

The **JELLIED EEL**

London's magazine for ethical eating

Urban Food Frenzy

- * Urban Food Fortnight
- * Chef Supported Agriculture
- * Community Souperheroes



This issue
sponsored by



LONDON
FARMERS
MARKETS

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

Walthamstow Farmers Market
10th Anniversary Market
Sunday 10th September
10am-3pm

Live music, local beer, local food, Punch and Judy,
cake to share and much more

Teddington Farmers Market
OPENING DAY
Sunday 10th September
10am-2pm

Turing House School, Queens Rd TW11

Cheese Street N1 10am-3pm
Islington Farmers Market
24th September & 1st October

A festival of all things cheese. London and regional
cheese makers, cheese tastings, cheese talks, cheese
street food, cheese rolling, cheese angels, live music,
and more.

Autumn Farmers
Market Competition

Post your favourite Autumn London Farmers Market picture
on Instagram and Twitter and we'll pick our favourite to win
£50 market vouchers. Tag us #LondonFarmersAutumn
@LondonFarmers between 1st Oct and 1st Nov.

Find your local market and much more info here; www.lfm.org.uk
London Farmers Markets We Grow It We Sell It 020 7833 0338 @LondonFarmers

Join us today

Grow, make, teach, peddle or simply enjoy
good food in the capital?

Annual support starts from £23 a year
(less than £2 a month) and you receive
The Jellied Eel subscription, discounts and
more great benefits in return.

Find full details of how and why to support
our work and be part of London's good
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Our platform empowers our producers
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SUTTON
COMMUNITY
FARM



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Photo by Miles Willis



p8



p12

Photo by Miles Willis



p20

Photo by Miles Willis

Join us today!

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The Jellied Eel is the quarterly magazine of London Food Link, part of the food and farming charity Sustain. Find out more, including how to join to help sustain us at londonfoodlink.org. Editorial content is independent of advertising, and while we are careful when selecting features and accepting advertisements, inclusion does not imply an endorsement.

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Cover photo: portrait of Alok Shah taken for The 'Eel by Miles Willis mileswillis.co.uk

For all queries (advertising, sponsorship, stocking, editorial and whatnot) please email us: thejelliedeel@sustainweb.org

At the mo, we rely on voluntary writers, photographers, illustrators to make the 'Eel swim. If you'd like to showcase your work to more than 40,000 lovers of good food from London's local larder, please get in touch!

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Well, thanks to the help of our many generous pledgers, reward donors and everyone who helped spread the word, we beat our Electrify The 'Eel crowdfunding target, eventually raising £5311 online, with the final total reaching £8956.

We're excited that we can now get going on with our plans to take The 'Eel into the future. This includes making the magazine simpler to produce and distribute, while keeping it free from unethical advertisers.

As you'll read in not many pages' time, we're also launching the **Urban Food Heroes Award**. This will feed into the forthcoming **London Food Link map** of the capital's good food producers and purveyors, making it easier for them to connect with each other and for you to find the best of London's local larder

We'll also be creating a **new programme** to support, mentor and create networking opportunities for people involved in local good food projects and enterprises. And that's not to mention a new online thingy (I don't want to use the word platform) to at last shunt into the 21st Century the ways we can celebrate them.

Of course, while we're adding all that to what we do year-round as the voice for good food in London, September sees the annual **Urban Food Fortnight**, when we shout even more loudly than usual. So join us to saddle up and get ready to go hoarse.

Chris Editor

 @jelliedeelmag
@londonfoodlink
@capital_growth



Caught with a mushroom, looking rough, by Miles Willis



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



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OFF THE SHELF

Good food news
from the capital

**Compiled by
Suzy East, Tania
Han and Chris
Young**

Parents' Jury



The Children's Food Campaign is inviting parents of 2-17 year olds to have a say on the food available and promoted in schools, shops, on the high street and beyond. They want to hear from people from a broad range of backgrounds and areas, with a wide spectrum of views and experiences.
www.parentsjury.net

Free Microgreens

Salad start-up Silly Greens is offering grow-at-home, seasonal microgreen kits to up to 200 paid-up LFL supporters.

We'll email the code to existing supporters and to everyone who joins LFL while stocks last and the first 200 to apply will receive a tray each, RRP £4.

It'll then drop through your letterbox and all you need to do is tear off the lid, water and wait - scissors in hand - for your harvest.

www.sillygreens.com

Too Good To Throw



Too Good to Go is an app on a mission to divert surplus food to be sold at a discounted price and collected before an eatery closes its breakfast, lunch or dinner service.
www.toogoodtogo.co.uk

Good Food for London and Beyond the Food Bank 2017

This autumn, LFL publishes this year's Good Food for London and Beyond the Food Bank reports. Together they will provide an update on London boroughs' progress in ensuring all Londoners have access to good and sustainable food. Sign up for the Electric Eel newsletter for publication announcement.
www.londonfoodlink.org

Find your FEAT

Developed by CEDAR and the MRC Epidemiology Unit at the University of Cambridge, the Food Environment Assessment Tool is designed for professionals in public health, environmental health and planning roles. It allows detailed exploration of the geography of food retail access.
www.feat-tool.org.uk

Your news

Send your *good* food news to us and it may appear here, in our monthly newsletter, or our social media channels:
thejelliedeel@sustainweb.org

Winter

Capital Growth's green-fingered guru **Julie Riehl** shares her top tips for the colder months.

Make your tomatoes blush: To ripen your last tomatoes in September, tidy your plants by limiting the number of truss of flowers to four per plant, and cut off any branches and leaves located in the bottom third of each plant.

Spill the beans: Sow your broad beans in October for overwintering plants and a sweet crop early spring next year. I love the always reliable Aquadulce variety.

Plant your bare-rooted fruit trees and bushes: From November onwards pick a dry day, dig a hole twice as wide as the plant's root, use mycorrhizal fungi on the root and plant your favourite fruits in.

Give your herbs a haircut: Woody Mediterranean herbs can benefit from a cut in November- December. Cut and shape your rosemary, sage, lavender and thyme. Keep and dry all cuttings for later use.

Squash it: Make the most of your winter squashes by slipping a slate under them to keep them off the soil, so they don't rot. You can leave the plants in the ground until the first frost. Then, harvest and enjoy!

Get your greens in: You can grow green all year round, just protect your crop with fleece and pick hardy varieties like pak choi, All Year Round lettuce and all mustard greens.

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

Photo by: Chris Young

AROUND TOWN

Compiled by Suzy East, Tania Han,
Kester Muller and Chris Young

LUMINARY BAKERY

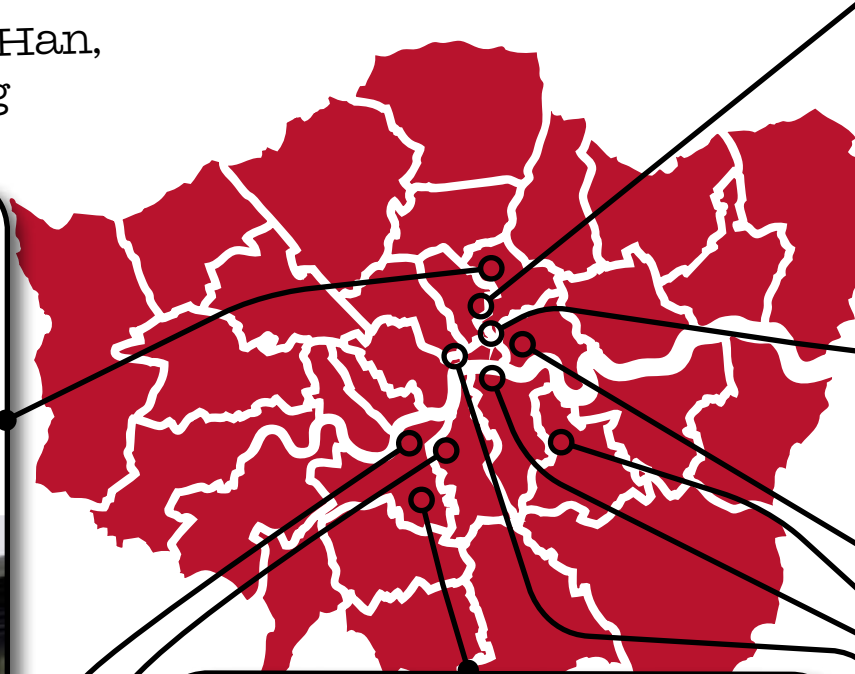
N16

Stoke Newington

This social enterprise bakery that provides opportunity to women who have faced social and economic disadvantage has opened a café in Stoke Newington. Baking masterclasses from GBBQ contestant and Ambassador Benjamina Ebuehi and afternoon teas are all available.

luminarybakery.com

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



Plot
THE BRITISH KITCHEN

PLOT SW17

Tooting

Offering a concise, seasonal menu of simple, modern dishes with some suppliers located just around the corner.

plotkitchen.com
[@plot_kitchen](https://twitter.com/plot_kitchen)



RANSOME'S DOCK FARMERS MARKET SW11

Ransome's Dock

The Gladstone brothers have partnered with London Farmers Markets to put on a weekly celebration of rural food in the city. Each Saturday visitors can speak to farmers and suppliers of seasonal produce.

lfm.org.uk/markets/ransomes-dock
[@londonfarmers](https://twitter.com/londonfarmers)



SMOKE AND SALT SW4

Brixton

After a series of successful popups and residencies around town, Smoke and Salt has put down roots in a shipping container at Pop Brixton. Its stylish menu revolves around smoked, cured, fermented and aged ingredients.

smokeandsalt.com
[@smokeandsaltldn](https://twitter.com/smokeandsaltldn)



TRAWLER TRASH

N1

Islington

The combination of seasonal menus, an open kitchen and sustainable, responsible produce has created a buzz of excitement around Trawler Trash this year. By using lesser-known British fish breeds to create traditional and modern dishes, they provide an alternative to the over-farmed staples we're so used to.

trawler-trash.com

[@trawlertrashN1](https://twitter.com/trawlertrashN1)



ESSENCE

EC2A

Shoreditch

The brainchild of US chef Matthew Kenney, this meat-and-dairy-free eatery in Shoreditch (natch) is his first in Europe. It's on the same street as 'Eel HQ and we spotted a sign outside says 'all fresh, all local, all natural, all plant based, all damn good!'

essence-cuisine.com

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

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

PARLEZ

SE4

Brockley

New neighbourhood restaurant serving affordable, seasonal food and fostering local community spirit.

parlezlocal.com

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

SAVE THE DATE LONDON

E1

Shoreditch

Having popped up and down for a few years, James and Ruth's not-for-profit, pay-as-you-feel Caravan Kitchen now has a home in Nomadic Community Gardens. They 'believe that everyone has the right to eat great food regardless of their budget' and by using surplus food are also helping to tackle waste.

savethedate.london

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

FAIRLY SQUARE

WC2

Holborn

Bespoke cocktails, craft beers, organic wines and eclectic world foods are made using fairly-traded and ethically-sourced ingredients at this bar kitted out with recycled and reused furnishings

fairly-square.com

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

REYOUZABLE

East London

A newbie selling food and other products in re-usable containers (theirs or your own), delivering to homes and businesses in east London, and can also be found at Islington, Roman Road and Leytonstone Food Assemblies.

reyouzable.com

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

UNDER THE TABLE

SE1

Southwark

Sustainable Restaurant Association member, long-time LFL supporter and Urban Food Fortnight stalwart The Table Café now has a bar. With chef Shaun Alpine-Crabtree's usual meticulous curation of local and seasonal ingredients, cocktails and more are accompanied by a special evening menu of light bites.

thetablecafe.com

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



Photos courtesy of: Luminary Bakery, Ransome's Dock Farmers Market, Plot, Smoke and Salt, The Table Café.

ROOTS TO WORK



Do your roots

The Roots to Work one-day conference about food growing careers and enterprise for urban growers is on Thursday 23 November at Roots and Shoots, Walnut Tree Walk, Kennington SE11 6DN.

Find out more about the event and good food jobs on the Roots to Work page of our Capital Growth website capitalgrowth.org/roots_to_work

The mushroom men

In the latest of our good food jobs features we meet fun guys, Alexandro and Cesar Rizzo.

How did you get into urban farming?

A love for cooking good, slow food runs through our family, hence the love for fresh ingredients. We always wanted to show that companies could be good, instead of the usual merciless focus on profit.

Why mushrooms?

We were commissioned by Mercato Metropolitano to make something good out of their waste, and mushrooms are the easiest way to start. Lucky enough, most fungi are happy in dark, cold damp places, just like every London basement. Mushrooms grow effortlessly on used coffee grounds and without the need for energy!

How much spent coffee do you collect and how many kilos of mushrooms do you grow?

The size of our farm limits us, so we can only take in around 30kg of coffee per day. We are now getting around 4-5kgs of mushrooms per day, but as we perfect the process we will get more.

Do you mainly sell wholesale or retail?

Right now we sell to nearby delis and restaurants, but we would like to increase the sales to the local community, which will happen as soon as Mercato Metropolitano opens its own farmers' market.

How much and what sort of space would someone need to set up a small urban mushroom farm?

It depends on the mushrooms you grow, as the sale price determines how much you need to grow to survive. For oysters, I'd say a minimum of 200 square metres.

What is the most rewarding part of this job?

We have gone to great lengths to ensure that our process is as sustainable as possible - by ditching the industry's common practice of growing on single use plastic bags.

What one piece of advice would you offer to someone thinking about setting up a mushrooms farm?

To be good at sales. We always used to focus only on growing sustainably, while now we realise how important it is to sell your produce as well.

What future do you see for more urban mushroom farms in London?

A bright one! They are a healthy and sustainable protein, which is also really tasty. Our ideal would be that each neighbourhood has its very own farm specialised on certain varieties and hopefully owned by the community as shareholders.

an25.org

Article Number 25 is a London Food Link supporter.

Portrait by Miles Willis for The Jellied Eel

THE EEL GOES TO...



Bristol

With its festively grimy spirit, Bristol has a subversive flavour to its tradition of ethical food. It was the UK's first European Green Capital, is home to the Soil Association and is a Sustainable Food City. **Ramona Andrews** finds grass roots abound.

Gloucester Road has the largest number of independent shops on one road in the UK. The choice is immense. **Scoopaway** invites you to bring your own containers to save on single-use plastic, **Brewers Droop** sells all the booze-making kit you could ever dream of and **The Fish Shop** takes its sustainability credentials very seriously.

The UK's **Federation of City Farms and Community Gardens (FCFCG)** has its headquarters in the city and just down the road is **Windmill Hill City Farm**, which has recently extended its café and farm shop.

Many of the city's restaurants boast salad leaves from social enterprise **The Severn Project**, based in the suburb of Whitchurch, which gives employment opportunities to vulnerable people. Restaurant **No 1 Harbourside** sources Severn Project salads and other produce from the region. Neighbourhood restaurant **Birch**, in Southville, is another fine eatery that makes use of its own nearby market garden.

Another urban greens project to keep an eye out for is **Grow Bristol**, with their hydroponically produced leaves harvested from a shipping container garden, at the back of Bristol Temple Meads.

The not-for-profit cookery school and community kitchen **Square Food Foundation** was set up by chef Barny Haughton and is now based in Knowle in the south of the city, working with teenagers, care home cooks, and elderly and isolated adults. Their Passport to Good Cooking course is great value for money and pays for vital community work.

At-Bristol is one of the best hands-on science museums in the country. In the food exhibit, children can have a go at grinding grain to make flour, take home a recipe from the robot chef 'RoboChef3000' and learn more about food, science and the environment in the test kitchen.

Joining the dots across the city is **Bristol Food Network**, a CIC that "supports, informs and connects individuals, community projects, organisations and businesses who share a vision to transform Bristol into a sustainable food city."

While you're there...

- Sign up for a **Bristol Pound** account and spend the city's local currency with indie businesses
- Hire a **Yo Bike** - HMP Bristol prisoners are helping maintain them through the charity Life Cycle
- See a show at **Bristol Old Vic** (the UK's oldest working theatre) or at Bristol's newest theatre, **The Wardrobe at The Old Market Assembly**, which also has a superb #RealBread bakery
- Catch the ferry from Temple Meads to the **CARGO** development at Wapping Wharf, filled with independents and not a chain in sight!
- Go on a guided **street art tour** to discover why many consider Bristol the graffiti capital of the UK

Sauer power

The 'Eel's resident chef **Tom Hunt** says that one way of preserving your autumn cabbage glut is an acquired taste that's well worth acquiring.

Sauerkraut is one of the simplest, most affordable and nutritious things in the world we can make and consists of just two ingredients, cabbage and salt. A controlled fermentation process allows 'good' bacteria, mainly lactobacillus (related to those used to make cheese and yoghurt) to multiply, dominate over 'bad' microorganisms and so preserve the food.

Research has found that consuming bacteria in pre and probiotic food is beneficial for good health and supports everything from our digestion of other foods to our mood. Lacto fermented foods are also delicious and are often considered to be part of a country's national heritage. As well as sauerkraut ingredients like olives, kimchi, yoghurt, chocolate and kombucha are also fermented.

You make mewanna kraut

To make sauerkraut, finely cut a red or white cabbage, season generously with salt, then mix well. Bruise the cabbage, massaging the salt into it until the juices begin to run. Taste the cabbage and adjust

the seasoning if necessary, it should taste well-seasoned, but delicious and perfectly edible. Now pack the cabbage into a large sterilised pickling jar, or several smaller ones, pushing it down firmly as you go. When the jars are full, squash the cabbage down. The liquid drawn out by the salt and bruising should rise above the cabbage, if it doesn't add a drop of filtered or boiled water to bring the level up above the surface. Place a lid loosely on the jar or jars and leave at room temperature for a minimum of two to three days.

When the sauerkraut begins to bubble and tastes slightly acidic and funky it is ready! At this point you can seal the jars and either continue to ferment the sauerkraut at room temperature for months or even years, or put it in the fridge to halt the fermentation. If you are new to making sauerkraut I recommend you put one jar in the fridge and keep another out. Taste the sauerkraut as it ferments and take note of the different flavours.



Five ways with sauerkraut

1. As a condiment with any meal! Yes, I love it *that* much
2. In an omelette with lovage or chopped fresh dill, or with fried eggs
3. On top of a rice bowl, bibimbap or chirashi
4. Add the brine or sauerkraut itself to a soup or stew for acidity, saltiness and a savoury umami kick
5. Fry in a pan with chopped apple and smoked paprika to serve on toast

Chef's tip

Sauerkraut is traditionally made with cabbage, however any vegetable can be sliced or grated and made in the same way. Also try flavouring with ingredients like caraway seeds or dill.

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tomsfeast.com

Ripple effect

Organic September falls within the life of the issue, so we asked Indie Farmer **Nigel Akehurst** to shine a light on Ripple Farm Organics, a Kent-based producer with a long history of supplying Londoners with veg.

Interviewing owner and head grower Martin Mackie, it quickly becomes clear how important feeding Londoners is to his thriving business.

Martin has been selling through **Growing Communities'** weekly organic farmers' market in Stoke Newington since 2003, as well as their veg box scheme. Ripple Farm also supplies a number of other **Better Food Traders**, including more independent veg box schemes, which he says have many of the altruistic ideals that underpin his growing practices. You can also find his veg in shops including Whole Foods Market. The rest of the veg they produce is sold closer to home through the farm's own box scheme in east Kent and through a couple of local farmers' markets.

Getting started

Eager to find out more about the man behind this impressive business I ask him how he got started in the veg growing game. Martin admits he is a rather well

qualified grower, having first obtained a commercial horticultural degree and then gaining a master's in sustainable agriculture. Unlike many farmers, Martin wasn't born into the profession, instead starting by working for other growers, gaining vital hands-on farming experience before starting **Ripple Farm Organics** on a small, rented site.

He now farms across three sites: 10-acre and 5-acre market gardens, and a larger 100-acre block of land rented from Imperial College, which was formerly farmed by Wye College. He's keen to highlight that farming in harmony with nature is at the core of what he does, with the soil being rested as clover grass leys for two years for every year of veg growing. Martin also says he wouldn't have a business without people. He attributes much of the farm's success to the dedication and commitment of his team of 11 growers, some of whom studied NVQs and have been with him since the age of 16, to others who are in their fifties.

Shining example

Asking about the different types of veg they produce, Martin tells me he likes experimenting with different varieties. He grows 12 varieties of potato, 15 of pumpkins and squashes, 8 of cabbage, and 5 of kale - including Red Russian, which he says helps make their weekly veg boxes more interesting in the middle of February - and also happens to taste delicious.

Martin and his team are a shining example to growers and consumers alike of sustainable, local food production celebrated during **Organic September**. If you haven't already tried their veg, there's never been a better time to support small-scale organic producers like Ripple Farm.

Read about supporting organic farmers by joining a local box scheme at betterfoodtraders.org

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ripplefarmorganics.co.uk

**CELEBRATE
LONDON'S
URBAN
FOOD HEROES
WITH US**

**THE 'EEL'S
PULL OUT
GUIDE**



Presented by 'Eel publisher, London Food Link, Urban Food Fortnight is back from 8-24 September for its sixth year.

We have cooked up a jam-packed programme of events, classes and menus celebrating the good food and drink that is made, cooked, grown, saved and - new for 2017 - foraged in the capital, as well as the amazing people behind it.

A FESTIVAL OF FOOD FOR GOOD

The reason we at LFL run the fortnight is to celebrate enterprises and the people behind them working to get good food on your plate and doing amazing stuff all year round. They include:

- Bill from **Kappacasein** in Borough Market, who hand-crafts mouth-watering cheese using raw milk from **Commonwork Organic Farm** in north Kent, and is constantly looking for ways to make sure he can be as near to zero waste as possible
- **Growing Communities**, who not only produce and sell tonnes of organically grown food but train others to become urban farmers
- **Better Health Bakery** whose trainee programme helps adults recovering from mental health issues through baking their delicious Real Bread

For updates and chances to win tickets and other great prizes, sign up for our FREE monthly Electric Eel newsletter!

AN EVENT A DAY...

Whether you want to sip the Midnight Apothecary's **botanical cocktails** **round a campfire**, chop to the beats from Ministry of Sound at Mercato Metropolitano and Feedback's **disco soup**, dine out on a **hyper-local feast**, discover a different side to the city on a **foraging walk** or experience life as an **urban beekeeper**, UFF's got you covered!

There are events almost every day throughout the fortnight, kicking off with the The Orchard Project's launch party for their new tippie, Local Fox cider, at Canopy Beer Co in Herne Hill.

Turn over for your guide to our pick of what's on and make sure to check the map and full listings, plus details of how to book, at urbanfoodfortnight.org



URBAN FOOD FORTNIGHT GUIDE

8-24 SEPT



**MIDNIGHT
APOTHECARY**
*Brunel Museum Rooftop
Garden SE16 4LF*
Seasonal botanical cocktails
using ingredients grown on the rooftop garden.

8



FOOD FOR GOOD CELEBRATION
Today Bread, Walthamstow E17 4RT
Join LFL to celebrate food for good and to launch our Urban Food Heroes award.

13



TOAST ALE COLLAB BREW
Temple Brew House WC2R 3JF
Take part in a unique collab brew of Toast Ale.

13

LITTLE GREEN DUCKIE SUPPER CLUB, CHAPTER 2: LOCAL VEGETARIAN & VEGAN
Stratford E15

WESTMINSTER BRIDGE FARMERS' MARKET LAUNCH DAY
St Thomas' Hospital Gardens SE1 7EP

14



TONICS & TEAS
Jenius Social N7 8GR
Join Rachel de Thample for a healthful hands-on workshop.

14

FARMERS' MARKET AT MERCATO METROPOLITANO
Mercato Metropolitano SE1 6DR
A new market in the heart of Elephant & Castle.

SURREY DOCKS FARM HARVEST FESTIVAL
Rotherhithe Street SE16 5ET

SUTTON COMMUNITY FARM HARVEST FESTIVAL
Wallington SM6 0SH

RAW FOOD WITH BRUNA OLIVEIRA
Food For All Basement N16 6PA

WALLINGTON FARMERS' MARKET
Old Town Hall and Library Gardens SM6 0NB


9

PEARLY QUEEN BEER - BEEKEEPER EXPERIENCE
Stepney City Farm E1 3DG

WALTHAMSTOW FARMERS' MARKET 10TH BIRTHDAY
High Street, Walthamstow

HACKNEY HERBAL TEA BAR
Botany, Chatsworth Road E5 0LH

10



ELEPHANT AND CASTLE FOOD ASSEMBLY LAUNCH
Mercato Metropolitano SE1 6DR
Shop for high-quality fresh foods for local traders.

12

DISCO SOUP WITH FEEDBACK AND EFFECT
Mercato Metropolitano SE1 6DR
A 'peel good' solution to climate change! Come and chop to the beat and save food that would otherwise be wasted.



15

SUSTAINABILITY FESTIVAL
Mercato Metropolitano
A diverse weekend of events focusing on food waste, innovation, sustainable cities and food growing.

15-17

EACH PEACH PEAR PLUM
Tredwells, Upper St Martins Lane WC2H 9NY
A morning of culinary creativity, teaching children about the seasonality of food.

ANNUAL HAVERING HARVEST FESTIVAL
Bedfords Park Walled Garden RM4 1QH

17

FULL LISTINGS: WWW.URBANFOODFORTNIGHT.ORG

Photo credits: ♦Miles Willis ♦Sara Montali ♦Tom Moggach



URBAN HARVEST

Various locations inc. Regent's Park Allotment NW1 4NR
Community gardens across the capital will be open to visitors and volunteers to take part and share the harvest as a community.

16

ABUNDANCE WIMBLEDON FRUIT DAY

Wimbledon SW19 7ND
A culmination of the annual fruit harvest where all things fruity are on sale.

ORGANICLEA MARKET STALLS

Hornbeam Centre, Hoe Street E17 9AH
Buy fresh produce direct from small scale sustainable farmers and growers.

FOODIVAL 2017

Tooting SW17 7EW
Celebrating 10 years with market stalls, music, and the Top Tooting Cook competition.

LIFE BEYOND CHEESE - A VEGAN CHEESE MASTERCLASS

Made In Hackney N16 6PA
Learn to make dairy free delicious dishes like cashew camembert and basil ricotta.

16



POP UP PRESERVES

The Table Café, Southwark SE1 0HX
Join foraging and preserving chef Rachel de Thample for an evening of gathering autumnal fruits from the hedgerows.

18

LOCAL TO LONDON: AN URBAN FOOD FORTNIGHT FEAST WITH OLIVER ROWE

London Cooking Project SW11 4AG

PLANT TO PLATE HARVEST SUPPER

Skip Garden N1C 4AQ

20

OPEN HOUSE: COMPANY DRINKS AT THE BARKING PARK PAVILION

Bowls Green Pavilion IG11 8UD
Celebrate Company's new home with locally produced food and drinks and family activities.

23

WILD FERMENTATION PICKLING CLASS

The Cookery School W1W 8BW

PRESERVING MASTERCLASS WITH XIMENA RANSOM

Made In Hackney N16 6PA

ARTISAN BREAD CLASS

Hugon Road, Fulham
SW6 3EN

23



CRAWFISH BOIL LOUISIANA STYLE

Doodle Bar SE1 2EZ
Crayfish Bob's celebrated UFF Crawfish Boil is back.

24

SOUL BRUNCH SUNDAY

Brixton Station Road SW9 8QB
With local chefs and ingredients, cocktails and a live gospel choir.

CHEESE STREET N1

Chapel Market N1 9PZ
A festival of all things cheese with London cheese makers, street food, butter making and more.

MYATT'S FIELDS HARVEST FESTIVAL

Myatt's Fields Park SE5 9RA

INTRODUCTION TO SOURDOUGH

Hugon Road Fulham SW6 3EN

ORGANICLEA'S COMMUNITY WINE SCHEME

Hawkwood Nursery, Chingford
E4 7UH

Local grape growers are invited to bring their harvest.

24



SPECIAL MENUS

FOXLOW

Foxlow Soho,
Clerkenwell,
Chiswick, Balham



SPECIAL MENUS

OXO TOWER

Special UFF toastie made entirely with ingredients from London producers. Try it with OXO IPA, brewed at Crate Brewery Hackney.



FULL LISTINGS: WWW.URBANFOODFORTNIGHT.ORG

LONDON FOOD LINK'S FOOD FOR GOOD CELEBRATION

*Wednesday 13 September 6-9pm
Today Bread, Hoe Street, Walthamstow*

Join LFL and UnLtd for an evening celebrating the people who are doing good through food. We'll be launching our new Urban Food Heroes Award, shining a spotlight on those who do just that. Hear handpicked stories from people and enterprises who are making a difference through food, including:

- Organiclea
- Nemi (formerly Chaigaram)
- Rubies in the Rubble
- Headway East London
- Today Bread
- Luminary Bakery
- Change Please

As well as inspiring talks, there'll be demos, a chance to enjoy some good local food and drink and to make new foodie friends. Find full details and book now at londonfoodlink.org



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Fishy business

Ruth Westcott reveals the results of Sustainable Fish Cities' investigation of contract caterers that has unmasked the fish fight heroes and zeroes.

Would you buy fish or seafood that is caught or farmed using methods that are destructive to the environment or involve human rights abuses? As a taxpayer, you might unknowingly be doing just this.

Contract job

You might not know their names, but contract caterers serve about 5 million meals per day in the UK. As a large chunk of their business comes from hospitals, schools, prisons, military and government employee catering, some of their profit comes from your pocket.

Given their size, they have the power and opportunity to insist on switching to sustainable fish, drive sustainability in their supply chains and promote better options to hundreds of thousands of customers. They also have the money and might to influence progress more widely by developing tastes for less-popular species, reducing reliance on single-use plastic, and tackling human rights abuses in the seafood supply chain.

Net results

We contacted ten of the largest and most influential contract caterers* and trawled their websites to discover what they are doing to remove the most unsustainable fish from menus, improve the rest, and promote the best choices.

We found:

- **Apetito** and **Elior** get gold stars for serving only fish that is certified sustainable or rated 1-3 by the MCS.
- **Delaware North**, **Compass Group** and **Westbury Street Holdings** have removed the worst – fish with a red-rating - from menus.
- The five caterers above are taking steps to serve less fish considered only okay to eat occasionally. Some are promoting less well-loved sustainable fish such as herring, trout and coley.
- **Sodexo** and **ISS Catering** have taken solid steps to roll out MSC certification, though failed to respond to our questions.

However...

- Many are failing to roll out MSC certification and ecolabelling across their sites – a step that most supermarkets and McDonalds have taken.
- Some serve dredged scallops and trawled langoustines, two of the UK's least sustainable seafood options.
- **Aramark** has no UK-specific sustainable fish public commitment, only 'Global Principles' based on US seafood sourcing guides.
- **CH&Co** and **Gather & Gather** do not have solid public policies on sustainable fish, though they have signed up to Sustainable Fish Cities.

Sustainable Fish Cities was spawned by London Food Link and now works in 16 towns and cities across the UK. Caterers can sign the pledge, and everyone can read the full report, at fishcities.net

*Apetito, Aramark, CH & Co, Compass UK & Ireland, Delaware North, Elior, ISS Catering, Gather & Gather, Sodexo, Westbury Street Holdings.

Make a difference!

If sustainable fish isn't mentioned on the menu at:

Restaurant or café at work: Ask your office manager if a sustainable fish policy is part of the company's catering contract. If not, urge them to include this as a criterion: Find wording at fishcities.net

School canteen: Find the school food contact on your local authority's website and urge them to introduce and promote it across the borough as standard.

Venues: Your food will be provided by a contract caterer at Wimbledon, Royal Ascot, Wembley Stadium and many other major sporting grounds or museums. Download the **Good Fish Guide** app out and ask for sustainable fish!

Caring cooks and caterers

Sustainable Fish Cities urges caterers to make a simple pledge to avoid fish that is red-rated by the **Marine Conservation Society (MCS)** and instead serve and promote fish that is green-rated or certified sustainable to **Marine Stewardship Council (MSC)** or **Aquaculture Stewardship Council** standards.

mcsuk.org

msc.org

asc-aqua.org



Community souperheroes

Ellen Baker meets ladle-wielding Londoners who are getting the city sitting round the same table.

It's not often you find yourself overseeing the production of a banquet of vegan sushi rolls with ten complete strangers in a lime green community hall on a Friday night. But oddly, it turns out to be the best way to kick off your weekend. This is the mad and marvellous world of community cooking – doing away with the avoid-eye-contact-on-the-tube mentality and getting people who'd never usually interact sitting down together to a great big meal – for free.

Community kitchens have taken off in a big way in London, filling a gaping social and economic need. Some provide a free, hot meal to anyone who wants it, one or more days a week; others teach participants how to make good, real food at home. But where did it all start?

Feeding the capital – a background

Soup kitchens, people's kitchens, volk Küche... all names for places where unruffled volunteers rustle up a feast on minimal resources.

We start off with the very old Sikh langar concept, still practised, of temples offering vegetarian freebies no matter your creed or colour. And the soup? In the 19th century, one Count Rumford (née Benjamin Thompson) was tasked with nourishing the Bavarian military on a shoestring. He came up with the optimum budget broth - and in so doing invented the crouton, apparently.

Soup kitchens went on to feed many thousands of people in need. In the UK, they helped power the Industrial Revolution, until such 'handouts' were outlawed. The Irish Famine soon brought them back, however, with the Soup Kitchen Act of 1847. Now, in response to global food price rises, prolonged austerity and pay freezes, 'private food relief' is needed more than ever.

I have never seen so much moussaka in my life as I did at Foodcycle's **Hackney Hub** one drizzly Thursday. I arrived to towering egg salads, sautéed okra and couscous being handed out – and that was just the starter. The hub is staffed completely by volunteers, and coordinated from Foodcycle's central hub. "Post-Grenfell, I realised I live in a community I know very little about," explained jazz musician Kate Mullins. "And it's so easy to volunteer."

In an altruistic reimagining of Ready Steady Cook, all food is donated by local shops and turned into a cohesive meal for dozens on the day. "It amazes me how broad people's tastes are," host Natasha Chetwynd tells me. "And how appreciative people are."



Plenty to share

I underestimated the sense of community that volunteering at **Made in Hackney** would give me. Courses bring a cluster of totally unrelated people together each week, to learn how to cook hearty, purely plant-based dishes on an impressive budget.

Hosting reminds you of things you didn't realise you knew about knocking together a meal and participants realise they have plenty to share too, notably a whistlestop tour of tropical fruit given to us by a life-loving painter-decorator.

Born out of Dalston, **The People's Kitchen** now holds fortnightly Buffet Banquets in an adventure playground in Bethnal Green, again run by volunteers and conjured with surplus produce sourced from nearby greengrocers and organic suppliers.

"It's bigger than food," says coordinator Kiran Chahal, whose aim is to build bridges in a "diverse but disparate" community. Diners can donate or simply partake: "You don't need to speak English, be an extrovert, be great at cooking, or have money. It takes away a lot of boundaries."

Sense of belonging

Café from Crisis is there to get vulnerable people back on track. Whether trainees are facing homelessness, or have just served a prison sentence, it's a chance to gain hospitality skills, stability and a solid sense of belonging. Café manager Jeremy Wood says they have two sets of customers: those who eat there and those who train there. "One guy was sleeping rough," Jeremy told me. "He'd come in every morning having spent the night on a night bus. He got really into coffee and he's just been hired as a barista. There's so many success stories."

This isn't a soup kitchen, it's part of a breed of community-hearted social enterprises changing Londoners' futures. And that, says Jeremy, is "a growing movement."

Crying out for community?

Whether it's triggered by greater awareness of social need, or by a time of greater and growing need, community cafés and kitchens are becoming a prominent feature of London's patchwork and they always need more volunteers. Satisfaction is guaranteed: you will always come away from a soup kitchen with more than a bowl of soup.



Fancy it?

Take a look at...

South

36% of Brixton's waste is food waste, it's said. Be part of the solution with **Be Enriched**, feeding hordes of anyone and everyone with yummy surplus. Several branches in south London

be-enriched.org.uk/Get-involved

Lend a hand at the **Penge Canteen**, aiming for less fast food and more soul food.

pengecanteen.com/contact

West

Streetlytes volunteers serve up hot dishes and friendly chatter for people sleeping rough, every Monday. streetlytes.org/streetlyteslondon/en/page/volunteer

Refettorio Felix in Earl's Court welcomes volunteers with kitchen experience to assist the full-time chef. They also have opportunities for serving food, welcoming guests, clearing food and helping with washing up. Volunteers sit down and share a meal after service. info@foodforsoul.it

Central

Mondays at the **Dragon Café** see volunteers running creative sessions for mental wellbeing – from serving tea to stage managing. dragoncafe.co.uk/volunteering/#.WXaLwYjvIU

East

Fancy yourself as a pro chopper? **The People's Feast** needs you! Every other Sunday, Tower Hamlets. kiran@madeupcollective.com / thepeopleskitchen.co.uk/join-us-1/

Get in touch with **Made in Hackney** and become a class host. madeinhackney.org/get-involved/volunteer

North

North London Cares run supper clubs for older people who have lost partners or just need a friendly cuppa. northlondoncares.org.uk/get-involved

Find more inspiration at volunteerteam.london.gov.uk or streetskitchen.co.uk/london

Hedgerow harvest



Top five autumn finds

Porcini
Chicken-of-the-woods
Rosehips
Rowan berries
Beech mast

In today's world of high-tech food production, constant availability and overwhelming consumer choice, a counterculture of interest in wild, seasonal and hyperlocal food has arisen. Is it just a fad, or does it reflect something deeper? **Kester Muller** delves into the idiosyncratic world of foraging – a new theme for this year's Urban Food Fortnight - to find out.



Foraging, scrumping, poaching, gleaning. The ancient feel of these words for food gathering remind us that knowledge of wild foods would once have been commonplace, even necessary for survival. However, the urbanisation and falling food prices of the industrial era prompted a steady decline. Huge amounts of knowledge, and valuable aspects of our culture, seemed to be disappearing. How did foraging come back from the brink?

Found fodder

Arguably, rationing instigated the first major 20th Century renewal of interest in wild food, with official Ministry of Food leaflets singing the praises of the 'hedgerow harvest'. The children of the 1940s grew up, and foraging came to be part of the agrarian counter-cultures of the 60s and 70s.

Moving into the 21st Century, foraging is now officially a 'thing', on Masterchef or Bake Off and in top London restaurants like Native, The Ivy, The Harwood Arms and Nutbourne. There are plenty of producers involved too, with Pressure Drop making dandelion and burdock brews, and Land Chocolate making special seasonal bars. Gin producers like Sipsmith forage some of their botanicals, as do Square Root Soda Works and liqueur makers Sweetdrum. While some businesses use suppliers who forage professionally nationwide, others are exploring closer to home, along with increasing numbers of Londoners who forage as a hobby - our city after all is 47% green space. So what can you expect from an urban forage?

Food cannot be experienced over the internet

One way to find your feet as a forager is to tag along with an expert. **Jon the Poacher** runs foraging walks and is out most days in the Lea Valley and elsewhere. "I always go home happy, even when it's pissing with rain," he says. On a normal day he might turn up horseradish, wild hops, cobnuts and plums. However, garden escapees and more exotic planting schemes mean that Jon has found lemons, kiwi and sharon fruit locally. "That's the great thing about a multicultural society; people grow the plants from their culture, and then when they move on I get all their fruit!" It's pretty common to turn up apples, elderflower, blackberries (we have 400 native microspecies, after all), and salad crops like wild rocket, ransoms and mallow. The variety is bewildering!

There are a plethora of other courses and guided walks available, and there seems to be inexhaustible interest. How can we explain this boom? Ivan Tisdall-Downes, chef at **Native**, believes that: "food is one of the last true ways of exploring. We can now listen to any music we want, you can order your clothes to the door, but food cannot be experienced over the internet - yet." Jon the Poacher thinks it's mostly down to TV, but also that people just crave real quality food, rather than "rock-hard fruit from supermarkets." Another argument is that we are at a stage as a society where we fetishise nature. Karen Liebreich, from the venerable not-for-profit fruit gleaning organisation **Abundance London**, says: "as we get further from nature there is a corresponding desire to cling to the remnants of it in an urban environment."

Behaving respectfully

Whichever way you slice it, some people are worried the boom in interest might pose problems. Indeed, byelaws have been introduced in places like Epping Forest (specifically for mushrooms) that mean picking could end up bagging you a day in court. Mostly though, foragers are responsible and have an innate sense of sustainability. Kathrin Böhm, from community enterprise **Company Drinks**, gives us a sense of this code. "Foraging comes from a tradition of commoning and has sensible rules attached, such as not damaging the plants you're picking from, not over-picking, and behaving respectfully so that others can enjoy the space too." You certainly aren't harming anyone by chowing down on American interlopers captured by **Crayfish Bob**, or other invasive species: Japanese knotweed bread, anyone?

Foraging is not without risks. There are a number of native plants that are potentially deadly and plenty more that will send you running to the loo. However, brush up on your botany, buy a good book, follow commonsense rules and you'll be fine. "I've never poisoned myself and I've never poisoned anyone else...by accident!" says Jon the Poacher. Richard Mabey notes in seminal foraging book **Food For Free** that there are no poisonous species of the cabbage family,

nor any poisonous seaweeds. "There is generally more suspicion of wild food in the UK compared to other countries in Europe" says **Jason Irving**, a herbalist and ethnobotanist, who also runs London based courses. "To explain this I think we should look at larger, historical forces, such as processes of industrialisation, land enclosure and loss of common rights and a related narrowing of 'common knowledge'." Ivan at Native reckons the most toxic thing he's ever consumed was probably from a kebab shop when at university.



Mabey's famous tome has remained print since 1972 and it has been observed that its sales correlate with the state of the economy. When the modern world feels a bit shaky, it seems that people move to reacquire themselves with a simpler way of being. Who can blame them? Once you have

experienced "the satisfaction of the hunt and the indefinable quality of 'gatheredness'", as Mabey puts it, then there's no going back. .

.....

foragelondon.co.uk
companydrinks.info
foragewildfood.com
eatnative.co.uk
abundancelondon.com

Foraging walks, courses and events

Jon the Poacher (Dates by appointment): 07847 565776

Company Drinks Urban Picking Tours: companydrinks.info

Abundance at Cultivate harvest day (9 September): cultivatelondon.org

Capital Growth's Foraging the Hedgerow with Rachel De Thample (18 September) capitalgrowth.org

Autumn Harvest walk (23 September): foragewildfood.com

Wild Food, Wild Medicine (14 October): foragelondon.co.uk



Chef Supported Agriculture

Capital Growth volunteer **Tania Han** digs into emerging partnerships that aim to bring the professions of food growing and cheffing closer together and provide opportunities for better supply chains.

Cooking and agriculture are inextricably linked but, with an almost instantaneous, year-round supply of produce from around the world, this link can sometimes feel tenuous. Chef Supported Agriculture (CSA) is a relatively new model in which a restaurant pays a grower to set up and maintain an offsite garden and in return receives all produce grown there for use in the kitchen.

Inspired by the concept of Community Supported Agriculture, where groups

of people share the risks and rewards with farmers, CSA is championed by north-east London co-operative growers, **Organiclea**. It provides a reliable, year-round income for growers and allows the restaurant to serve fresh, locally-grown veg, herbs, salads or fruit.

Close connection

Since 2016, the Michelin-starred **Clove Club** in Shoreditch has been funding such a kitchen garden. Farook Bhabha, a graduate of Organiclea's Farm Start



programme, and Rosie Jackson, spend a day a week at this thriving plot on Marsh Lane, usually with a member of the kitchen team working alongside.

The restaurant benefits greatly from this model, according to head chef Chase Lovecky. “We try to have one of the team here each week. Some of us have never grown before so it’s great to see where the food comes from,” he said. “We can source things like edible flowers very cost effectively and as the space is in London, it makes it very easy for us to pop by and see it.” Meanwhile, Farook sees the main benefits as financial stability, low food miles and a close connection with the restaurant.

Creativity on and off the plate

Not far from Marsh Lane, fellow Organiclea alumni Alok Shah and Mathilde Newman have established **WalthamGrow** in a disused residential garden. There they grow salads, herbs and heritage vegetables in a project funded by Marmelo Kitchen, which operates a catering business and restaurant. WalthamGrow has limited space and concrete foundations under its beds, so they currently grow shallow crops but plan expansion into other crops as the space evolves.

The chefs and growers work closely to ensure that they can be responsive to needs of the kitchen and the challenges of the garden. Growers have the flexibility to experiment with growing more unusual ingredients, like nasturtiums and chrysanthemums, which helps foster the chefs’ creativity in the kitchen. When I visited, surplus onions were destined for dining room decorations. This creativity on and off the plate brings repeat customers to restaurants, which in turns creates more demand for the produce.

Like any working relationship, there are challenges to be addressed. Mathilde said, “It’s really important to work with the chefs to set expectations and ensure awareness of seasons, growing time and space restrictions. We have limited time on-site so adequate measures like improvised irrigation systems are required for the spaces to function in our absence.”

Circular food economy

The restaurants take everything the garden produces and kitchen waste is returned for composting, returning nutrients to the soil and plants – another great example of the circular food economy in action!

With increased focus on where our food comes from and the rise of farm-to-table dining, Chef Supported Agriculture seems a promising alternative for restaurants looking to improve the sustainability of not only their ingredients but also their relationships with growers.

Find out about Farm Start and Chef Supported Agriculture at **organiclea.org.uk**

Photos by Tania Han

Discover more of London’s edible gardens on Saturday 16 September with Capital Growth’s **Urban Harvest**. The open day sees edible community gardens across the capital welcoming visitors to take part in workshops, community meals, volunteering and more!
capitalgrowth.org/opengardens/



GOOD FOOD REVIEW



Jez's Kitchen founder **Jeremy Wickremer** tucks in his bib in the latest of our reviews that go beyond the usual 'tastes great, looks fab' to highlight the good food policies and practices an eatery actually follows, not just claims in press releases.

Rabbit

Rabbit in Chelsea is one of three London

restaurants run by Gladwin brothers Gregory, Oliver and Richard, who were brought up on a vineyard and farm in West Sussex and draw on these roots to bring us creative British tapas.

During Christmas 2011, the three brothers decided that the following year was time for them to join forces. As a farmer, chef, and hospitality professional it was a natural step for them to work together on a restaurant. The brothers' understanding of the three key aspects of the business means that each has equal say in the outcome. They have a shared goal and look for what is good for the farmer as well as the restaurant. "To farm, forage, make wine, cook local – we are proud of our business because it's our lifestyle," Oliver told me.

Most of their produce is sourced from within 100 miles of their restaurants, with the majority from farmers who they know by name. For example, tomatoes are grown a stone's throw from the family vineyard by a couple named Gary and Jenny, and their lettuce comes from neighbours, Jonathan and Jill just up the hill. As the brothers say: their producers are their community.

"We make sustainability our priority in every corner of our business." Says Oliver. From our no-waste policies to our solely British sourcing, it's in our make up to consider all aspects of how we affect people and impact our environment. I think we're doing pretty well!"

Bunny chow

So what's the food like? Once I arrive at Rabbit I order three dishes and hope they arrive quickly as it's 3pm and I haven't eaten since breakfast. I tuck into the 48 hour proved wild yeast bread with shallot butter. Not too heavy, not too airy, the density is ideal, with the crust having a great satisfying crunch, when combined with the shallot butter it is fantastic.

Next I turn my attention to the chorizo, labneh, crispbread and crispy kale, which is perfect in this form and the star of the dish. Finally, I move on to grilled purple sprouting broccoli, sumac, preserved lemon and ricotta. The combination works very well and the preserved lemon is a nice touch. I find myself eating with my fingers, dangling the broccoli sprouts into my mouth - yes it's that good.

As I look around the restaurant, big slats of wood and quirky rabbit-inspired art give the place a rustic and homely feel and the atmosphere is relaxed. It all fits with the Gladwin's approach and in the spirit of zero waste when the waitress arrives with the bill I ask for the rest of the fantastic wild yeast Real Bread to take home.

rabbit-restaurant.com
@rabbitresto

Rabbit is a Sustainable Restaurant Association member and London Food Link supporter. Read about The SRA's Food Made Good at foodmadegood.org



Super supperclubs

Turning a profit in the food industry is widely recognised as near-impossible, so the explosion of supper clubs with a social conscience is perhaps a surprise, says **Sam Sinha**. Here they explore the motivation behind the trend.

It could be easy to dismiss the rise in London's supper clubs as a trend, but behind it we find cooks who want a platform to express their culinary ambition. In some cases, this is also coupled with their desire to make a difference. Then there are the customers; tired of the choice between bland chain restaurants and over-priced trendy eateries, they want a unique experience, and they want food that is authentic and cooked with love.

Mentoring on the menu

Promoting cross-cultural understanding is what motivates **Stories On Our Plate** co-founder, Jack Fleming. This social enterprise takes an ambassadorial role, inviting chefs to host dinners at venues including **London Cooking Project** in Battersea, giving them control so that they can express themselves through the food. But they go further; they help to mentor people with refugee or migrant status, giving them training, for example Real Bread making at **E5 Bakehouse**, and support in developing their cooking ventures.

Jack explains, "In May, we launched our ten-week programme. It's already helped dozens of people to build up their skills and profile, and even start teaching others. We use food as a vehicle of, to challenge negative attitudes towards refugees by giving them a platform."

Dining donation

Another approach is to build a brand, and use the profile to help others by donating profits to charitable organisations. **Cook For Syria** have a huge profile, and this means they can help more people, albeit less directly. Campaign assistant, Rafaella, tells me "The aim is to celebrate Syrian culture and cuisine, which is one of the oldest in the world."

The money raised is donated straight to Unicef, who are on the ground in Syria right now, providing children with life-saving food, clean water and vaccines, as well as education, and protection from violence and abuse." The online movement gives support to chefs and enthusiasts hosting fundraising events, they have published a recipe book and embraced technology, cleverly using the power of online trending to build a community of followers, united under the hashtag #CookForSyria.

Also looking to Syria is **Conflict Café**. From 21-23 September this year, diners will sit at communal to explore the Syrian crisis through the country's cuisine and celebrate the power of food to break down barriers, enjoying dishes traditional to the Damascus region cooked by chefs from Ayam Zaman.

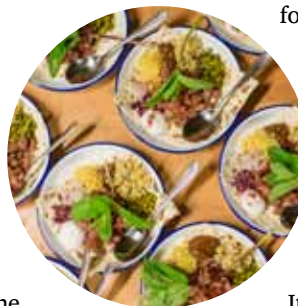
Surplus suppers

A supper club that's helping people in a different way, offers a seven-course tasting menu, inside a former fabric factory. Pedro Passinhas runs **Denim and Dine**, with an obsession for not wasting food. Using his Michelin-star background to get the most out of his ingredients, he turns offcuts and leftovers into the focus of a menu.

"We hate to throw things away" Pedro explains, "and if we can help people whilst tackling the problem of food waste, then it's a win-win." Part of the sense of community comes from explaining how we used every part of every ingredient.

It gets people talking and that promotes the sense of community, so it all feeds back on itself." What he gains from cutting down waste he dishes back out to the community, either literally or through free dinners, or opportunities for work in the kitchen or the allotment.

These are very different approaches to helping people through cooking, but what they have in common is passionate people with a drive to affect change in the industry.



September



Urban Food Fortnight

8-24th: Londonwide

See this issue's pullout guide and the full calendar at urbanfoodfortnight.org

Urban Food Fortnight

8-24th: Londonwide

See this issue's pullout guide and the full calendar at urbanfoodfortnight.org

The Urban Harvest

16th: Londonwide

Part of our series of regular gatherings, this evening of talks and nibbles is a chance to meet and mingle with people from across the London food scene. LFL supporters get a 25% discount.

Twilight gardening

27th: Regent's Park Allotment Garden, NW1

A breath of fresh air, cup of tea, chance to meet new people and get your hands dirty. Meet ups every other Wednesday from 5.30-7pm to garden together.



Leaven lovin' bakers across the capital and beyond are on the Real Bread Campaign's mission to help everyone discover that: life's sweeter with sourdough! Discover classes, tastings and starter giveaways at realbreadcampaign.org

October

Bread & Jam festival for food founders

6-7th: Institute of Directors, EC2M

A two-day conference and bootcamp for food and drink founders and innovators, investors, media and industry leaders. Includes panel discussions, hands-on workshops and mentoring sessions focused on accelerating independent food and drink enterprises.

Live Cultures and Ferments

14th: Made In Hackney, N16

Asa Linéa Simonsson will share: The nutritional benefits of fermented foods; making kombucha, water kefir, sauerkraut kimchi, nut cheeses, fermented salsa and chutneys. Includes organic, plant-based lunch and recipes to keep.

Capital Growth introduction to seed saving

14th: St Luke's Community Centre, EC1V

Covers the basic knowledge of growing, collecting and storing seeds from a plant, organically. Open to all – no experience necessary.

Green Lab open house: Agricultural Mavericks

29th: Green Lab (3Space), SE16

An event bringing together an eclectic mix of people to explore sustainable food, urban farming, zero waste and local agriculture in London and beyond.



Sign up for our FREE monthly newsletter, including the latest event listings at: londonfoodlink.org

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

November

Albany Gardening Club

2nd: Depford, SE8

Learn how to sow and grow edible plants from pea shoots to pumpkins, to nurture in the polytunnel and beds or to take home to your own garden, balcony or windowsill. Every Thursday, 3- 5pm (all ages) and 5- 7pm (adults only).

Loyd Grossman: In Conversation with The Aleppo Supper Club

28th: Guildhall, EC2V

As part of Foodiefest 2017, the legendary TV foodie will be in conversation with the supper club's founder Ahmed. He will recall his experience leaving Aleppo after the outbreak of war and discuss how he uses food to share the memories of his country.

December

Brew a Beer Day

6th: Wild Card Brewery, E17

Perfect for anyone has ever wanted to have a go at crafting a beer in a working brewery. Step into the shoes of a brewer and assist with important daily duties of the intimate east London micro-brewery.

Food Talks

Impact Hub
Kings Cross, N1

19th October: How can we imagine money working better for our food system?

6th December: Is the future of our food in too few hands?

Brought to you by Impact Hub King's Cross in partnership with the Food Ethics Council, Organico, Think. Eat.Drink and London Food Link, the evening talks (6.30-9.00pm) are designed to stimulate debate and constructive thinking about the issues that surround the world of food. Expert speakers' presentations are followed by a Q&A session, then a delicious buffet meal.



"Clearly this is where to come in the capital for food that gracefully walks the line between special-event dining and pasta like mama used to make."

London Evening Standard



Welcome to Mora!

Off the beaten track, on the south side of Leytonstone, you can find Mora, a cosy and welcoming restaurant serving hearty Italian food.

We specialise in fresh pasta, handmade daily in small quantities in our kitchen.

Using seasonal and carefully selected ingredients sourced from small producers, our chef Carlo created a menu offering traditional Italian dishes like *melanzane alla parmigiana* and *tiramisu*, typical Sardinian specialities like *fregola* and *seadas*, and original creations like our delicious *pannacotta al mirto*.

When in season, a truffle special menu, featuring beef carpaccio, risotto, tagliolini and ribeye, is also available.

Get your taste buds ready for a foodie experience with an aperitif, choose one from our natural, organic, biodynamic wines from Italy, local craft beers or soft drinks to match with your food, and *Buon Appetito!*

End your meal in style with a glass of dessert wine, liqueur or *amaro* from Italy, or artisan spirit crafted in East London.



Find us at

487 High Road Leytonstone

London E11 4PG

www.moraitalianrestaurant.co.uk

Contact us on

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THE ORCHARD PROJECT

Come on our new, certified community orchard course



Across 12 Fridays over 6 months at a variety of spaces in London, you'll learn everything you need to know to create a thriving orchard.

Gain: A detailed understanding of trees, including how to plant, prune and propagate them.

Learn: About soil, pests and diseases, biodiversity and how to work effectively in groups.

Choose: Specialist classes, such as orchard design, veteran tree management and apple identification.

Book now: Limited spaces. Starts in January 2018

Visit: theorchardproject.org.uk/what-we-do/cico



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The National Lottery
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Are you an Urban Food Hero?



London Food Link is launching the new Urban Food Heroes Award in collaboration with UnLtd, the Foundation for Social Entrepreneurs.

For the chance to bask in this spotlight, all you need to do is tell us how you're helping people in London, communities and the planet through growing, making, cooking or saving food.

Selected heroes will feature in The First 50 on the new LFL Urban Food Map, ten will be showcased here in The Jellied Eel, and UnLtd will choose social entrepreneurs to receive free business support.

Read more and enter before 30 September at londonfoodlink.org


London Food Link

UnLtd 



DUCK POND MARKETS

shop locally, ethically and sustainably!

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

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



#duckpondmarket   

WWW.DUCKPONDMARKET.COM

