

The **JELLIED EEL**

London's magazine for ethical eating



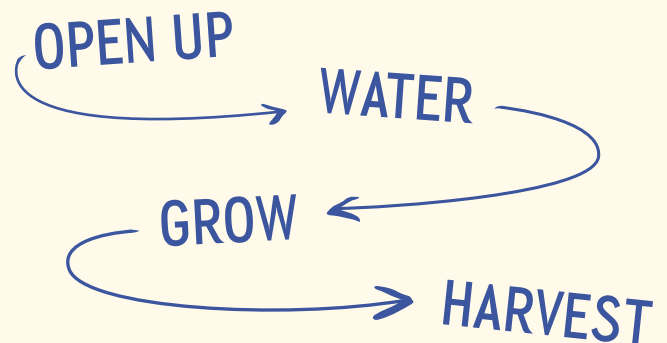
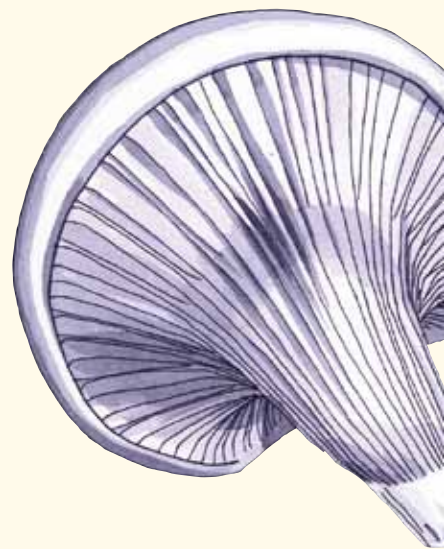
What's your money feeding?



Cash Mobs * Food Speculation * British Beans
Crystal Palace Food Finds * Herne Hill Market

GROW YOUR OWN OYSTER MUSHROOMS

IN 4 SIMPLE STEPS



Bouquets of Oyster mushrooms are waiting to burst out of this box: grown on the coffee from one hundred espressos!

We're a group of coffee-drinking food lovers bringing you the ultimate in fresh, home-grown and sustainable produce.

It's not just cooking and eating the mushrooms that's amazing - **we love watching them grow** - this Kitchen Garden allows you see their progress every day from your own home!

The kits are a great treat for you and your kids, and perfect gift for green-fingered foodies and garden deprived city dwellers alike. They are simple to use, reliable, and contain everything you need. Just find a light airy spot, follow the instructions and harvest your home-grown Pearl Oyster mushrooms about two weeks later.

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[@EMC_mushroom](https://twitter.com/EMC_mushroom)



Tuck in



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love your local sausage

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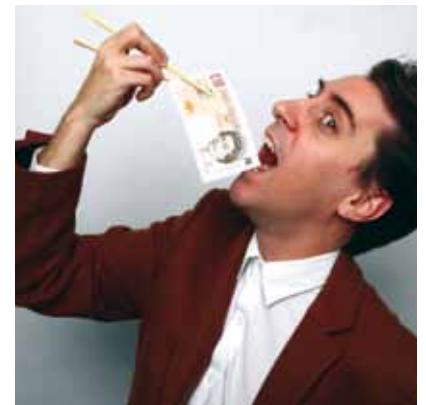


p10

This issue is all about money one way or another. Where do you spend it, and what does your money go to support: At one extreme, banks are using your money to speculate on food (p10); at the other Londoners are making sure their money stays in the local economy (see p15). Lest we forget, Fairtrade Fortnight, this year falling between 25 Feb – 10 Mar, is one of the best ways to guarantee your cash is contributing to good causes. We catch up with one of the figureheads of the London Fairtrade movement Sophi Tranchell of Divine Chocolate (see p16).

And while we're on the subject of counting beans, a new take on an old (well ancient) favourite is hitting the shelves thanks to Hodmedod's selections of local dried beans and peas (see p14). We're pleased to be expanding last year's local sausage competition to include butchers and sausage makers selling at any certified farmers' markets in London, so get on our website to vote and more importantly, get out there and try a sausage you've never tried before (see p7)!

Ben
Editor



p14



The *Jellied Eel* is a quarterly magazine published by London Food Link and BIG Media. It has a circulation of 20,000 and is distributed to all London Food Link members, as well as food retailers, restaurants and entertainment venues. **Disclaimer:** inclusion of information in the *Jellied Eel* does not imply the product or service is endorsed by London Food Link or Sustain. We do not condone the consumption of jellied eels, as many eel stocks are currently very low.

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Bigging up digging

Head on down to The Big Dig volunteering day on Saturday 16 March. Managed in London by Big Dig partner Capital Growth, this is a chance for Londoners to get down to their local community food-growing space and volunteer for the day. So if you're a local looking to get some exercise and learn a new skill right on your doorstep, or a community group running a food-growing project on the look-out for volunteers, we'll see you there. www.thebigdig.org.uk



Eat St to 'Kerb'

Street food hub Kerb (formerly Eat St.) has two new markets in the City - one at the Gherkin on Thursdays and one at Moorgate on Fridays. Traders change each week. Look out for new traders: Mother Flipper, Fundi Pizza, What the Dickens and Engine. www.kerbfood.com



Calling all 16-25 year olds

Youth engagement charity SkyWay has launched its latest venture, Grow Skyway, a programme which is transforming areas of London to create blossoming community gardens. The gardens are made from reused materials, and there's training to be had for 16-25 year olds in carpentry, gardening, retail and employability, as well as the opportunity to grow, eat and sell while supporting a fledgling business. Whether it be community gardening, retailing grow boxes to the general public or commercially backed pop-up allotments, get up and grow! www.skyway.uk.com/grow-skyway

Bulletin

Food & Farming Awards 2012

The Winners

Congratulations to the London winners of the Radio 4 Food and Farming Awards 2012. Growing Communities, the community-led organic box scheme in Hackney scooped the Best Big Food Idea. Best Streetfood or Takeaway went to The Moroccan Soup Stand on Golborne Road, and Mike Duckett, Head of Catering at Royal Brompton Hospital, received the Derek Cooper Award for great sustainable hospital food.



Follow us on Twitter
twitter.com/jelliedeelmag

The Haberdashery

Congratulations to Jellied Eel stockist The Haberdashery, who took gold in the London Lifestyle Awards 2012 Best Coffee Shop category. Read all about them in our Star Stockist feature at www.sustainweb.org/jelliedeel/articles/498.

Lo
Lif
Av
2

Clear cupboards and conscience

Gobbled up your banana? Grab what's left of your veg, add a few spices and herbs, and knock up a banana skin curry! UseTheFood is a new and easy way to search online for recipes by ingredients, cook whatever's around in the kitchen and reduce food waste. By allowing people to share recipes (and upload a photo), UseTheFood aims to build an online catalogue of cupboard-cleansing culinary creations. Join for free at: www.usethefood.com

Grounds new role to make your toms

Is your coffee habit helping London's urban farmers? The London Ground to Ground campaign, which launched towards the end of last year, estimates that over 300 tonnes of used grounds go to landfill in the UK every week. So the project is inspiring shops and cafés to put coffee grounds to good use. The latest partnership is between Dalston café To the Jungle's barista, Derrick Jefferies, an ex-Seattle roaster, and Brian Cummings at nearby community garden Dalston Eastern Curve. To The Jungle is passing on fresh grounds which Brian is testing out as compost for acid-loving foods such as blueberries, raspberries and strawberries. Any independent coffee shop or café can get connected to local growing spaces, allotments, community gardens and worm farms and donate coffee grounds, so make sure yours is on board. And if you prefer pampering to composting, then we're told that grounds also make an excellent facial scrub!

www.groundtground.org



Mary's Meals

Check out a new documentary about the work of international charity, Mary's Meals, called 'Child 31'. Mary's Meals work in sixteen nations, setting up school feeding projects in countries where poverty and hunger prevent children from getting an education. These projects now reach an amazing 700,000 children each school day. Buy 'Child 31' on DVD online, or why not stage your very own screening?

www.marysmeals.org.uk/child31

A spread of the latest ethical food news

London
Lifestyle
Awards
2012

'Less Salt Please'

National Salt Awareness Week runs from 11-17 March 2013. UK Campaign group Consensus Action on Salt and Health (CASH) will be asking for 'Less Salt Please', raising awareness of the long-term health problems related to a high-salt diet, and demonstrating how we can all cut down our salt intake in our cooking. CASH is concerned with hidden salt in our foods when we eat out and will also be highlighting to chefs and the catering industry the importance of using less salt.

www.actiononsalt.org.uk



KIDS MEAL
COMPETITION

Winners of the Best Kids' Meal Competition

Winner - The Manor Arms
Highly Commended - The Rainforest Café

The results of our latest competition are in! For more details, see article on page 11.

Shopping basket

New takes on Fairtrade faves

The never-ending debate... crunchy or smooth peanut butter? If you like your PB with a bit of bite, then this Fairtrade product is for you. Harry's Nuts! Crunchy Peanut Butter is newly available at Oxfam shops and The Co-operative. According to Harry, who doesn't make a penny from the product, squirrels prefer it to other brands of peanut butter on account of its tasty crunch! If you fancy a coffee with your nutty spread, then don't miss out on new Fairtrade product, Mzuzu Fairtrade Ground Coffee, from growers in Malawi. You can find it in Sainsbury's.



Hackney Hampers

Hackney Hampers sell packages of food and drink made exclusively by local producers. Their First Edition Hamper is literally a recycled (show)case of the best entrepreneurial spirit of small food producers in Hackney. Inside you'll find a range of drinks - from cola, coffee to ale - and food such as chutney, chips and nuts, to name a few. Available to buy on the Hackney Hampers website for £37.50. www.hackneyhamper.com

Picco Salumi

This range of salumi, produced by family business, Picco Salumi, combines 100 per cent free-range British pork, organic sea salt from the salt pans of Sicily, top quality spices and a slow ageing process. On offer is a range of salumi boards of various sizes, as well as individual meats. The meats are available from Picco's shop in N1, as well as at Partridges Food Market and Harringay Market. You can also order from the online shop at www.picco.co.uk/shop.



RETRO CLASSICS WITH A TWIST

N8

New to the street food revolution is mobile food company The Gravy Sirens, who serve up retro British classics with a twist from a Chevy Ambulance. The founders are Di, a chef and ex-paramedic (hence the ambulance) who trained under chefs including Marco Pierre White; and Alexandra, a fire fighter and passionate foodie, who worked in her dad's bakery from a young age. This daring duo look as close to home as possible to find sustainable and seasonal produce. They use fish such as coley and pollock, and their meat is free-range, rare and native breed, and comes directly from smaller farms. Try out the Sustainable Fish Finger Bap or Yorkshire Ale Stew and Dumplings. As well as a regular slot in N8 at Harringay Market, you'll find their forthcoming locations on their Facebook page and website.



www.facebook.com/TheGravySirens
www.thegravysirens.co.uk

NOSE-TO-TAIL KITCHEN

NW1

Serving up simple, rustic and hearty food in a pub in NW1 is none other than Farmer Tom Jones. Now the head chef at The Abbey Tavern, Farmer Tom champions the 'field to plate' process by farming (or carefully buying) and cooking all the animals you eat at the pub. The animals are free-range, native British breeds, with the menu created around every cut of meat he has on offer. Farmer Tom loves nose-to-tail eating and is confident that all cuts, from trotter to sirloin, brain to rump, and cheek to t-bone, are worthy of a place on his menus. Veggie options include Camden Town Pale Ale-battered corn fritters with salad.

www.abbey-tavern.com/food-and-drink

ROAD FOOD AT PORTOBELLO MARKET

W11

Check out the new monthly programme 'Road Food' at Portobello Market. The programme comprises two activities every third consecutive Friday and Saturday. On Friday mornings, from 11am-4pm, a chef is given £40 in cash and a £30 voucher donated by a local supermarket, and is sent out shopping on foot, to buy as much seasonal British fruit and veg as possible from market stalls. The chef then brings back the goods to the Road Food demonstration cookery stall and prepares it live in front of market shoppers.

www.rbkc.gov.uk/streetmarkets

AROUND TOWN

Get into what's happening
in your area

A TASTE OF INDIA

N16

It was as a stall at Broadway Market in 2005 that Gujarati Rasoi, created by mum and son, Urvesh and Lalita, made its mark on the capital with its authentic Gujarati (and vegetarian) cuisine. Their first restaurant - serving up a taste of traditional Indian home with a menu inspired by family recipes - has just been launched in N16. The food is made from scratch using freshly ground whole spices for flavour. Many of the vegetables served at the restaurant are from Kent, and ingredients such as coriander and fenugreek are local when in season in the UK. You can still find them at Broadway Market (where the dream began) as well as Exmouth Market and Borough Market too.

www.gujaratirasoi.com

THE URBAN CHEESE MAKER

N17

Wildes Cheese is a micro-dairy based in Haringey producing handmade artisan cheese. The cheese uses the best quality milk from cows enjoying themselves in the fields of Rye, Sussex. The pasteurised, un-homogenised full fat milk is from a single herd, which gives the cheese its distinctive flavour, says owner and cheese maker, Philip Wilton. Cheeses are numbered (Wilde's Number 1, 2, 3 etc) and quirkily-named; try 'The Smelly One' (no. 6), 'The Drunk' (no. 5), so-named because it's made with London Pride ale to create the crumbly coat, or opt for the 'Traditional English cheese' (no. 7). As well as making great cheese, they also limit their environmental impact by using recyclable materials. You can find them at Alexandra Palace Farmers' Market on Sundays. To read more about Wildes, and to see our Product Focus on cheese, go to www.thejelliedeel.org

www.wildescheese.co.uk



SPINNING STRAW INTO GOLD

N15

In a small but wonderful corner of Tottenham, you will find Filling the Gap N15 community café, which is turning edible surplus food into delicious, nutritious food, courtesy of UK charity, Fareshare (www.fareshare.org.uk). The founders of the café, two locals with young families, promise to buy all other food items as locally as possible and all of their packaging is biodegradable.

www.fillingthegapcafe.co.uk

FROM ROOT AND BLOOM

E8 E9

The Foragers, a group of hunters and gatherers led by George Fredenham and Gerald Waldeck, have branched out from their permanent residency at The Verulam Arms in St Albans, to pop up at both London Fields Brewery and The Dead Dolls House in Dalston. You can book a private event at London Fields Brewery and enjoy fresh seasonal food, foraged items and game from the countryside of Hertfordshire. Or why not head down to The Dead Dolls House from Wednesday through to Sunday to enjoy a Sunday roast, or a dish from the à la carte menu? From April 2013, the Foragers will be hosting various walks, tours and groups to teach you the practical skills of foraging yourself. In the meantime, find tips on how to forage safely in our article 'Going Wild in Stokeley': www.sustainweb.org/jelliedeel/articles/508/

www.the-foragers.com

BAKING FOR HEALTH

E8

Newly-opened Better Health Bakery is a charitable artisan sourdough bakery, based in Haggerston. The Bakery also offers trainee placements for adults recovering from mental ill health. They are due to open the shop in the new year, so you can buy bread direct from the Bakery or alternatively, find their loaves on the shelves at Unpackaged (also E8) on Richmond Road.

www.betterhealthbakery.wordpress.com

VOTE NOW

Love
your local
Sausage
competition



Together with London Farmers' Markets, we are launching our latest Love your local sausage competition to find the best banger in the Capital.

This year we're opening it up to independent butchers as well as traders at certified farmers' markets all around the capital. Our shortlist of London's best bangers is online, so get on there and vote, or even better, go out there and try these sausages to decide. Voting will run from 6 February – 18 March, with the winners announced in the next issue. While the sausage maker will get the glory, voters will be entered into a draw to receive a hamper of the winning product.

To vote, go to www.thejelliedeel.org for a list of participating producers, plus full details of the competition and the prize draw.

TO MARKET

Food markets around London

Herne Hill

Railton Road
Herne Hill
SE24 0JN
Every Sunday 10am – 4pm
weareccfm.com/HerneHill.html

Residents and local businesses alike come alive on Sundays at the Herne Hill Farmers' Market, where shoppers can indulge in local produce, as well as handmade crafts. In conjunction with local community group Herne Hill Forum this market – run by City and Country Farmers' Markets – aims to encourage small-scale production and local shopping to benefit local communities.

Anyone looking to do the weekly shop is spoilt for choice with the variety of fruit, vegetables, meat, seafood, baked goods, and even wine on offer. Eagerly snapped up by customers are the happy jumble of organic fruit and vegetables at Back to Eden's stall, which also stocks free-range meat and eggs. Seasonal fish and shellfish are on show at Gary's Fresh Fish, which come from the waters around Walton-on-the-Naze in Essex.

Bread lovers should get in early and make a beeline for Brick House Bread, which was recently bestowed the coveted title of 'The Londoners' Loaf' by *Jellied Eel* readers and the Real Bread Campaign. The signature Peckham Rye loaf and other slowly fermented sourdough breads are frequently sold out well before midday. A wider selection of organic, traditionally-produced savoury and sweet baked goods is available at The Old Post Office Bakery, while Cakehole London specialises in organic, Fairtrade and local-made speciality cakes and cupcakes.

For sustainable credentials, look no further than the Mother Bhumi food van, serving deliciously fragrant, deep-fried bhajis and pakoras – seasonal, organic, locally-grown vegetables, dipped in dairy-free batter, made from hand-ground gluten-free flour, are served with biodegradable trays and napkins. An equally exotic selection of hot food is available at

Mexican Street Food, with its spicy chicken, slow-cooked pork in ancho adobo chilli sauce, and smoky chipotle taco fillings.

And a welcome addition to the usual array of food-focused farmers' market stalls is Sedlescombe Vineyard, England's oldest organic and first biodynamic wine producer. Based in rural East Sussex, Roy and Irma Cook are considered one of the UK's true eco-pioneers and their 'First Release' dry white is a treat, with its tropical, citrus flavours, which they say perfectly complements seafood.

* Featured stallholder Cnwd

Michelin-starred alumni, Scott Davis, and his partner, Kirsty Manning, are the brains and brawn behind small gourmet food company, Cnwd (pronounced 'cuh-nood', rhymes with 'food'). After working at top restaurants in London and New York, Scott decided to come home to the Welsh countryside and set up his own food business. Specialising in smoked fish, pates and terrines, Cnwd's kitchen and smokery is located in scenic Carmarthenshire. Fresh, quality ingredients and delicious-tasting dishes are key, and all of Cnwd's suppliers are within 20 miles of the farmhouse kitchen. The company's classic pork and pistachio farmhouse terrines and chicken liver parfait are moreish and additive-free. For an occasional treat, Cnwd also specialise in seasonal smoked fish, including West Wales Sewin (sea trout), which are caught in limited numbers, only at certain times of the year, by the traditional method of coracle fishing, in the three main rivers of West Wales. Shop for Cnwd's products at www.cnwd.bigcartel.com or at various farmers' markets and shops in London.

By Johanna Ashby

WHAT'S IN season

FEBRUARY

Purple Sprouting Broccoli

A splendid vegetable, and versatile too. Try pan fried with red chilli, ginger and garlic, with a fine grating of orange zest to finish. Or serve the steamed spears with hollandaise sauce.



Blood Oranges

Gorge on this very special fruit while they are around. The season is all too short. They make a fantastic juice too – try blending the juice with ground almonds for the ultimate in decadent smoothies.

Also in season: cabbages, celeriac, Jerusalem artichoke, kale, leeks, parsnips, forced rhubarb, swede, pomegranate.

MARCH

Rhubarb

For daredevil cooks, try rustling up a rhubarb spaghetti – shred finely, then poach briefly in a spiced hot sugar syrup, taking care that the rhubarb retains some bite.

Also in season:

cabbages, kale, radicchio, radishes, wild garlic.

APRIL

Asparagus

The arrival of this delicacy is getting earlier each year, as cunning growers extend the season. Try frying chopped spears fast with mustard seeds, curry leaves and dried chillies, finishing with grated fresh coconut – an exotic idea from London chef Stevie Parle.



Also in season: asparagus, blood oranges, Jersey Royal potatoes, purple sprouting broccoli, radishes, rhubarb, rocket, watercress, wild garlic.

By Tom Moggach from City Leaf. His book, 'The Urban Kitchen Gardener: Growing and Cooking in the City' is published by Kyle Books. www.cityleaf.co.uk



Community-run food enterprises have grown in popularity in recent years, with communities setting up local bakeries, veg box schemes, farmers' markets, food growing schemes, village shops and micro-breweries. Two new reports from Sustain examine where small-scale food enterprises get money to start their businesses or invest in essential equipment and marketing, and also policy options for funders, food enterprises and the organisations that support them.

PDF reports can be downloaded at:
www.sustainweb.org/publications

Capital Growth 2013 training

Our new training calendar is available, with sessions covering:

- Urban Food Growing
- Growing Leaders
- Growing in Schools
- Grow to Sell



Visit www.capitalgrowth.org/training
 for a full list and dates

25% off for Jellied Eel readers
 (quote Jellied Eel 25)

REAL BREAD MAKER WEEK



Raising dough to do good!

Celebrate local Real Bread makers
 and support

Britain's only national

Real Bread charity

11-17 May 2013

NOW is the time to start planning how
 YOU will get involved!

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realbreadcampaign.org

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The Hunger Game

Anna Francis investigates London's role in the great global food gamble.

Food prices have been on the rise again, hitting the poorest hardest both in the UK and in poor countries. The price of maize rose 25 per cent in July 2012, pushing more of the world's poorest people into hunger. According to campaigning group World Development Movement (WDM) in the last six months of 2010 alone, more than 44 million people were driven into extreme poverty

as a result of these increasing prices. The UK is affected too, with shop-food prices rising by almost 40 per cent in the past seven years, according to the Office for National Statistics.

While there are a number of factors that contribute towards this hike, financial speculation on food has recently come under the spotlight, and London has a surprisingly large role to play. Christine Haigh, campaigner at WDM explains: "Banks and financial institutions, which include Barclays and the hedge fund Amajaro, both based in London, earn huge profits from betting on food prices in unregulated financial markets." WDM estimates that, since 2010, Barclays has made up to £700 million from betting, or speculating, on food prices.

These risky and secretive financial bets on food prices have exacerbated the effect of poor global harvests in recent years. WDM argues that volatility in food prices has made it harder for producers to plan what to grow, pushed up prices for British consumers and - in poorer countries - risked sparking civil unrest, like the food riots seen in Mexico and Haiti in 2008.

How did we get here?

'Futures contracts' have been used for hundreds of years, and were established to help farmers deal with the uncertainty of growing crops (such as unforeseen weather conditions). A futures contract means a farmer can sell his or her crops at a future date at a guaranteed price. But while these markets were originally developed for the benefit of those involved in producing food, over the past ten years they have changed almost beyond recognition, as aggressive lobbying by bankers led to deregulation.

This deregulation has meant futures contracts can be bought and sold by speculators who have no interest in the actual food being traded. Instead, by buying and selling the contracts they can profit from the prices changing over time - betting on the price of food. Since 1996, the share of the markets for basic foods like wheat held by speculators - who have no connection to food - has increased from 12 per cent to 61 per cent. And in the past five years, global financial speculation on food has nearly doubled, from \$65 billion to \$126 billion.

Speculation is not responsible for all food price increases - the system is very complex and is also affected by a



variety of supply and demand factors. But think-tank the Food Ethics Council prescribes the precautionary principle, and concludes 'rather than asking if speculation causes harm, we might ask whether it creates good'.

What next?

"For most of the twentieth century, there were limits on the involvement of speculators in the markets, and they functioned effectively," explains Christine. "The US has passed legislation to bring back these tried-and-tested rules, and it is time the EU followed suit. Unfortunately, the UK government has other ideas." WDM's call follows dramatic action by firms based in the capital, such as London hedge fund Armajaro. In 2010 this company bought a large part of the world's stock of cocoa beans, causing prices to jump to a 33-year high. The ensuing 150 per cent rise in cocoa prices forced many chocolate-makers to raise their prices, and often to use less cocoa.

Now, WDM is asking for help to put position limits on the commodity derivative markets. This will help prevent financial speculation distorting prices and contributing to future food crises.

.....
To encourage bankers to kick their gambling habit, WDM has launched a programme called 'Bankers Anonymous'. You can sign up to give bankers a helping hand at www.wdm.org.uk/bankersanonymous



Child's plates

The *Jellied Eel* magazine and the Ethical Eats network asked you to nominate your favourite places in the capital to eat out with kids. **Evie Saffron-Strands** took a trip to visit the winner.

Our latest competition asked Londoners to rate the quality of food offered on kids' menus, plus the ethics of the restaurant, service, venue and atmosphere. Ten places with the most public votes were shortlisted for scrutiny by a judging panel made up of Malcolm Clark from the Children's Food Campaign, Kelly Parsons from sustainable catering network Ethical Eats, and our own Editor, Ben Reynolds, who assessed the finalists for their commitment to healthy, nutritious meals for children, and their sustainability.

And the winner is...The Manor Arms
This family-friendly pub in Streatham came top for its imaginative kids' menu, with plenty of fruit and veg, restraint with seasonings, and for offering water and juice. Head chef Matthew Pepperell cooks a twice-daily changing good-value menu from scratch, including the bread. The winner also scored well on seasonal ingredients from local, smaller suppliers, on its recycling practices, and on community initiatives such as hosting baby and toddler groups.

Owner Richard Coltart is assisted by Justin Dumble, and both have young children, so know what is needed to make eating out a great experience. But they are 'always trying to be better' says Richard, adding that participating in the competition had made them think more about what they are offering. They already have a loyal band of parents to call on for feedback - 250 mums are signed up for weekly event updates. "If you don't listen to your customers, why should they

come," says Richard, adding that the open kitchen means 'there's nowhere to hide' - parents see the dishes being prepared and can quiz the chef. And this is just the latest award for the pub. The Manor Arms, which is less than two years old, is also proud of its Mumsnet Family-Friendly gold award 2012.

Runner-up - Rainforest Café

The judges were impressed by its imaginative, well-communicated menu, and the emphasis on organic produce and good veggie options. The majority of children's meals are accompanied with a portion of vegetables and customers can add their own seasoning. Dessert options include healthier items like fruit salad, and good old banana split (many of the other shortlisted menus offered only ice cream).

Another piece of good practice that other eateries could do well to follow was from shortlisted restaurant Brasserie Blanc's three-part kids menu, split into age groups - babies, under eight, and over eight - in recognition that not all children want to eat the same things. Over eights are able to choose half-adult portions, which the judges thought was a great way to break away from the stereotypical kids menu offerings.

Generally, judges felt fruit and veg should be given more prominence on kids menus, and labelling of healthier options - something the chain restaurants are taking up under the government's 'Responsibility Deal' - should be used too. "Eating out is a fun treat for children, but it doesn't necessarily have to be an unhealthy one," says judge Malcolm Clark. "It's the little things that restaurants can easily do to help parents which can really make a difference. They can include portions of vegetables as standard, ensure that fruit-based desserts and natural, no-sugar-added drinks are clearly-labelled options on kids menus, and minimise the amount of fried products on offer. But we'd like to see more restaurants follow the good example of our winner, by putting good value, nutritious children's meals at the heart of their business."

.....
www.themanorarms.com
www.rainforestcafe.co.uk

Read Evie's food blog at
www.saffron-strands.blogspot.com

Don't STOP us now!

In the glorious year 2012, with the world's gaze on London, the ambitious Capital Growth campaign literally made the capital a shade greener, inspiring cities around the world to follow suit. But with this big idea now in the bag, what's next for our city's fare? **Jess Halliday** looks at some fabulous food schemes which should be added to London's menu.

The clock started ticking the moment Boris Johnson uprooted a carrot and waved it for the cameras on the morning of 4 November, 2008. Four years and a lot of nifty spade work later, London's done it! Two-thousand-and-twelve new sites across the capital are pushing up bushel-loads of broccoli and beans, carts full of carrots and cabbages, and tatties by the tonne – to name just a few of the edible triumphs of Capital Growth.

The programme has also helped foster a culture of exchange and inspiration to other cities around the world that are seeking recognition for their green efforts, including Vancouver in Canada, which also has targets for food-growing spaces.

Brent Mansfield, chair of the Vancouver Food Policy Council, says: "The mutual inspiration that happens between cities is an important part in the diffusion of innovative approaches to food in cities and beyond. Vancouver is set to pass its own Food Strategy in the beginning of 2013, and hopefully can continue to be inspired by and inspire London."

While there is an abundance of good food ideas, however, Mayors around the world do not have the same powers to turn them into long-term programmes that

can transform the food system. Unlike the Mayor of New York, for example, London's Boris Johnson does not have the regulatory authority to ban super-size sugary drinks.

Even so, Claire Pritchard, director of the Greenwich Co-operative Development Agency and member of the London Food Board, believes that there's still a great deal Boris Johnson can do with his portfolio of responsibilities. "He's got the London Plan and the Greater London Authority family (of organisations), and the London Health Improvement Board, and they do have quite a lot of influence," she says. "He also has the budget of the GLA."

Now is the time to set some new food targets for 2013 and beyond. So here's our list of 'new year's food resolutions' for Boris to get behind.

Meat-free days

The Belgian town of Ghent introduced meat-free Thursdays in schools and government offices in 2009, and restaurants must have a vegetarian option on the menu. If 8.3 million Londoners took the collective choice to chow on falafel instead of burgers just one day a week it would lighten the carbon footprint of the food system considerably. The initiative could bolt-on to existing sustainable public food schemes: eight London boroughs are already signed up to the Food for Life catering mark, and the Greater London Authority has Fairtrade and Sustainable Fish status for all food served in its offices and institutions.



Free school meals for all

The Swedish City of Malmo provides free school meals for all, taking the stigma out of getting a free lunch. At a cost to the taxpayer of around £2 a meal, there's always a choice of a meat-based or vegetarian main prepared by chefs in centralised kitchens for all schools in the city. Side dishes like pasta and potatoes, and a salad bar, are prepared in schools' own kitchens.

Preparing free school meals all over London would mean improving school kitchen facilities, but with the support of national government Boris could ensure every kid – including pupils at Academies – can eat a healthy and sustainable meal at midday, with no shame attached.

Water, water, everywhere...

Despite jokingly offering refuge to disgruntled New Yorkers from Mayor Bloomberg's ban on super-sized sugary drinks, Boris has proclaimed that where New York leads in tackling obesity, London is not far behind. Bloomberg's London counterpart does not have the regulatory power to ban any food or drink outright, but he could improve Londoner's drinking habits by ensuring there are free, functioning, water fountains all over the city. Free water is the norm in Rome; and the city of Chicago, as well as repairing broken fountains across town, now allows travellers to empty reusable bottles before security and re-fill them after the X-ray machines.



Keep growing!

Rest assured there is no plan to let Capital Growth sites shrink back into the urban jungle; through 2013 Sustain will encourage volunteering and boost sustainability and productivity. But Boris could also flex his planning powers to establish even more growing spaces in London, by borrowing Brighton's idea for a Planning Advisory Note that requires growing spaces to be part of every new building development in the city.

And why stop at vegetables? The municipal authorities of Berlin are planning to bring aquaculture into the city, in transport containers re-fitted with tanks of tilapia fish, whose waste is used to fertilise tomatoes on the roofs. These neat and self-contained systems can be installed on roofs, in car parks, or on otherwise unused land, to produce a complete meal of sustainable, city-grown food.

From takeaways to TFL

London has over 8000 fast food takeaways – that's more than one per 1000 Londoners. Last November the Mayor gave his support to the Takeaways Toolkit, a set of guidelines to help London boroughs restrict the proliferation of takeaways, especially around schools and playgrounds, and encourage healthier menus.

Even so, the cafés fry their way through thousands of litres of cooking oil a year – oil that Boris, as the strategic head of Transport for London, could put to good environmental use. Running buses on vegetable oil has been done by operators in Cambridge and Kilmarnock, and some London mini-cab firms. Wouldn't it be something to see all London buses running on recycled sunflower oil, too?

Bringing *the beans* back home

A new company in East Anglia is reintroducing us to the fabulous fava; a nutritious home grown bean which fell out of fashion but is about to fall right back in again. By Kirsten Foster.

A few minutes' walk from my North London home I can buy both 'local' fresh broad bean salad from an organic farmers' market, and cans of imported 'foul medames' – a Middle Eastern fava bean dish, from a Turkish supermarket. You'd think these products couldn't be further apart. Yet the raw ingredients could have been grown within a few miles of each other.

England is a massive producer of 'fava' beans, but most people don't know this, or realise that the exotic-sounding fava is in fact the humble broad bean, left on the stalk to dry naturally. If you've ever been walking through arable country at harvest time you'll probably have seen them – stunning fields of black, wizened pods. We grow acres of the stuff – half a million tons each year – yet almost no one in this country eats them. So where do they all go?

The case of the disappearing bean was noticed by a trio of sustainable food campaigners in East Anglia. Forager Nick Saltmarsh, ex-farmer William Hudson and veg co-op manager Josiah Meldrum were working with a local NGO on sustainable food projects, when they realised they were surrounded by this cheap, nutritious and plentiful food crop, which none of the locals were eating.

"Some favas are sold as livestock feed here in the UK, but most are sent abroad to satisfy huge demand for them in places like Egypt and Lebanon," explains Nick Saltmarsh. "Some then make the circuitous

journey all the way back, reimported as Middle-Eastern brand canned foul medames." Nick and his pals wanted to put the fava back on our tables, so they founded Hodmedod's – a company that's getting Britons to fall back in love with our original bean.

"We've been cultivating fava beans in this country since the Iron Age," says

Nick. "It was probably one of the first agricultural crops in Britain. They're easy to grow, the dried beans keep forever and they contain a massive 30 per cent protein – they would have been the major source of protein before we got the hang of animal husbandry." And they continued to be so for the poor who couldn't put meat or dairy on the table.

That was probably the fava's downfall. Stigmatised as peasant food, they fell out of favour and were eclipsed by trendy new beans from the New World, 500 years ago.

Our love of the haricot and the kidney means most of our legumes are imported, while tons of wonderful, nutritious homegrown beans are sent abroad.

The Hodmedod crew had no idea how people would react to this long-forgotten bean. "We bought a couple of tonnes of split beans and did a trial with local consumers, putting feedback postcards in the packs of beans," Nick recalls. "We had amazing results – over 80 per cent of the people who returned their cards said they would buy them again. It's because these beans are just so easy and so versatile – they take just 20 minutes to cook – and there are so many wonderful dishes from around the Mediterranean that use them."

As well as adding the beans to thicken soups and stews, and making Egyptian falafels, Moroccan besarra, or Indian vaal dal, some early adopters of Hodmedod's favas got really inventive, combining the beans with quince, elderflower or rhubarb for healthy desserts. Buoyed by this initial success, the Hodmedod's crew bought more beans, created evocative packaging with local illustrator Carol Kearns, and came up with the rustic, nostalgic-sounding name Hodmedod's. The dialect word hodmedod means hedgehog in Norfolk and snail in Suffolk and, like the beans, is a forgotten part of East Anglia's heritage. It's also an excuse to have a cute hedgehog logo!



For London stockists see
www.hodmedods.co.uk

Put your money where your mouth is

Did you boycott Starbucks over its tax avoidance? Have you been part of a cash mob? Read on, because there are lots of new ways for shoppers to vote with their purses and support good food in the capital. **Anna Sbuttoni** reports.

Not as dangerous as it sounds, a cash mob is a force for good. Think flash mobs, but with cash to spend at local businesses. The concept has been championed by Karen Mercer, who runs My Coffee Stop at Enfield Chase station and has pioneered her Shock Cash Mobs after being inspired by similar happenings in the US. She organised a cash mob in The Village Wholefood Store, in Forty Hill, at the end of last year, in which ten people descended on the shop, each with £10 to spend. The shop keeper doesn't know that they are going to be mobbed and the shoppers are only told where they are going just before.

"I have now organised ten Shock Cash Mobs in the run up to Christmas to divert some of the cash that would normally be spent in chain stores into independent retailer pockets instead," says Mercer. "Well over £1,000 has been injected into our local community, as a result of these events."

Show your loyalty

You could also play the supermarkets at their own game, by signing up to a loyalty card for businesses in your local area. The Wedge card scheme, which aims to promote and protect

local trade, is piloting a new card in Kensington & Chelsea this year, and it operates across London, with 1,300 businesses signed up. The scheme originally launched several years ago, but is being revamped after partnering with a technology company so that both businesses and consumers can track card usage.

Spend locally

Wish you could print your own money? Well, that's what the Brixton community has been up to in one of the most innovative ways to support local, independent businesses. The scheme, which helps keep money in the south London community, was extended at the end of last year so that Lambeth Council employees can now sign up to receive a portion of their salary in Brixton pounds – and anyone who joins receives an extra 10 per cent on the proportion of salary they put into their Brixton pound account. The local currency, which is like-for-like with sterling, is accepted in more than 200 businesses in the area.

Consider crowdfunding

Want to support a fledgling food business? Go one step further and try crowdfunding, a contemporary way of raising funds by bypassing the banks and getting money invested from the public online, in an idea that they believe in. It's a system traditionally used by film makers, authors and artists, but it's making its mark on the London food scene. A number of start-up projects have been funded in this way, including the opening of supper club-turned-restaurant The Clove Club in part of Shoreditch Town Hall. The founders, one half of the Young Turks collective Isaac McHale, Daniel Willis and Johnny Smith, raised £250,000 in this way, ready for the launch of their restaurant in February. If you're interested, food and drink crowdfunding specialist Raisedough has more than 19,000 like-minded registered investors waiting to see investment pitches.

For a longer version of this article see – www.thejelliedeel.org



Photo: Anna-Maria Sbuttoni

TOASTING LONDON WITH...

Sophi Tranchell



In a regular series, we ask those in the capital's food scene what they love about it. This issue we talk to the managing director of Fairtrade chocolate company, Divine.

Tower Bridge-based Divine Chocolate was the first ever farmer-owned Fairtrade chocolate company, with the Ghanaian farmers who supply its cocoa holding a 45 per cent stake. Sophi joined the company as its first managing director in 1998, and has since been awarded an MBE for services to the food industry. She led the campaign to make London a Fairtrade city, which was achieved in October 2008, and now sits on the London Food Board, advising the Mayor on the capital's food policies.

Your earliest/oldest London food memory?

Going to Marine Ices in Chalk Farm. We used to go there when I was around twelve or thirteen, for birthdays – for a knickerbocker glory with amazing amounts of ice cream. Now my nephew, who is about to turn ten, will go there for his birthday.

The best meal you've ever eaten in the capital?

During Chocolate Week we form lots of exciting foodie partnerships, which are always memorable. In 2011 there were cocktails using Divine chocolate at the Sanderson Hotel – the kind of place I'd never have got to otherwise. In 2012 we worked with the Grand Imperial Chinese restaurant in Victoria. They served sweet dim sum with a chocolate twist, and a glass of champagne. A real flavour experience.

Your favourite food shop?

I live in Lewisham and love Gennaro's Italian deli. It is a family business and has great quality ingredients, like olives, cured meats, pasta, and good service. I also really like El's Kitchen, where I go to buy locally-baked bread on a Saturday morning.

Your top tip for anyone looking to eat out ethically and sustainably in London?

I really like the idea of eating at restaurants that train people, like Fifteen and Hoxton Apprentice (which sadly closed in December 2012). My favourite is Waterhouse. They use good, seasonal ingredients to make yummy food in a nice environment, and at the same time train people to work in the catering industry, and support them when they've left. My worry about these kinds of models is that trainees can end up a bit lost afterwards, but at Waterhouse they work with them for six months after leaving, which I feel is extremely important.

If there was one thing you could change about food or eating in London, what would it be?

I really miss proper shops dedicated to particular produce, like butchers and bakers, and a fishmonger who tells you

what's good and how to cook it. Otherwise you just end up buying the same old things because you don't know what to do with new ones. I was brought up in Hammersmith and we had a local fishmonger stall round the corner who always gave great advice. Supermarkets have really taken the soul out of shopping – apart from when they are selling Divine chocolate of course!

What do you think could be the next big trend or issue in terms of sustainable food in London?

I've become very aware recently of the issue of people struggling financially to afford good nutritious food – I'm hearing about it more and more in meetings, and reading about it in the papers. Along with the implications for obesity and other diet-related health problems, it is particularly worrying that there are children unable to concentrate and learn at school because of their poor diet. It would be great if the Capital Growth project, which encourages food growing in community spaces, could be scaled up so that local people could buy affordable fresh produce in their neighbourhood. And I like the idea of using our roofs more, not just for growing, but for bees, and for having parties.

By Kelly Parsons

Divine's products, including a range of ethical Easter eggs, are available from many London retailers and cafés and at www.divinechocolate.com



The Cookery School

The *Jellied Eel* wishes The Cookery School, on Little Portland Street, a Happy Anniversary, as the School celebrates ten years of delicious no-frills cooking.

The Cookery School prides itself on having a down-to-earth attitude to cooking: simple recipes and good ingredients, combined with a practical, hands-on teaching approach. It aims to cater for people of all cooking abilities and all walks of life who are looking to improve their cooking skills, be they students, young professionals, new mums or qualified chefs. With two professional kitchens, a high teacher-student ratio and the vast majority of food local and organic, the School refuses to cut culinary corners. And being awarded a three-star rating with the Sustainable Restaurant Association in March last year was the icing on the cake!

The School says its mission is to ensure students leave with the confidence and transferable skills to follow any simple recipe. Founder Rosalind Rathouse, a professional cook with over forty years' teaching experience, passionately believes that there's nothing so difficult in cooking that it can't be taught. There is a range of classes and events, from world cuisine; winter favourites such as All Manner of Pies, Hearty Winter Stews and Roasts; Chocolate Making; and Boutique Wedding Cakes. With corporate cookery, private cookery parties, chef training and the launch of a new six-week Cooks' Certificate Course, it's all happening on Little Portland Street...

By Kathryn Quin

Are you a shop, restaurant, café, trader or community centre with sustainable food at its heart that wants to help us in spreading the word around London?

Then get in touch with thejelliedeel@sustainweb.org about stocking the *Jellied Eel*.



Sustainable dining at Friends House

Quakers seek to actively embrace their beliefs and express them through their actions, essentially 'living what we believe'. As a Quaker concern we are committed to putting this into action in our working practices, and offer two great catering outlets within Friends House (the historic central offices of Quakers in Britain) offering food and drink that is both of high quality and honestly priced.



Quaker Centre Café

- Organic & Fairtrade tea, coffee, and hot chocolate;
- soft drinks including Chegworth Valley Juices, Ubuntu Cola, One Water, Luscombe, Whole Earth, RDA, Promavel;
- freshly prepared sandwiches, paninis, and salad bar;
- fresh cakes & pastries (including vegan/gluten, free-range);
- healthy breakfast options until 10:30am daily;
- lighter option homemade vegetarian meals including soup of the day, jacket potatoes and meal of the day from 12:00 Noon;
- large range of snack items including locally sourced products.

Monday to Thursday: 8:00am – 8:00pm, Friday: 8:00am – 6:30pm
Saturday: 9:00am – 4:00pm



Friends House Restaurant

A great value, lunchtime venue offering freshly prepared food using quality ingredients from sustainable sources.

- Main meals from a daily changing menu from £6.30 (fish, vegetarian and vegan option available daily);
- vegetarian Soup of the Day;
- salad bar;
- hot & cold desserts, organic ice cream;
- regular restaurant highlights include our Meat Free Monday menu and MSC Fish Shop Friday menu.

Monday to Friday: 12:00pm – 2:00pm



For café events, our daily restaurant menu, promotions and updates, like us on Facebook
www.facebook.com/quakercentrefcafe or www.facebook.com/friendshouserestaurant



www.friendshouse.co.uk

173-177 Euston Road, London, NW1 2BJ

Friends House



Capital Growth has reached its target of creating 2,012 growing spaces across London, turning the equivalent of 69 Wembley football pitches of disused land into sources of fruit and vegetables for local communities. **Anna Sbuttoni** reports on the 2012th space.

It used to be a disused courtyard of a hospital in west London, but the St Charles Centre for Health and Wellbeing became the 2012th Capital Growth space at the end of last year. The project will engage a range of community groups to grow their own food, including youth groups, Age UK and local organisations like the Delgarno Neighbourhood Trust, as well as hospital staff.

Alexandra Chalemange, a grower at the space, was thrilled that their community kitchen garden had been named Capital Growth's 2012th site. "The award and materials we've won will go a long way to enabling us to



Garden army grows to 100,000

deliver food-growing activities that improve users self sufficiency, health and wellbeing."

The initiative received ten trees from Gardening Express and self-assembly raised beds from Woodbloxx, as well as Bulldog tools and other prizes to get them growing in 2013. Rosie Boycott, who opened the 2012th space,

said: "There are some truly inspiring stories of communities coming together to green their local spaces reaping a wide range of dividends, not least cheaper, healthier food. Capital Growth has played a major role in reviving urban gardening in London, placing us in the top rank of cities who are seeking to reconnect with the pleasures of food growing."

In fact, nearly 100,000 Londoners have rolled up their sleeves to help create this legacy, which has seen at least one growing space created in every borough. The biggest response has come from schools, with 687 schools signed up, involving 66,000 pupils. Sarah Williams, part of the Capital Growth team, said: "Capital Growth has been able to help so many amazing and inspiring people, across London and from every walk of life, but it is the people running the projects that have made the real difference."

London Mayor Boris Johnson added: "I am proud that we have reached this ambitious target to create 2012 edible gardens across London, bringing communities together in a common goal. Vibrant Capital Growth spaces have sprouted up in formerly derelict corners of our city, delivering a range of social and environmental benefits for the local communities."

Growing Calendar

FEBRUARY

Sow chillies from this month, providing you can offer them somewhere warm (at least a constant 20°C) to start them off. A heated propagator is ideal or try an airing cupboard. Once germinated, grow them in a bright steady light to prevent them from going 'leggy'.

Jot down a planting plan for the months ahead before the growing seasons gets busy, and time becomes ever more scarce.

MARCH

You can start off a wide range of crops. In a warm spot indoors, get tomatoes underway. Cooler options include coriander, lettuce, spinach,

early carrots, early peas, broad beans, radishes and other salad leaves. Chit your potatoes for planting our later.

Have a blitz on slugs and snails – round them up before they start to multiply.

APRIL

Start off your first batch of courgettes, squashes and other cucurbits towards the end of the month, once the weather starts to warm up. Sow into small pots for planting out later.

By Tom Moggach from City Leaf. City Leaf provides expert food growing training to groups and schools. Call 020 74853958 or email info@cityleaf.co.uk www.cityleaf.co.uk

The network will continue to expand this year, so for more information on how to get involved visit www.capitalgrowth.org

THE EEL LOVES...



Crystal Palace

One thing that makes Crystal Palace so unique is the fact that its high street is a triangle; three short streets, flanked by a pub or two on each corner. At the weekend people 'triangulate' their way around, visiting their favourite foodie haunts. Local resident **Rachel de Thample** offers a taster of what the area has to offer.

Bambino

32 Church Road, SE19 2ET

Retreat to this gem of a vintage shop (made famous for dressing Kate Moss) for what is arguably the best coffee in London. The amazing fairly-traded brews – carefully chosen by season and roasted at Extract Coffee Roasters – are 'hand-pulled' by Anto West and his missus Fiona on a restored Vintage 1964 Italcreme 'spring lever' that he bought to prevent it from being scrapped. As you sip your perfect cup, nibble toast with jams made with South London fruit, and make sure you check out Anto's coffee plants, which he has growing in coffee cups. Open Thurs-Sunday.

www.bambinocoffee.wordpress.com



Casa Cuba

99 Church Road, SE19 2PR

This authentic Cuban café has a homely atmosphere and owners Sandra and Miguel Gibson offer a warm welcome. On cold days you can tuck into a handmade terracotta bowl of soup, made to the owner's much-loved family recipes. In the evening, cool down with Cuban-style cocktails made with fruits and herbs from local gardens.

www.casacuba.co.uk



Antenna's Café Thing

Bowyers Yard, SE19 3AN

Nip inside this small, stylish café, tucked at the bottom of Antenna Studios, for an organic fresh juice, and have a peek at their Patio Garden, where they're growing things for the café. In the evenings, it plays host to intimate concerts, poetry nights, African storytelling and more.

www.antennastudios.co.uk/cafe-thing

The Grape & Grain

2 Anerley Hill, SE19 2AA

Regulars pile in to sample from this CAMRA pub's huge menu of fine British ales, including city brews London Glider Cider and London Fields Brewery's Lambeth Walk. If you can't decide, they offer a taster of three beers – each 1/3 of a pint. Outside the pub is the Tippy Garden where they grow Pimm's garnishes (strawberries, mint and cucumbers) in planters made from spent casks, alongside apples, hops and grapes, all of which eventually make their way into punter's pints (or wine glasses).

www.thegrapeandgrainse19.co.uk

Edible Garden in Westow Park

Westow Park, SE19 2UE

Tucked away in a corner of the park is an Edible Garden where local food enthusiasts are growing herbs for local restaurants and fruits and veggies for anyone who helps at their regular Saturday gardening sessions from 11am-2pm. When the sun's out, The Secret Cafe also comes out to play. The portable café, by the children's play area, serves hot drinks in compostable cups, cakes made by locals, and Less Meat, More Veg burgers made with biodynamic beef from Laverstoke Park Farm and organic mushrooms.

www.thesecretcafe.co.uk

Blackbird Bakery

59 Westow Street, SE19 3RW

Sells a gorgeous selection of organic Real Bread loaves, mouth-watering cakes and local honey. It also started saving the grounds from the organic coffee as part of the Ground to Ground campaign (see Bulletin).

www.blackbirdbakerylondon.co.uk

Good Taste Food & Drink

28 Westow Hill, SE19 1RX

When owner Manish Utton-Mishra opened his deli less than two years ago, he quickly became a local hero. He offers a beautiful selection of mostly-British cheeses, handcrafted beers, really interesting wines from small producers and carefully chosen charcuterie (including lots of Trealy Farm treats), and also dishes out the stories behind the products. On Friday and Saturday evenings (till 10pm), the shop turns into a cheese/wine bar, where you can sample what they sell.

www.goodtaste-fd.co.uk

The Alma

95 Church Road, SE19 2TA

Wild and organic meats and sustainable fish pull conscientious carnivores into this newly refurbished pub. They serve a mean Sunday lunch, with heaps of seasonal veg and massive Yorkshire puds. Vegetarians are also well-catered for.

www.thealmapub.com

Featured member

Made in Hackney believes everyone should have access to nutritious locally-grown food that's good for people and the planet. To play its part in making this conviction a reality in London, the project has recently built a brand new community kitchen in the basement of Stoke Newington health food shop and *Jellied Eel* stockist, Food for All.

The project, funded by the Big Lottery, has set about getting the local Stoke Newington community involved in the kitchen through two sets of courses. Bi-weekly workshops, open to all and asking only for donations, provide hands-on taster sessions in a broad range of healthy and sustainable food pursuits. For a longer immersion in the issues, charities and community groups are invited to take part in six-week courses such as 'Harvest to Jar' and 'Forage to Fork'. One of the first groups to get their hands messy has been a group of young carers.



The sessions aren't confined to the kitchen either. Each of the six-week courses begins outside, making the link to where the ingredients start out, in the orchard, on the veg patch and even in the hedgerows.

The kitchen is a welcome addition

to a flourishing local food scene in Hackney, with the organic fruit and veg used coming from the nearby Growing Communities box scheme. You can find out more about the kitchen by visiting www.madeinhackney.org or by dropping into Food for All to say hello.

London Food Link

Join us!

Love the Jellied Eel?

Join London Food Link and have a copy delivered to your door every quarter. London Food Link is a network of organisations and individuals: farmers and food writers, caterers and community food projects, restaurants and reviewers. We work on increasing the availability of sustainable food in London through training, advice and campaigning. The *Jellied Eel* is a free magazine we publish to raise awareness of ethical food issues in London and London's growing local and sustainable food movement. We are a charity.

Member benefits

- * get our magazine the *Jellied Eel* with London news and articles delivered to your door
- * make useful London food contacts
- * find out what's going on around London with our regular email updates including local food news and funding info
- * invites and discounted entry to our regular London Food Link soirées and affiliated training/events – great for networking and accessing expertise

How to join

Go to www.sustainweb.org/londonfoodlink/membership to sign up online. Or complete this form and send it with a cheque made payable to 'Sustain', to 94 White Lion Street, London N1 9PF.

To find out more go to www.sustainweb.org/londonfoodlink or email ross@sustainweb.org.

Membership form London Food Link

Name _____

Business/organisation _____

Address _____

Postcode _____

Tel _____

Email _____

Your website/Facebook/Twitter address _____

Please write a brief summary of who you are/your interest in local food

☐ £25 – individuals, businesses and other organisations with an annual turnover below £75,000

☐ £50 – businesses and other organisations with an annual turnover of £73,000 - £250,000

☐ £75 – businesses and other organisations with an annual turnover of £250,000 - £1,000,000

☐ £110 – businesses and other organisations with an annual turnover of more than £1,000,000

Rate If the fee is not, for whatever reason, a fair reflection of your ability to pay membership, then please get in touch. For an annual discount of 10% please choose to pay by online annual subscription.

WHAT'S ON

Love Food Hate Waste event

Thursday 7 February, *Tottenham, N17*

Get top tips and advice about reducing food waste and saving money from food waste advisors at this event which runs from 10:30am to 3:30pm.

<http://england.lovefoodhatewaste.com/events>

Valentine's Day Cookies

Tuesday 12 February, *Brixton, SW9*

Join this evening class, hosted by Ms Cupcake, to learn the knack of baking and decorating themed sugar cookies for Valentine's Day - red velvet and jam-filled treats. The cookie dough is made in advance and all equipment is provided - so just turn up, roll out and get creative. The class runs from 7pm to 9pm. Tickets are £45.

www.mscupcake.co.uk/classes

Sourdough Baking 1 with Simon and David

Sunday 24 February, *Walthamstow, E17*

Learn the basics of making sourdough starters and sponges and experiment with a variety of different doughs. Take home your own handmade sourdough loaf, together with your own starter for future baking, recipes and plenty of handy new skills. The course runs from 11am to 4pm and costs £25. Booking is essential - email hornbeambakers@gmail.com (with the relevant course in the email subject).

www.hornbeam.org.uk/groups/the-hornbeam-bakers-collective

Spitalfields City Farm Potato Day

Sunday 24 February, *Tower Hamlets, E1*

Spitalfields City Farm is dedicating this day to the great British spud, providing good quality organic seed potatoes. The event, which runs from 12 noon to 3pm, also provides an opportunity for people to chat about warmer times and the new growing season. You'll find soup and bread and tortilla around the fire too.

www.spitalfieldscityfarm.org

Fairtrade Fortnight

Monday 25 February - Sunday 10 March 2013

Look out for various London events promoting Fairtrade food, which helps farmers in poorer countries get a better price for their crop.

www.fairtrade.org.uk

Smoking Hot!

Saturday 9 March, *Hackney, E2*

This food smoking course provides an introduction to the technique, and will be held indoors and outdoors, with practical experience of food preparation and smoking. It will run from 10am to 5pm and costs £60. Fish, cheese and eggs are provided for smoking, to be taken home or sampled at the venue.

www.lowimpact.org/hackney_course_outline_food_smoking.htm

The Big Dig

16 - 22 March, *London-wide*

Over 50 community gardens are encouraging new volunteers to come down and get stuck in to help kick start the new growing season. Find your local space here: www.bigdig.org.uk

Burger Making

Monday 25 March, *Islington, EC1V*

This after-school cookery club gives the opportunity for 9 - 16 year olds to make their own burgers! The club runs from 4pm to 6pm and costs £15. Have fun while learning how to make your own burger from scratch - burger buns, yummy coleslaw and burger sauce. Remember to bring your own containers to take the food home with you.

www.centralstreet.org/calendar.php

Crews Hill Market

Sundays, *Browns Garden Centre, Crews Hill, Enfield, EN2*

Check out this brand new farmers' market on Sundays from 11am to 3pm. On offer is face painting, cookie decorating, fruit and veg, as well as the best street food.

Real Street Food Festival

29 March - 1 April, *the Queen's Walk, by Hungerford Bridge, SE1*

The start of a regular event for vendors taking well made, affordable, fresh, and truly exciting food to the streets.

www.realfoodfestival.co.uk

Cultivating Edible Mushrooms

Saturday 6 April, *Hackney, E2*

Head on down to Hackney City Farm from 10am to 5pm for this extensive mushroom cultivation course. You will learn the processes involved in cultivating edible mushrooms at home, as soon as you have all the necessary components - and a bit of space under the stairs, in a basement or a loft. The cost is £60 and you can book online at: www.lowimpact.org/hackney_course_outline_mushrooms.html

'Road Food' at Portobello Market

Friday, 19 April, *Portobello Road*

The Royal Borough of Kensington & Chelsea is launching a monthly 'Road Food' programme, a series of demonstration cookery sessions and free sample tasting.

www.rbkc.gov.uk/streetmarkets

The London Coffee Festival

25 - 28 April, *Old Truman Brewery, Brick Lane, E1*

Enjoy live music, demos and entertainment while sampling top teas and coffees. Tickets cost £9.50 when purchased online and £12.50 on the door.

www.londoncoffeefestival.com

Real Food Festival

3-6 May *Southbank Centre site, Belvedere Road and Queens Walk, SE1*

The Real Food Festival celebrates the very best, passion-driven, sustainably and ethically-produced food. Feast on delights such as hand-made chocolates and artisan cheeses.

Free to attend: www.realfoodfestival.co.uk



www.caldesi.com

La Cucina Caldesi cookery school is the only Italian cookery school in central London.

Come and learn a new skill, do something different... The cookery school is a celebration of dishes from every Italian region.



At La Cucina Caldesi you'll find a warm welcome even if you don't know your spaghetti from your spatula, because we cater for all levels of skill, and teach children as well as adults.

Cooking and wine tasting is taught by visiting celebrity chefs, food writers & wine experts as well as by our own experienced staff.

Tailor made cookery classes are always popular for corporate group events, birthday celebrations, hen and stag days, and private dining. La Cucina Caldesi is also available for private hire, perfect for press, promotional and PR foodie events.

118 Marylebone Lane, London W1U 2QF
t: **020 7487 0750**



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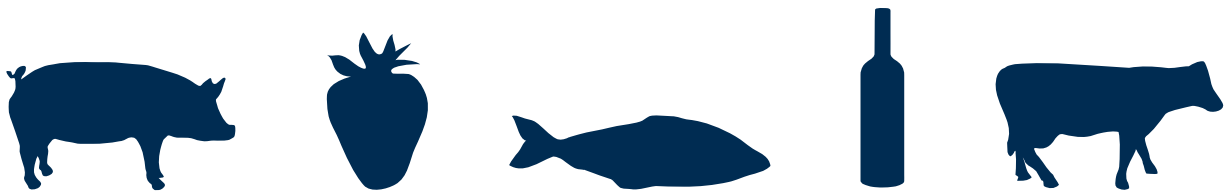
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