



## Ethical Eats

# Cucumbers, cauliflower leaves and your business on the box...

Dear all,

We were down on the farm with a group of chefs this week, finding out what makes a [LEAF Marque](#) farm a cut above in terms of environmental responsibility – and were also treated to a tour of [New Covent Garden Market](#) to see the inspiring range of seasonal ingredients available at the moment – check out the photos [here](#) and contact us if you want any help with local and sustainable buying!

This is what we have for you today:

### Events

- **London Honey Festival: meet your local beekeeper** – 21st August
- The **Great British Cucumber Festival** – 17th September
- **Larder Exchange** event at the Southbank Centre – 5th August

### News and resources

- **Refrigeration** – what you need to know
- Leaves and stalks – some tasty **waste-reducing ideas**

### Opportunities

- **Catering provider sought** for site canteens at Liverpool St and Whitechapel stations
- New **Channel 4** programme: your chance to **get involved!**

### Jobs

- CIEH Level 2 **Food Safety Trainer**, GCDA
- Team wanted to **run the Hornbeam Café**, north-east London

### Goodbyes and welcomes

### Events

- **London Honey Festival – meet your local beekeeper**

Ethical Eats is supporting [Capital Bee](#) and the London Honey Festival in promoting London's beekeepers. We're connecting restaurants and caterers with their local hives, and asking restaurants to put a 'London

Honey special' on their menus to celebrate the festival. If you're interested in meeting your local beekeeper (and getting some publicity through the festival), get in touch! Contact me on [emily@sustainweb.org](mailto:emily@sustainweb.org). The festival is taking place on 21st August at the Royal Festival Hall – for more info, click [here](#).

- **The Great British Cucumber Festival**

17th September: put it in your diary. The Lea Valley Growers Association will be celebrating both its centenary and the humble cucumber in the grounds of Waltham Abbey. The Lee Valley produces over 75% of the UK's cucumbers and is now becoming an important producer of peppers. Come along for food, drink and music. For more details email [cathymacbride@hotmail.com](mailto:cathymacbride@hotmail.com).

- **Larder Exchange event at the Southbank Centre – 5th August**

Food producers from London and the Home Counties will be sharing samples of their wares with the public from 3-5pm on 5th August at the Queen Elizabeth Hall roof terrace of the Southbank Centre. Drop in to meet urban and rural food producers and learn about farming practices – and try the food! For more info email [cathy.woolley@southbankcentre.co.uk](mailto:cathy.woolley@southbankcentre.co.uk) or click [here](#).

## News and resources

- **Refrigeration – what you need to know**

The Carbon Trust's "Expert in Energy" series is focussing on refrigeration this month. It's estimated that food businesses can spend 50% of their energy bill on refrigeration, so it's important to get it right. For resources and advice, click [here](#).

- **Leaves and stalks – some tasty waste-reducing ideas**

This [article](#) in the New York Times has some interesting ideas (for home cooks, but might be of interest anyway!) on using the bits of veg that tend to get thrown away, like cauliflower leaves. Using leaves and stalks is also a good reason to buy locally and seasonally, as it gives you a much better chance of those bits being fresh and perky enough to use!

## Opportunities

- **Catering provider sought for site canteens at Liverpool St and Whitechapel stations**

BBMV are looking for a caterer to operate from their Whitechapel and Finsbury Circus worksites from August 2011 to August 2015. Both sites work 7 days per week, 24 hours per day, and catering is required from 6.30am to 8pm for meals, snacks and coffee/tea for up to 60 people. Tendering is via [CompeteFor](#), and the deadline is 1st August 2011.

- **New Channel 4 programme: your chance to get involved!**

Channel 4 are looking for businesses to get involved with a new series on employment, work, and careers, to be aired in Spring 2012. The programme will be matching up great people with exciting career opportunities in thriving businesses. If your business is interested in getting involved, email [FreddieFoss-Smith@twentytwenty.tv](mailto:FreddieFoss-Smith@twentytwenty.tv) for more info.

## Jobs

- **CIEH Level 2 Food Safety Trainer, GCDA**

[GCDA](#) are looking for a CIEH Level 2 Food Safety Trainer for 1 day a month to deliver training sessions. Salary: £25 per hour (+ travel expenses to Greenwich), closing date: 12th August. For more information, contact Mel on 0208 269 4880 or [mel@gcda.org.uk](mailto:mel@gcda.org.uk).

- **Team wanted to run the Hornbeam Café, north-east London**

[Organiclea](#) workers' cooperative runs the [Hornbeam Café](#) and its members are looking for a team of people to take on running the café with them. They are looking for people to work as a co-operative to run the café and catering enterprise, producing high quality vegetarian and dairy-free food; consolidate the existing café operation and develop the café and catering's potential, particularly through increased volunteer roles, marketing, and events and take responsibility for the café's overall business plan and financial sustainability.

For more info click [here](#). To apply, send an application letter to [marlene@organiclea.org.uk](mailto:marlene@organiclea.org.uk) by 5pm, Tuesday 16th August.

## Goodbyes and welcomes

And finally... We're saying a temporary goodbye to Ethical Eats Project Officer Charlotte, who will be much missed by everyone who's worked with her – a few words from her:

*Hi everyone,*

*As some of you know, I'm off on maternity leave from today, as baby Isaac is due to arrive in the next week or three. From the end of August, Emily and I will be leaving you in the very capable hands of Kelly, who currently writes for and edits London Food Link's [The Jellied Eel](#) magazine, and Duncan, who's joining us from blossoming Japanese restaurant chain [Tsuru Sushi](#) - they will be in touch to introduce themselves soon. It's been great working with you over the past couple of years, and I very much look forward to more of the same when I come back next year. If you'd like to contact me in the meantime, you can get me on [jarmancharlotte@gmail.com](mailto:jarmancharlotte@gmail.com).*

*All the best,*

*Charlotte*

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That's all from us this week – get in touch with all your burning sustainability questions!

Best wishes,  
Emily

### **Emily Crawley**

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