new people have moved in, and their needs are beginning to change the area...cue market.

Toby Allen, the market's organiser, is one such resident and a local photographer. He says he wanted people to be able to do most of their weekly shop at the market – and maybe also have a coffee and bite to eat. Despite the strong sense of community in the area there are few decent shops; no butcher or fishmonger – he was a shopper frustrated with the lack of fresh produce. The market now brings the community together one morning a week. One customer said: “it’s just like a French town market experience”.

“People come, sit down and chat to each other,” says Toby. “There are lots of families, but people of all ages and cultures visit. Someone even came down from Birmingham last week! We had to give them a burger on the house!” But most of the folks that visit come from much closer. “There are 32,000 people living only a mile from the market, so it made sense to start providing seasonal and quality produce for them to buy,” he says.

Visitors can buy fruit and vegetables from Perry Court Farm, organic meats from Marsh Farm and Jacobs Ladder, and the freshest fish going from The Handpicked Shellfish Co, grab a tasty burrito (Luardos), purchase some pretty flowers (Brockley Blooms), plants and herbs (Box Chillies) and finish it all off with a flavoursome wedge of cheese (Norbiton cheese) or a shot of dark coffee (beans roasted by Lawrence at Dark Fluid). There are also some little wooden areas to sit, and Toby plans to have more built to accommodate the growing number of regular market-goers. It is hard to believe this market has only been open for just over four months. It’s already a weekly event on the calendars of every foodie in the area.

Lewisham College Car Park
Lewisham Way, SE4 1UT
Saturdays 10am-2pm
www.brockleymarket.com

* Featured stallholder Mike and Ollie

Mike and Ollie are two young chefs in skinny jeans with a zest for life and some remarkable hunter gatherer skills. The guys search high and low (literally) for ingredients; foraging in Crystal Palace for quince (who knew?), god-knows-where for cobnuts, chestnuts from Greenwich Park and, when they chance upon it, they will cook road kill. No, really. In the name of waste not, want not, naturally. They cycle everywhere transporting their wares. The stall is small, they work hard, and there is always a veggie option on the menu.

<http://mikeandollie.co.uk>

By Linda Cooke

WHAT'S IN season

APRIL

Asparagus A highlight of spring and best served simply. Steam and dress with olive oil and lemon juice. Or roast, stir fry or barbecue until crisp and crunchy. Always buy firm spears that have been freshly cut: inspect the base and bend gently to check. Purple varieties are also coming onto the market.

Wild garlic Top on the foragers' shopping list, and wildly versatile. Wilt the leaves into sauces, thread through pasta, infuse into oils or try with scrambled eggs (see p5).

Also in season Alphonso mangoes, purple sprouting broccoli, radishes, rhubarb (outdoor), spinach, spring onions, watercress.



MAY

Peas The first early peas are sweetly divine. Try lightly steaming mangetouts and sugar snaps, then stir fry with grated fresh ginger and sesame oil. Serve with a scattering of sesame seeds and a few drops of light soy sauce.

Sorrel A cook's best friend - sorrel adds zip to sauces and salads. Add the shredded leaves to an omelette, or include a layer in a potato gratin.

Also in season asparagus, broad beans, elderflower, fennel, new potatoes (including Jersey Royal), samphire, radishes, rocket.

JUNE

Strawberries June is the best month for this British fruit with full flavour.

Try sprinkling halved strawberries with caster sugar, a few drops of balsamic vinegar and finely grated lemon zest. Marinate for half an hour before serving.

Cherries Last year was a poor season for British cherry growers – fingers crossed for a better 2012. Support our growers by gorging on their fine fruit.

Also in season broad beans, carrots, chicory, cauliflower, courgettes, damsons, elderflower, gooseberries, peas, samphire, spring onions, tomatoes, watercress.

Tom Moggach

Sustainable dining at Friends House

Quakers seek to actively embrace their beliefs and express them through their actions, essentially 'living what we believe'. As a Quaker concern we are committed to putting this into action in our working practices, and offer two great catering outlets within Friends House (the historic central offices of Quakers in Britain) offering food and drink that is both of high quality and honestly priced.



Quaker Centre Café

- Organic & Fairtrade tea, coffee, and hot chocolate;
- soft drinks including Chegworth Valley Juices, Ubuntu Cola, One Water, Luscombe, Whole Earth, RDA, Promavel;
- freshly prepared sandwiches, paninis, and salad bar;
- fresh cakes & pastries (including vegan/gluten, free-range);
- healthy breakfast options until 10:30am daily;
- lighter option homemade vegetarian meals including soup of the day, jacket potatoes and meal of the day from 12:00 Noon;
- large range of snack items including locally sourced products.

Monday to Thursday: 8:00am – 8:00pm, Friday: 8:00am – 6:30pm
Saturday: 9:00am – 4:00pm



Friends House Restaurant

A great value, lunchtime venue offering freshly prepared food using quality ingredients from sustainable sources.

- Main meals from a daily changing menu from £6.30 (fish, vegetarian and vegan option available daily);
- vegetarian Soup of the Day;
- salad bar;
- hot & cold desserts, organic ice cream;
- regular restaurant highlights include our Meat Free Monday menu and MSC Fish Shop Friday menu.

Monday to Friday: 12:00pm – 2:00pm



For café events, our daily restaurant menu, promotions and updates, like us on Facebook www.facebook.com/quakercentrefcafe or www.facebook.com/friendshouserestaurant



www.friendshouse.co.uk

173-177 Euston Road, London, NW1 2BJ

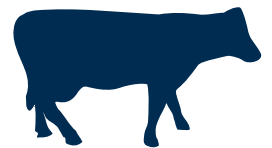
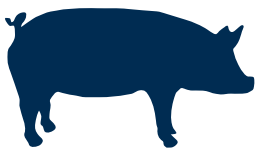
Friends House

YOUR DAILY PRODUCE MARKET

SOURCED
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

An offaly good idea

Following last issue's article on eating less but better meat, **Rachael Doeg** finds out about an initiative to promote better use of 'the whole hog'.

Chefs Alan Stewart, Josh Pollen and Mike Knowlden at the Ethical Eats Nose-to-Tail workshop.
Photo: Toby Allen

London's diners: here's a challenge for you - time to put your money where your mouth is, wean yourself off bland chicken breasts and boring fillet steaks and embrace more adventurous meat-eating. In a survey for the Jellied Eel by Toluna you told us you'd be more likely to eat offal if it tasted better, or if you knew how to cook it. Now there's a chance to go and sample what delicious unloved cuts are cooking in the capital, during 'Nose-to-Tail Fortnight' in May.

The fortnight is part of a campaign to educate London's chefs and restaurateurs about the values of cooking with less-loved cuts of meat, and to promote these dishes to the public. It will see over 20 of the capital's restaurants introducing specials featuring more unusual cuts to their menus from 1 May, with delectable dishes on offer such as deep-fried lamb sweetbreads with shallot and caper salsa at The Cinammon Club in Soho.

"The campaign helps chefs to think about meat in a more complete way, encourages them to learn the necessary butchery and cooking skills, and prompts them to use the whole animal so less food is wasted," says Sustain's Duncan O'Brien, who is running the campaign. "We know nose-to-tail makes more sense environmentally, and that exploring different foods and cuts makes eating more interesting. The question is; are people willing to change their habits? We'd love to help influence attitudes and behaviour, and increase the market

for offal and other unloved cuts in the capital."

One restaurant supporting the campaign is Manson in Fulham, where head chef Alan Stewart has been advocating nose-to-tail eating for some time. "It's important to have respect for your ingredients, especially meat," he says. "If you're going to kill an animal you have to use as much of it as possible and ensure there's no unnecessary wastage." As well as sharing his knowledge at a nose-to-tail workshop for chefs and restaurateurs at the new Central Street Cookery School in Old Street in March, Alan also recently played host to the judging of the Jellied Eel's love your local sausage competition (see box), sausages being another great way to use up less loved cuts.

Of course, Alan admits, there's more work and thought involved in using unpopular cuts. "But I'm glad the guys in my kitchen are picking up these important skills," he adds. "As lamb is in season we're serving lamb sweetbreads with pearl barley and wild garlic as a starter, and turning the leg meat into a confit, which we serve with the loin, breast and crispy belly meat for a main course."

For more information on Nose-to-Tail Fortnight, go to www.ethicaleats.org



For a full interview with Alan Stewart go to www.atoasttofood.blogspot.com

Snap up these sausages

The results of our Love your Local Sausage competition with London Farmers'

Markets are in! This follows several weeks of sausage sampling and voting by market customers, and the expert opinions of our tasting panel, who savoured the five shortlisted bangers in March. The Cumberland sausage from Rockwell End Pigs emerged victorious, closely followed by Downland Pigs' Breakfast Marmalade sausage.

"The competition helped to highlight some of the fantastic quality products our traders sell and the hard time pig farmers are having," said Cheryl Cohen, Director at LFM. Food critic Charles Campion, one of the judges, added: "The Cumberland sausage was particularly well made and had an excellent balance between fat and lean - a worthy winner."

Other judges included chef and founder of St John restaurant Fergus Henderson, butcher Charlotte Harbottle (aka Girl Butcher) and Alan Stewart of Manson.

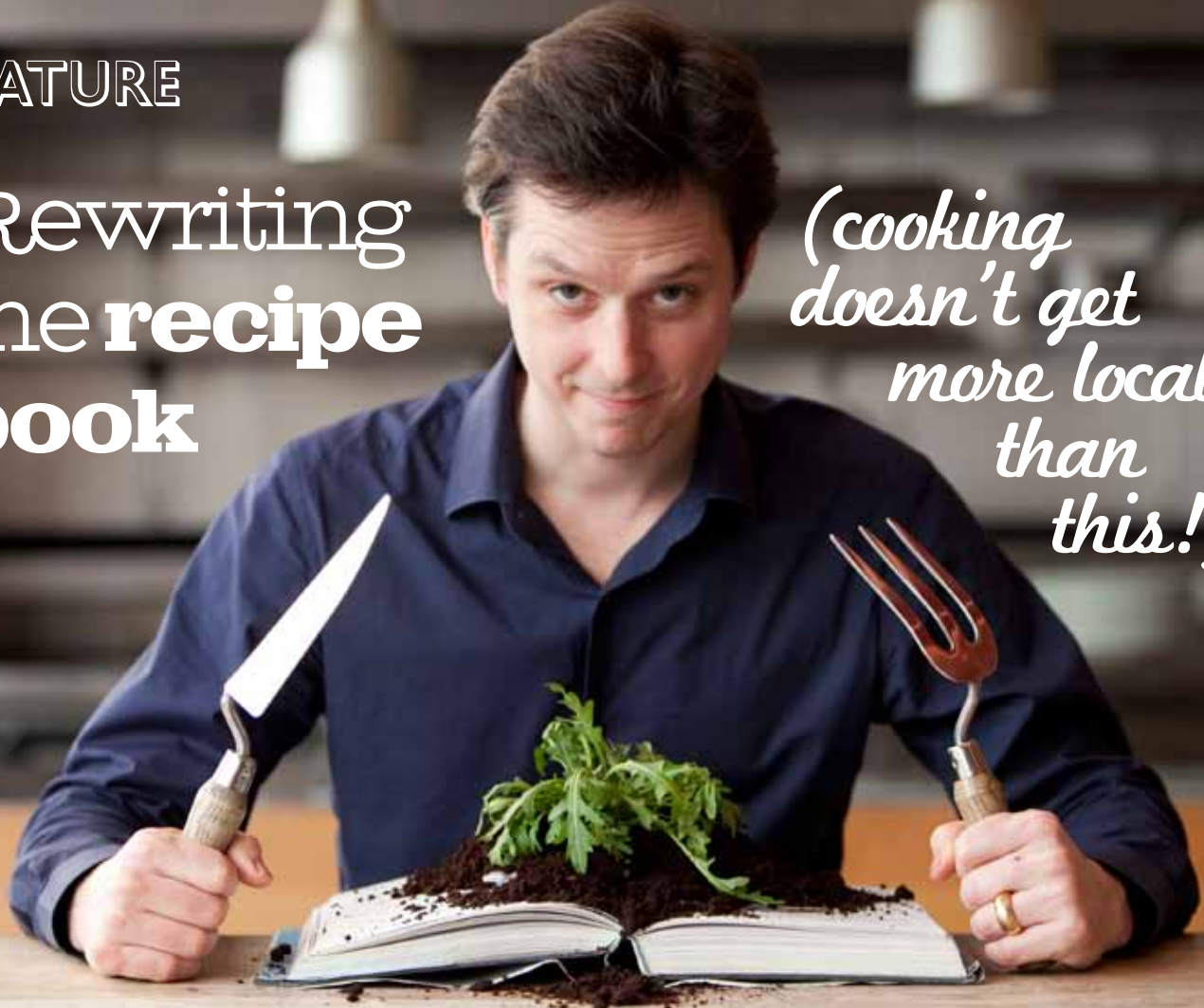
www.rockwellendhousefarm.co.uk

For more information on which markets to head to for these splendid sausages, go to www.lfm.org.uk

FEATURE

Rewriting the **recipe** **book**

*(cooking
doesn't get
more local
than
this!)*



Pick up a menu in any of the capital's restaurants and it's common now to find local or seasonal produce. But how much of it has been harvested that morning and delivered by push bike? **Anna Sbuttoni** went to find out about a new scheme that's putting super-fresh produce on London's dinner plates.



busy Sunday morning in Southwark, and there isn't a free table for brunch. The crowds have come, bleary eyed, for some award-winning breakfast. Think classic full English, eggs any way you can think of, and sweetcorn fritters that have a following of their own on a menu that changes daily, all made from the freshest ingredients.

And some of the food served in The Table Café is even more local than you might think. The freshest fruit and veg on the menu comes from but metres away – courtesy of a community growing space on nearby Melior Street, run by homeless charity St Mungo's as part of its Putting Down Roots project. That means super-local, ethical produce, grown so close it is delivered every week on a push bike, by an organisation that supports the community. This is urban food growing taken to the max.

"It's about breaking down barriers, being creative, building confidence in people, often in green spaces that have been neglected," says Ian Kavanagh, who runs the Putting Down Roots project. "Our primary objective is to get people who have been or are homeless to work in the gardens that we maintain, gaining experience, and enjoying what can be a very therapeutic activity."

Matchmaking

St Mungo's used to rely on grant funding, but is now trying to make its projects more sustainable. "We initially set up a stall to sell our produce, and have built on this with the 'Adopt a Plot' scheme," says Ian. "We sell everything we produce now, which is very satisfying. The beauty is that I can harvest something at lunchtime and it can be at The Table Café in just a few hours, if that."

The link was made six months ago, as one of 20 groups in a new scheme that gets food produced in community growing spaces into local restaurants, with backing from sustainable food network London Food Link, the Mayor of London and Big Lottery-funded Capital Growth project and the Big Lottery-funded Ethical Eats project. It's a match-making exercise, still in the early stages, but one that rethinks how central London restaurants buy their food, and shows the potential for supply and demand at the most local level.

Shaun Alpine-Crabtree, head chef at The Table Café, is pioneering the project from his kitchen. "I think it's really important," he says. "I see what produce I get and what dishes we can come up with, which works because our menu can change daily. It challenges us to be creative."

Top: The Table Café's head chef Shaun Alpine-Crabtree
Right: Grower Ian and chef Shaun at the St Mungo's growing space
Photos: Amy Scaife

Kelly Parsons, who runs Ethical Eats, says there has been some “real excitement from chefs” about the project, “particularly the opportunity to work with a grower to get hold of bespoke-planted fruit, vegetables and herbs – unusual varieties they find it hard to get through conventional suppliers,” she says.

The concept is so popular there is a 30-strong waiting list of restaurants, alongside the 20 matches made already. The scheme is expanding fast, with St Mungo’s now signed up to supply the London Bridge Hospital, and setting up growing spaces in Clapham and in a spot near the Imperial War Museum.

Not too far away in Tower Hamlets, Rocky Park Urban Growers has started supplying The Boundary, in a similar set-up. Only a week before we spoke, head gardener Nigel Marlow had personally delivered a batch of his super-locally grown baby chard, mizuna, sorrel and parsley to Peter Weedon, head chef at The Boundary, which has three kitchens including the popular Albion Café. “The deliveries have really exceeded my expectations,” says Peter. “What we would really love is for Rocky Park to be able to supply us twice a week and for us to put a Rocky Park salad on the menu throughout the summer.

“The project really makes sense for everyone in that we are encouraging people to grow in urban spaces, which gives them something interesting to do and a better quality of life,” he adds. “It brings money back to the community, it gives people who eat the food a better understanding of where their food comes from. It brings challenges

that help us be more creative chefs and, best of all, it brings a bit of variety to life. It really does benefit everyone.”

Nigel is equally keen to build on the partnership. “I have already got my eye on expansion,” he says, with plans to convert more disused land into growing spaces. “I work together with Peter to see what he needs and what we can grow to provide something special.”

There are several similar partnerships springing up around the capital, including Urban Growth earmarking produce for the Charles Lamb pub in Islington, and North London’s Growing Communities linking up with Lardo Restaurant, which is set to open in Dalston this month.

Eloise Dey, project officer for Capital Growth, says these growing spaces, some of which are funded by grants, “can trade surplus produce, helping them to become more financially independent.” She explains, “the project has been very popular so far, with more restaurants than growing spaces signed up. The next step is to think about how we can increase productivity.”

Rethinking the menu

Of course, very few growing spaces, if any, will be able to supply a restaurant with all the fruit, vegetables and herbs it needs. The restaurants have to be flexible, making the most of this community-grown produce alongside what they would normally order from their suppliers. It’s a challenge for chefs to push themselves to rethink the menu, and make the most of the produce on their doorstep, and that’s exciting, says Eloise. “Some restaurants put this produce on their specials

board, some love to share what they are doing and others are quieter about it, but simply use this as a way to support their local community.”

The initiative makes sense. It gives growing spaces, many of which are funded by grants, an additional means to sustain themselves, and provides city centre restaurants with more local food than most, plus a chance to fit into the community food chain. At the same time, it gives community growing spaces an opportunity to make much-needed money. The Table Café, for example, pays up to £200 a week for supplies from St Mungo’s.

And here’s to many more arrangements just like it, for the freshest breakfast, lunch and dinner in town.

GROWING CALENDAR

APRIL

- * It’s time to sow many crops including beetroot, chard, chervil, dill, lettuce, peas, radishes and spring onions. Also, plant early potatoes. Beware, however, of starting more tender plants such as courgettes and squashes too early. They could be sown indoors at the end of the month, but otherwise wait until May.

MAY

- * For a steady supply, remember to make successive sowings - about a fortnight apart - of crops such as carrots, coriander, salads and radishes.
- * Harden off indoor-grown plants before moving them outside to acclimatise them to colder conditions. For a fortnight, for example, you can move them outside during the day, returning them indoors at night.
- * Basil is an essential herb and best sown now. The best varieties are Genovese, Thai and Purple. Green shiso is a more unusual herb to try and very popular in Japan. With both, pinch out the growing tips to keep them bushy.

JUNE

- * Certain crops - like lettuces, coriander and many ‘oriental’ crops like mustards - dislike the heat and are best not sown during hotter summer months.
- * Pots and containers can dry out surprisingly quickly. Mulching the top helps to slow down water loss. Apply a thick layer of materials such as gravel, pebbles, garden compost or bark chip.

By Tom Moggach from City Leaf. His book, ‘The Urban Kitchen Gardener: Growing and Cooking in the City’ is published by Kyle Books. City Leaf provides expert food growing training to groups and schools. For more information, call 020 7485 3958 or email info@cityleaf.co.uk www.cityleaf.co.uk



LOCAL TO LONDON

The real,



real thing

In the year that Coca Cola will be flooding London in an even bigger way than ever, thanks to its sponsorship of the Olympics, a couple of young food entrepreneurs are taking on the soft drinks giant with a (not quite so) secret recipe of their own. By **Qin Xie**.

Pssst. That's the sound of the small East London bottling plant where a fresh batch of Dalston Cola, a stripped down version of the eponymous soft drink, is being carbonated, ready for distribution in the neighbourhood's independent cafés and bars.

Created by the people behind Treehouse Kitchen, Stephen Wilson and Duncan O'Brien, the drink was conceived just over a year ago for events at Passing Clouds arts club, and is fast becoming the mixer of choice for Dalston's foodie scenesters.

It was while investigating the ingredients in Coca Cola, with its famously closely-guarded recipe, that Stephen discovered kola nuts, the original

flavouring for cola. "The nuts were grown on trees indigenous to Africa, and played a large part in ritual behaviour. Drinks made from the nuts were originally medicinal, with many of the other spices in the drink having healing properties," says Stephen. Surprisingly, by speaking to people at his local markets, he discovered that fresh kola nuts could be found right here in London. It was then that he decided to start making this soft drink, but with less sugar than you'd expect. When he added the nuts to apple concentrate and muscovado sugar for sweetness, organic ginger to add to the bite, a little vanilla, some lemon and orange zest, and some spices to create Dalston's own secret formula, he realised he'd stumbled across something special.

Initially Dalston Cola, as it was soon christened, was only sold in syrup form. But after consulting Evin O'Riordain from Maltby Street's The Kernal Brewery, Stephen and Duncan decided to start experimenting with bottling. By March 2012, Treehouse Kitchen was producing 250 bottles of the drink's sparkling form a week, as well its Raw Fiyah Ginger Beer, which includes lots of fresh organic ginger, Fairtrade sugar, organic apple concentrate and a few herbs and spices that shall remain secret.

Both products can now be found on the shelves of Passing Clouds, The Russet in Hackney Downs, E5 Bakehouse, Tina We Salute You, The Vortex Jazz Bar and Betty's. But these two 'Davids' against the Goliaths of the soft drinks world don't want to fall into the trap of just being an edgy East London company. Treehouse Kitchen was started because the pair wanted to create a company which serves food that's 'good for people and the planet'; where they know where the ingredients come from, how they're produced and what the labour conditions are like. So there's a striking (red and white – of course) logo, but they've steered away from funny shaped bottles and the fashionable 'ye olde England'-style labels and won't be "scrawling any philosophical ramblings" on the product any time soon, says Duncan. Instead, they are concentrating their efforts on market research, including, of course, learning more about a certain global multi-billion dollar competitor.

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www.treehousekitchen.co.uk



Last of the greengrocers?

Photo: James O'Jenkins

Among the casualties of the declining high streets in villages, towns and cities across the UK is the independent greengrocer. Just ask yourself, when did you last visit one?, asks **Jenny Linford**.

Like fishmongers and butchers, greengrocers are a vanishing breed. The statistics make grim reading: it's estimated that nearly 3000 greengrocers closed between 1997 and 2008, the equivalent of five closing every week.

Chiswick residents are fortunate to have one of London's leading examples of this endangered species, Andreas Georghiou. His small, fruit-scented shop on Turnham Green Terrace, which he opened in 1995, offers everything from Jerusalem artichokes to foraged sea vegetables.

Andreas was introduced to the world of fruit and veg as a 17-year-old when he went to work for his uncle Adamou, who had a large greengrocers (now closed) on Chiswick High Road. "I liked it. I didn't mind the hard work, in fact the harder the better," he says. "I liked unloading the boxes and taking them down to the fridge because it smelt amazing and I could always sneak a cheeky peach or a strawberry!"

Despite such fruity perks, Andreas describes his work as 'a hard business'.

"For some strange reason buying stock still takes place in the middle of the night," he says. "If I could go and do my shopping at two o'clock in the afternoon, like Mark Fowler the greengrocer in EastEnders used to, I'd be as happy as Larry! But it is the early bird that catches the worm; you get the best stuff. It's not a business where you do a lot of pre-ordering because you've got to check everything."

Passionate and articulate, Andreas knows that as an independent greengrocer he has a fight for survival on his hands. "Parking is a major issue," he explains. "We've got people who think it's too far to walk 200 yards to us. Parking charges now start at 7am here, so the school-run trade we used to get between 8am and 9am has gone completely." He also feels people know "much less than they used to about fruit and veg. People are now supermarket shoppers and assume that everything should be in a pretty packet. They always say to us 'your tomatoes taste like tomatoes' and they're genuinely surprised." In order to retain his customers, Andreas makes

sure the fresh produce is attractively displayed, tastes great and that the service from himself, his wife Sophie, and staff member Darren is helpful and friendly.

Andreas's belief in what he does means he's taking the unprecedented move of opening a second shop near Chelsea Green. "It's a big bold move," he says, grinning, "but I've never played by the rules. People are very excited about a greengrocer opening in SW3; there hasn't been a new greengrocer open in Chelsea for decades. We're going to offer Chelsea all the lovely, flavourful fruit and vegetables that people love. My uncle Adamou's shop was a fantastic shop. I walk past that site with my son and say 'that used to be my uncle's shop.' I don't want him to walk past my shop with his son and say 'that used to be my dad's'. I want to stay in business. We're putting everything we've got into this. I've still got some fire in my belly, though I think it should have been beaten out of me by now," he laughs.

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www.andreasveg.co.uk

THE EEL LOVES... *Dalston*

Part of the traditional East End of London, Dalston's rich cultural background has always ensured a diverse and vibrant food community. Recent years of regeneration have seen the area grow and change, and it's now home to a modern, thriving, sustainable food scene. **Gaby De Sena** investigates who is putting great food on your plate in E8.

Pub: *The Scolt Head Pub*
107A Culford Road, N1 4HT
Small menus are always a good sign, especially with such an impressive use of seasonal produce from independent suppliers: vegetables from Lenards of Covent Garden, cheese from Neal's Yard Dairy, fresh fish delivered every evening, and meat from Essex



Restaurant: *A Little of What You Fancy*
464 Kingsland Road, E8 4AE
Sit yourself down on some salvaged school furniture and marvel at the comforting menu of British classics. Hearty dishes using great local ingredients: salad from the Wenlock Basin Estate in Islington, sustainable smoked salmon from Hansen & Lydersen, ice cream from Maltby Street regular La Grotta Ices, fish from Ben's Fish in Mersea, and drinks provided by The Kernal microbrewery in Southwark, as well as handmade spirits from West London distillers Sipsmith.
alittleofwhatyoufancy.info

Community Project/Café: *The Russet*
Hackney Downs Studios,
Amhurst Terrace, E8 2BT
This exciting new creative space and café has a strong emphasis on community and sustainable food at great prices. Chefs here are committed to seasonal menus and local produce, including artisan sourdough from the E5 Bakehouse, beer from London Fields Brewery, wines from Borough Wines or Vintage Roots, and organic meat from The Ginger Pig. I almost don't want to tell you

about the three-course Sunday lunches for £15.95, shhh!
therusset.wordpress.com

Growing Space: *CHUG (The Floating Allotment)*
Kingsland Basin, N1 5BB
Residents of the 14 boats at the Kingsland Basin transformed one of the old barges into a floating allotment. Winners of the Edible Green Corners Award, the CHUG community can now enjoy an array of herbs, fruit and vegetables as well as contributing to the ecology in an otherwise neglected area. See their website for upcoming open days where you can also learn about their bee hives, supported by the Capital Bee campaign.
chug.org.uk

Growing Space/Café: *Farm:shop*
20 Dalston Lane, E8 3AZ
Reconnecting city folk with the pleasures of growing your own, this urban farm (in a shop) is home to an aquaponic micro fish farm, indoor allotment, rooftop chicken coop and a polytunnel. The café uses local ingredients and anything grown in-house.
farmlondon.weebly.com

rare-breed farm, Blackwell Hadden. And if that isn't enough, all chutneys, jams and ice creams are hand-made in the kitchen.
thescolthead.co.uk

Eatery/Bar: *Lardo*
London Fields
The team behind Lardo has spent a year developing a range of charcuterie using meat from reputable farmers with strong husbandry ethics. Working with Graham Waddington of Native Breeds and resident curer Matt Bedell, Lardo's cured meats are unique and aim to use the whole animal. Watch the website for details of the official opening this Spring.
lardo.co.uk or fatfoodtaxi.com

Café: *at The Arcola Theatre*
24 Ashwin Street, E8 3DL.
(See article p17)
arcolatheatre.com/energy

Café: *Violet*
47 Wilton Way, E8 3ED
Since humble beginnings at Broadway Market in 2005, Violet has secured a loyal following. Claire Ptak's cakes use organic

ingredients and seasonal buttercream icings. Expect to find elderflower, gooseberry and rhubarb icings in the spring and look forward to Kentish cherries, Suffolk blackberries and Dorset blueberries in the summer.
violetcakes.com

Retailer/Supper club: *Niko B Chocolates*
 Avo Hotel, 82 Dalston Lane, E8 3AH
 Hand-made in small batches, Niko B Chocolates are 100% organic, Fairtrade and seasonally flavoured, using ingredients certified by the Soil Association such as organic British cream and butter. Available from their 'Chocolate Lab' at the Avo Hotel, they also offer chocolate workshops, Sunday brunch with a chocolate twist, and host a four-course, dessert-only supper club.
nikobchocolates.com



Pub: *The Duke of Wellington*
 119 Balls Pond Road, N1 4BL
 Awarded 'North London Pub of the Season' by CAMRA in Spring 2010 for supporting real ale, ciders, independent breweries and real ale festivals, the pub boasts an impressive selection of real ales on hand pull. This includes Sambrook's Wandle, which has been brewed in Wandsworth since 2008. The food menu is fresh and seasonal with free-range and traditionally-reared meat, poultry and eggs as well as sustainably-caught fish from the British coast.
thedukeofwellington1.com

Music venue/Café: *Café OTO*
 18-22 Ashwin Street, E8 3DL
 Chill out and feel suitably cool at Café OTO. Beers are provided by The Kernal microbrewery in Southwark, including OTO Ale brewed exclusively for the café. They also stock a range of fruit juices, ciders, teas and Monmouth coffee, and homemade, organic food is served during the day.
cafeto.co.uk

Images From left to right: CHUG; Nico B Chocolates; The Scolt Head; Violet

Arcola Theatre



Starting up a new theatre space with limited resources in a former East End factory meant that founders, Mehmet Ergen and Leyla Nazli, took the reuse-recycle mantra to heart. But not all arts organisations embrace sustainability like the Arcola Theatre in Dalston. The appointment of Ben Todd as Executive Director, bringing engineering expertise and a passion for renewable energy, was a new catalyst. He saw the potential to create a carbon neutral theatre, to inspire the community and to embed sustainability in the arts. Finally Feimatta Conteh, Sustainability Projects Manager, joined this pioneering arts venue to coordinate the 'Green Arcola' vision through 'greening' the venue, its professional productions, creative learning and community engagement.

Arcola recycled Olympic site material to insulate the Tent – a pop-up venue on derelict council land; helps manage the green oasis that is the Dalston Eastern Curve Garden – a Growing Communities veg box pick-up point; organises quarterly, themed 'Green Sundays', which mix fun, creativity, performance and sustainability; challenged local schools to make and race mini-hydro powered cars; and advises arts organisations on integrating sustainability, for example by adopting sustainable production guidelines – sourcing recycled and reused props, using rechargeable batteries, and low carbon lighting. And the theatre's cafe is stocked with Fairtrade and organic produce, including Whole Earth soft drinks, Luscombe juices and ciders, organic spirits, and snacks provided by Goodness Foods. Open from 10am until after the shows finish.
www.arcolatheatre.com and www.futurearcola.com

By Nadia Mackenzie

The *Jellied Eel* would like to thank Arcola Theatre 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*.



TOASTING LONDON WITH...

Arthur Potts Dawson

In a regular series we ask those in the capital's food scene what they love about it. This issue, an eco-minded chef with a passion for veg – especially the wonky variety.

Is there a vegetable 'arms race' going on in the TV and book-writing chef world? Arthur Potts Dawson, formerly of Acorn House restaurant and The People's Supermarket, is about to release his own book, *Eat Your Veg*. He seems just a touch miffed that Hugh Fearnley-Whittingstall was able to get his veg book out faster. Like Hugh, and Jamie Oliver, Arthur is an alumnus of the River Café. The self-confessed 'veg-head' says it has always been at the heart of his cooking, with meat being something on the side.

Your favourite place to eat in London?

Trullo, on Highbury Corner. It's young, it's sexy, it's funky. The chef has come from Moro; his cooking has a Middle Eastern, Spanish, North African-type River Café slant. It's a very seasonal, small menu. Great veggies, fresh fish: they're grilling whole sardines, lemon sole. I've been there about 15 times.

Your earliest/oldest London food memory?

At 16 I got a job at Kensington Place. It was the place to be. Princess Diana and Joan Collins were in. It was all morel mushrooms and whole geese coming in from France, and tarte citron. London in 1987 had this cloak of Frenchness draped over it.

The best meal you've ever eaten in the capital?

A set lunch at The Square: scallop mousse stuffed inside a zucchini flower and cooked in a bamboo steamer. My friend and I just looked at each and said: 'that was one of the best meals I've ever eaten.' And it was only £25.

Your favourite food stall?

Tony Booth, the mushroom man in Maltby Street. His stall is full of British produce: huge puffballs, wonderful penny buns, brilliant trompettes de la mort. He creates a market that means his puffball man can go out and spend a week just picking puffballs...

London's best food bargain? (shop, café or restaurant)

Rubies in the Rubble (chutneys and jams made from surplus produce). I think the price is fair but it's a wonderful product. It's certainly sustainable and community-driven. Also the sausage man in Chapel Market, Angel is good value and I think the meat is really good quality.



Your top tip for anyone looking to eat out ethically and sustainably in London?

We have to be careful not to be trapped by greenwash. I struggle to find somewhere in London that I can trust on a sustainable level – it needs to be a commitment from everybody in the business – from the manager to the chef to the kitchen porter...Who's doing that at the moment? Am I allowed to say I don't know?

If there was one thing you could change about food or eating in London, what would it be?

Cut out the middleman and deliver food direct to consumers or restaurants. Develop relationships and a network of electric vehicles dropping off produce from in and around the London area. The city needs to address its food supply, even if it can produce 10 per cent of the food it consumes, that's millions of tonnes, imagine if it could be achievable in city farms and back gardens.

What do you think could be the next big trend or issue in terms of sustainable food in London?

I'm working on it! It's going to be possibly the most sustainable restaurant London has ever seen. Watch this space.

By Clare Hill



Find out more about your guide to seasonal food
seasonsapp.com



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and recyclable packaging, and delivered by friendly local drivers. This provides local employment and we hope, means that our staff understand the local customer and the local area. It also means that you, our customer, can support local business and get fabulous, convenient, fresh fruit and vegetables, all at the click of a mouse.

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Featured member Global Generation



Photo: Global Generation

LONDON FOOD LINK

The high wooden hoardings and caterpillar tracks of the King's Cross development site isn't where you would normally expect to find a flourishing community growing project. But for the duration of the development works, it's where the inspiring Global Generation project has put down its roots. Using reclaimed materials from the site, Global Generation has transformed six skips into a vegetable growing space. The skips have the added benefit of being fully mobile, so when the construction workers focus in on the existing location, they can be hoisted up like giant hanging baskets and relocated to a quieter corner, out of harm's way.

The garden is the setting for Global Generation's youth leadership programme, which matches local young people with high-profile businesses in the area. Together they work on activities that develop leadership skills, encourage innovation, promote collaboration and have sustainability at their heart. Projects currently in development include an urban summer camp, a pop-up cinema and an organic café. The project's most recent addition is a decked area and two refurbished cabins. The space makes for a novel alternative for holding meetings and events, and it is hoped that businesses close to the site will take up this opportunity to support the project's work. Find out more about the great work of Global Generation at www.globalgeneration.org.uk.

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
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How to join

Online: Go to www.sustainweb.org/londonfoodlink/membership to sign up online. Post: Complete this form and send it with a cheque made payable to 'Sustain', to 94 White Lion Street, London N1 9PF.

To find out more go to www.sustainweb.org/londonfoodlink or email ross@sustainweb.org.

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

£25 – individuals, businesses and other organisations with an annual turnover below £75,000

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Rate If the fee is not, for whatever reason, a fair reflection of your ability to pay membership, then please get in touch. For an annual discount of 10% please choose to pay by online annual subscription.

WHAT'S ON

Farmers' market plant fairs

From April *London-wide*

It's spring so the plant fairs are back at the London Farmer's Markets, selling perennials, vegetable plants, herbs, fruit trees and more. April: 14 - Brixton; 21 - Balham; 22 - Walthamstow; 28 - Ealing; 29 - Marylebone. May: 3 - Bloomsbury; 5 - Parliament Hill; 6 - Queen's Park; 12 - Notting Hill; 13 - Blackheath; 20 - Parson's Green. www.lfm.org.uk

Lambing open days

8-9 April *Forty Hall Farm, Enfield*

Come and see new-born lambs, Clydesdale horses, rare-breed cows and pigs, and Easter chicks. Children's games with the Secret Seed Society, sheep-shearing, local food stalls, and visit the Community Vineyard. Contact kate.mcgeevor@capel.ac.uk. www.fortyhallfarm.org.uk

Mary's Meals - A ten year celebration

21 April from 2pm *The Tabernacle W11*

Family event with updates on this project's work, music, and a talk from Mary's Meals founder, Magnus MacFarlane-Barrow. RSVP to tenyear@marysmeals.org

Know Your Onions!

25 April 4.30-6pm *Southbank Centre SE1*

Free networking event from Capital Growth and School Food Matters, celebrating the great food-growing endeavours of London schools. Places limited so register at events@schoolfoodmatters.com. www.schoolfoodmatters.com

The London Coffee Festival

27-29 April 10am-7pm *Old Truman Brewery, Brick Lane*

Spend a potentially sleepless weekend savouring all aspects of London's gourmet independent coffee scene. To read about when the Jellied Eel recently imbibed some London coffee history on a new tour see: <http://bit.ly/jelliedeelcoffee>. www.londoncoffeefestival.com

Nose-to-Tail Fortnight

From 1 May *London-wide*

Restaurants, cafés and caterers will be putting offal and other unloved cuts on the menu as part of a campaign by the Ethical Eats project (see p11 for details).

Planning an organic vegetable garden

12 May 10.30-3pm *Regent's Park*

It's the perfect time to get planning organically for the season ahead. Alex will take you through the principles of organic growing, and help work out plans specific to your site. £20 Capital Growth Spaces; £40 non-members, email: training@sustainweb.org www.capitalgrowth.org/training/the_regents_park/

Introduction to beekeeping

12 May *Hackney City Farm*

One-day course offering an understanding of the role of bees in supporting wildlife and agricultural production and a taster of what it is like to look after bees in the city. Cost £60. Long trousers and closed shoes essential.

www.lowimpact.org/hackney_course_outline_beekeeping.htm

World Fair Trade Day

12 May

Celebrated around the world, this year's theme is Fairtrade Breakfast - 'the most important step of the day'. Your chance to buy - and promote - Fairtrade products. The Olympic Games catering outlets are doing their bit - tea, coffee, sugar, bananas - will be 100% Fairtrade. www.fairtradelondon.org.uk

May Fayre

13 May 11am-4pm *Walled Gardens, Chiswick House*

Join Chiswick House and Gardens Trust in a celebration of spring! Fun for all the family - activities, games and entertainments, and plants and vegetable seedlings on sale. www.chgt.org.uk

Food Revolution Day

19 May

Jamie Oliver is launching a global day of action to mark a commitment to food education for a better life; it aims to educate, empower and inspire people to stand up for real food. www.foodrevolutionday.com

RAW - Artisan Wine Fair

20-21 May *Old Truman Brewery*

Offering around 400 wines from 150 growers (see p7 for details).

World Street Food Festival

1-5 June *Southbank Centre SE1*

Street food is going through a revolution as the grease merchants are replaced by affordable, fresh, tasty and exciting food. Stroll down the banks of the Thames and 'eat the world' during the Queen's Jubilee celebrations. www.realfoodfestival.co.uk

Myatt's Fields Park summer fair

2 June 1-5pm *Myatt's Fields Park, Lambeth*

Local chefs and food heroes are being challenged to a cooking competition using waste food and veg from the park's greenhouse. Locals can also bring food to share and enjoy the music, stalls, fairground, and learn about local food growing. Contact Victoria Sherwin on 020 7926 0394 or info@myattsfieldspark.info. www.myattsfieldspark.info

Big Jubilee Lunch

3 June *Nationwide*

Part of the events programme for the Diamond Jubilee celebrations. A special four-day bank holiday from 2-5 June means there is plenty of time to enjoy lunching in your community. Find your nearest street party, or set up your own. www.thebiglunch.com

The London Green Fair

9-10 June *Regent's Park*

The 20th anniversary! From a small gathering of activists held in the railway arches at King's Cross, this flagship environmental festival now attracts tens of thousands of people.

www.londongreenfair.org

Open Garden Squares Weekend

9-10 June *London-wide*

Revisit your favourite urban green spaces or discover new hidden squares and gardens that are opening their doors to the public.

www.opensquares.org

Croydon Green Fair

16 June *North End, Croydon*

Croydon's annual environmental fair with stalls and displays for all the family. www.greencroydon.co.uk

London Food Link network do

If you want to come along to our next network do in June (date TBC), where those who care about ethical food come together to eat 'n' greet, contact ross@sustainweb.org.



London greenfair

Exploring the green heart of London

* London's leading **FREE** green family festival *

Saturday 9th & Sunday 10th June 2012
Midday 'til 7pm - Regent's Park, London

London's unique free family festival - celebrating its 20th anniversary with

2 live music festival stages • Large children's area
Open-air orchestras • Speakers tent • Permaculture zone
Organic food and bars • Boutique Markets • The Electric BikeFest
Pedal-powered music arena • Green Campaigns and exhibits



www.londongreenfair.org

info@londongreenfair.org



ELLIOT'S

CAFE

**12 Stoney St
Borough Market, SE1 9AD**

Elliot's is located in London's Borough Market and is open for breakfast, lunch and dinner Monday to Saturday. The Market has been a part of London's food culture since the 13th century and has existed at its current location since 1755. We aim to build on these traditions by working closely with the market traders and offering a menu which directly reflects the range of produce you will find available on any particular day. Whilst the kitchen has to close between services our doors are open for a drink and we offer a limited menu of cold plates, cheese, cured meats during these times. Our burger is now available all day too.

Elliot's is the second venture from Brett Redman and Rob Green who also run the Pavilion Café in Victoria Park.

Monday - Wednesday

Lunch 12 - 3, Dinner 6 - 10

Thursday - Saturday

Breakfast 7.30 - 12, Lunch 1 - 3, Dinner 6 - 10

Sunday (from February onwards)

Brunch 10 - 3, Dinner 6 - 10

Contact

info@elliotscafe.com