

THE JELLIED FEEL

LONDON'S MAGAZINE FOR GOOD FOOD | ISSUE 60 - AUTUMN 2019 | FREE



**CELEBRATING
LOCAL FOOD**



• ONE PLANET PLATE
• URBAN FOOD FORTNIGHT



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STARTER

It's been all
go here at
Jellied

Eel HQ. With
Urban Food
Fortnight fast
approaching
we've been
marvelling at the
sheer number of things going on in
London.




Our 60th edition showcases this
diversity; the people, ideas and
solutions that we need to encourage
if we're going to make it to a healthy,
ethical and sustainable future. From
people like Oscar at Duchess Farms
who is incorporating biodiversity into
his crop rotation, to those running
disco soups, inspiring all sorts of
people to join their crusade to 'party
for a better world'.

It's also clear that London's good
food movers and shakers are tackling
all sorts of issues; whether that's
Crayfish Bob channeling the 'Thames
Invasion' to our tables, or bakers like
Bridget Callaghan (our cover star)
tackling youth unemployment through
sourdough pizza.

If there's anything this issue shows,
it's that the conversation on local food
has moved far beyond food miles.
There are plenty of solutions already
out there, and the more people,
places and plates that can pioneer the
transformation and inspire others to
do the same, the better.

Sarah Davenport Editor



 @jelliedeelmag
@londonfoodlink

 @jelliedeelmag

COVER PHOTO: BRIDGET CALLAGHAN BY
MILES WILLIS. SEE PAGE 22 FOR IN THIS
ISSUE PHOTO CREDITS.

AROUND TOWN



Will de Montmollin
hunts down the
newest exciting
additions to
London's good
food scene

CENTRAL



Riverside Farmers' Market

London Bridge

London's newest lunch market, part of the London Farmers' Market family, brings freshly cooked food sourced straight from the farm into the heart of the city. Stalls include Parson's Nose and Woodward's Farm.

www.lfm.org.uk/markets/riverside-market-se1 | @Londonfarmers

SE1

The Table Café Urban Garden

Southwark

An oasis in the urban jungle, the Table Café is celebrating a revamp of their garden space with happy hour from 5-7pm. Enjoy 2-for-1 on their signature cocktails or sample their selection of delicious bar bites including mushroom sliders.

www.thetablecafe.com
@thetablecafe

SE1

NORTH



EN_Food Café

Enfield Town

Civic centre turned café, EN_Food has raised the bar, serving up the best of North London. Expect to find Forty Hall veg, Holtwhites bread and Kupros cheese on their community sourced menu. Our Good Food reviewer loved the homemade chorizo sausage roll with seasonal chutney and the sourdough cheese and leek toastie. Check out the full review online.

www.dugdalecentre.co.uk/food-and-drink | @The_Dugdale

EN2

CRATE St. James St.

Walthamstow

This new container village is home to Pillars Brewery (London's first lager brewery), vegan fast-food joint, The Green Grill and many more. Keep an eye on this space as the containers are still being filled.

<https://stjamesstreet.crateuk.com>
@crateplacesuk

E17

SOUTH



Gather

Peckham

Peckham's new sustainability hub sells everything package free. While you're there you can drop off your hard-to-recycle plastic, pick up your share of the catch from Soleshare Fish Box scheme and borrow a book on sustainable living.

www.wearegather.uk
@wearegather_uk

SE15

Third Space Canteen

Bermondsey

Want to eat sustainably but just don't have the time to cook? Third Space has you covered with their weekly canteen serving up healthy and sustainable dinners every Monday night from 5-9pm.

www.thirdspacecanteen.com
@3SCanteen

SE6

PHOTOS (L - R): RIVERSIDE FARMERS MARKET BY CHERYL COHEN, EN_FOOD CAFÉ BY BEN MURPHY, GATHER BY COURIER LONDON AND TOM BROAD

EAST

FLAT EARTH WILD PIZZA BY LEWIS MCCARTHY

Flat Earth
Wild Pizza

Hackney

Slow proved dough made from organic, heritage grains topped with artisan cheese, seasonal foraged treats including the Kimchi Fiorentina and the Haggerston Plum and Aubergine, as well as a sensational range of vegan pizzas. They're popping up in Hackney until at least December.

www.flatearthpizzas.com
@flatearthpizzas

E2

Silo

Hackney Wick

We couldn't be more excited to see this Brighton import teaming up with CRATE Brewery. If you don't know Doug and the team, they take zero waste to the next level: up-cycled furniture, ingredients delivered in re-usable vessels and a nose to tail ideology. Anything you can't finish is turned into compost and offered to the local community. Opening this autumn.

www.silolondon.com | @silolondon

E9

WAVE

Hackney

We Are Vegan Everything has a serious array of vegan offerings – breakfast bowls, pancakes, 'salmon' bagels and toasties. It was founded by two vegan baking experts so stop by for a pastry and coffee, if nothing else.

www.weareveganeverything.com
@we_are_vegan_everything

E8

Palm Greens

London Fields

A new residency at NT's bar – Palm Greens cooks up healthy, plant-based salads and snacks, sourced from local traders like Growing Communities and Wild Organics. Bring your own lunch box to get a discount.

www.palmgreens.co.uk | @palmgreens

E8

The Humble
Bee Café

Stepney

Simple, seasonal fare cooked only a few metres from where it was grown. Stepney City Farm's new café will leave you buzzing with delight.

www.thehumblebeecafe.com
@thehumblebeecafe

E1

Snackbar

Dalston

After a successful kickstarter campaign this café, urban farm and co-working space opened its doors this summer. Their café grows their own herbs, veg and mushrooms; they even have a chicken shed for farm-fresh eggs.

snackbarlondon.com | @snackbarlondon

E8

WEST

Bread Ahead
Wembley

Wembley

These Real Bread favourites are expanding from their Borough Market home to a massive new space in Wembley this autumn. Fans of Real Bread will be obliged to make a pilgrimage to this restaurant, baking school and bakery.

www.breadahead.com/location/wembley
@BreadAhead

HA9

Natoora
Portobello

Portobello

This wholesaler-come-retailer now has a café and counter. They celebrate 'radically seasonal produce' and 'working directly with small scale growers as well as developing our own farming projects' – so definitely worth checking out!

www.natoora.co.uk/how-to-buy/
@natoora

W11

CHECK OUT THE
GOOD FOOD MAP

To help you find *good* food places to eat, shop, hire and learn all year round, we have an online map and directory. Search by your postcode and show some ♥ to your favourites. Of course if you are one of those great places, get yourself listed.

www.goodfoodmap.org
#GoodFoodMap



DUCHESS FARMS

Connecting oil to soil and farm to kitchen, Oscar Harding tells **Muna Reyah** how he is farming for the future.

It all began in 2012 when Oscar started to wonder what he could do about the growing disconnect between what we eat and where it comes from. Located in Hertfordshire, Duchess Farms has been in Oscar's family for six generations. The farm is named after his great grandmother, whose drive for new directions inspired Oscar to protect not just livelihoods, but the future of the land and environment. "The soil is our thing," he says, "I farm to make the soil better."

'I FARM TO MAKE THE SOIL BETTER.'

RADICAL ROTATION

Oscar uses a four-way crop rotation to care for the soil. This involves one kind of wheat followed by another, rapeseed in the third year and finally a crop of beans. The beans both rest the field and feed the soil as they convert nitrogen from the air into nutrients. This is slowly becoming a five-way rotation as Oscar introduces herbal leys – a mix of 16 different types of grasses and flowers. These leys also rest the soil but have the added benefits of building up organic matter, improving soil structure and providing homes for worms, bees and bugs.

FROM SOIL TO OIL

Rapeseed is Oscar's main crop but he isn't interested in supermarket retail and its pressure on productivity over quality and care. Instead, the oil is pressed and bottled on the farm without heat or chemicals. Cutting out the vagaries of market prices, Oscar works directly with chefs in London to produce an oil that is full of flavour and nutrients. As well as being able to farm to specification, the approach shortens the production chain and reduces food miles.

The farm also cultivates 30 acres of heritage wheat which E5 Bakehouse mills into flour for its Hackney Wild bread. Oscar clearly values this partnership, excited that two railway arches in Hackney manage to support such quantities. The bakery purchases the wheat a year in advance from Duchess Farms as well as others – a credit to E5 and their customers whom, Oscar says, are directly helping to feed his soil.

CIRCULAR FARMING

Every week a truck takes both the oil and grain to Hackney, but it doesn't return empty. The driver picks up the would-be waste from milling and Oscar turns this into rapeseed cake by mixing it with waste from the oil production. These cakes aren't for Oscar's mid-morning snack though;

'GREAT THINGS HAPPEN WHEN WE WORK WITH NEW PEOPLE'

they are an eco-feed for his small herd of cattle. Oscar considers growing feed for animals unnecessary and his closed-loop system certainly shows how things can be done differently.

Oscar describes his farm as "conservation through commerce" but his business pragmatism doesn't hide his passion and commitment to the land. Untangling as many knots in the chain as possible, his enthusiasm for working with chefs and caterers – rather than commodity markets – is infectious. As he says, "great things happen when we work with new people."

www.duchessoil.co.uk
[@duchessfarms](https://twitter.com/duchessfarms)
www.e5bakehouse.com
[@e5bakehouse](https://twitter.com/e5bakehouse)



PHOTO BY SCOTT GRUMMETT

RECONNECTING PEOPLE AND PLANET

After eight years of celebrating the people growing, making, cooking and saving food in the capital, **Sarah Davenport** looks deeper at the motivation behind Urban Food Fortnight and how it is helping to change our food system for the better.

Changing our food system for the better is a mammoth task. Why? Well, food is part of almost every system we humans have created, from engineering to retail and from finance to farming. Food has both the power to connect and nourish us but, as we know, our current food system is failing to do just that. However, it's often too easy to focus on the problems, when the solutions are happening right here on our doorstep; that's where Urban Food Fortnight (UFF) comes in.

CREATING CONNECTIONS

In a city where the sensible is often

the radical, it's difficult to keep pushing forward. This is why London Food Link launched Urban Food Fortnight (then just a week) back in 2012. "We had seen a real demand for local produce from restaurants that were looking for good, local food but the food growers were not confident they could supply them" explained Sarah Williams, part of the original team at Capital Growth. UFF gave these gardens and restaurants an opportunity to explore working directly. Eight years later we see many flourishing relationships and the food growing network continues to thrive.

FOOD WITH A STORY

It's not just growers who have been inspired over the years. Hannah Rhodes from Hiver Beers created her honey beer after a London Food Link event where she was influenced by urban beekeeping. She recollects, "It was during Urban Food Fortnight that I first learned about and tasted urban honey and this lead directly down a path of starting my own business – Hiver. As a team we're now about to celebrate our sixth birthday all thanks to attending this event".

Urban Food Fortnight has created a platform for London Food Link's supporters to tell the stories behind





**SARAH'S FAVORITE
#UFF2019 PICKS**

**Sandor Katz in Conversation
with Honey & Co* Thurs 19 Sept**

**Urban Herbal Nature-based
Crafts Sat 21 Sept**

**Brixton Pound Cafe & Naked
Larder Waste Less Supper Club*
Sun 28 Sept**

**Exploring Future Foods with
Rachel de Thample and Six
Legs Farm* Mon 30 Sept**

**Harvest Supper at Forty
Hall Farm* Sat 5 Oct**

***Discounts for London
Food Link Supporters**

www.urbanfoodfortnight.org

their food ventures, highlighting the short supply chains they value. Take Eleven98's Urban Food Fortnight pop-up (27 Sept), where chef Aidan will prepare a seven course supper using produce just from Hackney, where he was born and bred. Or the Future of Food, with Rachel de Thample and Six Legs Farm (30 Sept), where they will share the origins of the novel trends that are making their way onto our plates.

THE FUTURE FOOD SCENE

Just imagine it; food growing on rooftops, restaurants purchasing produce at fair prices from local

producers, people learning to preserve summer gluts and finding seasonal produce across the city. Imagine a zero-waste food system with only the truly inedible returning to the soil as compost and a place where everyone has enough to eat and people grow, make, cook, save and feast together. Well that's the vision Urban Food Fortnight encompasses by supporting the people who not only share this vision but are making it happen.

We believe that to create change you have to be the change, so we urge you to get involved in creating the future of food. Whether you cook,

save, make, produce or simply want to eat good food, join the people concocting solutions, dishes, classes and shindigs in celebration of local food this Urban Food Fortnight.

**Urban Food Fortnight:
19 September - 6 October**

**#UFF2019
@LondonFoodLink
www.urbanfoodfortnight.org**



**PHOTO BY ZOE WARDE-ALDAM
AND TUCKER**

THE 'EEL GOES TO NEWCASTLE

In this issue the 'Eel heads north to another Sustainable Food City, famous for shipbuilding, football and its 'Geordie' dialect, Newcastle is also a place of outstanding food and drink. **Jamie Sadler**, CEO of Food Nation, tells all.



Without doubt some of the best pub food in the land can be found at the **Broad Chare Pub** on Newcastle's Quayside; it's top-class Geordie comfort food. Created by the much-loved Terry Laybourne and his team, no one has done more than these guys to champion good food in the North East.

Fancy feasting on half a grilled pig's head? Then get your porky-pig faces across the river to Gateshead where you will find the incredible **Trakol** nestled amongst renovated shipping containers under the Tyne Bridge. Outstanding nose-to-tail cooking over charcoal, great beers brewed on site and breath-taking views. The superb **Block and Bottle**, found under the Gateshead railway arches, supply all the hyper-local meat.

Next up, **Harissa**, a beautiful little restaurant described by a national food guide as 'a turbocharged Ottolenghi style of Mediterranean cooking'. Expect colourful shawarmas and moreish mezze. It's the only restaurant in the city with 3-star

Sustainable Restaurant Association accreditation and it's a social enterprise to boot. Putting profits back into local social projects such as the brilliant **Men's Pie Club**, Harissa pay close attention to local sourcing and local people.

Harissa also take[s] beer seriously, serving top-class brews from the guys at **Northern Alchemy**. This brewing team began life as a microbrewery working out of a converted 30-foot shipping container, lovingly known as The Lab. Sited just behind the Newcastle institution that is **The Cumberland Arms** where you'll find something for everyone. A home to folk sessions with great beer, it's a fantastic place for live music, street food, as well as comedy and theatre.

If you happen to be in Newcastle on the third Saturday of the month, a visit to **Jesmond Food Market** is a must. It showcases some of the region's finest food and drink producers, such as **Hexhamshire Organics** and the **Artisan Baking Community**, with amazing street food

from the likes of **Papa Ganoush** and **Scream Pizza** who recently opened their brilliant new restaurant in Sandyford. Alongside **Food Newcastle** (the driving force behind Newcastle's sustainable food efforts) and the Jesmond Resident Association, the market is the brainchild of **Anna Hedworth** (aka The Grazer), another local food hero who recently opened the incredible **Cook House** in Newcastle's Ouseburn Valley.

With a proud history of hard graft, humour and hospitality – and a newly awarded Bronze Sustainable Food Cities status, Newcastle is a serious, sustainable food and drink destination.

www.foodnation.org

www.sustainablefoodcities.org

[@thefoodnation](https://twitter.com/thefoodnation) [@foodcities](https://twitter.com/foodcities)

Check out other UK cities at

www.thejelliedeel.org



PHOTOS (L TO R): TRAKOL BY DAN MCCOURT, HARRISA BY JAKE COOK, BLOCK AND BOTTLE BY RICHARD DAWSON

ONE PLANET PLATE



Eco Chef, **Tom Hunt**, offers up his zero-waste One Planet Plate recipe as part of the Sustainable Restaurant Association's campaign.

Chefs across the country are stepping up to the plate - improving their menus by making them more environmentally friendly. The One Planet Plate Campaign gives chefs and caterers a chance to showcase their best sustainable dishes on an interactive map which diners and home cooks can use to locate sustainable restaurants and recipes.

Chefs can join the likes of Damian Clisby, Chantelle Nicholson, Yotam Ottolenghi and many others, by submitting their own One Planet Plate recipe. At home, cooks can either recreate the recipes or head out to

indulge in one of the incredible dishes at local restaurants, using the map to find them.

The idea is simple - all of the recipes must meet one of the six criteria: celebrate local, feature more veg, include better meat, source fish sustainably, low carbon footprint and no waste.

This year my One Planet Plate is Jackfruit Ceviche, which fits three of the One Planet Plate categories. It features more veg, has a low carbon footprint and wastes no food.

PHOTO BY TOM HUNT



PARSLEY STEM AND JACKFRUIT CEVICHE

This dish was inspired by the restaurant Estella in New York. There they serve razor clams topped with little rounds of parsley stem. When they are cut with care, parsley stalks make a very attractive and unique garnish. Jackfruit is a plant-based alternative to meat, shipped over to the UK, it grows in Asia and Africa on huge trees. This leaves the ground undisturbed and allows for more sustainable farming practices like agroforestry. Of course, you can use this dressing to make any sort of ceviche; from shredded oyster mushroom to sustainably sourced fish.

1/2 green chilli
6 parsley stalks
2 limes, juiced
240g of cooked jackfruit,
shredded

Finely chop the chilli - with seeds or without, depending on your taste - and three of the parsley stalks. Next, grind them to a paste with a pestle and mortar or small food processor. Add the lime juice and a little zest if the limes are organic (fungicide-free). Then toss the shredded jackfruit with half the mixture and serve in a bowl topped with some more finely chopped parsley stems and the remaining dressing.

[www.sra.org/campaign/
one-planet-plate](http://www.sra.org/campaign/one-planet-plate)
[@tomsfeast](http://www.tomsfeast.com)

THE SOCIAL SOURDOUGH ENTREPRENEUR

Bridget Callaghan is the founder of Well Kneaded, a social enterprise making award-winning sourdough pizza and employing young people from marginalised communities in South West London. She was also one of the winners of the Women in Food awards at the Urban Food Awards earlier this year.

WHAT DREW YOU TO WORKING IN FOOD?

I started my food journey working for a bespoke chocolate company. It baffled me that a bar of chocolate, when fairly produced and sourced, could benefit two sets of people worlds apart - from cacao farmers in Panama to billionaire shoppers in Selfridges.

WHAT WAS THE INSPIRATION FOR YOUR SOURDOUGH PIZZA SOCIAL ENTERPRISE?

I had been working with young people and knew that jobs were the only way to keep them away from crime. However, there weren't many people offering jobs to young people who hadn't done well at school. At the same time, I fell in love with sourdough pizza in the early days of Franco Manca at Brixton Market; the beauty of dough, the patience of the long ferment. As I weighed it up

it seemed like the perfect tool for teaching young people more general life lessons.

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

Seeing lives changed, without a doubt. Nothing beats seeing people become more themselves as we wrestle out how to run a sustainable food business. I love to see them growing and realising how much they have to offer. You never know when the light bulb moment will be and it's such a privilege when it happens in front of your eyes.

HOW MANY YOUTHS HAVE YOU HELPED AND WHAT HAVE THEY GONE ON TO DO?

I don't love the word 'helped' to be honest, countless times the young people we work with have helped me to see who I really am. It may sound clichéd but it's true. Some have carried



on into food, two are still with us, and another has started counselling other young people. As we develop our youth internship we are really excited to see more people benefit from working with our amazing team.

WHAT NEW FOOD INITIATIVE DOES LONDON NEED?

I think apprenticeships could be more flexible. Last time I checked you need to offer a minimum of 30 hours work per week. Young people have rarely committed to that much work before, especially not in addition to studying.



If we are serious about getting young people into work we need to acknowledge where they are starting from - not where we are starting from.

WHAT ADVICE WOULD YOU OFFER TO OTHERS WHO WANT TO SET UP FOOD-BASED SOCIAL ENTERPRISES?

If you are raising finances, raise more than you think - or get used to living on a shoe string. You won't be going out much - so it's not hard! That said, we are committed to our day

off. Having a day where the whole business shuts down means that everything can reset, every week.

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



Visit Well Kneaded, during Urban Food Fortnight, with 25% off their special UFF pizza for LFL supporters.



Read other Roots To Work interviews, find or add good food jobs on our Roots to Work site.

www.rootstowork.org

LONDON'S NEW WATERING HOLES



Water Fountain fanatic and Sustain's Deputy CEO, **Ben Reynolds**, explores the plans afoot to make the capital a world leader in public water.

London still lags behind other cities in terms of drinking fountain provision. But not for long. Heralded as a potential win-win around reducing child obesity and plastic pollution, renewed interest is bringing life back to an idea pioneered by the Victorians.

FOUNTASTIC

The Mayor of London's commitment to drinking fountains is well documented. Following a pilot of 20 fountains as part of the #OneLess initiative with the Zoological Society London, MIW

fountains and others – the Mayor has now partnered with Thames Water. Together they have committed £5 million to install and maintain over 100 new fountains right here in the city. With applications to house these new fountains coming from stations, parks, markets, shopping centres and other public spaces, Londoners should soon find fountains popping up everywhere.

WATERY PROMISES

But not everyone is happy about progress to date on this issue, as Will Routh of Water for London, outlines:

“Transport for London celebrated the installation of their first water fountain on National Refill day this year. Whilst this is something to celebrate, it's taken them nearly two years to get to this point. In the meantime, Network Rail has installed water fountains at all of their mainline stations and Greater Anglia is rolling out water fountains across their station network, just showing what's possible when organisations take this issue seriously.”

FIND AND RE-FILL

The design of London's new fountains was unveiled in July when the first installations in Ealing and West Ealing were completed. A large blue water droplet features on top of a white fountain. It's deliberately bold to counter a historical water fountain problem – their visibility. All too often water fountains blend into the background, sometimes deliberately so, making them near-invisible and often unused.

Finding these and other public fountains is set to get even easier. This autumn Refill are launching a new feature to list them on their app. According to Natalie Taylor, London Refill coordinator, “London has 2,500 free Refill Stations across the capital and this number is growing”

Refill are joining forces with ‘Eel colleagues SUGAR SMART to launch the #50fountain challenge that calls on local areas to pledge and install 50 working fountains. For more information head to the SUGARSMART website or find your nearest watering hole on the Refill app.

Find out more about installing drinking fountains through Sustain and City to Sea's online toolkit.



www.sugarsmart.org @sugarsmartuk
www.refill.org.uk @RefillLondon

PHOTO BY GREATER LONDON AUTHORITY

HOW TO FIGHT FOOD WASTE



James Turner from Feedback tells us how we can inspire individuals and empower communities by hosting a surplus food feast.

In recent years awareness of the role food waste plays in our broken food system has become widespread. Alongside this, political and social instability have exacerbated food insecurity and isolated communities. Pascale Robinson from Feedback tells us “the ethos of a disco soup is that through chopping, chatting and cooking together, you show how important and easy it is to tackle food waste while creating a welcoming space for all.”

Kiran Chahal from People’s Kitchen, who are also leading the surplus supper revolution, explains how food waste feasts bring people together, “Some people come to chop and chat, others are great cooks, some like to wash dishes. Cooking

and sharing dinner together breaks down barriers effortlessly.”

There is a joyful history of surplus food feasting across the UK. In particular at the weekly People’s Kitchen feasts at Passing Clouds in Dalston. From 2010 to 2015 the feasts were a central aspect of the vibrant community of chefs, musicians and activists – many seeds sown there went on to blossom into vital community projects.

It’s an exciting time in the world of community feasting – People’s Kitchen has returned to Hackney and they’re also set to open a new, permanent home in the Thames Barrier Park Café in Newham. So let’s save boullion’s of surplus food and party on.



WANT TO GET STUCK IN?

Feasts can come in all shapes and sizes but there will always be common elements that you will need in order to get cooking:

- 1. A SURPLUS SUPPER:** This couldn’t be simpler – visit your local supermarket, independent grocery outlet or wholesale market. More often than not, they will have surplus food and will let a friendly and sympathetic person take it.
- 2. SOMEWHERE SOUPER:** You can go big or small with this but think of places that may not be used every day of the week. A community centre, church hall, café or music venue, or even simply a barbecue in your back garden. Remember to take the hire cost into consideration as well as the equipment that comes with it.
- 3. PARTY PEOPLE:** The most important ingredient of any disco soup – you’ll need a committed team of organisers who can help and some people to party with. Being as inclusive as possible, the party will reflect the social and cultural diversity of the area. There’ll be roles for everyone everything from logistics to composting veg peelings.

How-to guides available at:

www.thepeopleskitchen.co.uk/how-to-guide

@PeoplesKitchen

www.feedbackglobal.org

@feedbackorg



STORIES FROM THE SOIL

From cabbage kings to allotment defenders, Capital Growth's latest initiative is honouring London's food-growing heroes, as **Kirsten Foster** discovers...

In the 19th century 'Cabbage King' Alfred William Smith sent 50 tonnes of veg to market each day from his farm in Feltham, south west London. Today most of London's food growers make do with allotments and rooftops but they still play a vital role in shaping our city. London's Capital Growth food-growing network is sharing the stories and skills of these growers, past and present, through school workshops, visits, archive research, courses and oral history interviews as part of Growing Culture, funded by the National Lottery Heritage Fund.

PLOTTING THE PLOTS

Visits to archives, like Valence House in Barking, unearth fascinating tales of food growing at historic moments. Acknowledging the emotional and dietary support allotments offer, the 1947 book *Danger over Dagenham* revealed how 'men, and a few women, turned to the soil for relief and quiet' during WWII. But post-war this changed. As Christina Fox, chair of London's oldest allotment site, Northfields in Ealing, explains: "Allotments come in and out of favour. During WWII they were a great way to supplement your food rations,

then interest declined. Plots became overgrown and the council built on a large chunk of our land in the 1970s. Now there's been a revival – it's as much about spending time with the family as it is feeding them."

SEEDPOD-CASTS

Family is especially important to one of London's newest growers. 18-year-old Samika Barclay learnt about food growing as part of the Seeds for a Better World project, run by Global Generation who set up the King's Cross Skip Garden. "I love to share what I've learned with my family," she says. "Before, they used to just go for whatever was cheapest in the shops." Samika's experience shows the power that growing can have on food habits and ultimately food culture. "I feel like I've got knowledge I can share now."

To store and share their new knowledge, Samika and friends helped to create the London Freedom Mobile Seed Bank: 20 clay pots containing seeds saved by London growers, from leafy green callaloo to Mayan Jaguar lettuce. Each pot, when held over a special speaker, shares the story of the seed.



'I FEEL LIKE I'VE GOT KNOWLEDGE I CAN SHARE NOW.'

FAR FROM HOME-GROWN

It's a fruitful idea. Spitalfields City Farm, another Growing Culture host garden, also has an interactive seed library. The library tells stories like that of Lutfun Hussain, who teaches fellow immigrant gardeners how to grow the vegetables they might remember from home. When Lutfun first arrived from Bangladesh in 1969, she desperately missed the taste of kodu gourds, lablab beans and amaranth grain. Despite the English weather that foiled her first attempts Lutfun's persistence paid off. "I am proud that I am the first to grow these vegetables from Bangladesh successfully in London," she says.

It's this pride that Janelle Conn, who runs Growing Culture, wants to reflect. "We're excited to be exploring and showcasing how London's food growing heritage has contributed to the culture of families, communities and our city. Celebrating this will reinforce the importance of the



amazing work London's food growers do every day to make our city greener and healthier."

Want to find out more or have a story to tell? Visit www.capitalgrowth.org/growing_culture



PHOTO BY TANIA HAN



JOIN LONDON'S URBAN HARVEST

19 Sept – 6 Oct

Capital Growth's edible gardens will open their gates as part of this year's Urban Food Fortnight, including many of the gardens taking part in Growing Culture.

www.capitalgrowth.org/urbanharvest

GROWERS CORNER

AUTUMN

With the autumn harvest coming in, Capital Growth's **Julie Smith** gives us her top tips in preparation for the next season.

Add a splash of colour: Indestructible chard comes in all shades and will survive harsh winters while providing juicy colourful leaves and stems all year round. Sow in early September for overwintering plants.

Plant your garlic: Plant your garlic bulblets (cloves) in the ground on or around the shortest day of the year – 21 December – for a harvest on the longest day of the year. For London's gardens I favour 'Early Purple Wight', bred on the Isle of Wight.

Love your small veg: Keep sowing carrots, radishes and beetroot until late October. Just eat them when they are small and juicy as opposed to fully grown.

Spice it up: Mibuna, mizuna, pak choi and all mustard greens thrive in the cooler weather. Sow them in September for a late autumn harvest or overwinter them under cover for salads and stir-fry all winter. 'Giant Red' mustard has a fantastic spicy kick.

Put it to bed: Cover bare patches by sowing green manure in late September to avoid leaching the nutrients over the winter. Winter tares are great for London's clay soil.

Go kale-mad: Cavolo nero and curly kale are wonderful overwintering brassicas which provide lovely leaves throughout winter. Sow early September so they reach a decent size before the first frost. After that, it's plain sailing.

After 8 years at Capital Growth Julie Smith is moving on to pastures new. She'll be greatly missed by us all at Sustain, but we're delighted she'll still be writing for The Jellied Eel.

Don't forget that all LFL supporters get 50% off Capital Growth's training courses.



THE POWER OF THREE



This Sourdough September we are celebrating the amazing alchemy of crafting just flour, water and salt into delicious, nutritious Real Bread. **Chris Young** flies the flag for a trio of London's fabulous flour arrangers.

This year the Real Bread Campaign is running the seventh annual, international celebration of genuine sourdough and the people who make it. As ever we're rallying bread lovers worldwide for a whole month dedicated to the oldest (and many people say the best) way of leavening a loaf.

Here are just three of the many great Real Bread Campaign supporter bakeries from which Londoners can choose, you lucky people.

BETTER HEALTH BAKERY

Head over to Haggerston to the social enterprise bakery that creates not just great sourdough bread but volunteering and training opportunities for people recovering from mental ill-health. Many graduates of the 12-week training

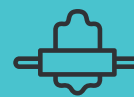
placements have gone on to further training, education or employment. They also run baking classes, while upstairs the charity behind the bakery trains mechanics to repair and upcycle old bikes.

MARGOT BAKERY

In February 2016, Michelle Eshkeri turned "a dilapidated shop around the corner from my home" in East Finchley into a bakery. She now bakes sourdough challah, babka, croissants and more using organic flour, Fairtrade sugar and Rookery Farm free-range eggs. Her first book, *Modern Sourdough*, is out this Sourdough September.

WAPPING SOURDOUGH

One of the great things Sustain helped to secure for the London



ROLL UP YOUR SLEEVES

Say no to sourfaux and bake the real thing yourself this Sourdough September and Urban Food Fortnight. Classes include...

Ma Baker, SW6
13 September: Introduction to sourdough class

Hen Corner, TW8
24 September: Sourdough bread making

Eastsheen Microbakery, SW14
29 September: Sourdough class

2012 Games was the requirement for food contractors to subcontract local producers. Hobby bakers, Robin Weekes and Clare Kelly, bagged a contract to supply Real Bread to athletes and VIPs and extended their home kitchen in readiness. They installed a professional deck oven, baked more than 5000 loaves and haven't looked back. You can still buy their microbakery's loaves at Duke of York Square in Chelsea.

If you use social media, join the #SourdoughSeptember cyber celebrations by posting photos of genuine #sourdough #RealBread loaves you've baked or bought.

Find details of these Real Bread bakeries, plus baking classes, Sourdough September events, how to join the Campaign and much more on the Real Bread website.

www.realbreadcampaign.org
[@RealBread](https://twitter.com/RealBread)



PHOTO BY CHRIS YOUNG

LFM20

In season; Apples, Damsons, Blackberries, Winter Squash, Sweet Corn, Beans, Root Veg, Leeks, Cob Nuts, Mussels, Oysters, Pheasant, Partridge, Venison & Wild Duck.



Swiss Cottage Farmers Market

20th Anniversary Market

Wednesday 25th Sept | 10am-3pm

Meet your local MP and Mayor. Cake to share and more...

Notting Hill Farmers Market

20th Anniversary Market

Saturday 28th Sept | 9am-1pm

Meet your local MP and Mayor. Cake to share and more...

**Happy 20th Anniversary to
all of our farmers, fishermen,
producers and customers**

Thank you for supporting us, rain or shine every week



Find your local market www.lfm.org.uk
London Farmers Markets We Grow It We Sell It
020 7833 0338 @LondonFarmers



shop locally, ethically and sustainably!

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.

DUCK
POND
MARKETS



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   

WWW.DUCKPONDMARKET.COM



JOIN LONDON FOOD LINK

Support our good food network to get the Jellied Eel delivered to your door, plus discounted events and great foodie offers including...

50% off Capital Growth workshops

20% off Hen Corner courses

30% off Bulldog Tools

Discounts on a range of #UFF2019 events

...and more



www.londonfoodlink.org

THAMES INVASION



CAUGHT IN A TRAP

While the government lamented the scale of the problem but did nothing about it, Bob founded Crayaway, protecting fishing lakes and streams from invasion by trapping signal crayfish and managing waterways. A network of trappers builds up stocks of live crayfish, which Bob then distributes to a range of customers: from hungry individuals to Chinese and Louisiana-inspired restaurants and, of course, pufferfish owners.

Raymond Blanc employs Bob to manage the streams at Le Manoir and the Metropolitan Police use his equipment to keep their fishing lake clear. "The Met do the trapping themselves now. It's in their blood, putting pests in cages," he adds with a smile.

One man is doing more to tackle the problem of invasive crayfish species than anyone - a generous-spirited Londoner who **Sam Sinha** met on his 400-mile delivery run.

As Urban Food Hero Bob Ring removes bulging bags of crustaceans from the passenger footwell of his cray-mobile, he explains that the 'wee nippers' are destined for a tropical fish tank. "We're dropping 11 kilos off for an Amazonian pufferfish." So began a fascinating journey.

SIGNAL FAILURE

England's only indigenous crayfish species, white-clawed crayfish, have been in our rivers and lakes for at least 500 years. In a matter of decades the population has been decimated after American signal crayfish were introduced as a product for the Scandinavian market. Unfortunately, these non-native

species were allowed to escape into our country's waterways.

Ironically, part of the reason they were introduced is they're not affected by crayfish plague. What nobody realised: they can still carry it. Crayfish plague can wipe out a population of white-clawed crayfish within weeks. The invasive signal crayfish also cause problems by burrowing into river banks causing soil erosion, bank collapse and sediment pollution.

White-clawed crayfish were once present in all the major Thames tributaries but now can only be found in eight of the 55. Bob tells me from experience, "You won't find many south of Derby these days."

SUSTAINABLE SUPPERS

Right now, Bob runs Crawfish Boils every Tuesday at The Doodle Bar in Bermondsey, where he serves up smaller specimens, shells and all. "Historically, most trappers were only interested in the big ones so I thought about how to use the smaller ones," he explains. You'll also find him in Tottenham cooking up crayfish for Urban Food Fortnight on 29 September.

Bob admits that while he can't eradicate the problem, doing something is better than doing nothing. Offering most of his services for free, he's happy to take his cut selling the catch. In doing so, Bob highlights the extent of the problem while educating people on how to enjoy delicious crayfish. That's our kind of Urban Food Hero.

www.crayfishbob.co.uk
@CrayfishBob



PHOTOS BY CHRIS YOUNG

THE MARKSMAN



Fresh in from Canada and eager to experience a proper British local, **Annie McBay** heads straight to the Marksman.

The Marksman embodies all the quintessential traits of a London pub. The dark wood panelling, cosy leather booths and moody lamplight all evoke the charm of times gone by. Creating an atmosphere that invites you in to linger over a glass of low-intervention wine or a pint of local beer while you study their small but thoughtful menu.

Like the décor, the Marksman's daily menu celebrates the best of British classics. Meat pies, spicy mustard, peas and horseradish; these traditional dishes are elevated by the kitchen's commitment to local, seasonal ingredients. The Marksman

works with London producers such as Keats Organics Farm and Neal's Yard Dairy shaping their menu around the best of the season. Three of the nine dishes feature locally grown beans - suggesting they're making good use of a hearty harvest.

Expecting good things from the first public house in London to be awarded Michelin Pub of the Year, I take my first bite. Crunchy, sweet summer peas mixed with fresh mint and nasturtium all sitting atop a pile of rich goat's curd, I am not disappointed. My boyfriend was told that the curried lamb buns were not to be missed so we ordered one

each. The buns were aromatic and peppery, well-balanced by light and creamy yoghurt, and gone in a matter of seconds.

Any excuse to sample more food, we go for a third starter - ox tongue with runner beans and mustard. The meat is tender and the beans have just the right amount of punchy spice. The use of the off-cuts comes as no surprise given the affiliation of chef-owners, Tom Harris and Jon Rotheram, with St. JOHN restaurant who famously popularised the concept of 'nose-to-tail' eating.

Going with our server's recommendation, we opt for the bacon chop with pickled runner bean chutney for our main. The chop is fatty and sweet, set off perfectly by the beans which are reminiscent of British 'brown sauce' with a hint of clove. Finally, we have to order their famous brown butter and honey tart - a rich, wobbly custard wrapped in a thin crispy crust. All the honest pub favourites, simply presented and packed with flavour.

As we scrape our plates clean, it's 10 o'clock and the pub is still buzzing - friends catching up over a meal, footballers looking for a locally brewed post-game pint. It's encouraging to know that these East Londoners are contributing to a better food system simply by going to their favourite local. After tonight, I think it might be my new favourite local too.

www.marksmanpublichouse.com
@MarksmanPub



PHOTO BY HARRIET CLARE

SEPTEMBER

SOURDOUGH SEPTEMBER

1-30: Across London

The Real Bread Campaign returns with their month-long celebration of sourdough. Watch out for baking classes, tastings and starter giveaways.

URBAN FOOD FORTNIGHT

19 September–6 October:
Across London*

London Food Link's annual celebration of the fabulous produce being grown, made, cooked and saved on our doorstep. See the leaflet or page 8 for more info.

* Also includes Capital Growth's Urban Harvest, at gardens across London.

FORAGING FOR THE LOW WAGED / NO WAGED

28: NW3

Learn foraging skills from expert John Rensten, for people who would otherwise not be able to afford a foraging class.

OCTOBER

YOUNG MARKETEERS' HARVEST SALE

2: Borough Market, SE1

Buy your autumn veg from London's future foodies at this harvest sale where students from 12 primary schools run the stalls.

WINTER WARMER: IMMUNE BOOSTING RECIPES

26: Spitalfields City Farm, E1

Prep your system for the coming winter with this Capital Growth workshop. Learn to harness the power of herbs and farm produce in immune-boosting recipes.

VEGFEST UK

26-27: Olympia Central, W14

Don't miss the 7th edition of VegfestUK, celebrating the vegan lifestyle with cookery demos, speakers and around 370 stalls of the latest plant-based foods and other products.

NOVEMBER

MUNCHABLE MUSHROOMS: CULTIVATION FOR BEGINNERS

9: Rainbow Grow, E8

Learn how to harness the therapeutic and delicious nature of fungi in this Capital Growth workshop on the basics of mushroom cultivation.

GOURMET VEGAN: COOKING LIKE A CHEF

2: Food for All, N16

Take your vegan cuisine to the next level by attending this Made in Hackney course on gourmet vegan cooking taught by Anton Petrov, a plant-based chef with over 10-years' experience.

DECEMBER

VEGAN CHRISTMAS: COOKING LIKE A CHEF

7: Food for All, N16

Get ready for a plant-based holiday spread with this Made in Hackney masterclass.

WOLVES LANE COMMUNITY MARKET

8: Wolves Lane Centre, N22

Join the winter edition of their Community Market with food, music, crafts and family activities. Plus a chance to visit one of the few urban glasshouses left in London.



WHAT'S GOING DOWN IN YOUR PART OF TOWN?

Find food events on our calendar
at: www.londonfoodlink.org

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

ISSUE 60

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the alliance for better food and farming

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