

THE JELLIED EEL

LONDON'S MAGAZINE FOR GOOD FOOD | ISSUE 56 - SPRING 2018 | FREE



**MEET LONDON'S
URBAN FOOD HEROES**



- ROSIE BOYCOTT GETS COOKING
- THE 'EEL GOES TO...BERLIN



- TOM HUNT'S FAIRTRADE FORAY
- DITCH THE #PLASTICWASTE



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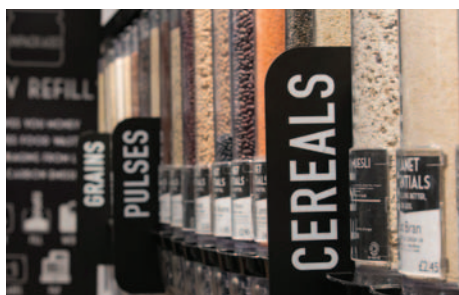
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STARTER

Get us, all gussied up in our fresh finery! The 'Eel's new trappings come courtesy of designer Miho Aishima. Miho has also helped us create the look of another part of our crowdfunded reboot – the retooled **thejelliedeel.org**



Hop online now for frequently-updated exclusive features, news, new blog posts and stories from our eely archive.

ICYMI, if you're looking to craft a career in good food, or your organisation has job and volunteering opportunities on offer, get over to our other new site: **rootstowork.org**

Completing a virtual hat-trick, to help you discover places where you can shop, eat, learn, hire or connect with people who grow, make, cook, sell and teach good food, our new **Urban Food Map** goes live in March at **londonfoodlink.org**

The map launches with our First 50 **Urban Food Heroes**. Here in the dead-tree technology you're holding, you'll find some of our heroes, including our cover star, **Luminary Bakery's** Alice Williams.

A theme of this issue is women in food. In this vein, out-going London Food Tsar, **Rosie Boycott**, ponders how we can get the capital eating healthy, home-cooked food again without it shackling sisters to the stove.

Chris Young Editor



@jelliedeelmag
@londonfoodlink
@capital_growth

AROUND TOWN



Compiled by
Dylan Lowe

NORTH



Canopy Market

King's Cross

Once nowhere special except for catching a train, King's Cross's redevelopment has transformed it into a bustling retail and dining quarter, complete with its own popup market, offering artisan produce and street food the last weekend of every month.

kingscross.co.uk/canopy-market
[@kingscrossn1c](https://twitter.com/kingscrossn1c)

N1C

New Roots Café

Barnsbury

Much more than merely a vegetarian and vegan eatery, it was opened by Highway House to fund its homeless shelters in Tottenham and Islington, as well as creating volunteering and training opportunities for local residents.

facebook.com/NewRootsCafe
[@newrootscafe](https://twitter.com/newrootscafe)

N16

Perilla Dining

Newington Green

Eating and cooking seasonally is the mainstay of Perilla and its daily-changed menu of high welfare meat, line-caught sustainable fish and vegetables at their seasonal best, all with a creative European flair.

perilladining.co.uk | [@perilladining](https://twitter.com/perilladining)

N1



CENTRAL

The Blacksmith and The Toffemaker

EC1V

Islington

While not exactly a new kid on the block, its food menu is - this neighbourhood pub has recently gone completely vegan. The team's dedication to sustainability extends to sending food waste off to make energy.

theblacksmithandthetoffemaker.co.uk
[@tb_and_tt](https://twitter.com/tb_and_tt)



EAST

Bernstein's

E5

Hackney

"Proudly made in Hackney" has taken its latest residence here: soda-on-tap from Square Root, sourdough from E5 Bakehouse, in-house cured meats. Its Jewish and Levantine fare rounds up the local-centric vibe with bold, faraway flavours.

bernsteinsbar.com | [@bernsteinsbar](https://twitter.com/bernsteinsbar)

Bulk Market

E8

Hackney

Selling groceries, produce, honey and household essentials from bulk bins, Bulk Market is making it easier and more convenient for shoppers to stock their shelves without single-use packaging.

bulkmarket.uk | [@bulkmarketuk](https://twitter.com/bulkmarketuk)

Scout

EC2A

Old Street

Focusing on minimal wastage, Scout produces a daily-changing minimalist menu of cocktails made from ingredients that have been fermented, brewed, distilled or preserved in-house, or foraged from nearby.

scout.bar | [@scoutldn](https://twitter.com/scoutldn)

SOUTH



Green Lab

SE1

Bermondsey

Workspace, incubation hub and laboratory, this is where initiatives, businesses and community groups design solutions to food sustainability challenges. Not an entrepreneur? They host workshops on anything from backyard hydroponics to fermenting kombucha.

greenlab.org | [@greenlaborg](https://twitter.com/greenlaborg)

Naked Larder

SE24

Herne Hill

Click and collect unpackaged grains, beans, pulses, nuts, dried fruit, flours, pasta, cereals and ethical cleaning products, picking up your order at the pre-arranged time in your own reusable containers. Join the Naked Larder community to have a say in the development of its range and plastic parrying practises.

nakedlarder.co.uk

SoleShare

SE4

SE13

Brockwell / Ladywell

This community-supported fish box scheme's fourteen pick-up points include two new hubs south of the river. SoleShare works closely with small-boat fishermen they know and trust. Choose from whole fish or oven-ready options and collect weekly or fortnightly.

soleshare.net | [@soleshare](https://twitter.com/soleshare)

Nine Lives

SE1

Bermondsey

Brought to you by drinks agency Sweet&Chilli, Nine Lives abides by its waste-nothing ethos in every way this cocktail bar operates: from bamboo straws and reclaimed uniforms to its loop cocktails, drinks whose key ingredients are reused.

ninelivesbar.com | [@tweetandchilli](https://twitter.com/tweetandchilli)

WEST

Yeotown Kitchen

W1

Chiltern Street

This London pied-à-terre of a Devon-based wellbeing company (incorporates not only a café, with a menu including 'delicious, nutritious' food, organic coffee and freshly-squeezed juices, but also guided meditation to help with mental wellbeing.

yeotownkitchen.com | [@yeotownkitchen](https://twitter.com/yeotownkitchen)



NEW

WHAT'S NEW
WITH YOU?

Opening a new ethical eatery?
Setting up a street market?
Launching a good food project?
Please let us know and you could appear in the next issue or our Electric Eel enewsletter. We're particularly keen to help showcase things outside east London!

DISCOVER

BE ENRICHED FOUNDER
KEMI AKINOLA
BY MILES WILLIS



URBAN FOOD HEROES

Ahead of the launch of London Food Link's new Urban Food Map, we put out a call to find people and organisations doing great things around food.

Dylan Lowe serves up a taster of some of the first 50 we found...

CRAYFISH BOB

While a stalwart in the London world of pop-up dining and Urban Food Fortnight, Crayfish Bob's moniker doesn't even begin to encompass his contribution towards Britain's waterways. Identifying the environmental impact of the invasive American Signal Crayfish, now overpopulating UK waters and threatening native aquatic species, Bob Ring set up Crayaway in 2003 to trap responsibly and remove them. Customers range from embassies to the otters at London Zoo. As Crayfish Bob, he has gone on to host a succession of pop-up events, transforming the critters from ecological nuisances to desirable delicacies.

BE ENRICHED

Founded by Kemi Akinola, this charitable organisation is dedicated to building and supporting communities in south London and Glasgow. They have created community canteens in Tooting, Battersea, Elephant and Castle, and Brixton that deliver safe havens for local people to congregate and communicate over nutritious meals. These kitchens also generate opportunities for disadvantaged youngsters and other local people, with results including helping to reduce reoffending rates.

CHANGE PLEASE

This organisation is addressing the acute issue of homelessness in London one cup of coffee at a time. Operating and pulling espresso shots out of the back of their minivans, Change Please is mobilising rough sleepers by mentoring them in the art of coffee making, offering them the London Living Wage, support with housing and mental wellbeing, as well as career prospects as trained baristas. Beyond selling coffee, Change Please is raising awareness about homelessness by putting a face, name and personal story to each of their trainees as they interact with their customers.

FAT MACY'S

This social enterprise catering business tackles a common problem with a unique scheme: employing young Londoners in temporary accommodation and helping them to move towards independent living. With Fat Macy's housing deposit scheme, trainees receive their hourly salaries in the form of accumulative credits paid into a secure fund, until they have saved enough to afford a deposit that is then paid directly to a landlord of their choice. All the while they garner "vital skills for independent living: food hygiene, cooking, financial planning, curating and running events, and practical work experience".

GOURMET GOAT

Nadia and Nick's eatery has evolved from a street food stall into one of the leading sustainable food businesses in London. Influenced by Cypriot and eastern Mediterranean recipes from Nadia's childhood, they cook with the eponymous meat, food often treated as a by-product and going to waste, as a means to support the goat dairy industry. Now operating in a permanent site at Borough Market, they also help businesses and other organisations develop their sustainable practices: focusing on more vegetables and better meats; sourcing sustainable ingredients from local suppliers; minimising waste; and promoting sustainable and healthy eating.

ODDBOX

Far too much fresh and perfectly edible produce is discarded before even making it to the shelf simply because it is misshapen, the 'wrong' size or blemished. Some 30% of vegetables and fruits in the UK ends up uneaten due to this fixation on cosmetic appeal, both on the part of retailers and customers. Oddbox strives to reverse this, and reduce the staggering food waste as a result, by offering these 'odd' goods, sourced from local growers seasonally and at a fair price, to willing consumers at discount. Some of both its proceeds and salvaged produce are donated to charities working to tackle the effects of food poverty.

DISCOVER

CRAYFISH BOB
BY CHRIS YOUNG



LUMINARY BAKERY

As a responsive initiative to help women who are socially and economically disadvantaged, Luminary Bakery provides them with training, work experience and employment at its bakery café in Stoke Newington. The training programme steers participants towards employability and entrepreneurship. The bakery creates a safe and supportive working environment for women in need, fostering their future prospects – as well as growing holistically and overcoming “the generational cycle of abuse, prostitution, criminal activity and poverty.” See Roots to Work on pages 12-13.



PHOTO COURTESY OF PAPI'S PICKLES

NEMI TEAS

The London-based tea company with a mission beyond selling brews: to instigate equal employment opportunities for, in particular, refugees in the UK. Whereas refugees and economic migrants are most prone to marginalisation due to the involuntary change of living conditions and often inability to communicate well, Nemi hires people in these situation in order to boost their English proficiency, confidence and professional skills and facilitate their integration into society and the job

market. Advocating for improved working conditions all the way to the source of the supply chain, they are firm supporters of Fairtrade.

PATCHWORK FARM

As part of Crystal Palace Transition Town, this initiative strives to provide an affordable supply of traceable, healthy and delicious local food. As its name suggests, this enterprise comprises a network of landshare gardens, including a bus station herb patch and museum grounds

orchard, allotments and food-growing backyards in and around Crystal Palace. As well as harvesting and selling its own produce at the Crystal Palace Food Market, other local growers are invited to donate or swap their surplus vegetables and fruits at the farm's weekly stall.

PAPI'S PICKLES

Spurred by the stories of women fleeing the conflict in Sri Lanka and the desire to help them break out of their isolation and sense of loss, this social enterprise employs women relocated from there and South India. Using recipes from that region, Papi's Pickles offers trainees the London Living Wage, food safety training and work experience at pop-ups, street food markets and other events, helping 14 long-term unemployed women gain new leases in life since August 2014.

GOURMET GOAT CO-OWNER NADIA STOKES BY MILES WILLIS



You can find out about more Urban Food Heroes on London Food Link's new Jellyed Eel magazine website and new Urban Food Map.



THE 'EEL GOES TO BERLIN

What inspiration can the good food folk of London find from friends and neighbours outside the capital and, indeed, outside Britain? The Sustainable Food Story's **Abi Glencross** and **Sadhbh Moore** report from Germany.



From the outside, **Hermann's Berlin**, may look like a regular café but it's so much more, playing host to a creative group of thinkers working to improve the food system. They really do focus on veg-led, reductarian (less but better meat) and root-to-fruit cooking; choosing organic, Fairtrade and/or local produce wherever possible, with plenty of heritage grain dishes on the menu. With sustainability as a driving factor behind much of its work, the café organises workshops, events, talks, test kitchens and collaborations, dedicated to finding solutions to food industry challenges.

Described to us as 'the Borough Market of Berlin', **Markthalle Neun** bubbles with all sorts of fine foods; cheese, wine and delicatessen produce. It's also where you'll find small-scale farms selling their organic fruit and veg, and a wide range of mushrooms, sustainable seafood and pasture-fed meat and dairy, all GMO free. The market hosts talks and events, many with a food ethics focus, and every stall holder we met knew the provenance of their ingredients and stories of their suppliers.

Prinzessinnengarten is a higgledy-

piggledy community garden built on wasteland from reused and upcycled materials. Inspired by urban gardening in Cuba, it grows all sorts of herbs and cut-and-come-again greens, mostly in raised beds made from stacked crates. Including a café and stall selling local produce and with Skip Gardenesque vibes, it's definitely a great inspiration.

Certified organic bakery **Endorphina** has a stall at Markthalle Neun and supplies Hermann's. We were so keen (and, in true Berlin fashion, still hadn't finished a night out) that we turned up to the bakery at dawn. We found their commitment to being fully organic as impressive as their bread's flavour and structure. Most loaves are sourdough rye and spelt and all are handmade, with "a conscious renouncement of mechanical production methods".

Since closing in 2008, **Tempelhofer Feld** has been used as a recreation area, which includes a community garden. Everything is grown in raised beds as food growers can't use the original soil of this former airport and military base. The garden is always open, so works on trust. When we visited last October, there were plenty

of curly kale and nasturtiums still to be seen and, although produce is not for sale it's a great community space to visit and meet neighbours while digging in.

Original Unverpackt is a single-use-packaging-and-plastic-free supermarket alternative. Food citizens bring their own containers to refill from silos of pulses, nuts and grains, as well as buy lower-negative-impact necessities like organic groceries, cleaning products and toiletries. It is located in an area of Berlin that seems to be the ethics-ghetto, with a Fairtrade store, vegan restaurants and bicycle shops aplenty. Across the street is Jumbo Second Hand, which we are almost certain sells preowned clothes, rather than over-sized spare body parts...

endorphina.de
markthalleneun.de
original-unverpackt.de
prinzessinnengarten.net
hermanns.com/hermanns-berlin
thf-berlin.de/en



PHOTOS: COURTESY OF ORIGINAL UNVERPACKT AND MILENA GLIMBOSKI BY ISABELL WINTER

FARE'S FAIR

Following a visit to Palestine, the 'Eel's resident chef **Tom Hunt** pays tribute to the Fairtrade movement and women in agriculture – with flavours of the region to recreate at home.

Women comprise almost half of the world's agricultural labour force, acting as custodians of seeds and agro-ecological knowledge vital for the food security of our planet. However women often go unrecognised as the skilled agricultural workforce they are. Equal Harvest, a study by the Fairtrade Foundation, reports that better gender equality in farming will benefit businesses and support global development, as well as bring gains for women.

On a recent trip to Palestine with the Fairtrade Foundation and the olive oil company Zaytoun, I had the privilege of visiting a local women's co-operative in Jenin, northern Palestine. A co-op member called Bessama taught me how to roll maftoul, a couscous of whole local wheat varieties, traditionally made by Palestinian women. This is eaten as a local staple alongside freekeh (roasted or smoked green durum wheat) and flatbread and za'atar seasoning. It takes an hour to hand-roll just eight hundred grams of maftoul, before it is steamed and then sun dried for several days.

SUPPORTING WOMEN

Fairtrade certification means a fair minimum price has been paid for a farmer's product, no matter what happens with the market rate, and that workers are paid properly. This premium is sent to a co-operative bank account where the members decide together how to allocate the money, which must be approved by the local Fairtrade committee. Through offering more than the market rate, Fairtrade can encourage traditional and organic farming methods.

TOM HUNT IN PALESTINE, COURTESY OF THE FAIRTRADE FOUNDATION



VEGETABLE FUKHARA

Like casserole and tagine, the name fukhara refers to both the dish and the pot in which it is traditionally cooked. I learned to make this in a clay oven at the local bakery during my trip to Bethlehem.

Serves 4

- 1 courgette cut in half lengthways
- 200g squash, cut into four large chunks
- 1 red onion, cut into quarters
- 2 cloves garlic, roughly chopped
- 4 sprigs parsley, stalks finely cut, leaves roughly cut
- 1 sprig rosemary
- 80g pine nuts, toasted
- 50ml olive oil
- 60g feta, crumbled

Preheat the oven to 150°C. Layer the vegetables into a casserole or similar, lidded cooking pot, interspersed with garlic, herbs and half of the pine nuts. Season with salt and pepper and dress with the olive oil. Top with the rest of the pine nuts and 200ml of water, put the lid on and place in the oven for three hours. Serve simply as it is or with some cooked maftoul (couscous) or freekeh (roasted or smoked durum wheat).

Buying Fairtrade products often supports projects and initiatives that benefit women, such as childcare or training to help them diversify their income. In recent years, the Palestinian Fairtrade committee Al Muqadasa have directed premiums towards a local women's centre, school playgrounds and collective purchases of farming tools.



THE BAKERY SOCIAL ENTREPRENEUR

HOW DID YOU END UP RUNNING YOUR OWN BAKERY CAFÉ?

I trained in youth and community work, then got experience at a social enterprise in Bangkok before landing a job managing Kahaila Café on Brick Lane and developed Luminary from there...

WHY RUN IT AS A SOCIAL ENTERPRISE?

The whole reason Luminary started was to address a need we saw for disadvantaged women to be given opportunities. Its social purpose is at its core.

WHO ARE YOU HELPING?

Women who have experienced homelessness, sexual exploitation, domestic abuse or criminal activity – people who have the hardest time getting work and reaching their potential.

WHAT TRAINING AND SUPPORT DO YOU OFFER?

Employability, baking skills and food hygiene are the main areas, with enterprise guidance, one-to-one support, mentoring programmes and apprenticeships thrown in too!

HOW MANY WOMEN HAVE YOU HELPED SO FAR AND WHAT HAVE THEY GONE ON TO DO?

We've trained 45 women, 88% of whom have gone on to work, further training or starting their own business, usually within food because they have a passion for it.

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

It might sound cliché, but seeing women thrive. It's the thing that makes all the hard days worth it.

WHAT ADVICE WOULD YOU OFFER TO SOMEONE THINKING ABOUT SETTING UP A SIMILAR BUSINESS?

Get as much experience as you can by working or volunteering at places you admire. Do your research and ensure you get a team around you, it will be much harder alone!



Support your local, independent bakery or learn to bake your own loaves:

The 10th annual international #RealBreadWeek runs from 24 February to 4 March realbreadcampaign.org

Alice Williams is founder of Luminary Bakery
luminarybakery.com



PORTRAIT OF
ALICE WILLIAMS
TAKEN FOR THE 'EEL
BY MILES WILLIS

SOLACE IN THE CITY

Mary Selzer looks ahead to what you can expect from the 7th annual Big Dig Day on 21 April.

Since 2008, London's landscape has been transformed by over 2,800 community food gardens, most of them new, benefiting from the support of London Food Link's Capital Growth network. Many of these are run entirely by volunteers, and the majority rely on local people donating their time and effort to keep them flourishing. In fact, network members report that, on average, 32 different people volunteer in their gardens each year.

Nearly 50 gardens took part in Big Dig Day 2017, giving more than 600 people across the capital a taste of how growing food can get you out, get you healthy and connect you to nature and your neighbours.

ESCAPE AND UNWIND

Camila Barboza moved to the capital in 2002 and works at a comic book shop in central London. She started volunteering in 2009, first at animal shelters but more recently got involved with local food growing at Edible Landscapes London and the Castle Garden – both members of Capital Growth.

"Gardening in itself is pretty therapeutic," she told me. "Gardening at interesting projects in a community environment amongst other people with similar interests or views is even better." She went on to say that it

has changed her relationship with London: "Remembering that such beautiful, tranquil spaces exist so close by helps when you're stuck on a crowded train or tired after a long day. It's also a constant reminder of the city's diversity and that we don't have to travel far to experience different lifestyles."

Beyond this, Camila reckons that it lets her connect with the food she eats and to learn from it. "It doesn't matter whether you've been gardening for years or have zero experience; you're bound to learn something new each time."

GET INVOLVED

This year's Big Dig Day is set to be bigger than ever. Participating gardens include Whetstone Community Plot in Barnet. One of the team told us: "Our project began with Big Dig two years ago, so it's also an opportunity to celebrate our achievements, and every Big Dig will continue to be our birthday! Last year we planted our pond, bog area, and wildlife area, made by volunteers with learning disabilities."

PEOPLE POWER

Growing can also be an incredibly powerful and political act, showing you care about your food and where



**'IT DOESN'T MATTER
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EACH TIME...'**

it comes from. The number of people who benefit has not gone unnoticed by policy makers, with Capital Growth being highlighted in both the draft London Environment Strategy and London Plan. It's a virtuous circle: The more people involved, the more these valuable spaces will be protected,



SEASON'S EATINGS

SPRING

With a new year comes the new cycle of life in the garden. Capital Growth's **Julie Riehl** offers her expert advice on how to kick-start the growing season.



Tomato time: If you are serious about tomatoes, sow them in February and keep them in a warm place (no germination under 18 degrees). Repot them when needed and keep them indoors until late May/June when they can be transplanted outside. I really like unusual cultivars like Chocolate and Yellow Pear.

Spuds in: Chit (encourage sprouting) your first early potatoes in March by placing in a light and a cool, but frost-free, place. 'Chit' means encouraging early sprouting. Once their eyes start growing, plant them in 10cm-deep trenches lined with good compost or comfrey leaves. Once your potato plants are about 20cm high, start earthing them up by carefully drawing soil up to the stems and covering two-thirds of the plant. They should be ready 12 weeks after planting. I am particularly fond of the classic, waxy Arran Pilot variety.

Feed the bees: As soon as grass starts growing – usually April – start sowing seeds outside, especially wildflowers to add colour to your garden and feed wildlife. Cornflower, Californian poppies, poached egg flower, phacelia and nasturtiums can be scattered on a prepared weed-free bed and will make a great display from May onwards.

Back to the root: In May you can plant most roots – carrot, beetroot, parsnips – directly in the ground. Sow 1cm deep in rows 20cm apart. Sow thinly to avoid thinning out later. I particularly like the white and green carrot cultivar, Blanche a Collet Vert, the Chioggia type of beetroot for their gorgeous stripy core, and the always lovely Tender & True parsnip.

Get the tempo: From May onwards successional sowings every fortnight of French beans, kohlrabi, early peas, lettuce, rocket, endive, and spring onions will give you a constant supply of salads and vegetables.

Sourcing it right: I am a firm believer of seed saving, so I avoid F1 cultivar and prefer open pollinated seeds, organic when possible. I source most of my seeds, bulbs and potatoes from The Real Seed Catalogue, Chase Organic Catalogue and Tamar Organics. I also love a bit of seed swapping with fellow gardeners, as you always get interesting cultivars!

Julie is a food growing trainer for Capital Growth, part of London Food Link. Find details of this season's workshops (and 50% discount for LFL supporters) at: capitalgrowth.org/training

PHOTO: CHITTED POTATOES BY DOUG BECKERS

promoted and supported.

Capital Growth Coordinator Chris Speirs said: "We are so excited that, seven years on, we have helped hundreds of gardeners motivate thousands of Londoners to make the most out of the tranquillity and opportunities our edible gardens provide. We hope to see you there."

Find and visit a community food growing space near you or, if you run a growing site, sign up to be part of Big Dig Day 2018 on 21 April.

www.bigdig.org.uk

Big Dig Day is funded by the City Bridge Trust as part of Capital Growth's London Grows initiative.



A WOMAN'S PLACE IS IN THE KITCHEN?



Long-time LFL champion, and The Mayor of London's departing food tsar, **Rosie Boycott** prescribes a return to the kitchen, but not to female domestic slavery.

We must get the nation cooking again! It's an all-too-often used expression but something I've been saying ever since I became involved in the food movement. It's not just a question of how to get people to eat healthily again and to forgo the temptations of junk food for the nourishment of healthy home cooking, though.

No, cooking is also, apparently, the answer to family breakdown. The loss of meal times spent together in conversation is part of the loss of our social fabric. Large claims, I know, but while sometimes they might be exaggerated, I believe they are fundamentally true. Over the years, as I repeated the mantra about how we must all get cooking, I realised that what was actually happening was that women, not men, were being asked to shoulder the job.

THAT SINKING FEELING

Twenty six years ago this summer, Marsha Rowe and I founded Spare Rib, the monthly, feminist magazine that blazed a trail for the newly-emergent women's movement. Our

first subscription offer was a purple tea-towel with the legend: 'First you sink into his arms, then your arms end up in his sink,' and I used to repeat: 'Don't cook, don't type, girls... and then you'll get ahead.' Although I did learn to type, I didn't learn to cook.

'THERE ARE MORE THAN 8,600 CHICKEN AND CHIP SHOPS IN LONDON'

In hindsight, I think the fact that Marsha and I were very young and childless played a big part in the way we, so to speak, hurled cooking into the same bracket as vacuuming and other general household chores that career women really shouldn't have to do. Trying to create a new political landscape for women in the early '70s, we wanted to grab the best bits of men's lives for ourselves – the jobs, the money, a life-outside-the-home. In the process we devalued everything that was in any way domestic and I think we are now paying the price.

THE CHICKEN SHOP CHALLENGE

The question is simple: in our obesity-creating world, where childhood obesity is one of the greatest health threats we face, how do we turn away from high-fat, high-sugar convenience foods and towards home-cooked meals, without it being the sole responsibility of women to do all of the cooking? How, in other words, do we feed our kids healthily without sacrificing all that women have fought for?

This question really troubles me. Because I know what I see and it's this: According to one supermarket, in middle-class families, who make up roughly 50% of the population, men (and especially young men) are shopping, cooking and sharing the household chores and childcare. In other, large sections of our society, however, women are still the main providers of care and that includes putting food on the table. Stressed as many women are by lack of money, tough jobs, poor housing and the distorted economics of the food system, it is no wonder that a burger or chicken and chips, is all too often the quick and seemingly cheap answer to filling stomachs at the end of a long day.

FAT'S A FACT

Childhood obesity rates in London are the worst in Europe. Public Health England reports that one in five children are already overweight or

THE BIG IDEA... OR TWO

So I think we need to see two big things happen: Firstly, cooking is now back on the national school curriculum, but too many schools are either teaching inadequately or not teaching it at all. It needs to be a mandatory requirement that ALL children by the age of 16 can cook a range of healthy, affordable dishes, know how to budget and have learnt enough to understand why good food is vital for their health and the health of their own future families. Secondly, we need to have paternity leave woven into every dad's life like it is in Scandinavia, where men have time to spend with their babies and young children. It really has made a difference.

**‘WE NEED TO HAVE
PATERNITY LEAVE
WOVEN INTO EVERY
DAD’S LIFE’**

Good food champion Tim Baker, headmaster of Charlton Manor School in south London and member of the London Food Board, says that the boys in his school love cooking as much – if not more – than their female classmates. If we can get beyond the parochial idea that cooking is a ‘woman’s issue’, we can strike a blow for feminism while also ensuring our kids (and we) get the healthy and nutritious food they need. Maybe we could rewrite that tea towel: ‘First you sink into his arms, then his arms end up in your sink.’ If we don’t get cooking – if we don’t all get cooking – then our future health prospects look very grim indeed.

 @rosieboycott

 PHOTO: ROSIE BOYCOTT
BY CHARLES GLOVER


obese when they begin education and the figure rises to nearly one in three by the time they leave primary school. It means a life that’s likely to be less healthy and less fulfilled. It means, all too often, a huge cost to the NHS of the diseases associated with bad diet. Despite this, the Great Weight Debate reported that there are more than 8,600 chicken and chip shops in London alone, and there is, much to my endless frustration, no way of legislating to prevent them lowering their prices when the kids leave school, or having ‘special offers’ for youngsters in uniforms.

It is no accident that our obesity epidemic has grown in direct proportion to the amount of processed food sold on our high streets and in our supermarkets. According to Public Health England, 40% of the money we spend on food is on products on promotion, but it’s never vegetables on offer, always unhealthy, fattening food. Walk down any high street and the smells of fast food hit your nostrils and delight your taste buds. It’s so easy, so cheap and,

all too often, so delicious.

Industrial giants spend fortunes advertising food that isn’t healthy, because that’s the food they make the most profit on and it’s the food which we, collectively as a society, can’t resist. No one, women especially, has any time.

WHITHER ‘HOME EC’?

Cooking was kicked off the school curriculum years ago, so a whole generation came of age without knowing how to cook. Increasingly, families don’t sit down to eat together: A survey published around ten years ago reported that over 40% of British households had no dining table. It’s a statistic that lodged firmly in my brain.

How do we change this? If the price of getting us and our kids to eat healthily is to see women having to make a wholesale return to the stove, then it will not work. We have, thankfully, gone far enough as women to resist this.



PHOTO COURTESY OF UNPACKAGED

FOOD SHOPPING UNPACKED

Blogger **Justine Rose**, who successfully bid in our crowd-funding campaign to write a feature for The ‘Eel, explores the practicalities, and options, for avoiding food packaging.

It’s scary that only about 5% of food packaging is recycled and that about 8 million tonnes of plastic end up in our oceans each year. Then there are the issues of greenhouse gas emissions, and non-degradable, oil-based products ending up as landfill...

On the BBC’s Blue Planet II, David Attenborough helped to bring the negative impact of this scourge to mainstream attention and research by **#PlasticFreeAisle** has found that nine out of ten people would support supermarkets having a plastic-free section – a measure promoted in the Government’s launch of the 25 Year Environment Plan in January. But for now, how do we avoid it?

UNWRAPPED

A growing number of shops offer much more than just meat, fish, bread and deli items without packaging. Many are small, independent retailers, which help to support their local economies and communities. **The Store Cupboard** at Crystal Palace Food Market, for example, is a co-operative.

Hetu in Clapham Junction specialises in vegan foods. Founder Laura says: “Our aim is to be a one-stop shop for people who care about their health, the planet and all those that inhabit it.” Another example is Real Bread Campaign supporter, **E5 Bakehouse** in London Fields, which stocks a wide range of **Hodmedod’s** British-grown beans and pulses from gravity dispensers.

Loose food revival pioneer **Unpackaged** can now be found at **Planet Organic**. Founder Catherine Conway says: “Having operated as an independent store, we are now focused on partnerships with larger retailers as we fulfil our mission of bringing zero waste to a mainstream audience.”

BYO

There’s no need to buy anything new to collect your shopping, simply clean and save what you already have, such as jars, takeaway containers, bottles, egg boxes and paper bags. Social enterprise **Bulk Market** in Hackney even provides a space for you to leave empty containers for other shoppers. When buying unpackaged meat, fish

and deli items, consider whether you need leak-proof containers. For fruit and vegetables make simple bags from old fabric; search online for inspiration, or buy them readymade.

Find (and add) local loose food shops using the **Zero Waste app**, and enjoy getting to know the staff, who may well remember customers with their own containers more easily. If you can’t find one locally, put your postcode into **reyouzable.com** to see if they’ll deliver to your postcode in reusable containers, or ones you provide.

Save money by only buying what you need, cutting down food waste with fewer leftovers to be forgotten, and help save our seas – get unpacked!

littlegreenduckie.com



5 TOP TIPS

1. Write a shopping list before you go, and resist temptation purchases
2. Use your own bags for fruit and veg
3. Take containers along when buying unpackaged meat, fish and deli items
4. Explore your local shops for zero waste offerings, and ask them to consider stocking more loose items
5. Add what you find to the Zero Waste app or Facebook groups

Join one of the Facebook groups; Zero Waste Heroes, Journey to Zero Waste UK or Zero Waste Greater London



PHOTO COURTESY OF
THE TABLE CAFÉ

THE TABLE CAFÉ

Sally Gurteen tucks in and talks supply chains and organic food with chef Shaun McAlpine.

Nestling where Southwark meets Bankside, The Table Café is a neighbourhood joint with accolades including an Open Table Diners' Choice Award and a two-star rating from the Sustainable Restaurant Association (SRA). It grew from simple roots selling sandwiches and salads, before expanding to become an all-day eatery and kitchen table community. The emphasis is on "remaining British and local", chef and co-owner Shaun McAlpine told me when my friend and I visited.

I ask him how much of their produce is certified organic and we become embroiled in a long conversation about how buying organic is a priority, but how an organic label may have more to do with marketing, especially when it comes to anything sourced beyond the EU, such as coffee and tea. Working at JING with many small tea farmers and collectives, I know only too well how some adhere to and fully embody organic practices and principles but just can't afford the certification.

Shaun goes on to say, "It's so difficult to really understand a supply

chain unless you can see it in its entirety. Not just how the product has been controlled in terms of quality, but how the people who work with the product are treated, and who they are. We work with so many great personalities and skilled people and that's really our driving force; delivering the best of what we really know to the table. It's especially satisfying, for example, to have sourced our fruit and veg for many years now from the local St. Mungo's Putting Down Roots allotment gardening programme, which supports volunteers who have experienced homelessness and are looking to develop their skills."

Ordering a radicchio salad, lamb shank and a classic burger (all of The Table's meat comes from an SRA-approved butcher in Peckham), my friend and I settle down to wait with a very well-priced bottle of French red. We are experiencing 'the hours of happiness,' or so the staff tell me.

The salad has a perfectly balanced taste; slightly sour pear, bitter radicchio, the sweetness of candied pecans, salty blue cheese.

The burger is really pretty good; well flavoured, juicy and punchy. The brioche bun from Little Bread Pedlar in Bermondsey is buttery, dense and, most importantly, keeps the structural integrity of the whole stack nicely intact.

As I taste a little of my friend's lamb shank, which is perfectly fatty and flavoursome, she tells me that The Table is always packed out at brunch. We very much enjoy our meal and so we make a mental note to return. And soon.

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



Sally writes about food as The Café Cat. The Table Café is a Sustainable Restaurant Association member and London Food Link supporter. Read about The SRA's Food Made Good at foodmadegood.org

Jellied Eel reviewers pay for their own meals. If you'd like to write a good food review, please drop us a line.



LIZZIE DYER BY SEAN ALLARD

HERE'S LOOKING AT YOU, KID

Indie Farmer **Nigel Akehurst** continues his agricultural road trip with a visit to Just Kidding in Wiltshire.

With the rapidly rising demand for their milk and cheese, goat dairying has become big business in the UK. For an animal to produce milk, it has to give birth. What people (myself included, until I visited Lizzie Dyer at Dartland Farm in Wiltshire) might not know is that, while nanny (female) goat kids are kept and reared for their milk, the billy (male) kids are often put down at birth. Lizzie, a graduate of Royal Agricultural University, told me that as there is little demand and

no established market for kid goat meat in Britain. Billy kids are generally seen as a waste by-product and discarded.

Having completed her degree but with no blueprint or market for rearing billy kid goats for meat, in 2013 Lizzie took a bold decision. She started her surplus-saving business, Just Kidding, with Jamie Beard at his farm. They take billy kid goats from a local higher-welfare dairy farm, extensively-rearing around 100 to 150 at a time in small groups.

Lizzie explained that – unlike animals that are intensively reared indoors on imported maize, soya or cereals – the billies are pasture-fed, with wooden huts for shelter, in paddocks that are doubled-fenced to stop the mischievous little goats escaping!

The billies are reared for at least six months, after which they are slaughtered. Lizzie and Jamie have worked to build demand by developing good working relationships with chefs and selling most of the meat to restaurants and hotels, including Andi's Restaurant in Stoke Newington, Bar Douro in Southwark, and Lamberts in Balham. They have recently collaborated with Foodchain, which introduces London chefs directly to farmers like Lizzie and Jamie in an easy and seamless way. Between 2014 and 2017, five of Just Kidding's cuts picked up a gold star each in the prestigious Great Taste Awards.

Lizzie is a firm believer in sustainable farming and whilst she feels that it would be no good if everyone became a vegetarian, she does believe in eating less but better meat. Thanks to higher-profile cooks and chefs like Jamie Oliver, there is now a growing awareness of this delicious and healthy food from animals whose meat would otherwise have been wasted.

It was meeting farmers like Lizzie that inspired me to move back to my parents' farm in East Sussex and start direct retailing our own native breed Sussex beef and lamb. Having just come back from this year's Oxford Real Farming Conference in January – where I saw Michael Gove the Secretary of State for Environment, Food and Rural Affairs being interviewed by MP Zac Goldsmith – I feel a new sense of optimism for agro-ecological farming, which is very exciting for the new breed of farmers like Lizzie doing things differently.

cotswoldkidmeat.com



KEEPING FOOD ON THE POLITICAL PLATE

Each year London Food Link publishes two reports that assess how London local authorities are taking steps to address the health and sustainability of food in the capital, as well as how they are improving access to good food for people living on a low income.

Good Food for London and Beyond the Food Bank each illustrate which boroughs are leading the way in action for *good* food, and those that still have work to be done. Below is a snapshot of this year's reports' findings.

OF 33 LONDON BOROUGHES...



ONLY



17 COUNCILS ARE REDUCING COUNCIL TAX LIABILITY FOR LOW-INCOME FAMILIES



15 ARE FAIRTRADE BOROUGHES, DOWN FROM 19 LAST YEAR



16 COUNCILS ARE LONDON LIVING WAGE EMPLOYERS



9 COUNCILS HAVE A MEALS ON WHEELS SERVICE

How is YOUR council doing?
sustainweb.org/gffl/
sustainweb.org/foodpoverty/profile/

FEBRUARY

HALF TERM COOKING CAMP: FOODS TO CELEBRATE

13-15: Garden Museum, SE1

Valentine's Day, Chinese New Year, Pancake Day and your kids' half-term break are happening all at once. Learn how to cook celebratory dishes, hone knife skills and follow recipes for the children and yourself, at Garden Museum's brand-new Food Learning Studio.

PRACTICAL AQUAPONICS TRAINING: HOW TO BUILD YOUR OWN SYSTEM AT HOME

24: GrowUp Community Farms, E15

New to aquaponics? This full-day workshop will guide you through the practical and theoretical applications and components, building an aquaponic system and growing your own food on a domestic level. No experience required.

REAL BREAD WEEK

24 – 4 March, worldwide

The 10th annual celebration of additive-free loaves and people who make them. Buy Real Bread from a local bakery, or learn to make your own. Includes the Bread Ahead celebration and baking competition on 25 February.

FAIRTRADE FORTNIGHT

26 – 11 March, nationwide

When trade is fair it has the potential to improve the lives of the farmers and workers who grow our food and can make the world a better place. Get involved by: Hosting a Fairtrade Feast. Making your snack Fairtrade. Like, share and follow on social media.

MARCH

TONICS, TEAS & FERMENTATION MASTERCLASS WITH RACHEL DE THAMPLE

10: Made in Hackney, N16

If you missed the LFL workshop last

year, here's another chance to learn from Rachel. She'll cover drinks to fight colds, balance your gut flora, boost your immune system, and feel ready to take on the world.

FOOD TALKS: GROW IT

22: Impact Hub King's Cross,
York Way, N1

How can we grow food? Who can grow it? Where? For whom? Join LFL, the Food Ethics Council, Impact Hub King's Cross, Organico and Think.Eat. Drink. to explore how we can create a 'grow it' revolution with good food that's accessible to all.

APRIL

THE BIG DIG DAY

21: Community food gardens across
London

Volunteer for a day of good work and good food to help local gardens get ready for the growing season. Browse the map to find a garden near you at bigdig.org.uk

MAY

NATIONAL VEGETARIAN WEEK

14-20: Nationwide

Keep an eye out for, or organise your own, veggie: menu, feasts, cooking classes, meat-free days at school or work.



WHAT'S GOING DOWN IN YOUR PART OF TOWN?

Find and add full details of good food events on our calendar at:
londonfoodlink.org

Find food growing training workshops on our calendar at:
capitalgrowth.org

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We rely on voluntary writers, photographers, illustrators to make the 'Eel swim. If you'd like to showcase your work to more than 30,000 good food lovers, please get in touch!

The Jellied Eel is published by London Food Link, part of the food and farming charity Sustain. Read about our work and JOIN US at www.londonfoodlink.org

We love eels and they're endangered, so please don't eat them - jellied or otherwise! fishonline.org/fish/eel-european-150





JOIN LONDON FOOD LINK

Benefits include...

- 15% off Bread Ahead classes
- 30% off Bulldog Tools from Quality Garden Tools
- 50% off Capital Growth food growing training
- 15% off Divertimenti Cookery School classes
- 20% off Hen Corner courses
- 20% off Meat School classes
- £20 off Slow Food UK membership and Almanac
- 20% off Wildes Cheese classes
- ...and more.

Full details at londonfoodlink.org



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Richmond Foodies Market is open every Saturday in the elegant Heron Square, Richmond-upon-Thames. Featuring the best food stalls in London this is a haven for anybody that cares about the quality and provenance of the food that they eat.

Ruislip Foodies Market is a haven for gourmets! Set in a conservation & heritage landscape in and around a 13c. barn, we showcase around 50 stalls on the first Sunday in each month. Mix in complementary Sunday papers, music, a HUGE Lego free play table, face painting, hair plaiting, bounce and a fairy village, and you have pretty much the perfect family day out! Free parking, friendly dogs welcome!



#duckpondmarket   

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