

THE JELLIED EEL

LONDON'S MAGAZINE FOR GOOD FOOD | ISSUE 59 - SPRING 2019 | FREE




**CELEBRATING
WOMEN IN FOOD**

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• GROWING MIND, BODY & SOIL

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You may already know that the Jellied Eel is actually the London *wild child* of the charity Sustain: the alliance for better food and farming. But it might be news that Sustain is celebrating its 20th anniversary this year – a great time to welcome new 'Eel co-editor, Sarah Davenport.

This special issue takes a look at our campaigning work through the lens of our favourite 'Eel features and asks what these mean for Londoners. How do we tackle sugar in our kids' meals for instance? Or what would happen if we banned the sales of non-sustainable fish in the UK?

We are also delighted to chat to Claire Pritchard, the chair of the London Food Board. Claire is one of hundreds, if not thousands, of women championing good food here in London. These women don't always get the profile we think they deserve, so we are honoured to feature 10 of the amazing women chosen for this year's Urban Food Awards.

To kick off, this special edition, our own amazing woman and Sustain's chief executive, Kath Dalmeny, looks back over 20 years of good food campaigning.

If this issue leaves you wanting more or inspires you to get involved, visit our website for news, campaigns and details of how to join us.

Sarah Davenport
Muna Reyal
Francesca Nicol
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www.thejelliedeel.org



@jelliedeelmag
@londonfoodlink



@jelliedeelmag

COVER PHOTO: ASMA KHAN
AT THE DARJEELING EXPRESS
BY MILES WILLIS.

AROUND TOWN



New on
The 'Eel's radar

Compiled by
Francesca Nicol

CENTRAL

DARJEELING EXPRESS BY MILES WILLIS



Darjeeling Express

Soho

WINNER: WOMEN IN FOOD

This all-female team of chefs share an average age of 50 and as former home cooks, they make Darjeeling Express a delicious place for wonderful home-style Indian cooking, connecting Londoners through a unique food experience. Starting in 2011 with a supper club in her home, founder (and cover star) Asma Khan has recently become the first British chef to be featured on the Netflix Chef's Table.

www.darjeeling-express.com
[@darjeelingldn](https://twitter.com/darjeelingldn)



W1B

Rovi

Fitzrovia

Although always one to celebrate good veg, Ottolenghi's newest location, Rovi, is the first to focus on its sustainability. Sourcing produce from organic co-op Organiclea and a biodynamic farm in Sussex, they prove that local and sustainable sourcing is possible for London's bigger restaurants. With fermented ingredients and open-fire cooking, dishes such as confit mushrooms with chilli, polenta and fermented black vinegar have been getting rave reviews.

www.ottolenghi.co.uk/rovi
[@ottolenghi](https://twitter.com/ottolenghi)

W1A

NORTH

BY ALEX WAESPI



Calthorpe Project



WC1X

King's Cross

WINNER: SURPLUS SUPERSTAR

Describing themselves as a 'green oasis in King's Cross,' the Calthorpe Project is a community garden with an onsite café. Offering volunteering and training, the food grown on site is used in their café, and their innovative work toward a closed loop food cycle, helped them secure the Surplus Superstar award at this year's Urban Food Awards.

www.calthorpeproject.org.uk
[@CalthorpeProj](https://twitter.com/CalthorpeProj)



These locations are winners of this year's Urban Food Awards. Visit www.urbanfoodawards.org

SOUTH

BRIXTON POUND CAFÉ BY AGNÈ BEKERAITYTĖ



La Fauxmagerie

Brixton

W1A

London's first and aptly named vegan cheese store brings together offerings from some of the UK's most loved artisanal makers including Black Arts Vegan, Kinda Co, and Tyne Cheese as well as wonderful cheeseboard additions such as chutneys handmade in Hackney by Newton and Pott. Beyond keeping it local, you'll find barely any plastic and single-use packaging here, and even the cheese paper is 100% biodegradable.

www.lafauxmagerie.com
[@lafauxmagerie](https://twitter.com/lafauxmagerie)

Clarkshaws Brewery

Brixton **HIGHLY COMMENDED:**
SURPLUS SUPERSTAR

SW9

Using exclusively British hops and locally sourced ingredients, Clarkshaws brew Vegetarian Society approved beers and work towards a zero waste output. Their waste is used at local growing projects within a mile of the brewery including Loughborough Farm, where they also send their waste water for reuse. Get a taste of the sustainable deliciousness at this Brixton tap room, where you can also pick up bottles and mini-kegs to take home.

www.clarkshaws.co.uk
[@Clarkshaws](https://twitter.com/Clarkshaws)

Brixton Pound Café

Brixton **WINNER: GOOD FOOD FOR ALL**

Using surplus produce from the likes of City Harvest to create delicious veg-focused menus, Brixton Pound Café is London's pioneering pay-what-you-can café, creating an inclusive environment for all Londoners in need of a good meal. An inspiring alternative to the commercial chains in the surrounding area, the café's model incorporates community events and craft clubs and the venue is available to hire on a sliding scale.

www.brixtonpound.org/cafe
[@brixtonpound](https://twitter.com/brixtonpound)

Well Kneaded

Earlsfield

WINNER: WOMEN IN FOOD

This social enterprise, headed up by Bridget Callahan, uses sourdough pizza-making to transform the lives of young people in London through training and employment that prepares them for full-time work in food at Well Kneaded and beyond. Their Earlsfield location serves up delicious and unique pizzas – with veggie and vegan options including a broad bean and kimchi topping.

www.wellkneadedfood.com
[@wellkneadedfood](https://twitter.com/wellkneadedfood)

EAST

Plant Hub

Hackney

E8

It's great to see an organic, plant-based location open up in our new neighbourhood. As well as serving up soups, bowls and breakfast plates all day, Plant Hub run workshops on plant-based cooking and living. Sign up to learn about fish-free fermentation and dairy-free desserts or just pop in for some refined sugar-free baked goods.

www.planthub.net
[@planthubuk](https://twitter.com/planthubuk)


FIND OUT MORE ONLINE

Interested in what else is open Around Town? Head online to see more, including a special plastic-free shopping edition, and a round-up of London's *good food* vegan spots.

www.thejelliedeel.org

THE FUTURE OF FOOD

Two decades since the charity behind the Jellied Eel was formed, we hand over to **Kath Dalmeny**, head of Sustain and member of the London Food Board, to hear what's been ticked off the 'to do' list and what still needs to be done.

Food was a pretty uninspiring affair when I landed in London back in 1999. Keen to make a difference, I started volunteering for Sustain and my first job was to undertake surveys of the cost and quality of food in shops and cafés. A few champions of good food were holding out – some artisan food retailers, a handful of wholefood cafés, some really great chefs and entrepreneurs working in a few schools, retail outlets and top-end restaurants. This handful of passionate pioneers felt like warriors facing down a tide of highly processed junk food and a ubiquitous flow of sugary drinks.

FOOD CHAOS RULED

At the same time, British farmers were experiencing a decade of serious disruption, rocked by mad cow disease, foot and mouth disease, E.coli and salmonella food poisoning. Meanwhile, obesity, climate change and food deserts were being talked about in the mainstream media. Back then, Turkey Twizzlers and chips were mainstays of school dinners.

Out of this food chaos emerged Sustain, an alliance of organisations motivated to work together for better food, farming and fishing. Everywhere, people were saying, we want to regain our trust in food; we want children

'BACK THEN, TURKEY TWIZZLERS AND CHIPS WERE MAINSTAYS OF SCHOOL DINNERS.'

to eat well; we want to know where our food is coming from. I joined Sustain in its infancy. Looking back, it's truly wonderful to see how much the alliance has achieved by working together and being part of the wider movement for change.

GOOD FOOD FOUGHT BACK

Nationally, we have collectively campaigned for (and won!) nutrition standards for meals in schools and hospitals; cooking skills on the National Curriculum; a ban on junk food advertising to children; better food labelling and sustainable fish commitments from caterers who serve well over 800 million meals a year. We've also catalysed a delicious renaissance in craft bakeries through The Real Bread Campaign, which celebrated its 10th birthday last year.

Back in London, Sustain's Capital Growth has been supporting community food gardens for over a decade with over 2,500 gardens under its belt. There



'THERE ARE NOW BEEHIVES IN PARKS AND ON ROOFS ACROSS THE CITY'

are now beehives in parks and on roofs across the city and park-keepers are managing their land for people and wildlife. London became a Fairtrade City in 2008 and more recently, local authorities and communities around the country have been shaking things up by tackling excessive sugar in all our diets; this includes over 19 London boroughs who have signed up to our SUGAR SMART campaign so far. London



THEN

Some were starting to rebel against the creep of junk food culture but childhood obesity was not yet a daily headline.

A few independent food shops sold artisan bread, cheese and charcuterie.

Millions of people were living in food poverty; food banks multiplying.

People were exploring the link between food and climate change.

Communities were struggling to get access to land for growing their own food.

NOW & NEXT

Sugary drinks tax raising £1bn for children's health projects; unhealthy ads removed from TfL network; school meal standards.

Food entrepreneurs and chefs are investing in good food, Real Bread and better food retail.

Food poverty reduced for a time, but hunger is again widespread. We're now advocating a Right to Food in UK law.

Action needed to ensure our diets are climate friendly and food waste radically reduced.

2,500+ growing spaces across London, involving over 100,000 people.

is one of the pioneering cities to create a Food Board and a Food Strategy that has thrived under three successive Mayors. The strategy sets the framework for action to improve food across all 33 boroughs, has removed the least healthy adverts from our Tube and bus network, and achieved a Sustainable Food Cities silver award along the way!

STEPPING UP

However, these past two decades have also witnessed a dawning realisation that our food casts a long shadow. What and how we eat are major contributors to the greenhouse gas emissions and biodiversity loss that are undermining the capacity of our planet to sustain us. Our farming,

'BETTER FOOD MEANS BETTER LIVES, LIVELIHOODS, FARMING, ENVIRONMENTS AND COMMUNITY CONNECTIONS'

food trading and diets will need to radically change, and the good food movement could lead the charge.

Meanwhile, tens of thousands of people in London cannot afford to eat well and rely on emergency food aid. Junk food and sugary drinks affect our waistlines, arteries and the

health prospects of our children, with especially stark inequalities in London.

And I haven't even mentioned Brexit...

If there's anything the past 20 years has taught me, it's this: better food means better lives, livelihoods, farming, environments and community connections. And when we decide to work together to improve things, we can. So we must roll up our sleeves and get cracking. Please join us, in whatever way you can.

www.sustainweb.org

PHOTO: KATH - CELEBRATING OUR ACHIEVEMENT'S WITH A 'HONK' OF HER HOOTER BY HUGH WARWICK





Read a longer version of this interview on Jellied Eel's homepage. Or find or add good food jobs on our Roots to Work site.

www.rootstowork.org

LONDON'S LEADING FOODIE

Claire Pritchard is head of Greenwich CDA, a not-for-profit organisation that helps people across London and the South East improve their health and wellbeing, tackle poverty, build skills and reduce social isolation through partnerships, projects and training. She was appointed as the new Chair of the London Food Board in 2018.

WHAT FIRST DREW YOU TO WORKING IN FOOD?

When I was 18 and thinking about doing a degree, I wanted to work in an area which made people happy and was related to socialising and food. I considered social work, but studied Hotel and Catering in London. I then worked in restaurants, ran my own restaurant in Kinvara, Ireland, my own pub in Deptford and ran restaurants at the Royal Festival Hall.

TELL US ABOUT A MEMORABLE 'LIGHTBULB MOMENT' THAT HAS SHAPED YOUR CAREER.

My parents were really into everything being made at home and probably because I am one of five, we had two allotments full of vegetables and a garden full of soft fruit. After I finished my degree I spent a few years in the west of Ireland growing my own food and collecting spring water, which made me aware of how hidden things can be when you live in a large city – particularly our direct impact on the environment.

WHAT DOES THE CHAIR OF THE LONDON FOOD BOARD DO?

As Chair I support the Board and the Greater London Authority food

team in implementing the new London Food Strategy. I also look for opportunities to embed our ideas into the work of partners including other GLA departments, local authorities, businesses and communities.

THE NEW LONDON FOOD STRATEGY COVERS BIG ISSUES FROM FOOD POVERTY TO CLIMATE CHANGE. HOW DO YOU TACKLE SUCH HUGE TOPICS?

The strategy is new, but builds on over 10 years of brilliant work – like the Healthy Catering Commitment, Capital Growth, the rise of employers paying the London Living Wage and Food for Life in schools. We want to grow this but also take bold new steps on the huge topics such as child obesity. In February we saw the introduction of the restrictions on advertising unhealthy food on the Transport for London network. There's no magic bullet but this range of actions will help children in our city to grow up in a healthier food environment.

HOW WILL IT HELP PEOPLE WORKING IN FOOD INDUSTRY?

There are so many opportunities to create good food businesses and good food jobs. London's independent

food economy is extraordinary and I would like to help more businesses to pay the Living Wage and support new entrants. Food is also the perfect way to celebrate our fantastic culture and I want to see food used to celebrate and bring people together.

WHAT'S A TYPICAL DAY FOR YOU?

As the chief executive of GCDA I am involved in running the agency. I can spend a lot of time in front of my computer, but I rarely spend a whole day in the office. I also run training, help at community events and even occasionally waitress – although I am not allowed to make the coffee!

WHAT'S THE MOST REWARDING PART OF WHAT YOU DO?

So much of what I do is rewarding, from individuals saying that a cookery club has changed their lives to the first day of trading of a business we have helped establish. Seeing the pride and pleasure my colleagues get in being able to do the work they do.

WHAT LONDON FOOD SECRET WOULD IT BE SELFISH NOT TO SHARE?

The Woolwich culinary tour that only I seem to have been on – from Viet Baguette, to Kailash Momo to the Blue Nile and then over to the Arsenal for a few pints of Hop Stuff at their tap room.

@GCDAUK

PHOTO: CLAIRE PRITCHARD
COURTESY OF GCDA



KIDS DESERVE A HEALTHY START



In February the Government committed to start measuring household food insecurity following calls from Sustain, End Hunger UK and others. Here **Muna Reyal** explores a key way to get good food to those that need it most.

We all know eating fruit and veg is good, vital even, for our health. For most it means making an effort to swap puddings for fruit or eat more veg but for others, cost is an only-too-real barrier. That's where Healthy Start comes in.

Healthy Start Vouchers help pregnant women and parents or carers with children under four years, on a low income, purchase fresh fruit and veg. The vouchers can be spent at registered retailers and are worth £3.10 per child, which goes a long way to cover a week's worth of fruit and veg.

UNCLAIMED MILLIONS

Yet the scheme isn't well known, meaning £5.6 million lies unclaimed in London alone. "We think it's time we addressed these unclaimed millions" explains Lailah Nesbitt-Ahmed, coordinator of the London Food Poverty Campaign. "For example in Enfield, a borough with lower uptake, up to £331,000 goes unclaimed meaning families are missing out on help toward the cost of healthy food and the chance to give their children a healthy start". The campaign encourages councils to address food poverty, beyond the food bank and is currently looking at ways to increase uptake.

CORNER SHOP-PORTUNITY

Currently most of the claimed vouchers are spent at the big supermarkets, but they can be used at independent shops, markets and box schemes who register, giving the local economy a boost too.

"We want more local retailers such as corner shops to get involved and local authorities to play a bigger role, working with health visitors and midwives to encourage sign up and promotion of the scheme" explains Sofia Parente, from the Veg Cities Campaign, who are also pushing uptake of the vouchers.

A ROSIER OUTLOOK

Giving these families even better access to healthy food is the Alexandra Rose Charity who work in children's centres in London, Liverpool and Barnsley. Their Rose vouchers can be exchanged for fruit and veg by families eligible for Healthy Start Vouchers. Jonathan Pauling, who heads up the Charity explains "a focus on early years is crucial as not only does this impact on a child's growth and development but it sets up health and good habits for life".

As the Rose Vouchers are used at street markets they support local traders as well as families. For example North End Road Market in Fulham joined in 2017 and since then has traded an £30,000 of fruit and veg through Rose Vouchers. Alexandra Rose Charity is currently working to sign up markets in other areas. Find out more at www.alexandrarose.org.uk.

If you want to know more about the London Food Poverty Campaign or can help to get councils or retailers on board get in touch.

www.sustainweb.org/foodpoverty/london



PHOTO COURTESY OF
ALEXANDRA ROSE CHARITY

THE POWER OF VEG



Our resident chef, **Tom Hunt**, joins this issue's rallying call for more veg on our plates!

In a world where food has become far too complicated, the phrase 'eat the rainbow' describes how to eat a nutritionally diverse diet in just three words. In the same way, author and journalist Michael Pollan has distilled dietary advice into three wise maxims, 'Eat food. Not too much. Mostly plants'.

My approach to food, which I call 'Root to Fruit Eating', has three key points: Eat for pleasure. Eat whole foods. Eat the best food you can. When followed, these can inspire a minimal-waste, veg-centric approach to food that is as diverse as it is nutritious.

Veg Cities is a campaign led by Sustain and the Peas Please initiative, inspiring London to 'eat the rainbow' and 'mostly plants' without waste,

working with organisations from schools and hospitals to workplaces and restaurants. Encountering colourful and diverse vegetables on farms, in allotments and at the market helps remind us how delicious they are.

We need your help to get your city or local area growing, cooking, selling and saving more vegetables. If you'd like to get involved, visit www.vegcities.org

www.tomsfeast.com
[@tomsfeast](https://twitter.com/tomsfeast)

PHOTO: THE NATURAL COOK
BY TOM HUNT (QUADRILLE),
BY LAURA EDWARDS



VEG POWER SLAW

This is a vibrant salad to eat during the colder months, full of so many raw nutrients. Play around with different ingredients and, as the season changes, substitute the dried cranberries for blueberries and include whatever raw veg you have from kohlrabi to celeriac. For an extra boost of veg power sprout your own mung beans: cover dried mung beans with plenty of water and leave to soak overnight. The next day, drain and leave in a covered bowl or jam jar with the lid loosely screwed on. Rinse and drain twice a day. After two days they will have started to sprout and be edible. After three days they will have good-sized sprouts. Put them in the fridge until you're ready to use them.

Serves 4

200g carrots, grated
1 small beetroot (about 150g), grated
3 beet tops or kale leaves, shredded
2 tablespoons sunflower seeds
2 tablespoons pumpkin seeds
1 tablespoon sesame seeds
A handful of sprouted mung beans
1/2 lemon, juiced
A small bunch parsley, roughly chopped
150g dried cranberries, dates, cherries or blueberries

Put the grated carrots in a large bowl. Next add the grated beetroot to the bowl. Do not mix the salad until you are ready to eat it so that the colours stay separate. Add the rest of the ingredients. Mix and serve. The salad will keep for three days in the fridge but is best eaten straightaway.

CELEBRATING WOMEN IN FOOD

London's Urban Food Awards have been running since 2015 to celebrate the amazing stories in the capital's diverse good food scene. This year, following the success of the Mayor's *Behind Every Great City Campaign*, the awards took a fresh look at London's most inspirational women with a special Women in Food Award. Here **Sarah Williams** shares the stories of a selection of the winners.

A full list of this year's Urban Food Award winners can be viewed at www.urbanfoodawards.org



THE GOOD FOOD ENTREPRENEUR

**JULIE BROWN,
GROWING
COMMUNITIES**

A shining light for the good food retail sector, Julie has created a successful enterprise and is passionate about supporting farmers by providing an urban market for their produce. Her 20-year mission has inspired many others, with the Growing Communities model replicated across the UK as the Better Food Traders network.

@growcomm



PHOTO BY BEN DWYER

THE SURPLUS SUPERSTAR

**JOSEPHINE LIANG,
DAY OLD EATS**

Described as the Robin Hood of the surplus food movement, Josephine takes pastries and artisan baked foods from high-end bakeries and sells them on to make money for charities fighting child hunger. In her 'spare time' she is creating a scheme to give better access to healthy food in Camden, campaigns on food waste and has a foodie Instagram featuring feasts made from surplus food.

@free_tasting



PHOTO BY AGNĖ BEKERAITYTĖ

THE COMMUNITY GROWERS

CRANBROOK COMMUNITY GARDEN

The all-female volunteer team at Cranbrook in the heart of London's East End have turned a derelict piece of land into a thriving community garden in every sense of the word. If they are not growing veg, they are running events for local people to come along and get a taste of the action. Visit them on #BigDig2019.

@CranbrookCCFG

PHOTO BY VICKI PIPE





THE GOOD FOOD EDUCATOR

CINDY STOTT, BENSHAM MANOR SCHOOL

Cindy teaches horticulture and life skills to pupils on the autistic spectrum by engaging them in food growing, bee keeping, careers in food and much more. She was described as the 'most committed member of school staff I have ever worked with', making a difference to the lives of pupils. A truly deserving winner!

www.benshammanor.co.uk

PHOTO BY AGNÉ BEKERAITYTĖ

THE GOOD FOOD HERO

SUE POLLOCK, GREENWICH CO-OPERATIVE DEVELOPMENT AGENCY

Described as a 'real dynamo', Sue sorts out the surplus food for community projects. Whether she's packing up vegetables or out on the rounds, Sue always has a smile on her face. On weekends, you can find her running a breakfast club at a local church.

@plentybyGCDA

PHOTO BY AGNÉ BEKERAITYTĖ



THE COMMUNITY FOOD ACTIVIST



DEE WOODS, GRANVILLE COMMUNITY KITCHEN

With her fingers in all sorts of pies (sometimes, literally) Dee is on the frontline of not only food poverty, providing free hot meals to people in need, but she is also an advocate of small-scale community growing, a member of the London Food Board and campaigns at international level for affordable good food.

@GranComKitchen

PHOTO BY MINA BIHI



THE PEOPLE'S CHAMPION

REBEKAH GIBSON, OASIS HUB WATERLOO

When she's not running a busy food bank in Waterloo, Rebekah works tirelessly to address the wider issues that contribute to food poverty, leading a volunteer debt advice team and connecting people to other services. Since 2012, Rebekah and her team have given away the weight of roughly nine double-decker buses worth of food! A real inspiration in our eyes.

www.oasiswaterloo.org



PHOTO BY MILES WILLIS

ASMA KHAN, DARJEELING EXPRESS

The cover star of this issue, Asma has taken the issue of women in food into her own hands by opening a restaurant that gives women the opportunity to cook professionally without any formal kitchen experience. Every Sunday, the restaurant also opens its doors to home cooks to make food from their region, allowing diners to experience diverse dishes rarely seen in London.

@Darjeelingldn

THE RESTAURATEUR



THE COMMUNITY CONNECTER

JACQUI SHIMUDZU, HILL STATION CAFE

While you might expect us to focus on Jaxqui's enterprise skills, this south-east London cafe really is a community affair. People instantly notice its social nature, that channels Jacqui's dedication and welcoming style. Go and see for yourself.

www.hillstation.org.uk PHOTO BY MILES WILLIS



THE FOOD STORYTELLER

SADHBH MOORE, THE SUSTAINABLE FOOD STORY

Sadhbh is one half of the Sustainable Food Story (along with co-conspirator Abi Glencross). When she is not cooking up a storm at a supper club, you will find her telling stories of growing food, conducting pro-bono research and flying the flag to direct attention to the (un)sustainability of food production.

@thesustainablefoodstory

SODO PIZZA

Sam Cowan finally puts Sodo Pizza to the test... but what's the verdict?

I am chatting to Dan Birch, founder of Sodo Pizza, over a leisurely lunch at the Walthamstow branch of this East London artisan pizza chain. Tucked snugly into a cobbled mews, with painted wooden planters around its entrance supplying the herbs that adorn Sodo's trademark sourdough pizzas.

Sodo prides itself on its fresh, seasonal, and local approach. The vegetables are mainly sourced from organic, urban farms including Growing Communities in East London. Many an ingredient has been struck from a recipe for not meeting Sodo's high ethical and quality standards. Dan explains: "We used to have this great Italian salami but we had to withdraw it because its ingredients weren't traceable". Similarly, Sodo now only uses British-made mozzarella cheese: "Italian mozzarella takes five days to get here on the drive across Europe – so by the time it arrives it's no longer so fresh".

Sodo's signature bases are made from ancient varieties of organic wheat farmed in Wiltshire and Buckinghamshire and then stoneground. The dough is left to slow ferment for 24 to 48 hours. This process creates acids that give sourdough its characteristic vinegary taste and also destroy a protein called gliadin which many wheat-sensitive people react to. As someone who is wheat sensitive, my excitement swells when Dan says: "Many customers who normally don't eat wheat are fine with our pizzas".



Feeling both tempted and bold, I order a Lorena pizza, which is topped with tomato sauce, butternut squash, rosemary, mozzarella and locally produced feta made by Neal's Yard Dairy in Covent Garden. While waiting I try the homemade ginger ale. The combination of cardamom, clove, lime, and ginger packs a fiery punch, leaving the roof of my mouth tingling.

The recipe is as old as Sodo itself. Both made their debut in 2011, at a pop-up Dan did at E5 Bakehouse near London Fields in East London. Within a year, Dan was able to give up his day job at Britvic soft drinks and focus on his passion: 'the fresh, immediate and theatrical' aspect of creating pizza from scratch. Eight years on, the chain has four eateries – with branches in Clapton, Hoxton, Walthamstow and Bethnal Green.

After a few minutes' immersion in a 500°C oven, my food arrives. The Lorena pizza is light and tangy and it is accompanied by the gluten-free Winter Goat option, a butterbean stew combined with pizza sauce and toppings. It is hearty and warming with sweet tones from the caramelised onions and oven-baked goat's cheese, along with the crunch of walnuts and piquancy of Nocellara olives.

My portion of stew is so generous that halfway through I concede defeat and ask to take the remains home. I'm told that if I re-use the same takeaway box next time, I'll receive a £1 discount on my bill. Sodo, I will be back!

PHOTO COURTESY OF SODO



As a zero-waste aiming restaurant, Sodo passes on any misshapen or incorrectly ordered pizzas to food surplus site Too Good To Go (www.toogoodtogo.co.uk) where they can be purchased for £3-4.

Wannabe pizza chefs can take evening classes at Sodo Bethnal Green to learn the art of sourdough making. Go to www.sodopizza.co.uk/store/classes to book.

FISH4EVER

Fish4Now



"Fish4Ever have been doing sustainability since the beginning, before it was trendy, and they're the only brand I know who put small boats and local communities first."



"I try to eat well but it's hard when you're always on the go. I need quick solutions for my busy lifestyle. Fish4Ever is super versatile and now I've got loads of ideas for healthy meals when I need them."

www.fish4ever.co.uk 0118 9238767



Eleven98 Chef's Table

Hackney's favourite social fine dining concept

The Chef's Table is Eleven98's flagship dining, where up to 12 guests enjoy a truly intimate and immersive experience. From your seat at The Chef's Table you'll be able to smell the enticing aromas as the evening gets under way. The Eleven98 experience begins with a quirky welcome cocktail, followed by our six course tasting menu based entirely on Hackney-sourced produce. To find out more, check us out at www.eleven98hackney.com

DUCK POND MARKETS

Lovely, Local, Ethical & Sustainable Shopping

"The place where you can do all your shopping knowing that everything is locally, ethically, or sustainably made. Often with live music and family activities and always with a beautiful friendly vibe as well as excellent street food and good coffee making shopping a pleasure"



RICHMOND / RUISLIP
HIGHGATE / KENSAL W10
CHALFONT ST GILES
/ HENLEY



#DUCKPONDMARKET

WWW.DUCKPONDMARKET.COM

GROWING FOOD FOR MIND, BODY AND SOIL

Francesca Nicol and **Sarah Williams** dig deeper into one of the most powerful benefits that food growing can have and how you can get connected.

LONELINESS IN LONDON

We know many Londoners are struggling to connect; isolation and loneliness are troubling undercurrents in our bustling city. A TimeOut survey of 20,000 readers across 18 global cities ranked London as the place most likely for residents to report that ‘it can feel lonely here sometimes’, citing the challenges of meeting people and creating a sense of community.

The Mental Health Foundation noted in its landmark report, *The Lonely Society*, that loneliness affects mental health, contributing to depression, with potential for lasting effects on our physical health such as immune systems, stress hormones and heart function. Effective remedies, they suggest, will seek to heal the mind, the body and our social connections.

NATURE’S ANTIDEPRESSANT

There’s a beautiful old adage that says ‘gardening adds years to your life and life to your years’. This is certainly the experience of many people involved with Capital Growth’s network of food-growing gardens. Growers and researchers alike have long noticed the health benefits of growing food,

both from taking part in physical activities in nature, and building social connections.

The successes of London’s food growing projects suggest this could be just the therapy that lonely Londoners need. Siobhan MacMahon, from St Marys Secret Garden explained: “Spending time surrounded by nature brings huge benefits, and coming together with the shared goal of growing and maintaining plants helps people feel connected. One recently bereaved volunteer told us that having somewhere to come and be with other people had changed his life”.

FOOD GROWING ON PRESCRIPTION

“Loneliness can affect us all” says Chris Speirs from Capital Growth “and we’ve heard many stories of the power of food growing, for people of all ages and believe London could be a happier place if more people knew about the benefits of food growing!” The Capital Growth network, and its sister campaign Growing Health, have been calling for food growing to be more widely available ‘on prescription’ through new ‘social prescribing’ models. This would mean that health professionals could signpost patients



‘COME IN, LEAVE YOUR PROBLEM AT THE GATES’

to food-growing activities and could be particularly suited to those suffering from depression or anxiety, providing a complement, or even an alternative, to medication and talking therapies.

Hackney Herbal, a social enterprise connecting people, plants, and place, has been running groups through local health services for people with mild anxiety and depression. Feedback shows this is empowering people to change things on a personal level and in the wider environment. Poppy, who attended the course, reflected, “These days, there’s a lot of talk of..terrible things happening in the environment but now I feel like I have more power to make change, however small. I feel like I’m doing good.”

AND IT’S GROWING...

As the scientific evidence grows, so do the number of gardens and gardeners. In 2018 Capital Growth welcomed the 3,000th member to its network, and collectively these gardens provide



FIRST STEP? DIG IN...

Check out the benefits for yourself at the Big Dig Day on Saturday 27 April, which is happening at multiple gardens across London and around the UK. Everyone is welcome.

www.bigdig.org.uk

opportunities for well over 100,000 people to take part every year. Their message is simple: come in, leave your problem at the gates and we guarantee you'll feel better just for being there.

www.capitalgrowth.org

PHOTO COURTESY OF
ST MARYS SECRET GARDEN



GROWERS CORNER

SPRING

Spring's here, it's time to get busy in the garden and Capital Growth's **Julie Smith** shares her tips on where to focus our efforts.

Be a tomato hero: Prune your vine and indeterminate cultivar tomatoes regularly to reap lots of ripe fruits. Snip side shoots and the leaves under the first truss of flowers to allow for good air circulation. If outside, only leave 4 to 5 trusses of flowers on the plant. For indoor tomatoes, you can go up to 7 or 8 flowerheads.

Grow the rainbow: Plant colourful carrots like 'Purple Haze' and 'Yellowstone' either directly outside in drills, 2 cm deep and 15 cm apart, or using root trainers to start your seedlings indoors.

Save your seeds: You can easily save seeds from self-pollinating tomatoes, French beans, peas and lettuce and keep varieties that have done well in your garden. Select the best plants for seed saving and learn how to become self sufficient.

Build your soil: Work on a crop rotation (growing different families of crops in succession to avoid depleting the soil and limit pests) and plant green manure like clover, buckwheat and phacelia between your crops to enrich the soil with organic matter.

Squash it: Sow squashes indoor in April and take them out in early June. A couple of plants is enough, as you don't want a squash overload. I like the Patty Pan varieties and 'Crookneck squash' for their incredible shape. If you are worried about slugs and snails, use protective rings on your courgettes.

Grow for wildlife: Include wildlife friendly flowers (Calendula, Anise Hyssop, sunflower and poached egg plants are all great) and leave untouched piles of wood as insect shelter. Grow a diverse variety of plants to offer shelter to birds, butterfly and insects.

Julie is a food growing trainer for Capital Growth. Find details of this season's workshops (and 50% discount for paid-up LFL supporters) at: www.capitalgrowth.org/training



RADICAL WAYS TO SAVE OUR SEAS

Should we pay our fishermen to stop fishing? Would a ban on selling red-rated fish save marine species from extinction? **Tania Han** floats some radical ideas for a sustainable fish future.

How sustainable is the fish you eat? Shockingly, even after years of campaigns and inspiring TV wildlife series, endangered fish are still appearing in restaurants and on sale in shops, and many of the world's fish stocks are in trouble. If we want to save our seas are small steps good enough or do we need a radically new way of thinking and eating?

In the UK, we consume £5.7 billion worth of fish and seafood every year. The future of this delicious source of protein and healthy oils looks pretty bleak, if we don't take radical action to secure our fish stocks for the future. The United Nations Food and Agriculture Organisation calculates that nearly a third of global fish stocks are now overfished, and over 60% are fished to their natural limit. On top of this, the UN estimates that one fifth of the global catch is illegal and unregulated.

And while farmed fish is an option, it's important to make sure it's sustainably reared and certified, to minimise pollution and support better employment conditions.

'THE MARKET FOR SUSTAINABLE SEAFOOD IS GROWING UP TO 10 TIMES FASTER THAN CONVENTIONAL SEAFOOD'

FISHY BUSINESS

An investigation by Sustainable Fish Cities in 2018 found that the British fishing industry is losing out on markets worth an estimated £62 million. The reason for this is that UK fisheries are not all managed sustainably, or lack the data and certification to prove their sustainability status. This means retailers and foodservice companies with ethical fish buying policies have to go overseas to buy verifiable sustainable fish.

Yet fishing holds great potential to create jobs and food security. The Natural Capital Committee noted that the market for sustainable seafood is growing up to 10 times faster than conventional seafood. Improving the sustainability of British fisheries would mean that the UK could catch an additional £1.4bn worth of fish if all stocks recovered.

So how do we get from here to there? Here are three radical ideas worth considering.

1. Give fisherfolk a five-year holiday

The New Economics Foundation in their No Catch Investment report, calculated that if fishing was halted completely, most UK fish populations could be restored in just five years. Even if taxpayers paid fishers compensation for loss of income and extended this timeline to 10 years, NEF suggests that our economy, fish stocks and fishing livelihoods would be better off in a comparatively short amount of time. In farming, this is





‘MOST UK FISH POPULATIONS COULD BE RESTORED IN JUST FIVE YEARS’

known as ‘public money for public goods’, and £3 billion has been allocated for farmers for these projects post-Brexit. Currently there is no such provision for Fishing. Why ever not?

2. Ban the sale of endangered fish

This has both ecological and symbolic value. Banning the sale of fish which is red-rated by the Marine Conservation Society (see mcsuk.org/goodfishguide) would see some sources of cod, wild seabass, ray, skate, wild halibut, scallop, scampi, shark, sturgeon, whiting and whitebait off the menu – but a dramatic drop in demand for these species would surely deliver an overdue jolt into action?

3. Make sustainable fish buying a legal requirement

The Sustainable Fish Cities campaign has now secured commitments to buy only verifiably sustainable fish from catering companies that serve well over 800 million meals per year. Good progress, yet not good enough. These pioneers have shown it’s possible, but not every food business is a pioneer. Let’s look upstream and simply make it a legal requirement to serve only sustainable fish. The handful of wholesalers would soon shape up and make sure that all of the fish they supply has squeaky clean sustainability credentials.

FISH SUPPER

Radical solutions won’t happen overnight. So in the meantime, you can do your bit by looking for the Marine Stewardship Council (MSC) ecolabel, showing that wild-caught seafood is from a certified

sustainable source, or choose a brand that is upfront about the their sourcing policy. For farmed fish, look for the Aquaculture Stewardship Council ecolabel or the organic label. RSPCA Assured, Global Aquaculture Alliance and Global GAP are also good options. If it’s not obvious, start a conversation where you shop and eat, and ask them to remove endangered species from their menus or shelves.

Visit www.fishonline.org to find out which fish to eat and which to avoid. And become a Sustainable Fish Champion by joining our Sustainable Fish Cities campaign.



www.fishcities.net
@FishCities

THE 'EEL GOES VEG POWERED

Vegetables virtually have superpowers to make us healthier. That's why Sustainable Food Cities and Peas Please launched the Veg Cities campaign in 2018 to get people growing, cooking, selling and eating more veg. So for this 'Eel Goes...' **Francesca Nicol** has gone Veg Power-ed.



EAT

London is awash with locally grown salads and vegetables, offered at many delicious restaurants and cafés. We're big fans of **Loughborough Farm Community Café** to the south and the **Skip Garden Kitchen** in the north for their veg-focused, seasonal menus that celebrate the best of the urban harvest and fund community gardens.

GROW

Prefer your produce fresh from the ground? Visit your local community garden or city farm and get involved. **Spitalfields City Farm** continues to provide lots of opportunities and **Incredible Edible Lambeth's** sites connect communities through food growing. See **Capital Growth** for a map of places to lend a hand and read about the **Big Dig** day in April (see page 22), where gardens across London will be open to visit.

BUY

Markets are a great way to get to know vegetables as well as the farmers that grow them. You'll find **London Farmers' Markets** across the city, where local and sometimes organic producers are an important fixture. There's also **Forty Hall Farm** in Enfield, whose shop offers plenty of incredible produce grown on site.

Pressed for time, and can't make it down to a garden or farm? Sign up to a veg box. London is brimming with fantastic organisations sharing veg boxes and bags locally. **Forty Hall Farm** run their own, the **Enfield Veg Co.**, while **Growing Communities'** has a community-led ethos with East London and regional produce. **Sutton Community Farm's** customisable boxes are loved by home chefs, and **Kentish Town Veg Box** accept Health Start Vouchers (see page 10). Or check out the best of the home delivery options, such as **Riverford** which recently became a workers' cooperative.

COOK

Lack confidence about how to cook that veg? Try **Made in Hackney** for free or pay-what-you-can donation cooking classes for all ages and groups as well as specialist masterclasses, the **Eat Club** youth programmes, or the **Women's Environmental Network** Live Well classes, all of which are veg-centric.

SHARE

Take the **Veg Power** challenge (can you eat 10 a day?) and share locally grown meals with your friends and family together with your stories about sourcing and cooking them. If you work with kids, download the Veg Power posters and reward charts or share your kids' experiences on social media #eatthemtodefeatthem.

www.vegpowers.org.uk
www.vegcities.org



UNPACKING SCHOOL DINNERS

Kirsten Foster gives us a lesson in how far the humble school dinner has come and how to help kids make better food choices.

Many of us fondly remember sticky stodgy puddings, others are scarred by mystery grey mince and wrathful dinner ladies. Today, nutritional content is the concern as we realise that some meals can contain over a day's worth of sugar.

GOING BACK IN TIME

School food provision began in the 1900s, partly just to get calories into kids. Back then school menus had to meet minimal nutritional requirements, but fast forward to the 1980s and these regulations were dropped. The focus switched from making healthy kids to making money; fast-food menus became the norm. But in 2015, after decades of decadent school dinners and soaring

childhood obesity, minimum servings of wholegrains, oily fish, fruit and veg were introduced. The new challenge was getting kids to eat them!

GETTING SMART ABOUT SUGAR

Catering company Caterlink which supplies schools across southern England, was determined to reduce sugar after an audit. "We wanted to ensure our menus were in line with Children's Food Trust free sugar recommendations for children" said Megan Waring of Caterlink "and managed to cut them down from an average of 13.6g daily to just 4.4g per child". Taste tests of their new lower-sugar yoghurts and desserts went well, and after a few months of adjusting taste buds, pupils were happily tucking in.



PHOTO: SUGAR SMART ISLINGTON LAUNCH



GIVING VEG A MAKEOVER

In Havering, schools are getting similar treatment as part of the Veg Cities campaign. The Council's Veggie Run app allows parents to view weekly menus and purchase directly. Kids earn rewards by 'collecting' fruit and veg, encouraging healthy choices. So far school meal uptake has increased by 14%, reducing packed lunches by over 130,000 in one term, a huge health boost when you consider that, according to Dennis Brewin, the borough's head of catering, 'recent evidence shows that only 1% of packed lunches are healthy'.

@VegCities

Islington Council, one of Caterlink's clients in central London, was the driving force for this change, requesting the audit that inspired the sugar-smart menus. This is now at the heart of the Council's new school meal service – desserts are served only two or three times a week and are based on fruit or dairy.

Sustain hopes to inspire other school meals teams as part of its SUGAR SMART campaign. Fran Bernhardt from the campaign says "With one in three children overweight or obese when they leave primary school, it has never been more important to tackle sugar in our schools. We've been delighted to see over 600 SUGAR SMART school campaigns getting stuck into transforming their food environment".

www.sugarsmartuk.org



WHAT'S ON

APRIL

ELEVEN98 POPS UP

25: Hackney Coffee Co, E2

Delve into a sequence of six carefully curated plant-based courses. Based entirely on Hackney-sourced produce cooked by born and bred Hackney chef, Aidan Brooks.

THE BIG DIG

27: Community Gardens across London

Join hundreds of volunteers as they pull on their wellies and head outside to help London's edible gardens get ready for the new growing season. Find a garden near you on www.bigdig.org.uk

PEBBLEFEST

27: Flat Iron Square, SE1

Debates, talks, speakers and workshops plus ethical fashion, plastic free living, zero waste skincare, live music, vegan food and sustainable cocktails.

MAY

SOURDOUGH ESSENTIALS

4: E5 Bakehouse, E8

Led by one of E5 Bakehouse's seasoned bakers this course teaches

you how to bake four different breads using a sourdough starter. The class will also teach how to make and sustain a sourdough mother.

AN INTRODUCTION TO BEEKEEPING*

18: Sydenham Garden, SE23

Want to learn more about these vital and fascinating creatures as well as how to support them? Join Capital Growth for an introduction to beekeeping.

JUNE

GET OUTSIDE! LEARNING TO GARDEN WITH YOUR CHILDREN*

1: Spitalfields City Farm, E1

Find out top tips for what plants are best suited for little fingers, and get your children trying lots of new adventures in the great outdoors.

BOOTS, BOXES & BALCONIES: GROWING EDIBLES IN CONFINED SPACES*

8: Rainbow Grow, E8

How and what to grow in small and challenging places. Even if all you have is a window box, this Capital Growth workshop shows you how cooking with own-grown herbs and drinking fresh mint tea is possible.

FOOD TALKS

20: Impact Hub King's Cross, N1

Get thinking about the key issues that surround the world of food. Speakers will be followed by a Q&A session and a delicious free buffet meal. Discover this session's topic at www.kingscross.impacthub.net

HERBAL HARVEST: MAKING YOUR OWN PRODUCTS*

29: Trowbridge Gardens (Hackney Herbal), E9

Learn how to turn herbs into products in this hands-on making session. The session touches on different applications of herbs for tea, cosmetics and natural remedies.

THE JELLIED EEL

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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.

We love eels but many stocks are endangered, so please don't eat them, jellied or otherwise!

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



20 years
sustain
the alliance for better food and farming



WHAT'S GOING DOWN IN YOUR PART OF TOWN?

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

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

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FISH4EVER

Fish4Now



"Fish4Ever have been doing sustainability since the beginning, before it was trendy, and they're the only brand I know who put small boats and local communities first."



"I try to eat well but it's hard when you're always on the go. I need quick solutions for my busy lifestyle. Fish4Ever is super versatile and now I've got loads of ideas for healthy meals when I need them."

Fish4Health



"I like to get my nutrition from food not pills. Canned fish is one of the most incredible superfoods and I trust Fish4Ever not to add any dirty ingredients."

Fish4Quality



"I love that Fish4Ever are so selective. They seem to have a craft approach. You can really taste the quality in every product, and I absolutely love the new Seaweed Pâtés."

www.fish4ever.co.uk   
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