

The GHERKIN

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

ISSUE 4: MARCH 2010

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 or 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

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NEWS

LONDON FAIRTRADE FORTNIGHT

Buying fair-trade food was on the minds of many Londoners during the last two weeks of February. A whole host of events were held all over London in Churches, mosques, town halls and community centres to celebrate and encourage more Londoners to give a better deal to farmers in the developing world. From

chai drinking in the Muslim Centre in Whitechapel to salsa-ing at a fair-trade tea dance in Spitalfields, Londoners were encouraged to try fair-trade goodies and swap their non fair-trade items for fairly-traded ones. For more information please go to www.fairtradelondon.org.uk



NEWS

NEW LAMBETH FOOD CO-OPERATIVE!



The Larkhall Food Co-op team with Councillor Val Carcel

A team of volunteers from Larkhall near Stockwell have helped Lambeth move toward becoming a cooperative council through the launch of their first food co-op.

The launch comes at a good time as Lambeth has just announced plans to re-brand itself as Britain's first "co-operative council", offering council tax rebates to residents involved in community organisations or co-operatives that help deliver local services.

The food co-op was launched in February and is supported by the Well London programme and Aardvark Recycling, a local social enterprise. It aims to improve access to healthy affordable food for residents living in Larkhall.

Hawah Kallon, a local volunteer says "helping to start up the co-op has been a great way for me to meet more people where I live". The new food co-op is great news for local people, it will be a boost to peoples health and a step towards a more cooperative Lambeth.

For further information please contact: Natasha Harris, natasha@aardvarkrecycling.org.uk

COSTCUTTER SUPPORTS LOCAL FOOD CO-OP

A Costcutter in Tower Hamlets has taken on a new role supplying their local community food co-op with fruit and veg direct from the wholesale market. Nathan, who runs the local convenience store, has teamed up with Hind Grove food co-op to coordinate collaborative purchasing and sales of the fresh produce.

Co-ops can provide real benefits to the health and cohesion of communities but are usually only open for a few hours each week. This can make it difficult to sell all their produce or make enough money to pay delivery costs. By teaming up with Costcutter, Hind Grove food co-op has cut their costs while also giving Nathan pointers

on the sorts of fruit and veg he should be stocking for his local community. This work is supported through Buywell, part of the Big Lottery funded Well London programme.

For further information please contact Hannah Williams, Hannah@sustainweb.org

ORGANICLEA: SOWING LONDON SEEDS

Organiclea, a workers cooperative, are sharing the benefits of their new twelve acre growing site and glasshouse with other community food-growing spaces. They are running a free membership scheme for allotment associations, gardening groups and food growing projects in North and East London to get hold of organically-raised vegetable seedlings.

The Hawkwood site, situated on the edge of Waltham Forest, is leased from the council and will be used for growing vegetable seedlings and developing a three acre organic market garden with fruit trees and orchards. The plants available this year are varieties of tomato, early season courgettes, sweetcorn, cabbage, kale, chillies, sweet peppers, squashes, beans, companion flowers, globe artichokes, kitchen herbs such as basil and parsley - choosing varieties that thrive in London's clay soils!



Seedlings in London

Email clare@organiclea.org.uk or call Hawkwood on **020 8524 6880** for more information on dates and venues for local plant stalls and stock availability. For more information about Organiclea visit www.organiclea.org.uk

EVENTS

What: *Capital Growth Networking Event.* An event to celebrate the London-wide Capital Growth project which aims to support 2,012 community growing spaces by 2012. There will be presentations from Capital Growth spaces, Q&A advice sessions covering subjects such as food growing and working with volunteers.

When: 30th March 6-9pm

Where: East Potential, 29-35 West Ham Lane, Stratford

For more information contact Capital Growth on **0207 837 1228** or visit **www.capitalgrowth.org**



What: *Community, well being and food Seminar.* Social Action for Health is hosting a seminar around health and food growing in communities. The day will consist of talks from people active in running projects and workshops based around community food growing, health and evaluation. Lunch and refreshments will be provided.

When: 14th April

Where: Ment House, 1b Mentmore Terrace, E8 3DQ

For more information or to reserve a space please contact Ross Stonier at Social Action for Health on: **Rosss@safh.org.uk** Tel: **020 8510 1970**, **www.safh.org.uk**

What: *FreeFrom Food Awards 2010;* The awards now in their third successful year will be presented by Antony Worrall Thompson

When: Wednesday April 21st

Where: Canal Museum in London

More details at **www.freefromfoodawards.co.uk**



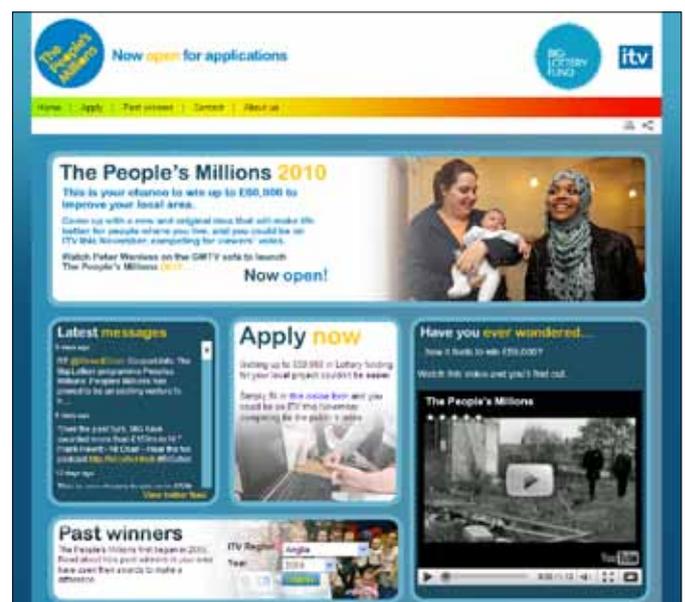
FUNDING

NEW FUNDING PROGRAMME NOW OPEN!

BIG and ITV have teamed up to create the People's Millions Fund. Grants of between £20,000 and £50,000 are available to fund projects that provide opportunities for people to enjoy their local area, whether indoors or out, and improve local facilities for all to enjoy.

The final eight projects will be up for public vote on ITV London Tonight news programme.

The deadline for entries is 12pm on 14 May 2010, and all materials can be downloaded from the website **www.peoplesmillions.org.uk**.



TAKE ACTION

CALLING YOUNG COOKS!

The Guild of Food Writers is inviting entries for its annual children's cookery competition: CookIt! The competition is for children aged 10 to 14 years but hurry, the closing date is Friday 30 April.

The finalists will be invited to London, to cook in the kitchens of the BBC Good Food Magazine, for a panel of judges including Stefan Gates and Valentine Warner.

For more details, see www.gfw.co.uk/newsletter-details.cfm?ArticleID=289

FREE SCHOOL MEALS

Free School Meals can save money in the long term by reducing



health care costs and increasing educational attainment. The Children's Food Campaign need your support to get free school meals for all children. If you click here you can send a message to your parliamentary candidates. www.38degrees.org.uk/free-school-meals/

NEW ADVICE ON WAITING LISTS FOR ALLOTMENTS

The Local Government Association has published new advice on how to manage cultivation standards, plot sizes and waiting lists for allotments.

A Place to Grow aims to cut the time that people have to wait to get hold of a plot, while protecting the rights of existing growers. A Place to Grow is available free at www.lga.gov.uk



TRAINING

NATIONAL TRAINING PROGRAMME FOR COMMUNITY FOOD WORKERS (NTP)

This flexible course is accredited by the Open College Network (OCN), and is designed to meet the demand for training in the food access field. For more information please visit www.c-f-e.org.uk/pages/content/index.asp?PageID=52



SOCIAL ENTERPRISE

Social Enterprise London offer free training sessions for social enterprises on how to bid for public sector contracts, open surgeries and other support.



For more information go to www.sel.org.uk

SNIPPET!

The Guardian has been tracking the price "discounts" being offered by Tesco and Asda throughout the christmas period, and after. They have calculated it to a grand total of 1p saving for the consumer if you take into account the price hiking that goes on afterwards.

theguardian

www.guardian.co.uk/business/2010/feb/22/supermarkets-cynical-price-manipulation

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 or Suzanne@sustainweb.org.

Design Rebecca Joynt

