

# The GHERKIN

The newsletter to support and celebrate community food projects in London!

## ISSUE 3: DECEMBER 2009

There is great work going on across London changing Londoners' experiences with food for the better. London Food Link wants to support and publicise community food projects so their work can continue to reach out to more and more Londoners.

Thanks to those who have sent us news. Please get in touch with [Hannah@sustainweb.org](mailto:Hannah@sustainweb.org) or [Suzanne@sustainweb.org](mailto:Suzanne@sustainweb.org) if you want to be featured in the next bulletin!



London Food Link is working to create a healthier and more sustainable food system. Members range from individuals, to restaurants, caterers, community food projects, allotment holders and food writers. London Food Link currently supports a wide range of community food groups. For more information see [www.londonfoodlink.org](http://www.londonfoodlink.org)

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## NEWS

### FIRST FOOD FOR HEALTH AWARDS

The Tower Hamlets Healthy Borough Programme is running a number of projects to make it easier for people to become more active and eat more healthily in the borough. The **food for health awards** encourages fast food outlets to make changes to reduce the amount of calories, fat and sugar on the menu.

For more information visit [www.onetowerhamlets.net](http://www.onetowerhamlets.net)

### 850KG OF BRENT FRUIT SAVED!

This autumn, nearly a ton of fruit grown in Brent was rescued from falling to the ground and rotting. Apples, pears and plums were picked by 40 fruit-loving volunteers. The fruit was divided out and given to local schools, sold in restaurants or pressed into delicious fresh juice to be sold at community events across the borough. This project was organised by Transition Town Kensal to Kilburn and Brent Friends of the Earth. Plans for next year include pruning and pest management.



For more information please email Michael Stuart: [Michael.Stuart6@gmail.com](mailto:Michael.Stuart6@gmail.com)

# NEWS

## REFUGEE FOOD PROGRAMME

Springfield Community Flat is running a refugee food programme, a series of 10 cooking sessions for refugees and asylum seekers in Larkhall, Lambeth. The programme is funded by the Big Lottery as part of Well London, which is helping improve the health of people living in 20 deprived areas of London. The project brings refugees together to shop and cook, share healthy recipes, learn and practise their English language skills, and to build friendships with each other, and the club will run until the end of December 2009.



Springfield Community Flat staff and refugee food programme participants

*"I have lived in London for 8 years, but I don't have many friends," relates Carmita, a refugee from Ecuador. "In the club, I have learned new healthy recipes from throughout the world, and made loads of new friends in my area."*

For more information contact Brenda at Springfield Community Flat [refugeesupportscf@hotmail.co.uk](mailto:refugeesupportscf@hotmail.co.uk)

## BUYWELL RETAIL PROJECT TOWER HAMLETS LAUNCH

The Buywell Project was launched in September at a Costcutter in Poplar, Tower Hamlets. The project is working with 17 stores across London to give them an innovative fruit and veg 'make over' to make it easier for Londoners' living in deprived areas to buy fresh fruit and veg.

Rosie Boycott, Chair of the London Food Board attended the Buywell launch to show her support for the project. After only four weeks, sales have started to increase - by as much as 200% in some shops. Salam Sheikh, who runs a Costcutter participating in Buywell said: "Since making changes, I've sold more fruit and vegetables in one day than I usually do in a whole week."

For more information please contact [Hannah@sustainweb.org](mailto:Hannah@sustainweb.org)

## A BLOOMIN' SUCCESS!



Children in Enfield's Trent Park digging up potatoes

The Enfield in Bloom Schools Programme has been blossoming with success again this year, after they transformed an allotment site in Enfield's Trent Park. A number of primary schools have been able to sow, plant and harvest their own fruit and vegetables. As well as helping children eat more fruit and vegetables, teachers and parents have noticed the children not only being nicer to each other, but to the teachers as well!

For more information please email Karen: [Karen.Gurrey@enfield.gov.uk](mailto:Karen.Gurrey@enfield.gov.uk)



Children from Elfrida School in Lewisham at the launch of the Buywell Retail Project

## FOOD CO-OPS TOOLKIT NOW IN PRINT

Sustain has now printed copies of their food co-ops toolkit! This toolkit is particularly useful for groups that are planning to set up new food co-ops but also has lots of relevant information for food co-ops that are already running. All the information is also available on-line at [www.sustainweb.org/foodcoopstoolkit](http://www.sustainweb.org/foodcoopstoolkit).



If you would like a copy email [maresa@sustainweb.org](mailto:maresa@sustainweb.org)

## GREEN FINGERS IN ISLINGTON

It's been a busy time for the Garden Classroom, a social enterprise set up by a local Islington resident last year. Inspired by watching her own children learning in the garden, Marnie set up the Garden Classroom giving Islington children the chance to learn about science, wildlife and the environment through gardening. So far, over 100 sessions have been run based on the science curriculum in partnership with the local "King Henry's Walk" community garden and local schools. Workshops for green-fingered adults are also available and from February there will be beginner courses for vegetable gardeners.

For more information on The Garden Classroom email Marnie: [marnie@thegardenclassroom.org.uk](mailto:marnie@thegardenclassroom.org.uk)

## EVENTS

### DECEMBER

#### **11th - 13th: Chocolate Festival - Southbank Centre Square**

A must for lovers of all the wonderful products derived from the cocoa bean.

[www.southbankcentre.co.uk/find/festivals-series/food-markets-festivals](http://www.southbankcentre.co.uk/find/festivals-series/food-markets-festivals)

#### **16th: Feeding the 5,000, Trafalgar Square**

A free lunch made from ingredients that have been reclaimed from ending up in a skip. Led by the passionate author of "Waste", Tristram Stuart, this is a unique event to transform our perception of food waste and the food system. [www.tristramstuart.co.uk](http://www.tristramstuart.co.uk)

#### **19th: Feast of Thanks at The Golden Co. Winter Open Day 12-3pm**

A winter feast, London honey tasting and hand-crafted gifts at The Carole Young Community Centre, London N1. Please RSVP to [zoe@thegoldenco-op.com](mailto:zoe@thegoldenco-op.com)

### JANUARY

#### **9th: Grow, Pick and Eat at the Calthorpe Project, Camden, 2pm-3pm**

A weekly Saturday workshop on basic gardening skills for parents and children.

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

#### **24th: London's Charity Potato Fair and Seed Exchange - East Dulwich**

Seed potatoes sold individually and a seed exchange with many commercial packets as well as home saved seed in sensible amounts. There will also be several commercial stalls for tools and other kit. [www.potatofair.org](http://www.potatofair.org)

### FEBRUARY

#### **27th - 28th: Get Growing Your Own, Waltham Forest**

Learn how to design a garden or allotment space for fruit and vegetable growing.

[www.walthamforestclass.gov.uk](http://www.walthamforestclass.gov.uk)

#### **22nd Feb - 7th March: Fairtrade Fortnight**

Look out for events around London and take part in 'The Big Swap' by swapping your usual produce for Fairtrade produce.

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

### COOKERY EVENTS

#### **East London: Spitalfields City Farm is running Bengali home cooking classes.**

Please contact Laura Stobbart @ Spitalfields City Farm to confirm your place at future events.

020 7247 8762 [gardens@spitalfieldscityfarm.org](mailto:gardens@spitalfieldscityfarm.org)

#### **West London: Kay's Cookery**

Kay's Cookery aims to help parents and children learn how to prepare healthy affordable meals with an Indian twist.

For more information please email Kalwant Sahota: [info@kayscookery.com](mailto:info@kayscookery.com)

# TAKE ACTION

## BAN PRODUCT PLACEMENT



The Government wants to allow product placement in UK-made TV programmes, which would expose children to even more junk food marketing. They are consulting on this issue until 8 January, so please respond now.

You can make your concerns known using the Children's Food Campaign's easy online action: [www.sustainweb.org/childrensfoodcampaign/action/](http://www.sustainweb.org/childrensfoodcampaign/action/)

## TIME TO TELL BORIS WHAT'S COOKING!

Want to see more healthy food sold in your area? Want to have more food growing spaces?

Now's your chance to tell the Mayor! The London Plan, which is the strategy for how London will look for the next 25 years, is being revised. The more responses the Mayor receives, the more he is likely to listen to what Londoners are saying. We would be very grateful if you could include the following points in your response:

- support more initiatives to improve food access, such as community food co-ops and encouraging retailers to sell more fresh fruit and vegetables
- encourage more food growing spaces, including roof gardens and allotments
- support the farmers around London to produce more food

All responses should be sent by email to [mayor@london.gov.uk](mailto:mayor@london.gov.uk) with 'Replacement London Plan' in the title by 5:00 pm on Tuesday 12 January 2010.

For more information please contact [Suzanne@sustainweb.org](mailto:Suzanne@sustainweb.org)

# FUNDING

## COMMUNITY MATTERS (UK)

Supermarket chain, Waitrose will award £2.2 million over the next year to nearly 7,000 charities and local good causes. Waitrose will allocate £1,000 a month to each of its 190 branches.

Please contact your nearest Waitrose store for details.

## CO-OP GROUP COMMUNITY DIVIDEND FUND (ENGLAND & WALES)

Community and voluntary groups as well as charities can apply for funding of between £100 and £5,000 to support projects that benefit the local community. To be eligible, the project must benefit a local community in which at least one Co-operative group business trades. Applications can be made at any time.

[www2.co-operative.com:8080/ext\\_1/ScottishR.nsf/0/216514c83711c88880256c0d0052a46c?OpenDocument](http://www2.co-operative.com:8080/ext_1/ScottishR.nsf/0/216514c83711c88880256c0d0052a46c?OpenDocument)

## EDIBLE ISLINGTON SMALL GRANTS

Small grants of up to £3000 are available for new or expanding food growing spaces in Islington.

Contact Anna Terzi on [anna@sustainweb.org](mailto:anna@sustainweb.org)

## ESMÉE FAIRBAIRN - FOOD STRAND

The Food Strand is a £3 million fund over three years (2008 - 2011) aiming to promote an understanding of the role of food in enhancing the quality of life. It will prioritise the enjoyment and experience of food rather than its production. The Foundation is also interested in work that influences policy and practice across a range of food-related areas.

For more information please visit: [www.esmeefairbairn.org.uk/funding/food.html](http://www.esmeefairbairn.org.uk/funding/food.html)

Thanks to all the people who sent information in to The Gherkin. If you would like to have your project featured or an event promoted in the next issue please contact [Hannah@sustainweb.org](mailto:Hannah@sustainweb.org) or [Suzanne@sustainweb.org](mailto:Suzanne@sustainweb.org).

Text Stephannie Maslin-Monk ♦ Design Rebecca Joynt

