

The
JELLIED EEL

London's magazine for ethical eating



SPRING - SUMMER 2013

FREE
magazine

ISSUE 39

A woman with long brown hair, wearing a black top and a watch, is holding two glasses of beer. She is standing behind a bar counter with several stacks of clear glasses. The background is a dark wooden wall.

Battle for the
BOOZERS

New Portobello brewery * Fab Kentish Town food * Nose to Tail fortnight
Are veggie options improving? * London's top sausage revealed

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So London now has 50 breweries. It feels like quite a landmark. This issue we're getting stuck into some of the interesting new breweries starting up (p16). I'd be interested in hearing from anyone who knows when London last had 50 breweries to its name. And yet, despite the rise in breweries, we're still seeing the number of pubs fall, with two closing every single week. In this issue we feature some of those Londoners all across the city who are fighting for their pubs (p12). We also highlight a pub which is turning its hand to running a market (p8). To help celebrate some of the most ethical pubs in London, we've joined up with CAMRA and Ethical Eats for a competition, and you can help us by going to our website and voting for your favourite (p7). All this plus lots more in here for those of you who aren't into pubs! We also have even more news online, with an extended Around Town section and other features.

Ben
Editor



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Start the day with salt?

A survey by Ethical Consumer magazine has highlighted the unhealthy levels of sugar and salt in British breakfasts. Did you know that some of the best-selling wholemeal breads contain as much salt in a single slice as a packet of crisps? Meanwhile, a recent investigation of 'wholegrain' loaves marketed by some of the UK's highest-profile industrial loaf manufacturers by the Real Bread Campaign found one loaf that declared merely a miserly six per cent wholemeal flour. Breakfast cereals don't fare too well either, with the Ethical Consumer survey revealing that 10 of the top 15 best-selling cereals are 'high in sugar'. For a guide on the best breakfast toast and cereal, go to: www.ethicalconsumer.org. To read the wholegrain report and to search for your nearest Real Bread outlet, visit www.realbreadcampaign.org

Nose to Tail Fortnight

Tired of tenderloin? Bored of chops? Why not try an unloved, different cut this Nose-To-Tail* Fortnight instead! From 1-14 June, Ethical Eats catering network will be working with top London chefs to promote offal and other uncommon cuts of meat and fish, as part of a campaign to encourage more thoughtful and less wasteful consumption. Participants include organic pub The Duke of Cambridge, avant-garde food designers Blanch and Shock, and newly-opened restaurant/seafood bar the Newman Street Tavern. Check out www.ethicaleats.org for details. If you're a restaurant and want to get involved in Nose-to-Tail Fortnight, contact Charlotte at Ethical Eats on charlotte@sustainweb.org

*With thanks to Fergus and the folks at St. John for the use of their much-quoted phrase!



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Love
your Local
Sausage
2013

Winner

Flock and Herd (p14)

Highly Commended

Galileo Farm Pork Sausage
Happy Herefords Happy Hooligan Sausage

Bulletin

Appetite for destruction?

'Not arf' choc-pickers! The Rainforest Foundation UK and Ethical Consumer magazine have joined forces to survey over 70 of the UK's top chocolate brands to check their use of unsustainable palm oil. The production of palm oil threatens people who rely on the forests for their livelihoods, as well as wildlife species such as the forest elephant and lowland gorilla. Booja Booja and Divine are the top of the chocs as neither contain palm-oil. See the full score board here: www.rainforestfoundationuk.org/palm-oil-database

Join the club

- Grub Club links foodies with new and creative chefs across London.
- Plan an event or 'grub club', upload it, host it and best of all, get paid.
- Or guests can search by date and location on the website to find what's cooking in the capital. There are other ways to get involved too - if you've got space to rent or produce to sell, get in touch.
- www.grubclub.com

2013
Sustainable
City Award
food category





Farm shop at a drop

Ex-stockbroker Ben Pugh has switched from trading stocks and shares to fresh local produce, and founded a new type of online shop called FarmDrop. It allows you to buy food directly from local farmers, wholesalers and producers via a community buying-group. Place an order online on FarmDrop's website and the food – from a veg box to organic stewing steak – is collected at local 'drop points', which could include pubs and community centres. New community arts venue The Albert in Kilburn is already up and running as a drop point. Why not request a farm drop near you. www.farmdrop.co.uk

Right royal growing training

Capital Growth, London's food growing network, is holding an exciting range of urban food-growing sessions at the Regent's Park Allotment Garden throughout the spring and summer. There's even a food-growing session for real beginners to help you get started and sessions for teachers on how to use a garden as a classroom. For a full list of training days, and to book your place, check out www.capitalgrowth.org/training



A spread of the latest ethical food news

RubClub

Winner

North London's Castle Climbing Centre

Runner-up

Eden Catering

Smash a world record this summer!

Global Sharing Day 2013 on 2 June is run by People Who Share, a London-based initiative to build sharing economies. Partnering with The Big Lunch, which takes place on the same day, it's set to be the biggest sharing event yet, breaking last year's record of 60 million people from 147 countries! The goal is to reach the most shared meals in a single day and raise awareness of food waste, sustainable food, and the sharing economy. With other local partners such as Meal Sharing helping out, there's no excuse not to have lunch with your friends or neighbours this June. <http://bit.ly/RFuSmx> www.thebiglunch.com



London's youngest veg box suppliers

Eight schools will be helping their local community to eat fresh, organic salads this summer. The school children will sell their salad crops to Local Greens, the not-for-profit veg bag scheme. The schools' salad crops will be harvested in mid-June and will be available at Local Greens' collection points across South London, so don't miss out! www.localgreens.org.uk

Shopping basket

Hey pesto!

These seasonal pesto pots use Kentish cobnuts, extra virgin Suffolk rapeseed oil and traditionally-made Wiltshire cheese. Currently in season are Roast Spring Onion and Parsley and Wild Garlic, Basil and Mint with summer pestos, Beetroot and Chive, and Garden Pea and Coriander available from mid-June. Buy six packs online, or single pots in store at range of London stockists from £3.75 per pot. www.wellseasoned.co.uk



Fresh cup of Joe

Joe's Tea Co. has crafted a range of organic tea, herbs and fruit blends in 15 good-to-go 'fuso' bags. The ingredients are grown using traditional farming methods and the bags are made out of corn starch, making them 100 per cent biodegradable. Try out classics such as The Earl of Grey or try white tea, Whiter than White. Available from independent cafés, restaurants, and the Harvey Nicholls Food Hall, as well as online from £4.50. www.joesteacompany.com



Hops in a Box

Meantime Brewing Company is giving away over 12,000 hop growing kits to Londoners to raise awareness about what ingredients go into their pints. 'Hops in a Box' kits each contain a packet of hop seeds, a mini terracotta pot, dehydrated compost and full growing instructions. You can find them in over 80 pubs and bars, Waitrose and other outlets listed online. There will also be a 'Hop Doctor' to give advice to hop growers via Twitter and Facebook. www.meantimebrewing.com



New Rubies in the Rubble

Jenny Dawson at Rubies in the Rubble is launching some new lines including a hot banana chutney and a piccalilli, as well as producing new jams during the summer to make use of the softer summer fruits. Available from Borough Market. www.rubiesintherubble.com

SPUDS YOU'LL LIKE

EC1R

Love your spuds? You'll love new potato restaurant, café and shop 'The Potato Merchant' in Exmouth Market. There are around 10 varieties of seasonal Kentish potato available, including various Shetland Black and Red King Edwards potatoes. They are always on the lookout for more seasonal varieties, which change regularly to support as many local suppliers are possible. The café has a lunch and dinner menu using produce from the shop, with mash, Jersey royal, and dauphinoise on offer and black pudding croquettes. There's also a range of award-winning drinks including beers, ales and English sparkling wines, and they are currently experimenting with their own draft beer which will be on tap. And we like the sound of their lightly fried heritage crisps.

www.thepotatomerchant.com

BEST OF THE WEST

TW8

Brentford Market launches on Sunday 12 May for a six-month pilot phase. This new market is set to be a great destination for West London's foodie crowd, featuring fresh local produce such as artisan bread and fruit and veg, alongside delicious street food. Get down to Market Square on Sundays from 10am-2pm.

www.brentfordmarket.com



HERBAL HIGH (ROAD)

W4

Chiswick community project, Abundance London will be running Edible Herbal High Road at the Chelsea Fringe at Chiswick from 18 May - 9 June. Fifty businesses having signed up for their own herbal box to create a mile-long nectar garden along three streets in Chiswick's central shopping area. These fragrant herbs and edible climbing plants will create an environment that is bright and nectar-rich. Don't miss the herb bread-making workshops at the launch party on 18 May from 10 - 5pm.

www.abundancelondon.com, www.chelseafringe.com

A RAW MEAL

NW6

This National Vegetarian Week, 20-26 May, head down to raw food café NAMA in the heart of Queen's Park. It provides savoury and sweet dishes, catering, juice and food cleansing programmes. NAMA's ingredients are organic, unprocessed, vegan, and wheat- and dairy-free. The menu includes raw pizza, vegetable terrine, and how about a raw pancake tower for breakfast?

www.namafoods.com

AROUND TOWN

Get into what's happening in your area

PUB WITH A PATCH

SE22

London's first 'self-sustaining' gastropub, The Patch, will be opening its doors this June in East Dulwich. Plans are that eventually half of the fruit and veg will come from its own kitchen garden, using vertical farming technology, with the rest from the surrounding community and local farms. The meat and fish supply will come from sustainable sources, and all ingredients are promised to be from within a 25-mile radius.

[@thepatch2](https://www.instagram.com/thepatch2)

We've been inundated with great foodie goings on this issue, so visit www.jelliedeel.org for lots more Around Town news.

10 YEARS OF ORGANICLEA

E4

Urban grower Organiclea is celebrating a decade of existence and, as of May, the first fully organic-certified crops to be harvested at its Hawkwood nursery in Waltham Forest. The produce is now selling through two market stalls in Walthamstow and Leytonstone, its box scheme and cafés including Friends House, Euston, and new stockist Lumen, King's Cross. It is holding an open day on Sunday 26 May including a talk from Ian Tollhurst, author of *Growing Green*, plus a site tour and produce for sale. Just turn up!

www.organiclea.org.uk

NATURAL CHOICE FOR ISLINGTON

N1

Relax at new organic coffee shop Naturalis, on Chapel Market. Home-made cooking and baking using local ingredients - cake and vegan brownies, hot lunches such as soup, pasta, veggie burgers and quiches, and recipes are adapted to the seasons. To drink, there's Fairtrade coffee and loose leaf teas or choose from a selection of whole fresh fruit for juicing while you wait. Eat in or take away in 100 per cent compostable containers.

<http://on.fb.me/112GGAO>



DEPTFORD DEMOS

SE8

Every Saturday from 11am – 1pm, and running until April 2014, there will be live cookery demos on Deptford High Street to promote the Deptford Community Cookbook – created by the local community. Each week will showcase a different recipe, and you are invited to contribute your own favourite ideas.

www.deptfordcookbook.com

PERFECT DISH OF SALAD AND FISH

SE1

A pop-up urban farm harnessing aquaponics technology to produce fresh fish and salad side-by-side is set to launch in London in May. GrowUp Box plans to open to the public having raised £16,500 via crowd-funding site Kickstarter. Based at Marlborough Playground, near the Tate Modern gallery, the GrowUp team aim to demonstrate that aquaponic technology – where nutrient-rich waste water from fish tanks feeds the roots of plants, which in turn purify water for fish – can contribute to urban food growing. Longer-term, the team plans to scale-up to a commercial farm to service more city residents and restaurants. Visit the Eel website to read a longer article about this interesting project.

www.growup.org.uk

VOTE NOW

Photo: Jennifer Balcombe



London's most ethical pub competition

Is your local the go-to location for good food? This pub-themed issue has inspired us to raise a glass to our city's boozers that go the extra mile to do the right things with their food and drinks. So - in conjunction with CAMRA, the Campaign for Real Ale, and the Ethical Eats catering network - we're launching a competition to find London's most ethical pub. With lots of awards already out there for the beers, we're asking voters to also consider the other drinks, whether it's local gin or organic juice; the grub, from pork scratchings and pickled eggs to the finest gastro delights; plus their environmental practices and links with the local community.

Voting starts 6 May and closes 17 June. A short-list of those with the most public votes will be put to an expert panel, with the winning pub announced in the next issue.

The winning pub will get the credit they deserve, and if your hostelry wins you'll be entered into a draw to win yourself a free meal for two there.

Vote now at www.thejelliedeel.org

TO MARKET

Food markets around London

The Railway pub market

Every second Saturday from 10am
2 Greyhound Lane, Streatham
Common, SW16 5SD
www.therailwaysw16.co.uk



This little market is a tiny slice of local goodness. Nestled around The Railway pub at the intersection of Streatham Vale and Greyhound Lane, it's the perfect every-other-Saturday treat for a neighbourhood on the rise. Lane & Vale is one of the newest neighbourhoods to spring up, a place where families can still afford to buy houses in London, and home to a vibrant, diverse community. Now all it needs is the amenities to match. That's where the market at the Railway comes in.

Shane Ranasinghe has lived in Streatham for 13 years and loves it but couldn't help but notice a gap – he didn't have access to any good food. It annoyed him that he couldn't get a good loaf of bread in the morning, or a decent piece of meat without going to a supermarket. So, he thought, why not start a small market outside The Railway pub covering the basic staples that residents needed, whilst supporting farmers and local businesses?

What started one year ago as a monthly market is now on twice monthly, and may even go weekly if demand continues. Shane doesn't charge the traders for their pitches

so they can keep their prices down, and residents can buy themselves a great loaf of bread on a Saturday morning that doesn't cost the earth. He's now hoping that the market will encourage other businesses to open up in the neighbourhood.

Lane & Vale locals have it made with patissiere-in-training, Kerry O'Sullivan's Wren Cakes. Her mouthwatering original recipes for rosemary, oat and honey mini loaf cakes, and chocolate and caramel tarts, always use fairly-traded products, organic flour, unrefined sugars, and fruit to sweeten.

Gill Wing Farm's stand brings in bread and pastries from Sussex as well as the farm-raised meat they're famous for. Jane's Organics provide a wide selection of fresh, seasonal, organic vegetables hauled from its shop on Streatham Hill, as well as cupboard staples like pulses and environmentally-friendly cleaning supplies.

Streatham fishmongers Fish Tale is a family business with premises on Leigham Court Road. One of its most interesting products is not fish though. It sells five-year-old balsamic garlic, an Iranian speciality, which you'll find in every household in Iran, but rarely in London.

★ Featured stallholder Peeps Treats

This local mini chilli farm in the heart of South London is a rare find. Chilli magnates Sarah & Tony encourage people not to be afraid to experiment with new flavours by choosing among their ready mixes of chilli sauces and pastes. They grow their chillis seasonally in local greenhouses, and then supplement with an indoor farm, so they can produce all year round. Popular items are a Scotch Bonnet chilli sauce for the people looking for something with a bit of kick, a vegetarian Thai paste, a jerk-style rub, and a hot 'single scotch' cooking paste – an 150 year old recipe handed down from Tony's Guyanese granddad.
www.peepstreats.co.uk



By Trisha Telep



Food Growing Train the Trainer Courses 2013



Are you a keen gardener?
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Wednesdays 18.00 – 20.00 starting Wednesday 5th June

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Concessions £20
Minimum 80% attendance required



Food Growing and Teaching Learning Outcomes



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- Anyone interested in teaching
- Food growers

Growing Greenwich

in partnership with Greenwich Community College



Please Contact Mel or Kevin: 0208 269 4880 or email: Mel@acda.org.uk or Kevin@acda.org.uk



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**"THEY DESTROYED
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TREES AND THE
ANIMALS ARE GONE"**

Having destroyed vast areas of forest in countries such as Indonesia, palm oil companies are now threatening to destroy the rainforests of Africa.

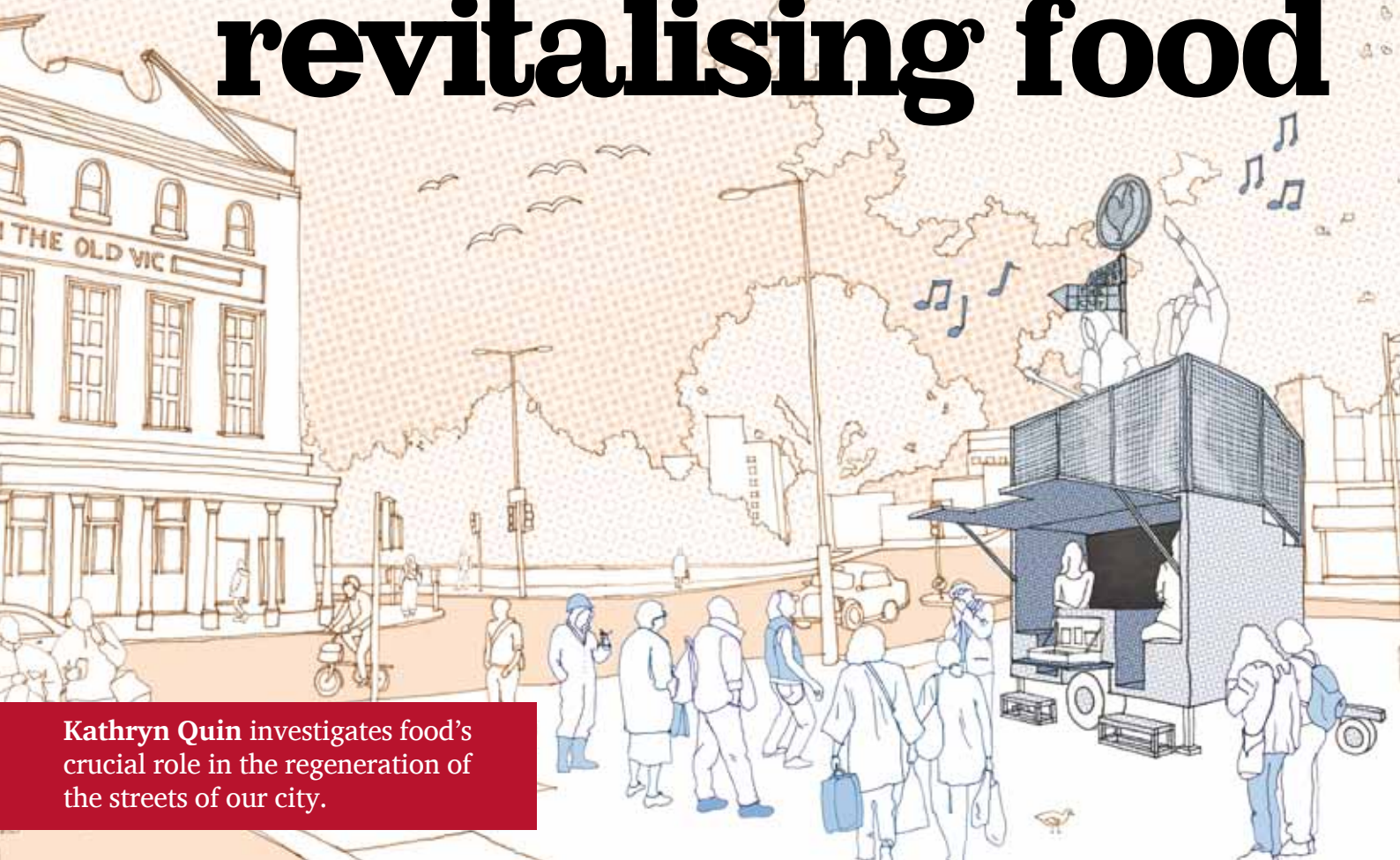
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To find out more visit www.rainforestfoundationuk.org/palmoil

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Recipe for revitalising food



Kathryn Quin investigates food's crucial role in the regeneration of the streets of our city.

From a pop-up butcher's block in South London's Forest Hill to starring in a national TV ad with super-chef Marco Pierre White, The Butchery Ltd's rise to foodie fame has been swift.

The shop, which specialises in native-breed, free-range meat from English farms, started life as a successful Christmas pop-up; part of SEE3, the Portas Pilot Town for Sydenham, Kirkdale and Forest Hill. It is one of several Town Team 'Portas Pilots' set up in response to the 2011 government-commissioned independent high-street review by retail guru Mary Portas. SEE3's pop-up project 'The Shop Revolution' is allowing businesses to use empty units on a temporary basis, with a view to staying long-term.

Owners Ruth Siwinski and Nathan Mills signed a permanent residency in January this year. "The pop-up shop was fantastic in that it allowed us to test our business idea with a reduced risk, and gauge what the local community wanted, 'try before you buy' so to speak," says Ruth. "It also connected us directly with the landlord who was keen to have a butcher's shop in the area," she adds.

Town Team 'Portas Pilots' in London, the first funded by the Government and next three by the Mayor of London, were each allocated up to £100,000. The aim is to kick-start high-street trade and, let's face it, our high streets could do with some good news. There are an estimated 3,400 vacant sites across the capital,



This scheme is inspirational... it means that you can set up a food stall anywhere as long as you've got the right marketing

Inês Lopes, Lewisham Council trainee market trader's scheme

Picture: Lower Marsh's new satellite market stall. Commissioned by Waterloo Quarter BID and designed by aberrant architecture.

Applaud for Claude's

Kirsten Foster gives us a taster of a new restaurant that is making sure its ingredients are something to cheer about.

If there's one thing the horsemeat scandal has taught us, it's you can't always trust a label. Instead of relying on logos we might be better off making connections with the people behind our food: people like Claude Compton, the young but experienced chef (ex-Club Gascon, Petersham Nurseries) of new 'neighbourhood' restaurant, Claude's Kitchen in Parsons Green.

Last year, sustainable food enthusiast Claude bundled up all his experience and passion and threw it into the Green Goat food van, dishing out Petersham-quality, sustainable fish from a converted school bus. It became a street food superstar, winning awards and appearing on TV. For Claude, though, it wasn't about self-promotion, it was about "making a scene" (one of his favourite phrases) about sustainable fish. "It was great because we could talk to people in the queues and get the message out there."

Now Claude is seducing customers into sustainability with his casual-chic, reasonably priced, modern British restaurant. He's keeping Green Goat values and suppliers, such as fish merchant Wing of St Mawes. "He buys from the small boats in Cornwall and it comes straight up here. I only buy sustainable from him," says Claude. "Their policies are really, really good and they're the best I've seen in terms of quality and freshness. Our fish is so important to us, we base our whole menu around it."

His meat is equally carefully purchased - free-range, and traditionally reared. Chickens come from Stream Farm in Somerset, a group of small-scale farmers producing organic meat and promoting sustainable, direct sales.

The weekly-changing menu is totally product-led, featuring underused species like megrim ("it used to be catfood!") and herring. "Being product-led makes us more creative. It's tiring but really enjoyable. We want to have approachable prices, but we pay top whack for our produce because it's sustainable and such good quality, so we'll use cheaper cuts, maybe cuts you don't often see here, such as onglet*. It's not just about price, it's about the principle of using the whole animal."

There's a plan to grow as many herbs as possible on a tiny patch of roof, and eventually get a smoker up there, too. Another plan is to move towards a more sustainable range of drinks. Claude's Kitchen is above well-established champagne bar Amuse Bouche (which serves Claude's bar food), and the current clientele have a certain expectation wine-wise. But there's Freedom beer (which at least started life locally) and London's Sipsmith gin for drinkers watching their booze miles.

Perhaps it's his biochemistry education that gives Claude such respect for all life - including human life. If he hadn't become a chef he'd have been a teacher; he's filled his kitchen with young trainees, and is offering opportunities for local homeless people. The tiny kitchen's warmth isn't just from the hobs; it bustles with keen dedication and laughter. Guests are encouraged to poke their head round the door and see what's happening.

"It's quite a chilled out restaurant," Claude agrees. "We don't ever want it to be stuffy. Everyone has a good time and normally ends up dancing in the bar. We're all friends here and we do what we do because we believe in it. We won't ever change that."

.....
amusebouchelondon.com

* Also known as 'skirt', or sometimes called 'butcher's steak' because butchers would often keep it for themselves rather than offer it for sale.

leaving 'to let' and 'closing down' signs peppering once bustling high streets.

Despite the attempts to tackle the problem, for some it is a frustratingly slow process. Recent news reports highlighted how only seven per cent of the £10 million High Street Innovation Fund has been spent, some of it controversially on Christmas lights and cartoon costumes. "With their committee structure, Town Teams are often held back by a level of bureaucracy," says entrepreneur and Croydon resident Saif Bonar. He decided to go his own way after the London riots in 2011, setting up Matthews Yard, a co-working space and café.

But, Town Teams aside, there are plenty of other low-cost ways local authorities can support regeneration efforts. The London Borough of Hounslow is doing its bit by granting a temporary six-month licence to local voluntary organisation The Brentford High Street Steering Group, to run Brentford Market launched in May (See p6). Lewisham Council is similarly strengthening Deptford High Street and Catford Broadway with a second wave of its successful trainee market trader's scheme. This is a seven-week training course run by the Greenwich Co-operative Development Agency (GCDA), with students graduating in time for Love your Local Market Fortnight (15-29th May). Inês Lopes, who will be selling her traditional Portuguese hand-baked goods, says the scheme is "inspirational...it means that you can set up a food stall anywhere as long as you've got the right marketing." There is now a Deptford Community Cookbook on sale, with cookery demos and culinary tours of the market planned for throughout the summer.

As town centres suffer from a loss of identity, food ventures across London are bringing back unique experiences to their communities. "As one of the biggest and consistently-growing industries in the UK, food offers a wealth of opportunity," says Claire Pritchard, Director of GCDA and member of the London Food Board. "Food is a common thread running through our communities and, channelled effectively, it has the potential to revitalise our high streets for good."

BATTLE FOR THE BOOZERS



Pubs are one of London's defining features, and often the first port of call for visitors wanting to get a flavour of the city's fabulous food and drink heritage. But without our help they're at risk of becoming a sad relic of the past. **Kelly Parsons** reports on the battle to save the capital's boozers.

Man walks into a bar and...orders a pint of milk, a pack of loo roll and some Jaffa Cakes. Ok, not a very funny joke. But then what's happening to London's pubs - replacing them with small supermarkets being one example - is no laughing matter.

The numbers are plain scary - two pubs are closing every single week. The irony is that, as microbrewers shoot up all over the city with, at the last count, at least 50 now bubbling away in London, their

main route to beer-lovers is heading in the opposite direction.

And it's not just supermarkets that are replacing pubs. Flats and even betting shops are taking their spots. This year's report from Conservatives in the Greater London Assembly - 'Keeping Local' - highlights some of the main factors behind the closures, including: the alcohol duty escalator, which has pushed up the price of beer and cider; supermarket alcohol offers; the economic downturn; decreased footfall in town centres; the financial troubles faced by 'pubcos' like Punch

Taverns; and conversion to retail, which requires no change of use under planning laws.

But with so many groovy new bars and other drinking spots opening up in London should we bother to battle for the beleaguered boozier?

Pubs are hubs

“Pubs have a great social value and we absolutely must protect them,” says Tessa Blunden, part of the ‘Save the Ivy House’ campaign, in Nunhead. “We’re short of housing, but we also need facilities for people to enjoy their lives, and pubs play a key part in the cultural development of a neighbourhood, and provide rare opportunities to actually meet and mingle with the neighbours.”

Well-run pubs can also play an important economic role. A few years ago the industry was estimated to provide around 350,000 full- or part-time jobs. Plus, they can bring trade to an area, including buying local food and even giving local producers an outlet for their goods. Some are even hosting a post office, or shop. “The Use your Local parcel-to-pub scheme means that people can collect deliveries from their pub rather than have to go to a collection point,” says Claire Cain, campaigns officer at CAMRA, the consumer group with 150,000 members which campaigns and supports real ale and community pubs. “We also run a LocAle scheme, to highlight pubs that support local brewers. With 400 London pubs demolished in the last ten years, these schemes are one way of helping the ones we have left.”

Watering-hole war stories

Londoners too are fighting back. The Ivy House in Nunhead - with its 1930s interior and history of hosting musical acts including Elvis Costello, Joe Strummer and even our very own editor - closed in April last year, just a few days after it had been Grade II listed by English Heritage. It was sold, amid rumours the area would soon be home to a snazzy new block of pub-shaped flats. The community were not happy and formed a group which, under the Localism Act, applied to list the pub as an ‘Asset of Community Value’. It succeeded and became the first pub in London to achieve that status. The group completed its purchase of the pub on 15 March, having financed the purchase with a loan from the Architectural Heritage Fund and a grant from the Social Investment Business Group. They have now launched a community share issue to provide further finance to help get the

pub’s doors open again. The share issue closes at the end of May.

Our cover star, the Catford Bridge Tavern, also narrowly escaped being wiped out. “From what was The Copperfield, a place people would cross the street to avoid, we transformed it into a nice homely pub, where people come to meet and eat and drink well,” says assistant manager Theresa Matzat. “But the freeholder, a private landlord, decided to build a residential space upstairs, and the planning application also mentioned retail downstairs and having a national retailer interested.”

At the prospect of what’s been described as ‘one of the best things to happen to Catford in the last few years’ being turned into yet another small supermarket, the good folks of South East London got going. Theresa says the local community was brilliant. “Over 2,000 people signed our online petition, and 600 people wrote letters of objection – I don’t think the council has ever had so many.”

Strangely, Tesco is now the leaseholder and Antic Group, which Theresa works for, is renting downstairs from them. She explains. “Tesco can’t convert the pub because the Council used an Article Four Direction - a little planning trick - so the usage cannot be changed without planning permission.” Now Antic is hoping to buy the leasehold from Tesco. “If we actually owned the building we’d turn the upstairs into a community space,” she adds. “It’s sad - there’s so much potential here and it seems such a waste for it to be empty.”

Lewisham Council helped the Catford Bridge Tavern survive, led by Councillor Liam Curran, head of Lewisham Council’s Sustainable Development Select Committee, which produced a report on ‘Preserving Local Pubs’. “For a long time I’ve been worried about the fate of the pubs in Lewisham,” he says. “We’ve lost about half in the last two decades. In London it is about the land the pubs stand on and how much it is worth to developers.”

One of the recommendations in the Preserving Local Pubs report is that any pub must be marketed for three years before its use can be altered. Councillor Curran explains: “Developers might initially seek planning permission to build flats above pubs, which ultimately means the pub ends up closing, as people don’t want flats with pubs below or pubs with flats above. Or developers will demonstrate that a pub isn’t wanted or valued in a planning application. We’ve seen examples of planning officers being misled, by being given reports

What you can do

Get your local listed. It only takes 21 local people on the electoral register to nominate a pub. Under the Localism Act councils can list Assets of Community Value (ACV), much like they list for architectural value. If a listed asset is going to be sold ACV status can ‘stop-the-clock’ on a sale to give communities time to put in a bid in to buy it. CAMRA’s ‘List Your Local’ campaign aims to get 300 pubs in England listed as ACVs in 2013. Find out more at: camra.org.uk/listyourlocal.

Buy your local. This is not as crazy as it might sound. There are more and more pubs like the Ivy House in Nunhead being purchased by communities, and shareholdings can start quite small. The government recently announced a £3.3m programme of support for community-owned pubs. Led by the community enterprise support group the Plunkett Foundation, up to 50 communities will be helped to set up and run community-owned pubs over the next three years.

Vote for your local. Details are on p7 for the *Jellied Eel’s* competition to find London’s most ethical pub.

www.camra.org.uk
www.ivyhousesunhead.com
www.catfordbridgetavern.com

highlighting how other comparable pubs in the area are on their knees, while completely omitting to mention a close by pub that is a great success.”

Along with Merton, Kensington & Chelsea, Camden and Islington, Lewisham is one of the more enlightened boroughs. But it is all rather piecemeal – individual boroughs and individual communities taking up local battles. “We’d like to see specific stronger protection rules in the Mayor’s London Plan,” says Councillor Curran. “Local Authorities need that in place, rather than each one having to go through this long process. It is an easy thing for the Mayor of London to do.”

London is pubs. We’ve even got entire areas of the capital – like Angel and Manor House – which are named after inns. So, let’s charge our glasses with some fine London ale and make a pact to ensure we don’t lose any more of them.

The butcher's

FEATURE

banger

The sausage is one of our much-loved comfort foods, hence the popularity of the Jellied Eel's Love Your Local Sausage competition, now in its second year. **Jenny Linford** reveals the results.



There's been a real sausage revival and they're a popular item at our farmers' markets," declares Cheryl Cohen of London Farmers' Markets which co-ran the competition. "The purpose of the sausage competition is to highlight a product which sometimes we take for granted."

Jellied Eel Editor Ben Reynolds agrees that it has been a great way to celebrate sausages. "The sausage is an emblem of the diversity you can get in just one type of product which is sold all over London. This year we felt it was important to widen it out to include butchers using local meat as well as farmers' market producers."

Following the public voting, the top ten sausages voted for made it through to the final stages. Judging took place at the Cookery School on 2 April and was done by an expert, food-loving panel: Rosalind Rathouse of Little Portland Street's Cookery School, food writer Rebecca Seal, Opera Tavern sous chef Ben Mulock, and Fortnum

& Mason buyer Jonathan Miller. The sausages, all baked in the oven, were carefully assessed on their appearance, texture and, of course, flavour. There was much discussion as to the grind of the meat, levels of spicing, moistness, meatiness and also, on a more philosophical level, what makes an ideal sausage.

The judges were impressed with the entrants. Rebecca Seal welcomed both the quality and the range on offer. "Ten years ago, sausages were all just anaemic pink things. It's great to see people doing traditional sausages and also experimenting." Ben Mulock highlighted the quality of the meat being used. "In the past, people would have thought putting rare-breed meat into a sausage would be a waste as it was 'just a sausage', but food trends now mean there's a market for it."

The winning banger, commended for its excellent pork flavour and good meaty texture, was the classic pork sausage from Flock and Herd, a

Peckham-based butchers set up by young butcher Charlie Shaw, which opened last September. As well as getting the most public votes, the Flock and Herd sausage was the judging panel's favourite due to the flavour of the meat. Buying his meat from suppliers Charlie knows and trusts is at the core of his business, he says.

The prize-winning sausage was made using Blythburgh free-range pork and natural casing. "We always use natural casings, though they're not cheap," Charlie says. "We butcher the pork here, use cuts like belly and shoulder, mince it, add the ingredients, mince it again and fill the casings. There's a bit of fat in the mix to keep it nice and moist." Flock and Herd's own-made sausages - from the classics, such as pork and leek or Toulouse, to the funky such as bacon jam - are popular with the shop's customers and Charlie was pleased to hear that his pork sausage had triumphed. "You can tell the quality of a butcher if their plain sausage is good," he explains, "so I thought I'd enter a traditional London sausage, which is traditionally a plain sausage."

Many congratulations, Charlie!

.....
www.flockandherd.com

Thin end of the veg?

First, a three-Michelin star French chef converts his restaurant to vegetarian and an award-winning London chef publishes yet another vegetables cook book. Then the food editor of The Washington Post comes out as veggie. So, with National Vegetarian Week upon us, we asked **Evie Saffron-Strands** to investigate whether London's restaurants are getting on-trend and making veg a star not a sideline.

Now, I'm a meat eater but I appreciate a good veggie meal as much as any full-time vegetarian. What I don't want is to be presented with is yet another meagre, unimaginative veggie offering.

We've all been there; the goat's cheese salad; the mushy mess; the vegetable and cheese concoction; or, even more outrageously, being forced to make do with the vegetable side-dishes. And that's not to even mention the sometimes rather odd 'mock meat' experiments that can be served up. "I'd rather people had the confidence to celebrate all that can be done with vegetables to make them an unbelievably tasty and satisfying meal-in-themselves," says chef Yotam Ottolenghi, whose restaurants feature huge platters of unusual and inspired vegetable delights. "I'm not a fan of meat-free substitutes or vegetables offered as an apologetic alternative to meat."

And diners seem to be responding. Yotam says many of his customers now understand that "a vegetable-led meal is not only better for the constitution but can also be a revelation to eat in a way that defaulting to the meaty classics doesn't always deliver." And Jane Hughes of the Vegetarian Society agrees. "I think it's great people are realising vegetarian food isn't just for vegetarians. Non-veggies have meat-free choices put in front of them, as vegetarian options are starting to appear alongside the other dishes and

not in a special 'ghetto' on the menu."

Owner of Mexican restaurant chain Wahaca, and former Masterchef winner, Thomasina Miers has worked hard at putting meat-free dishes on the menu since it opened its first site in 2007. "Even then research showed that a diet high in meat consumption was incredibly bad for the environment and that in the West we were eating beyond our means," she says.

One issue that riles many a vegetarian and non-veggie alike is that vegetarian options aren't significantly cheaper than their meat-based counterparts.

Vegetable protein is cheaper to produce than an animal and at home we can cook vegetarian relatively cheaply. While a large part of the cost in a restaurant is the preparation time and effort, if you don't feel you're getting value for money, you're probably eating in the wrong place. I agree with Jane Hughes. "Personally I have no objection to paying as much as everybody else as long as my dish is prepared with the same care as the meat dishes."

However with the best vegetarian option in most restaurants still a veggie lasagne there is definitely scope for improvement. Jane has the final word and calls for this Veggie Fortnight to inspire restaurateurs to "consider vegetarian cooking as a creative challenge and an opportunity to stand out from the crowd, and for them to realise that word of good vegetarian food travels fast."

.....
Read Evie's food blog at
www.saffron-strands.blogspot.com



LOCAL TO LONDON

Portobello's brewing belle

After a serious beer drought at the start of the century, London's brewing scene is now overflowing, with up to 50 currently making all manner of ales. Pub Diaries author **Max Brearley** talks to one of the latest additions.

Having a local brewery at the heart of a community is arguably as important as the pubs that serve up the finished product. The two go hand in hand and, as more and more of us feel a need to be connected to the food we eat, why should it be any different in the case of our chosen pint?

Portobello Brewing started production back in December and is already aiming firmly to be at the heart of the W10 community it calls home. Rob Jenkins, who conceived the idea to open the brewery with business partner and head brewer Iain Masson just 18 months before, has lived in the area for over 20 years.

With many of the new crop of London breweries taking a boldly American bent to craft brewing, a more traditional offering which looks to British classics is a welcome addition to this diverse scene. Jeff Bell, landlord at The Gunmakers in Clerkenwell, is a fan of what Rob and the team are doing. "Too many new micro-brewers concentrate on being different, and too few on being excellent," he tells me. "Portobello is focussed on the latter, which is why its beers will be on our bar regularly." A view no doubt echoed by many a London publican, as the stars of the Portobello brand - Portobello Pale, Portobello Star and Portobello Market Porter - pop up

on bars throughout the capital. Rob reports that pub stockists within a mile of the brewery include The Union Tavern, The North London Tavern, The Metropolitan, The Castle and the Prince Bonaparte.

It's not just engaging with the local community that Portobello has an eye on. As brewing industry veterans, Rob and Iain are aware of the sustainability issues involved in brewing, be it high water consumption, provenance of ingredients, distance of travel, or waste. "The malts we use are all English and come from traditional floor maltings, the historic technique of preparing for fermentation," says Rob. While seasonal brews do see the team experimenting with hops from America and New Zealand, the majority of hops are home-grown. With spent grains a sizable waste product from the brewing process, Portobello is ensuring they don't go to landfill. They are collected weekly by a Middlesex cattle farmer, who welcomes the sustainable source of feed. It also uses collected rainwater for parts of cleaning of casks and equipment.

So next time you're at the bar, raise a pint of Portobello to the steps this local brewer is taking for the community locally, and further afield.

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www.portobellobrewing.com
www.pubdiaries.com



More green brews

Earl's Brewery, N1

High-efficiency equipment at The Earl of Essex's just-opened Earl's Brewery means 96 per cent of water entering the brewing process makes it into the final beer. Plus, the brewery's heating tank is siphoned to provide hot water for the entire pub!
www.earlof Essex.net

Florence Brewery, SE24

In addition to using local ingredients – including honey from London bees and re-used botanicals from the City of London Distillery – for his experimental A Head in a Hat range, Florence Brewery's Peter Haydon partners with the Brixton Beer Company to brew ale with community-grown hops.
www.florencebrewery.co.uk

Belleville Brewing Co., SW12

Inspired by across the pond, Belleville brews American styles and is one of the few UK beverage companies to embrace a bottle deposit scheme – bring back your empties and reduce litter to the tune of 10p a bottle.
www.bellevillebrewing.co.uk

Visit www.jelliedeel.org for our full map of London's brewers, with a low-down on their green credentials.

Bambuni

This stockist's unusual interior is as singular as its name (incidentally, born of a love for the aesthetics of bamboo and a few pints at the pub). There's a cheese and charcuterie counter, seasonally-rotating espresso from Volcano Coffee Works, a range of unusual local and artisan packaged foods, olives, ice cream from The Ice Cream Union, wine, and craft beer... a LOT of craft beer! The 100+ bottles largely showcase the burgeoning UK brewing scene, and are priced the same whether you take away or drink in.

This 'scattergun approach' reflects the tastes and vision of owner Huey. He's even imported a bit of his native New Zealand's 'fill-your-own' culture, offering several unpackaged goods like olive oil, whole-wheat flour, and wine from the barrel. And it's not all meant for the upper crust: by-weight mascarpone cheese, for example, is only "half as expensive as the supermarket's" he says.

A builder by trade, Huey sees Bambuni as a canvas of potential, constructed to suit its diverse food offerings. It shows in the ambience: a cheery daytime café seamlessly fades into a cosy craft beer emporium by late afternoon. Collaborations with local chefs, including a forthcoming tapas night and a dinner hosted by local Persian shop



Persepolis, reflect his ambition to help invigorate South East London's food culture, and make this much more than a deli-come-coffee shop. As bimonthly open-late 'bar nights' evolve into regular hours, Bambuni looks set to be a place you'll want to walk into (and not walk out of) no matter what the craving or time of day!

www.bambuni.co.uk

By William Cheek

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*.



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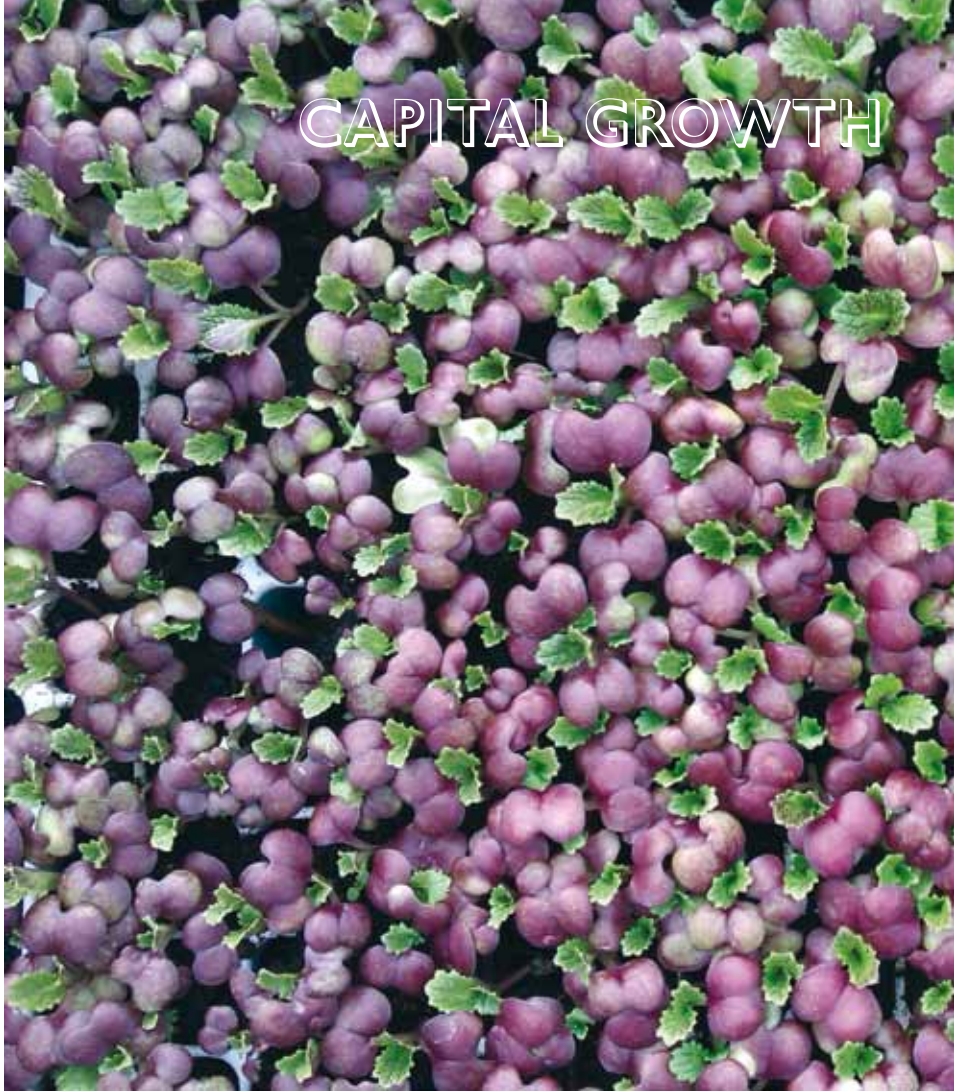
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Weighing up the potential for urban food growing

Ever wondered how much food we can grow in London? Well Capital Growth's new 'Growing a Million Meals for London' campaign is aiming to find out so, with your help, the answer may well be soon to hand, discovers **Anna Francis**.



How about putting your neglected balcony or overgrown flower beds to good use and taking part in the next big step in the capital's urban food-growing revolution?

Following the success of its campaign to start 2012 new community food-growing spaces in London, Capital Growth is now challenging Londoners to grow as much delicious, healthy food as they can; on allotments, in back gardens, and in community growing spaces and schools. "If everyone involved in Capital Growth grew 10 meals we would reach the target in no time" says Sarah Williams, one of the campaign team. "And if everyone in the city grew just a handful of tomatoes, for example, it could easily add up to eight million meals!"

Inspiration for this new 'Growing a Million Meals' challenge came from the city's abundant food-growing plots such as the Skip Garden in King's Cross, as well as amazing individuals like Mark Ridsdill-Smith. His Vertical Veg experiment resulted in £600 of vegetables all grown on his small balcony in one summer. As Mark explains: "I started measuring what I grew to show what's possible in a small space. It was really satisfying

to tell people I'd grown the equivalent of 165 packs of herbs, 144 packs of salads, 28 kilos of tomatoes, plus 28 kilos of peas, beans, courgettes."

The campaign also marks the opening of the Capital Growth network to other types of growing spaces, including people growing at home, on allotments, in well-established gardens, and importantly outer London's farms.

Harvesting data

Fabulous food will not be the only harvest though. The campaign aims to collect data on how much food is now growing in London. People will be encouraged to measure their harvest using a new online harvest-o-meter, which will also calculate the cash value of the crops. This information can then be used to inform those involved in sustainable food projects, and influence policymakers and funders. "We are often asked about the potential of community growing and other urban agriculture to contribute to the food

system in London," says Sarah, "and at the moment it is tough to give good estimates. By collecting these figures, and following in the footsteps of great work on measuring yields done by the likes of Farming Concrete in New York, we think we can take the debate to the next level."

The campaign is already off to a flying start thanks to high-profile organisations such as award-winning Growing Communities in Hackney, which has pledged to grow over 10,000 meals this year.

Make a pledge by the end of June for the chance to win prizes including tools, seeds and plants, plus all the normal information and advice.

www.capitalgrowth.org/millionmeals
sarah@sustainweb.org

Kentish Town's pubs are really upping the ante, with Farmer Tom's at the Abbey Tavern, CAMRA award-winner Tapping the Admiral, and North London's most famous micro-brewery, Camden Town. And it's not just the pubs championing local produce and ethical delicacies, finds Amy Tyler-Jones.



Kentish Town

Pub: Tapping the Admiral

77 Castle Road, NW1 8SU

Regulars know it as the place to enjoy the finest selection of local cask ales London has to offer, plus London-brewed lagers and hand-crafted infused spirits. No surprise it was made CAMRA's North London Pub of Year 2013. Come down on a Monday or Tuesday evening for 'pie day', and wash down a homemade pie with a pint for a tenner.

www.tappingtheadmiral.co.uk

Pub: The Abbey Tavern

124 Kentish Town Road, NW1 9QB

With Farmer Tom Jones in charge of the kitchen, the Abbey Tavern is championing field-to fork dining with a head chef who farms or buys and butchers all the meat on the menu himself. The pub is also a pick-up point for the Kentish Town Vegbox Scheme.

www.farmertomjones.com

Brewery and bar: Camden Town Brewery

55-59 Wilkin Street Mews, NW5 3NN

Don't be fooled by the name, Camden Town brewery is actually in Kentish Town, tucked away in the railway arches of the overground station. Open from Thursday to Saturday (12 – 11pm), you can enjoy your Camden Hells, Pale Ale, Ink (stout) or Gentleman's Wit in the micro-brewery itself. If you're feeling peckish there are street-food vendors parked up outside, and on Thursdays join the brewery tour and learn about the secrets of the trade. Don't forget to pick up a refillable 'growler' to take fresh draft beer home with you.

www.camdentownbrewery.com

Café: Arancini Factory Café

115 Kentish Town Road, NW1 8PB

Already familiar faces on the London street-food scene (currently at Broadgate Circle and Southbank Festival Hall) Arancini Brothers are now serving up their delicious wares every day of the week at the Arancini Factory Café in Kentish Town. Never had arancini before? You've been missing out – these hand rolled risotto balls (a Sicilian delicacy), made using freshly-grown herbs from the café garden, can be served up in wraps, toasties, hot stews or with salad. There are vegan and gluten-free options too.

www.arancinibrothers.com

Retailer: Harry's Fine Food

258 Kentish Town Rd, NW5 2AA

Whether a romantic dinner for two or the classic Sunday roast, Harry will be more than happy to give you a few cooking tips and help you pick out the best organic shoulder of lamb or fresh fillet of salmon he's got to offer. Twitter: @harrysfinefoods

Retailer: Vegbox

Transition Kentish Town have launched their community-led organic veg box, bringing seasonal vegetables and salads directly to Kentish Town residents, with produce as local as possible, including salads from Sutton-based growers Calabaza. Pick-up is every Wednesday from various local collection points.

www.vegbox.org.uk

Café: The Fields Beneath

52 Prince Of Wales Road, NW5 3NL

Newcomer to Kentish Town, this little gem of a café is next door to Kentish Town West station. Owners Gavin and Sibylle get supplies from small producers in London, with tasty cakes and doughnuts filled with Hackney-made jam and plans to use fresh salad leaves from a local school garden. And while you're there you may as well grab a pint of organic milk from Sussex-based Goodwood Farm.

Retailer: Ruby Violet Ice Cream Parlour

118 Fortess Road, NW5 2HL

On the borderlands of Kentish Town and Tufnell Park, Ruby Violet's Ice Cream Parlour is definitely worth the trip up the hill. Offering a mind boggling selection of handmade ice creams, sorbets and cakes, all made with organic milk, free-range eggs and British sugar, owner Julie Fisher whips up ever more adventurous flavours based on seasonal and ultra-local ingredients from customers' gardens and allotments. Personal favourites include apple and fennel, Tufnell Park honey with pistachio, and chocolate with rosemary, to name just a few.

www.rubyviolet.co.uk/Ruby_Violet.html

Retailer: Earth Natural Foods

200 Kentish Town Road, London NW5 2AE

As well as selling organic, vegetarian, vegan and gluten-free products you can pick up a copy of the Jellied Eel there.

www.earthnaturalfoods.co.uk

Featured member



Founded in 2006, Unpackaged has started a new chapter in its life as one of the city's most ardent sustainable food supporters, by relocating to larger premises in Hackney, and adding a café and bar.

Catherine Conway started the business in the belief there is a better way to sell groceries. As the name suggests, one of Catherine's biggest bugbears is the staggering levels of waste involved in buying our daily essentials. She set out to tackle the issue head-on by conceiving a business that strives to keep the amount of waste it produces to an absolute minimum. Her solution is simple: allow customers to bring their own containers, and she did exactly that when she opened her first shop in Islington, supplying organic whole-foods.

Catherine has now joined forces with local chef Kate de Syllas on the

new incarnation. With the extra space they have added a café and bar to the business mix; new additions that present their own challenges to the pair intent on maintaining the stringent ethical and environmental standards they set themselves. In particular they are relishing the challenge of unpackaging the bar. With bars across the capital stocking fridges to the brim with individual bottles of tonic, soda, and the like, Catherine and Kate feel this is an area in need of greater attention, and doing away with single servings is one obvious solution. They are also keen to become fully involved in the local community and will be holding a whole host of events to promote more discussions about sustainability issues.

beunpackaged.com

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
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- * invites and discounted entry to our regular London Food Link soirées and affiliated training/events – great for networking and accessing expertise

How to join

Go to www.sustainweb.org/londonfoodlink/membership to sign up online. Or 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

£50 – businesses and other organisations with an annual turnover of £73,000 - £250,000

£75 – businesses and other organisations with an annual turnover of £250,000 - £1,000,000

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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

London Farmers' Market Picnics

May - September, *Across London*
A series of picnics at the markets with blankets, deck chairs and children's entertainment, not to mention the quality, fresh produce always on offer at London Farmers' Markets.
www.lfm.org.uk

Real Food Festival

3 - 6 May, *Southbank Centre, SE1*
Great mix of small food producers, street-food stalls, top chefs, live animals and music.
www.realfoodfestival.co.uk

The Great Croydon Bake Off

Saturday 11 May, *Exchange Square, Croydon*
Organised by Croydon Eats Out, The Great Croydon Bake Off showcases workshops and interviews with bakers and judges, and a live baking competition to crown the best baker in Croydon! www.facebook.com/CroydonBakeOff

Love your Local Market

15 - 29 May, *National*
Support your local market, or discover a new one nearby, during in this fortnight of activities.
www.facebook.com/loveyourlocalmarket

Raw Fair

19 - 20 May, *The Old Truman Brewery, Brick Lane, E1*
Hosting over 150 small, artisan wine producers with talks and tasting seminars about natural wines.
Advance tickets £20, on the door £25.
www.rawfair.com

National Vegetarian Week

20 - 26 May, *National*
Get involved in the events and competitions, or take advantage of the special deals on offer by going to the website to find local contributors and send for a promotional pack to see how you can take part.
www.nationalvegetarianweek.org

Incredible Edibles

25 May - 3 November, *Kew Gardens*
Kew will be hosting a 'Celebration of Edible Plants and Fungi'. To celebrate and explore the diversity of these curious edibles there will also be a series of exhibits, horticultural installations, special events, activities and workshops. www.kew.org

Appetite Festival

June, *Waltham Forest, E17*
Waltham Forest is planning a Food and Drink Festival this June, Appetite 2013, celebrating Waltham Forest enterprises.
www.appetitefestival.co.uk

Slow Food Week

1 - 9 June, *National*
Slow Food London will be running a mixture of free and ticketed events including a tour of Borough Market, cooking demonstrations and an online auction, or perhaps organise your own Slow Food celebration with family and friends. www.slowfood.org.uk

Big Lunch

Sunday 2 June, *National*
Find your local lunch, organise your own, or see p5 for more info.
www.thebiglunch.com

Open Gardens Squares Weekend

8 - 9 June, *London-wide*
With 200 gardens opening their gates, including 21 Capital Growth edible gardens not usually open to the public. Highlights include The Skip Garden, a mobile allotment on the King's Cross development site and also FARM:Shop with its aquaponic system, vertical growing-walls, fruiting room, egg-laying chickens on the roof and much more.
Weekend tickets £10 when purchased in advance, £12 on the day.
www.opensquares.org

Hot Spice Gingerbread and Edible Symbols

Tuesday 25 Jun, *Horniman Museum, SE23*
Free talk by Dr Kaori O'Connor (University College London)
To book email communitylearning@horniman.ac.uk or call 020 8291 8686.
www.horniman.ac.uk

Crystal Palace Overground Festival

27 - 30 June, *Crystal Palace, SE19*
Various events including 'A Taste of SE19' food tent, where food writer and urban gardener (and *Jellied Eel* contributor!) Rachel de Thample will host a food demonstration with produce from the community garden in Westow Park. Run by volunteers, the event is looking for more helpers and more stalls and events.
www.crystalpalacefestival.org

Caribbean Culinary tour

Saturday 29 June, *Deptford, SE8*
Caribbean Culinary tour of Deptford High St including tour of the market and shops followed by specialist Caribbean cookery session to learn to make authentic Caribbean food, including a sit-down meal. Time: 10am - 2pm. Free to Deptford residents, £20 donation from all others. Contact mel@gcda.org.uk for more information and to book a place

The Woodlands Farm Trust Summer Show

Sunday 30 June, *The Woodlands Farm Trust, Shooters Hill, DA16 3RP*
Explore 89 acres of south east London's rescued countryside at their Summer Show.
www.thewoodlandsfarmtrust.org

Food Safari - Preserving in a Day

Saturday 13 July, *Bermondsey, SE16*
Intensive course led by England Preserves showing you how to preserve all sorts of fruits, including jam-tasting to explore the qualities of different brands. Starts 10:00 am and costs £160. Contact Polly Robinson 01728 621380 to book a place.

A Short Cookery Course in Baking

9 - 11 July, *Little Portland Street, W1*
Three-day course covering the principles of cake, pastry and bread making. £500 for the course, 10am - 3pm.
www.cookeryschool.co.uk

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, Belu Water, Luscombe, Whole Earth, Provamel;
- freshly prepared sandwiches, paninis, and salad bar;
- fresh cakes & pastries (including vegan/gluten options);
- healthy breakfast options until 10:30am daily;
- homemade soup of the day and jacket potatoes from 12:00 Noon;
- large range of snack items including locally sourced products.

Monday to Friday: 8:00am – 8:00pm
Saturday: 9:00am – 3:30pm



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 (vegetarian and vegan options available daily);
- vegetarian Soup of the Day;
- salad bar;
- hot & cold desserts, organic ice cream;
- regular restaurant highlights include our Meat Free Monday menu, Carvery Wednesday 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/quakercentrefe or www.facebook.com/friendshouserestaurant



www.friendshouse.co.uk
173-177 Euston Road, London, NW1 2BJ

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