

THE JELLIED FEEL

LONDON'S MAGAZINE FOR GOOD FOOD | ISSUE 61 - SPRING 2020 | FREE



**GROWING OLDER AND
CULTIVATING CONNECTION**



• LONDON'S GOOD FOOD ELECTION
• URBAN FOOD AWARDS 2020



ISSUE
SPONSORS

alara

IT'S ABOUT SUSTAINABLE GROWTH.

ETHICAL ISAS THAT TAKE CARE
OF YOUR MONEY AND THE PLANET.

TRIODOS CASH ISAS

Make the most of your tax-free allowance, while knowing your money is helping people, building communities and protecting the environment. When your balance reaches £100 **we'll donate £40 to Sustain, the charity behind Jellied Eel and London Food Link.**

Visit

triodos.co.uk/sustain

for eligibility, full terms and conditions and to find out more. This offer is also available with our current account and our range of savings accounts, and is limited to one donation per new Triodos customer.



FOLLOW YOUR HEART – USE YOUR HEAD

Triodos  **Bank**

The tax benefits of an ISA depend on your individual circumstances, and tax rules may change.

Advertisement. Triodos Bank UK Ltd. Registered Office: Deanery Road, Bristol, BS1 5AS. Registered in England and Wales No. 11379025. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority under registration number 817008.

IN THIS ISSUE



COVER STORY CULTIVATING CONNECTIONS AND AGEING BETTER 12



LEARN LONDON'S FOOD HEROES RECIPE FOR SUCCESS 16



FARMERS WHO FEED LONDON 6
FORTY HALL FARM AND VINEYARD



ROOTS TO WORK 8
THE COMMUNITY CREATOR



THINK 14
LONDON'S' ENDANGERED EELS



EAT 18
GOOD FOOD REVIEW: SILO

STARTER



Well, 2020 is here. We've got 10 years to make a difference to the climate and nature emergency. Sometimes, it's all too easy to get locked down in the doom and gloom. And then I get to edit the Jellied Eel!

Since getting involved in the good food world I have encountered countless groups, teams and individuals contributing to not only a better food system, but better social, political and environmental systems. That's the brilliant thing about food, it infiltrates every sphere, right down to the cells in our bodies.

Our plates really do make a difference, as does organising in groups. With the Mayoral election coming, over the next few months it's as important as ever that we work together to create the food system we want and know is possible. In fact, that's exactly why we run the Urban Food Awards (see page 16) — to show that a different food system is not only possible, it's already happening.

Sarah Davenport **Editor**



 @jelliedeelmag
@londonfoodlink

 @jelliedeelmag

COVER PHOTO: EDNA ANDERSON BY ZOE WARDE-ALDAM. SEE PAGE 22 FOR 'IN THIS ISSUE PHOTO' CREDITS.

AROUND TOWN



New on the
'Eels radar.
Compiled by
Jane Eisenhardt

SOUTH



Kingston Kigali

SE15

Peckham

Putting Rwandan food on the map, friends Stacey and Salma bring family recipes to life at their new kiosk in Peckham Levels. The entirely vegan menu embodies the creative innovation and multiculturalism that makes Peckham so special — their KK platters are not to be missed.

www.peckhamlevels.org/kingston-kigali-at-peckham-levels
@kingstonkigali

Brixton £

SW9

Loughborough Junction

Brixton Pound Café, winners at the 2019 Urban Food Awards, have a new home at the Platform café, based at Loughborough City farm. Their social canteen is a pay-what-you-can feast, using food saved from landfill by City Harvest.

@brixtonpound

Black Bear Burger

SW9

Brixton

The beloved Boxpark burger joint has opened their first sit-down restaurant in Brixton market. 'Simple, Done Well' is Black Bear Burgers motto — you won't find factory-farmed here. Sourced from Devon, their beef is all prepared in house, in-fact everything is, right down to the condiments.

www.blackbearburger.com
@BlackBearBurger



WEST

Petersham Nurseries

TW10

Richmond

While not a new opening, from January this glasshouse café has a new vegan and gluten free menu. 'The Gut's Vegan Menu' emphasises healthy and mindful eating. Also worth checking out is their upcoming vegan cooking workshop, where Avinash Shashidhara will share traditional South Indian cooking techniques.

www.petershamnurseries.com
@petershamnurseries

NORTH

Luminary Bakery

NW1

Camden

You Camden folk are a lucky lot. Working to empower women, Luminary Bakery have opened their second café. The team have created a supportive space for women to skill up and enter paid employment. Their cakes are stunning and breakfasts divine, not to mention the fresh loaves and vegan-friendly options.

www.luminarybakery.com
@LuminaryBakery

PHOTOS (L - R): KINGSTON KIGALI BY ASH CHALK, LUMINARY BAKERY, PALACE CULTURES BY MIRKO PARMIGIANI, SUSSEX RESTAURANT BY MILO BROWN

EAST

Atis

Old Street

EC1V

We call it good food, Atis call it powerful food — food that tastes good, and does good, for the body, the soul and the planet. From porridge bowls to build your own brunch bowls, their ethos is centered around balance and moderation.

www.atisfood.com

@atisfoodldn

Wilder

Shoreditch

E2

Celebrating wild ingredients, Wilder sources from the meadows, woods and coastlines of the British Isles. Their menu constantly evolves as seasonal finds are used to create new and exciting dishes, such as cream and pumpkin mackerel or meadowsweet with white chocolate and fig leaf oil.

www.wilderlondon.co.uk

@wilder.london

Glass House

Brick Lane

E2

From coffee to beer, this new bar is the definition of local brews. During the daylight hours you'll find an array of vegan and veggie sandwiches, accompanied by locally roasted coffee. After sunset, you can swap the coffee for London spirits and local craft beers.

www.glasshouse.london

Biff's X Brewdog

Dalston

N16

Using jackfruit to create indulgent vegan junk food, Biff's Jack Shack has recently partnered with Brewdog to create an all vegan pub. Taking plant power to the next level, this pub even serves weekend vegan brunch.

www.biffsjackshack.com/biffs-x-brewdog

@biffs_uk

CENTRAL



Palace Culture

London Bridge

SE1

Originating in Crystal Palace, Palace Culture's vegan cheeses have found a new home in Borough Market. The team use fermented cultures and organic nuts to create an assortment of soft and hard cheeses, perfect for those plant-based plates.

www.boroughmarket.org.uk/traders/palace-culture | @boroughmarket

Sussex

Soho

S1D

Continuing their focus on bringing fresh food straight from their family farm to the city, the Gladwin brothers have opened a new restaurant in central London. The new location has ever changing seasonal menus celebrating their farm to fork philosophy.

www.sussex-restaurant.com

@sussex_resto



Redemption Roasters

Broadgate

EC2M

This social enterprise, on a mission to spread their delicious coffee with a purpose, has a new location. Redemption Roasters have established coffee academies in prisons throughout the UK, training up inmates to be champion baristas. Helping to reduce risks of reoffending, Redemption then help their graduates find work upon release.

www.redemptionroasters.com

@redemptionroasters



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



FORTY HALL FARM AND VINEYARD

Muna Reyal explores the inspirational Forty Hall Farm, Orchard and Vineyard with good food and community at its core.

Forty Hall Farm is a truly unique enterprise. An organic farm in Enfield, North London, it is run by Capel Manor College and nurtures many rare breeds, including cattle, sheep, ducks and goats over its 170 acres. The land has been farmed organically for over 10 years and, Enfield Veg Co., its veg bag scheme, fills 130 boxes a week, growing an impressive 70 per cent of the contents itself. Farm Manager, Angelika Hauses, explains that it is a teaching farm with students from the college providing an additional workforce — though not, she ruefully notes, over the summer, their busiest time.

FRUITFUL WORK

Now firmly rooted in the farm, Forty Hall's orchard was planted back in 2011. Once a field, the land is now laden with heritage varieties local to London and Middlesex. Run and carefully cared for by volunteers, the precious acre abounds with biodiversity, thanks to over 130 carefully planted fruit trees and 300 fruiting hedgerows.

The diversity of the orchard is as much a haven for people as it is for the wildlife. The volunteers at the orchard come from a myriad of backgrounds, many combating loneliness or mental-health difficulties. "You can tell that some have good weeks and then bad weeks" Angelika tells me, "Older people are often regulars, who come to enjoy the company, spend time outdoors and keep fit".

TO GOOD HEALTH

The Vineyard has had community at its core from the beginning. Receiving Big Lottery funding when it started over a decade ago, enabled the project to establish itself as a social enterprise. Emma Lundie, Head of Operations at Forty Hall Vineyard, explains how the profits from the winemaking are invested straight back into the project.

An innovative venture from the start, it's no surprise that the Vineyard was one of the early adopters of an approach called Green Care. The approach, also known as ecotherapy, heralds the mental and physical benefits of working outdoors in a creative, green and social environment for those with a physical or mental health condition.

Knowing that more people could and should benefit from their activities, Forty Hall Vineyard decided to reach out. Thanks to further funding, refugees and people from other minority communities are among those who contribute and benefit from the beautiful and productive environment. As one volunteer told me, "To have somewhere I can go to talk to someone is of great comfort. I've laughed there and cried there. I just love being there."

PEOPLE POWER

It's a reciprocal relationship. Emma tells me that it would be impossible to run the Vineyard without the volunteers. Organic winemaking needs a lot of people power as most of the

**'I'VE LAUGHED THERE
AND CRIED THERE.
I JUST LOVE BEING
THERE'**

work is done by hand. "With over 140,000 vines over 10 acres, we simply couldn't afford to employ the number of staff required" explains Emma.

Emma is clear on it's dual purpose — to grow the best organic grapes and make quality wine with a social conscience. She is clear, however, that Forty Hall wine is not a novelty. They are serious about their award-winning product and work with acclaimed Davenport Vineyards to make organic wines using traditional methods. Emma explains, "there is a synergy between the community, the winemaking and the special environment that filters into every Forty Hall bottle".

At the heart of Enfield's community, Forty Hall Farm and Vineyard has become a place where people work with the land and each other — the embodiment of a circular and sustainable local food system. Cheers to that!

www.fortyhallfarm.org.uk
[@fhvlondon](https://twitter.com/fhvlondon) [@fortyhallfarm](https://twitter.com/fortyhallfarm)
www.capel.ac.uk [@capelmanor](https://twitter.com/capelmanor)



PHOTO: SEETA RAJANI BY ZOE WARDE-ALDAM

THE COMMUNITY CREATOR

Amongst many other things, Urban Food Award winner *Jacqui Shimidzu* runs the Hill Station — a community café, shop and exhibition space that has become an outlet for community change and creativity.

WHERE DID YOUR LOVE OF GOOD FOOD COME FROM?

I grew up in care, which for the most part was extremely grim. There was an Italian woman named Freda who worked there and occasionally she would cook for us. It was just wonderful — so different to the re-hydrated catering packets we usually ate. One time, she took me to her house where I met her family and made pasta. I remember the noodles drying in the kitchen — I had never seen anything like it before. It set off an electrical spark in my brain.

TELL US ABOUT A MEMORABLE MOMENT THAT HAS SHAPED YOUR CAREER

As I mentioned, I was in care for most of my childhood, but our Dad took us home on weekends. When we were leaving there was often a child staring out the window and, if they weren't being picked up by anyone, my Dad would take them home with us. He taught us that no matter what, there is always someone worse off and, if

you're able, it's your duty to hold out a hand to help.

Food was big in our house too. My Dad cooked basic food but it was the occasion that made it special. He would often invite all the kids in the street for Sunday tea — about 25 of us squeezed into our tiny front room munching on tinned salmon sandwiches and Wagon Wheels washed down with Bilco Cherry Pop. Dad was always looking out for that kid that might be having a tough time of it. Food was his remedy.

WHAT LED YOU TO SET UP HILL STATION?

I realised my love of food and my love of community were so perfectly paired. My friend Jude (Lene Lovitch band who incidentally have played a benefit gig for us at the café) once said to me if you have a space people can find you. So I found a space and people found Hill Station. Now ideas bubble up from the community who

come together over good food — an essential part of Hill Station.

COMING BACK TO THE PRESENT, WHAT'S A TYPICAL DAY FOR YOU, OR IS THERE ONE?

There really isn't one. One day I might be behind the counter serving coffee, on another I could be talking to students from the School for Social Entrepreneurs or organising a Silent Disco. But the favourite part of my day is seeing people working in the café maybe for the first time in their lives — seeing them do their job well and go from strength to strength.





WHAT KEEPS YOU MOTIVATED?

The social impact of the business and the difference it can make in people's lives. For example, we are able to offer full-time work to two members of staff who have Autism. One of these people had previously volunteered at a café, where nobody spoke to them and they never got off the washing up. When they told their parents they had the job offer with us, we both had tears in our eyes. We recently discovered they are really good at baking and the parents just couldn't believe it — seeing their child serve people, while eating cake they

had baked, all with no supervision. The parents were so proud, and so am I.

AND LASTLY, WHAT'S YOUR GUILTY FOOD PLEASURE THAT WE PROBABLY SHOULDN'T BE PRINTING?

Eating a snickers and a bag of cheese and onion crisps at the same time.

www.hillstation.org.uk
[@thehillstation](https://twitter.com/thehillstation)



PHOTO BY MILES WILLIS



Jacqui was a Women in Food winner at the 2019 Urban Food Awards. This year we are celebrating diversity in London's food scene along with eight other good food categories.

www.urbanfoodawards.org

Nominations open until 20 Feb.
 Winners announced 18 March.
[#urbanfoodawards](https://twitter.com/urbanfoodawards)

DUCK POND ARTISAN FOOD & CRAFT 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"

Join us!

RICHMOND / RUISLIP
HIGHGATE /
CHALFONT ST GILES
/ HENLEY



#DUCKPONDMARKET



WWW.DUCKPONDMARKET.COM

NOMINATIONS ARE OPEN



Celebrating the people, enterprises and organisations in the capital who are doing good through food.

Go to www.urbanfoodawards.org to find out more

Deadline for nominations 20 February.

Winners announced 18 March.



www.londonfoodlink.org

SUPPORTED BY

MAYOR OF LONDON



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

WOMEN IN THE FOOD INDUSTRY

We're passionate about food – and about celebrating and championing the millions of women who work in every part of the industry.

Enjoy interviews with industry figures, insightful events & join our inspiring community. Receive **10% off** annual membership when using the code 'JELLIED10'



WomenInTheFoodIndustry.com



Chantelle Nicholson
Tredwells, London

THE MAYORAL ELECTION: OUR GOOD FOOD VISION

Ahead of May's Mayoral Elections, London Food Link Coordinator (and 'Eel Editor) **Sarah Davenport** outlines steps the next Mayor should take to ensure a healthy, sustainable and ethical food system for all Londoners.

There have been some fantastic good food initiatives in London since the 2016 elections. On your morning commute you'll no longer be tempted by advertisements for fatty, salty and sugary snacks. Less children and young people are going hungry, thanks to Kitchen Social and if you happen upon City Hall on a weekday, you might find the London Food Board discussing important food issues.

Things have certainly moved forward, but is it enough? We are asking mayoral candidates to step up and put food issues on their agenda.

TIME FOR ACTION

We know that the capital has thousands of fantastic people and organisations working to change our diets for the better. Campaigns such as Peas Please and SUGAR SMART are working to get more veg on our plates and reduce the sugar in our meals. Yet, 65% of adults in London still eat three or less portions of fruit and veg a day and, even more troubling, 40% of children aged 10-11 are overweight or obese.

Water fountains could go a long way to reducing London's sugar intake, but despite a great leap forward, the reality is they are still few and far between. Add to this

years of council budget cuts, taking their toll on key services, like Meals on Wheels, and resulting in our vulnerable residents struggling to get the good food they need.

But London is abundant with potential; a thriving network of community gardens, hundreds of good food enterprises and acres of agricultural land on the urban fringe that could be put to good use. We have the ability to create more meaningful 'good food' employment, increase biodiversity and generate a huge harvest of local, accessible, healthy food — but how do we do it? To help the candidates get it right we have come up with a list of achievable actions we think they should focus on (see box).

TURNING THE TIDE

It is well within the next Mayor's powers to take on these actions and more. Our current Mayor has shown leadership on issues like promotion of junk food, he's set up a new Food Board, Obesity Task Force, published a Food Strategy and pledged to reduce the amount of meat served. Now we are calling for the next Mayor to go one step further; for example by swapping factory-farmed animal products for less and better



8 KEY ASKS FOR THE NEW LONDON MAYOR

- Remove factory-farmed meat and dairy from TfL canteens
- Install a water fountain in every tube station
- Save London's Meals on Wheels
- Champion 5 new farms on London's urban fringe
- Ban junk food ads in London's stadiums
- Ensure everyone has access to a community food garden
- Support fresh food market traders
- Commit to a new London Children's Right to Food Charter

meat and plant-based alternatives where they can. Or exploring a new 'Children's Right to Food Charter' and what this could mean for London.

From policies that create good food environments, to funding impactful programmes, the new Mayor can and should use their role to put good food on the to-do-list. Our first challenge? Getting the next Mayor to prioritise these issues in their manifesto, so you all get the chance to vote for good food.

Sign up for London Food Link news, or even better become a supporter, to get behind our campaign and help make the difference. Go to the London Food Link website to find out more and read our Vote Good Food briefing.

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

ILLUSTRATION BY ALAN KARLIK



CULTIVATING CONNECTIONS AND AGEING BETTER

From a cuppa to car-sharing, **Kirsten Foster** learns how London's community gardens are supporting those later in life, with the help of Capital Growth's Growing Connections initiative.

It's said that 'Gardening adds years to your life and life to your years'. Our 74-year-old cover star, Edna Anderson, is living proof of that. With help from Capital Growth, she set up Maryon Community Garden seven years ago, along with her husband, Tim. Her age certainly doesn't seem to have put her off getting her hands dirty — literally. As she explains, "I've found gardening to be therapeutic and healing. I feel like I'm contributing to a sustainable future and it's a great way to meet people."

People in their later years are an invaluable to the capital's community gardens. Around a quarter of volunteers in Capital Growth's member gardens are over 60 — maybe because they have a lifetime of experience to share. Recognising the worth of this group, the team at Capital Growth set up the Growing Connections project. Funded by the Centre of Ageing Better, the project aims to make sure those later in life feel willing and able to help out at London's 3,000-plus community food gardens — and are encouraged to keep coming back.

OPEN-GATES

Capital Growth's gardens are already welcoming places — in fact dozens

of them will be opening their gates as part of this year's Good to Grow Day. What's more, the new Growing Connections website and toolkit will help even more gardens reach out; a collaborative effort, the toolkit passes on the learning from a host of gardens who are doing it well.

For new and established gardens alike, the hope is that everyone can learn from each other. "We are always learning about other ways to make people feel welcome" explains Nat Mady, founder of herb-growing social enterprise, Hackney Herbal.

RAISING THE STAKES

Over in Barnet we meet the people at Older Women's Co-housing (OWCH) an innovative co-housing community, created by and for those over 50. Instantly upon arriving you can see the effect of community-led housing and intentional design. The communal garden buzzes with life and the plentiful produce spills out of the raised beds, staggered in height across the garden. There's apples and cherries surrounded by salad leaves, cardoons and all the usuals. You name it, they're growing it.

The kitchen garden is cared for by 15 of the women who live at OWCH — including Shirley Merdeen, a founding



'I FEEL LIKE I'M CONTRIBUTING TO A SUSTAINABLE FUTURE AND IT'S A GREAT WAY TO MEET PEOPLE'

member of wonderfully named group — Growing Old Disgracefully. Though, sometimes, there's a need for the graceful too. The extra high raised beds, created to encourage those who have trouble bending, are also appreciated by the already green-fingered growers. As Hilary Vernon-Smith told us "I'm excited about the new raised beds because I had my knee replaced last year," a perfect illustration of how everyone's needs change over time.

GROWING CONNECTIONS

But community gardens are not just for older people, in fact we know that they are one of a few places where young and old can easily come together side by side. Les Moore, of the community plot at Whetstone allotments believes that the key to a good community garden is to be welcoming to everyone. "Older people



PHOTO BY ZOE WARDE-ALDAM

don't want to turn up where there's just older people. And younger people might not acknowledge it, but actually they want older people there they can learn stuff from".

Les advises, that if we just aim to cultivate volunteers with as much care as we do our veg, we can't go far wrong. He puts it perfectly when he says, "When we talk about growing, it's actually people that we're growing. That's why they like coming here." And perhaps the most universal idea for encouraging volunteers of all ages, as suggested by OWCH — tea and cake. Home-baked of course!

Visit www.capitalgrowth.org/growingconnections to hear from inspiring volunteers and download our volunteering toolkit for community gardens.



GOOD TO GROW DAY

(previously Big Dig Day)

Sat 25 and Sun 26 April 2020

Get stuck in and find a garden near you at
www.bigdig.org.uk/london

GROWERS CORNER

SPRING

With spring blossoms on the horizon, former Capital Growth team member, **Julie Smith**, explains how to best prepare for fruitful seasons ahead.



Sow sow sow: Early spring is prime time for cool weather leaves. Plant successions of mustard leaves, spinach, mizuna and land cress outside under cover to add to your salads and stir fry.

Layer it up: In spring, use a layer of your compost to warm up your soil (make sure it's nice and dark) and as a medium to transplant your seedlings. Don't forget to add a layer of bark or wood chip mulch to the base of all of your fruit trees and bushes.

Start with the fruits: Sow your tomatoes and peppers inside nice and early (around February). By May, when the time comes to transplant them in the ground, they will be strong and well ahead, ensuring a nice crop. I like 'Black Russian' cherry tomato and 'Lemon Drop' chilli for its citrusy kick flavour.

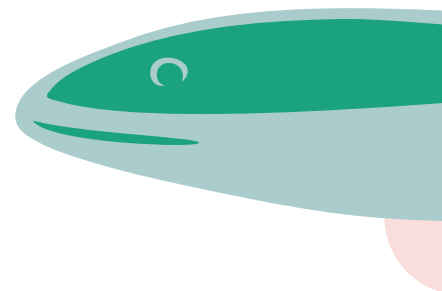
Feed the bees: Bumblebees will start visiting flowers very early in the year, and they need all the pollen and nectar they can get. Help them by planting early flowering plants like winter aconite and hellebores, and by letting your cabbages and kale go to flower.

Focus on the soil: For soil health, it's better to plant different families of fruits and vegetables after each other. You can be as strict or loose as you want, just make sure you don't plant the same plant in the same spot year after year.

If you'd like to perfect your growing skills, or are just starting to grow your own, head to www.capitalgrowth.org/training to find out more about this season's growing workshops (don't forget, paid-up London Food Link supporters get 50% off). @Capital_Growth

PHOTO BY CAROLINE TEO

FISHY BUSINESS: LONDON'S' ENDANGERED EELS



Once so popular we named our mag after it.
But where have all the eels gone? **Ruth Westcott**
and **Will de Montmollin** rev-eel all.

LONDON'S SLIPPERY SYMBOL

Ever wondered why we're called The Jellied Eel? Eels have been part of Londoners' diets for centuries; they may have even contributed to London's growth in the first place. Experts suggest the extraordinary abundance of eel, and other fish, in the UK's rivers allowed Britain's population to expand rapidly between the 7th and 10th century.

Cheap, nutritious and a readily available food source, jellied eels became popular in the capital in the 17th and 18th century. Fishers set nets and eel-traps on the banks of the Thames, in addition to the estimated 50 tonnes imported to London each year.

These days, the fish that provided London's poor with affordable protein for centuries, is listed as Critically Endangered on the International Union for Conservation of Nature Red List. To put it bluntly — the chances of trapping an eel on the banks of the Thames today is laughably small.

EEL- USIVE

Not just caused by overfishing, the decline of the European eel's population is down to a raft of attacks on their habitat and life cycle, including concreting river banks; water and air pollution; and barriers to migration like dams.

Traditional fisheries in the UK tend to catch adult eels for the UK market, but the last 15 years have seen an increasing demand for 'glass eels' — or baby eel — for export to Asian markets. And while the latest advice from the International Council on the Exploration of the Seas (ICES) says populations of juvenile eel have slightly increased since 2010, they still believe there is a good reason to continue with strict controls — let's face it, targeting juveniles is never going to be good for the sustainability of a population.

Add to this, the eels' complex life cycle and you begin to grasp why they're in hot water. Eels are born out

in the deep sea and then migrate to freshwater streams for most of their lives, only returning to the sea to spawn young and die. Unfortunately, it's not fully understood how eel populations breed and disperse, meaning we can't be sure how much fishing the European eel can sustainably withstand.

FISHY FEASTS

If we want to protect our eels then we need to allow populations to recover. This means restaurants should not drive unsustainable fishing. We believe there is no place for critically endangered species on any menu, so if you see eel for sale, question it. And while those on the menu could be other species of eel, such as Japanese and American, these are also classed 'Fish to Avoid' — so we think people should do just that!

If you are keen for a fishy feast, look for alternatives with that eel-y texture. Replace smoked eel with other smoked fish, such as trout or



hake. Herring has a meaty texture and pale flesh, so is a brilliant replacement for pickled eel or London's famous jellied eel. It's also much better for you, packed with omega 3 oils and cheaper to buy from a fishmonger.

FUTURE Y-EEL-DS

The Sustainable Eel Group are working to improve research and encourage fishers to use lower-impact gear and record data to help conservation efforts, in an effort to increase European eel populations. Even so

they acknowledge that they won't be sustainable for many decades. Sam Stone, Head of Fisheries at the Marine Conservation Society, is sceptical about any 'sustainable' badge for European eel, "The standard would need to be so rigorous that it might be impossible to deliver in practice." So for the fors-eel-able future, eel should be off the menu.

Look for the ecolabel on fish you eat (e.g. the Marine Stewardship Council, Aquaculture Stewardship Council or Organic) or check the

Marine Conservation Society's Good Fish Guide, here: www.mcsuk.org/goodfishguide/search

You can also support the Sustainable Fish Cities campaign which wants to see only sustainable fish on menus in the UK.

[@FishCities](http://www.fishcities.net)



ILLUSTRATION BY ALAN KARLIK

LONDON'S FOOD HEROES RECIPE FOR SUCCESS

London's wealth of ways to tackle food and farming challenges is celebrated annually through the Urban Food Awards. **Sarah Williams**, talks to previous winners tackling the carbon footprint of our food.

A decade ago there were just a handful of small city-based producers making food in the capital. Fast forward to 2014 and the movement was really taking off, creating the opportunity to acknowledge those bringing food production back to the heart of the city. And so, with the support of the Mayor of London, the Urban Food Awards was created.

With the awards focusing on the diversity and creativity used to solve our big challenges, I chat to previous winners about how they are addressing one of our most pressing issues — the climate and nature emergency.

CIRCULAR SUPERSTAR

No new kid on the block, Calthorpe Community Garden has provided a haven for city dwellers, including our six legged friends, in the heart of Kings Cross since 1984.

The Calthorpe team take food waste from the on-site café and turn it into renewable biogas and fertiliser for their polytunnel, where they grow fruit and veg for the café. This trailblazing team were truly deserving of the 'Circular

Superstar' Award in 2019.

"We intended not only to grow vegetables and manage our organic waste locally but are committed to inspire and teach people to do it as well," explains Katalin Patonay, from the garden. She tells us, "The award not only gave us the feeling of recognition, but also the motivation to extend our composting area and increase our training".

BUZZIN' FOR BETTER FOOD

Api:cultural is a perfect example of how healthy people and biodiversity are mutually dependent. Founder, Mark Patterson, is passionate about defending nature through providing forage — namely for the bees — while making the most of the multitude of benefits brought to those that co-exist with them. Awarded for 'Good Food on Prescription', Api:Cultural works with people with disabilities and mental health problems, creating a buzz and boosting wellbeing.

"We don't just keep bees. They need habitat to forage in and our honey bees share these with wild pollinators —



many of which are better at pollinating wild plants and performing ecosystem services" explains Mark. Recently, Api:Cultural created a wildflower meadow on one of the most barren parts of our city, an eleventh floor rooftop, bringing life and getting the workers on board in the process.

WASTE WARRIORS

Bread N Butter CIC are the new kids on the block, and set up their Urban Food Award 'Super Social Enterprise' in 2018 to find ways to inspire children and families to cook. With an astounding third of all food waste generated at home, it wasn't long before the Bread N Butter team came up with their Waste Warriors programme. Since it began, they have



not only taught over 1,650 pupils and their families about reducing household food waste, but also how to avoid single use plastic and recycle more.

“For us it’s about reducing food waste, bringing people together and increasing community spirit” says co-founder Natasha Walter. “Winning the award gave us a big boost and since October we have been also taken on a café at Onestone Grove Community Centre in Edgware, giving us a fantastic opportunity to offer good food at affordable prices”.

The Urban Food Awards is all about showing what is possible, inspiring people to act and demonstrating that the solutions and motivations to mend

our broken food system are out there. So if you, or someone you know, are adding to the melting pot of change and making a difference to how Londoners grow, shop, eat or cook, then help us shout about it.

Entries for Urban Food Awards 2020 close on 20 February and winners will be announced at the awards — taking place at Mercato Metropolitana on 18 March. The Urban Food Awards is run by London Food Link and the Mayor of London’s Food Team.

@CalthorpeCG
@breadnbuttermilk
@apiculturalLdn

PHOTO BY ALEX WASEPI



URBAN FOOD AWARDS 2020

We are looking for:

Children’s Food Champion:

An individual or organisation taking special steps to improve children’s food.

Climate Champion: Open to cafés and restaurants working to embed climate and nature friendly practices.

Good Food for All: Celebrating those helping older Londoners or those with disabilities, to enjoy access to good food.

Growing Wild: Open to urban farms and food growing projects who enhance nature.

Ocean Friendly Caterer: For restaurateurs and caterers committed to sustainable fish and reducing plastic.

Super Social Enterprise: Open to the enterprises supporting people into training and employment.

Community Market Champion:

Open to any market stall/trader bringing fresh, healthy, affordable and sustainable food to city dwellers.

Young Food Ambassador: Shining a spotlight on a young person, or small team, campaigning for a better food and farming system.

URBAN FOOD AWARDS NOMINATIONS

Deadline for applications: 20 Feb

Go to www.urbanfoodawards.org to nominate and find out more
#UrbanFoodAwards

GOOD FOOD REVIEW: SILO

As the hotly anticipated zero-waste restaurant finally lands in London, **Francesca Nicol** explores the excitement around Silo's 'pre-industrial food system'.

London's sustainable food scene has been eagerly awaiting the arrival of Silo's now-iconic 'pre-industrial food system' since they announced plans to open here last year. After several successful years in Brighton, honing a better-than-zero-waste enterprise that still manages to be flavour-forward, owner/head chef Doug McMaster moved the entire operation to East London's appropriately industrial White Building in Hackney Wick.

Silo's welcome seems to have been very warm indeed — the space is still full when we arrive very late on a Thursday evening. As London's appreciation for ingredient sourcing and zero-waste practices continues to spread, Doug tells us how he's having to 'explain himself' much less these days.

To Doug and his team, a pre-industrial food system means much more than using locally grown vegetables and not having a bin. It means total industry innovation, executed with respect for the environment, for 'the way our food is generated', and for our

**'TO DOUG AND HIS TEAM,
A PRE-INDUSTRIAL
FOOD SYSTEM MEANS
MUCH MORE THAN
USING LOCALLY GROWN
VEGETABLES AND NOT
HAVING A BIN'**

own bodies. It means whole foods, low food miles, minimal processing and a staggering attention to detail that extends from the food to the décor.

FUNCTIONAL BEAUTY

The interior is presented with inventively resourceful finishing touches and final products. The low lit former-factory is occupied by sleek table tops and dishes made from recycled single-use plastics, processed to look like marble, the coat cupboard is made using joinery, eliminating the need for nails and glue, and seat cushions are made from waste wool. The menu is a paperless projection on the wall,



updated in real-time as dishes evolve through the night's ingredients. Broken mugs are made usable, and more beautiful, through kintsugi (the Japanese repair method that uses lacquer coloured with gold).

Every item in the building is satisfying to hold and look at, and Doug is able to tell us the provenance of each one — not least the food and ingredients. Perhaps the most interesting inclusion is their grain mill (also the inspiration for their logo) which they use to freshly mill grains, including einkorn from Duchess Grains — used in the 'Siloaf' bread.

Coupled with the casual yet refined ambience in the quiet, well above street level location, you're given the impression of being in prosperous city of the future. You could even convince yourself our environmental crisis has been solved and everything is beautiful.

A PLAYFUL PALATE

And what of the food? Frankly I'm so impressed by all of this sustainable scene setting that I'd have been satisfied with a sad salad, but the



food is by no means the afterthought.

Having only opened a matter of weeks ago, Silo is still limiting itself to a perfected tasting menu while refining their full menu to London's liking. While we watch Doug finely plate up in the open kitchen we're told the dishes are intended to be 'playful on your palate,' and I think that's a perfect description. Plates of smoky, umami, fermented combinations are brought to our table. There's a savoury, tangy, 'fermented potato emulsion' topped with slow-roasted kale and tiny, mind-blowing drops of a curious sourdough miso sauce and treacle made from slow-cooked vegetable offcuts.

There's a hemp crème fraîche topped with jerusalem artichokes, roasted so slowly they melt in your mouth. One chef, a former vegan supper club creator, tells us how the vegan 'alternatives' are no longer alternatives but delicious enough to become default. And delicious they are. That's not to say there's no meat or dairy — it's just included 'when there's reason to.'

'IT GOES BEYOND ZERO-WASTE INTO IMPRESSIVE NEGATIVE WASTE'

CRADLE TO CRADLE

The spirit of experimentation reigns within the restrictions — an imperfect elderflower cordial has become an elderflower vinegar brushed on vegetables to soften them and add acidity to the dish. The thinking here is 'not cradle to grave, but cradle to cradle,' focusing on wider lifecycles and innovative uses for ingredients. Many of the vegetables are sourced from Flourish Produce, who grow regeneratively with the help of horses and any minute amount deemed unusable is thrown into Silo's aerobic digester, so rarely needed that it's shared with the local community. They even take leftover parmesan rinds from Crate Brewery's pizzeria next door to make rich, deep sauces. There's no end to the details in every choice at Silo, and it goes beyond zero-waste into impressive negative

waste — a model we can all learn from.

We finish with a desert of pumpkin ice cream, fig leaf oil, and something called seabuckthorn snow - a kind of a naturally sweet and tropical slushie that I haven't been able to stop thinking about, coupled with a delightful chat about where to source seabuckthorn in the UK (you'll have to ask their foragers).

The whole evening was an experience, albeit a pricey one, with the 6 (small) course tasting menu costing £50 plus drinks — but we left with full bellies, a free conscience and an exciting look into a hopeful post-crisis, pre-industrial food future.

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



PHOTOS (L - R): CLAIRE LEWINGTON,
 MATT RUSSEL

EATING FOR PLEASURE, PEOPLE & PLANET



Tom Hunt, eco-chef extraordinaire tells us about his Root to Fruit philosophy and shares a recipe from his latest sustainability-themed cook book.



Responding to the colossal amount of food waste generated in our kitchens I've spent the last ten years developing a sustainability manifesto called Root to Fruit eating. Many creative attempts to follow the manifesto and use each and every bit of food in the kitchen left me with a huge harvest of recipes, culminating in my latest book — *Eating for Pleasure, People & Planet*.

Root to Fruit is framed around three overarching principles, with the first being to 'Eat for Pleasure'. When coupled with the others ('Eat whole foods' and 'Eat the best food you can') this creates not only a sustainable diet but a delicious and nourishing one too.

In celebration of the release, here's an adapted taster which focuses on an ingredient called emmer (also known as farro) — an ancient ancestor of durum wheat — and one of the first cereals to be cultivated by humans. It embodies all three of the Root to Fruit principles, is very flavoursome and can be milled into flour to use in baking or added whole to soups, stews or salads. You could substitute it here with other grains like amaranth, fonio, millet, quinoa, rye, spelt or teff, and incorporate other seasonal fruit or vegetables to make endless colourful combinations.

PHOTOS BY JENNY ZARINS



EMMER WHEAT SALAD WITH BROAD BEANS AND SEAWEED

Serves 2 or 4–6 as a side

150g emmer wheat (or other grain)

80g Brazil nuts (or other nuts)

2 tbsp maple syrup

200g frozen broad beans

3 satsumas, pulled into segments

6g hijiki or other seaweed, soaked for 10 minutes in cold water and drained

50g mixed bean sprouts (optional)

4 mint sprigs and 4 parsley sprigs, leaves picked, stalks finely chopped

2 tbsp extra virgin olive oil

1/4 unwaxed lemon, zest and juice

Edible flowers (optional)

Place the emmer wheat in a medium pan, cover with three times the quantity of water and bring to the boil. Simmer for 1–1 1/2 hours, covered, until cooked through but still chewy, topping up water as necessary. Drain and set aside to cool.

Lightly toast the nuts in a dry pan over a medium heat. Stir in 1 tablespoon of maple syrup and season with a pinch of salt. Remove from the heat and set aside.

Blanch the broad beans in salted boiling water for 2 minutes and drain.

Combine all of the ingredients in a serving bowl, setting aside half of the nuts, apricots, seaweed and flower petals to sprinkle over the top.

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

THE 'EEL GOES TO GLASGOW

Glasgow's Sustainable Food Cities Coordinator, **Riikka Gonzalez**, introduces some of the best places to get your hands on delicious locally produced food in a city often acclaimed the UK Vegan capital.



First on the menu is **The Gannet**, a multi award winning Scottish restaurant serving seasonal produce, seafood and meat in the hopping Finnieston area of the city — if you want a sample of Glasgow's vibrant restaurant scene then this is the place to be.

Close by is the celebrated **Ox & Finch** with its concept of delicious seasonal sharing plates. Their head chef became the first ever winner of the city's Chef's Challenge, a cookery competition organised by the Glasgow Community Food Network as part of the Veg Cities Campaign, inspiring chefs to create dishes using locally produced vegetables. This year's winner was Italian **Eusebi Deli** on Gibson Street in the city's West End. A great foodie area of town, Gibson Street is also a home to **Stravaigin**, a Glasgow institution set up 25 years ago serving exotic world cuisine while relying on sustainable local produce.

Vegans and flexitarians should head straight for **Soul Food Kitchen** in Finnieston. Open for brunch and dinner, their completely plant-based

menu is sure to satisfy. If you're more of a city centre slicker, check out **The 78 Bar & Kitchen** serving 100% vegan menu and live jazz on Sundays. It's part of a group of vegan establishments including **Mono** and **Stereo** who host a variety of gigs and events.

The rise of the pop-up means you'll find fellow nomads appearing across the city. Two chefs collectives wholly committed to local sourcing are **The Mustard Spoon** and **That's Yer Dinner**, who will be sure to inspire your taste buds and show off the best of Scottish produce.

If you're looking for some local, ethically produced food to take home you'll find plenty of shops around town. **Locavore**, in the Southside of the city, doubles up as a grocery store selling a wide variety of local organic produce, groceries and household items and a café serving fully organic fair. It has a refill service for many food items, as does **The Zero Waste Market** based in Dennistoun in the East End of Glasgow. **Roots, Fruits & Flowers** have locations in the West

End and Finnieston, selling organic wholefoods and serving up meals in their cosy café. If you're sticking around, both Locavore and Roots, Fruits & Flowers have a veg box delivery service and sell bread from **Freedom Bakery**, a social enterprise making artisan bread.

It's clear that Glasgow is already well on it's way to being a sustainable food leader, and with the Glasgow Food Policy Partnership already working on a Food Plan for the city, the vibrant good food scene is only set to grow.

@GlasgowFPP
www.glasgowfood.net

Find your local sustainable food city (or town) at
www.sustainablefoodcities.org



PHOTOS (L TO R): THE GANNET, STRAVAIGIN, OX AND FINCH

FEBRUARY

REAL BREAD WEEK

22: - 1 March

The annual, international celebration Real Bread, this year focuses on the Real Bread social enterprises baking a difference. Find Real Bread Events at: www.sustainweb.org/realbread/events

ORCHARD FOUNDATIONS

22-23: Kentish Town City Farm, NW5

An introduction to orchards with The Orchard Project. Learn all about orchard care, pruning principles, tree health and more.

MARCH

INNOVATIVE AND SUSTAINABLE TASTING MENU IN HACKNEY

6, 13, 20: Eleven98, E9

Enjoy a 7 course tasting menu around a communal table in Hackney London. Everything on the menu has been Hackney produced and sourced, making this event as local as it gets.

UNDERSTANDING SOIL LIFE, COMPOSTING AND WORMERIES

25: Regent's Park Allotment Gardens, NW1

Understanding the relationship between the soil and your plants is key to a healthy crop. This Capital Growth workshop will teach you the ins and outs of using natural fertilizer for your home garden.

EARLY YEARS STAY AND PLAY

2, 9, 16, 23, 30: Calthorpe Community Gardens, WC1

Enjoy gardening and arts and crafts for early years and their carers in central London's beautiful community garden space. The garden is open for creative play and gardening every Monday of the month.

DESIGNING YOUR HERB GARDEN WORKSHOP

31: Hackney Herbal, SE1

The Garden Museum is hosting an urban gardening workshop geared at preparing you to grow herbs in various urban conditions.

APRIL

COMMUNITY CLASS- HEALTHY ETHIOPIAN

12: Made in Hackney Local Food Kitchen, N16

Learn how to make classic Ethiopian dishes in this pop-up class. You will learn not only how to make tasty food, but how to do so in a way that is as healthy as possible.

GOOD TO GROW DAY

25 & 26: Gardens across London

Formerly known as the Big Dig Day, gardens across London (and the UK) will open their gates. An opportunity to dip your boots into your local community food garden. Head to www.bigdig.org.uk to find a garden near you.

MAY

10-WEEK FOOD BUSINESS TRAINING

7: Eltham Centre, SE9

This multi-class programme with the GCDA is for anyone who is looking to start their own food related business. From finance to sustainability, this course will prepare you to become a good food entrepreneur.

BAKLAVA MASTERCLASS

16: Oliveology, SE1

Join Oliveology to learn how to make traditional Greek baklava with a modern twist. You will leave with your own tray of handmade dessert. The class will also discuss the culture and history of this sweet treat.



WHAT'S GOING DOWN IN
YOUR PART OF TOWN?

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

ISSUE 61: SPRING 2020

For all queries please email:
thejelliedeel@sustainweb.org

Editor: Sarah Davenport
Assistant Editor: Jane Eisenhardt
Design: Becky Joynt and Alan Karlik

Writers: Sarah Davenport, Jane Eisenhardt, Kirsten Foster, Rikka Gonzalez, Tom Hunt, Will de Montmollin, Francesca Nicol, Muna Reyah, Julie Smith, Ruth Westcott and Sarah Williams.

In this issue credits: Cover Story and Farmers Who Feed London by Zoe Warde-Aldam, Roots To Work by Miles Willis, Think by ADiamondFellFromTheSky (Flickr), Eat by Clare Lewington

Printed by: rapspiderweb.co.uk
Distributed by: GoldKey Media

Editorial content is independent of advertising, and while we are careful when selecting features and accepting advertisements, inclusion does not imply an endorsement.

Opinions expressed are those of individual writers and not necessarily those of London Food Link / Sustain.

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!

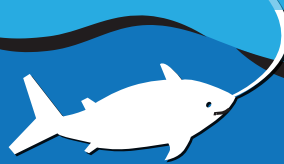
The Jellied Eel is published by London Food Link, part of the food and farming charity Sustain. Read about our work and JOIN US at www.londonfoodlink.org



sustain
the alliance for better food and farming



THE BEST TUNA IN THE WORLD



- **ALWAYS POLE&Line** • **100% TRACEABILITY TO THE BOAT**
- **ARTISAN PRODUCTION** • **AZORES ORIGIN GUARANTEED**

Our sustainability philosophy is also a quality of supply chain approach: we buy from local boats, registered in a local port, flying the flag of the country in which they are based, with as wide an ownership base as possible, with skippers who don't sit in distant offices but go out to sea with their crew, legally managed by their local authorities and forming part of a local coastal community.



- ☒ Always buy from boats that fish locally.
- ☒ Support local fishing communities.
- ☒ Use only the most targeted methods to avoid bycatch and discard.
- ☒ Ban unfair trade, refusing to work with big industrial boats that steal fish from developing countries.
- ☒ No fake flags. We only use well controlled, legally managed boats.
- ☒ No impact or damage to the ocean floor.
- ☒ Safe fishing methods for turtles, sharks and dolphins.
- ☒ Only use artisan/small scale production.
- ☒ Offer full traceability and transparency.



organic alara

delicious and sustainable



IT ONLY TOOK US 45 YEARS TO
TRY SOMETHING DIFFERENT!

Starting in 1975, Alara has been known for its cereal products.
Over the last 10 years, we have developed processes in our factory
for cold milling seeds and other ingredients.
Please don't ask us why it took us so long to put these nutritious,
raw products into Alara packaging because we don't know.



www.alara.co.uk

