

The GHERKIN

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

ISSUE 5 September 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.



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



One of the Food Chain's kitchens



THE FOOD CHAIN

The Food Chain provides nutrition services including home-delivered meals, essential groceries, cookery classes and nutritional advice to men, women and children who are chronically sick as a result of HIV-related illness.

Each Sunday they run a meal service which delivers meals to over 350 people and their families across London. Volunteers perform all the roles, from cutting vegetables and planning the menus, to doing the paperwork and driving meals to people's homes.

If you would like to volunteer in one of their six kitchens – Bermondsey, Hammersmith, Highbury, Kentish Town, Stepney Green and Tooting, please contact Chris on 020 7354 0333 or chris.gurney@foodchain.org.uk

NEWS



CELEBRITY GARDENER ANNOUNCES TOP FOOD-GROWING SCHOOLS

Growing food in the head-teacher's shoes, creating a bug hotel and using own-grown rhubarb for school lunches are just some of the grow-your-own ideas being used by the top gardening pupils receiving Capital Growth awards.

The Mayor of London, Boris Johnson, has congratulated the most creative young food growing winners as part of the inaugural Capital Growth schools competition. The winners were unveiled by the Blue Peter gardener, Chris Collins, and Rosie Boycott, Chair of London Food, at one of the triumphant schools in Haringey.

The full article:
www.capitalgrowth.org/press/12_07_2010/



Capital Growth Schools Competition



NEW CO-OP LAUNCHES

London's newest non-profit food co-op was launched in June. The People's Supermarket, set up by chef Arthur Potts Dawson, is run 'by the people for the people', selling the best food at the lowest possible prices. Anyone can join – and as a member you must work in the shop for a few hours every month. Because the workforce is nearly all volunteers, costs are kept low and profits go back in to make shopping even cheaper.



Photo: David Barrie

The People's Supermarket is at 72–78 Lamb's Conduit Street or for more information go to www.peoplessupermarket.org



ABUNDANCE FRUIT DAYS

Over the last few years Abundance London, part of a national network of Abundance groups, has been harvesting from street fruit trees, and helping tree owners to pick and deal with their glut of cherries, mulberries, plums, apples, pears and damsons. This year local schools have also been involved in mapping and harvesting. Surpluses are sold to local restaurants, with any profits being re-invested into the project.

Visit www.karenliebreich.com/html/abundance_london.html for more information



HIGH COURT RULES FAST FOOD OUTLET UNLAWFUL

A takeaway has been banned from opening near a secondary school in a landmark legal ruling. The judgment, which prevented the fast food take-away Fried & Fabulous to open close to a school in Tower Hamlets, says that health considerations are a relevant factor in planning decisions.

Some London local authorities such as Waltham Forest and Barking and Dagenham are already using planning legislation to help restrict fast food outlets from opening near schools. This recent high court ruling provides important backing to support this local action. For the full article visit <http://gu.com/p/2jcx9/tw>

EVENTS



Capital Growth space # 54 Brockwell Park Surgery

What

Capital Growth Open Gardens Day

Food-growing spaces in London will be opening their doors to the public

Where

Growing spaces include St. Luke's Centre in Clerkenwell, Dreams of Eden in a group of residents' the back gardens in Forest Gate, Food from the Sky – a garden on the roof of Budgens in Crouch End, plus many more. Go to www.capitalgrowth.org/opengardens for a full listing

When

Saturday 25 September 2010

What

The Sustainable Restaurant Ramble

Ethical Eats and The Sustainable Restaurant Association are running a special event showcasing the best of seasonal British ingredients in a progressive four-course dinner in four top London restaurants. For more information email kirsty@sustainweb.org

Where

Eateries in Islington and Clerkenwell

When

Tuesday 28 September 2010

What

Chiswick Harvest Fair – Abundance Fruit Day

Celebrating Chiswick's first harvest fair with juice pressing, plant swap, jam making, fruit tree pruning and planting information and many other stalls. Other local fruit days in London will also be held in Ealing, Haringey and Kilburn. To find out more visit www.karenliebreich.com/html/abundance_london.html

Where

St. Michael's All Angels, Bath Road W4 1TT

When

11–3pm Saturday 16 October 2010

What

Edible Estates Conference:

Growing food, building communities

The event will explore the role of food growing in building sustainable communities, and is for people in local government, social housing or community sectors looking for innovative ways to engage local communities and improve open spaces. For more information email sarah@sustainweb.org

Where

Venue to be confirmed

When

Thursday 21 October 2010

For more information: sarah@sustainweb.org



A Capital Growth space at a housing estate



TRAINING

Campaigning course from the Sheila McKechnie Foundation (SMK)

If you are based in London, you can apply for the 'Influencing Change' course from September to December 2010. This is a 4-day (1 day per month over 4 months) introductory course on how to influence public policy and achieve social change. It includes coaching and development opportunities to help take your campaign to the next stage. The cost is £100 per participant. To apply return this form to erin.turner@smk.org.uk by Friday 3 September.

For more information about what the programme involves visit: www.smk.org.uk/influencing-change-programme/

Digging for Gold

The free practical course for people who are new to fundraising is held over two days; Thursday 23rd September and Friday 1st October. To book your place, contact Kate Long at East Potential: kate.long@east-potential.org.uk before Monday 13 September

Get Growing Training at Regent's Park in partnership with The Royal Parks

Capital Growth's urban food growing training programme includes Soil Care, Winter Growing, and Container Growing.

Training costs £10 for Capital Growth members, £15 for London Food Link members and £20 for individuals or other groups. To reserve a place please contact Sarah on 020 7837 1228 or email sarah@sustainweb.org. Fees are payable in advance and booking is essential.



The growing plot in June 2010

NEW ON THE WEB

Kids can colour in their five-a-day

Colouring pages of fruit and vegetables in season are free to download on this site. There are four groups of illustrations with different levels of detail. www.mossgreenchildrensbooks.co.uk/book-blog/free-colouring-page/

Children Eating Well (CHEW)

The Caroline Walker Trust has launched their new website 'CHEW'. It gives authoritative advice on Children Eating Well in four age groups: First year of life, 1-4 years, 5-11 years and young people aged 12-18 years.

It includes food photos to show parents, carers and those looking after children the sorts of foods, and amounts of foods, that meet the nutritional needs of children in each of the four age groups.



Please visit www.cwt-chew.org.uk

TAKE ACTION

You can connect and share with other campaigners through a website called Campaign Central, which provides an excellent way to promote what you are doing and get the latest news for campaigners.

www.campaigncentral.org.uk



Thanks to those who have sent us news for Gherkin. If you want to be featured in the next newsletter please get in touch with hannah@sustainweb.org or suzanne@sustainweb.org