

The
JELLIED EEL

London's magazine for ethical eating

Raising the steaks

How much
more meat
can we
eat?

WINTER 2012
FREE
magazine
ISSUE 34

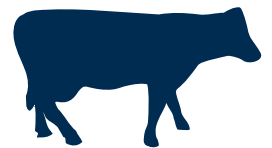
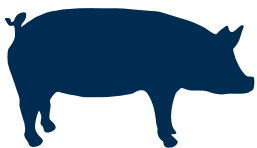
**Under the
arches at
Maltby
Street**

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Whether you're 'detoxing' after the festive season, turning over a new leaf, or particularly keen on observing Lent, the first few months of the year seem to be defined by denial. Top of many an ethical foodie's list of things to eat less of, as ever, is meat, and in this issue we ask how successful attempts to persuade us to cut back have been. We're also highlighting some alternative approaches, which focus on making sure the meat that is being produced doesn't go to waste, including the results of our offal (yes we don't like the name either!) survey (p12), caterer Tongue 'n Cheek (p14), and the launch of our sausage competition with London Farmers' Markets (p5). All this, plus an exclusive interview with Jonathan Safran-Foer on the flaws of factory farming (p11) and Aggie MacKenzie on her London food favourites. For those of you who have not yet been down to Maltby Street, despite its countless awards, you really have no excuses to hold off any longer. You can read all about where to make a beeline for in this issue's Eel Loves...feature (p20), and in a special piece on - to our knowledge - the only commercial cheese-maker producing in central London: Kappacasein dairy (p15). And if any of our vegan readers are feeling left out, fear not! We aren't neglecting you, and are scouting for the best meat- and dairy-free haunts for our spring edition. Do get in touch if you have any suggestions of who or where we should be highlighting.



Ben
Editor

Photo credits: top - Elizabeth Waight, middle - Liberation Foods, bottom - Adela Nistora



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Editor Ben Reynolds; **Deputy Editor** Kelly Parsons; **Writer** Nadia Mackenzie; **BIG Media Director** Jamie Ford; **Art direction and design** Becky Joynt; **Contributors** Michael Dees, Gaby De Sena, Clare Hill, Sophie Gore Brown, Georgie Knight, Tom Moggach, Duncan O'Brien, Anna Shuttoni, Qin Xie. **Photographer** Adela Nistora, www.adelanistora.com. **Cover** Charlotte Harbottle by James O'Jenkins www.jamesojenkins.com.

Editorial enquiries: ben@sustainweb.org or 020 7837 1228 www.londonfoodlink.org

Distribution enquiries/to stock the Jellied Eel: thejelliedeel@sustainweb.org or 020 7837 1228

Advertising and sponsorship enquiries: jamie@thejelliedeel.org or 07900 496 979

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Who makes your pasta?

Ethical Consumer's latest buyers' guide reveals the UK's leading pasta and pasta sauce brands are made by some of the most controversial multinational food companies in the world. In a survey of over 25 brands, the bottom scoring two companies were Unilever - makers of Bertolli - and Nestlé - makers of Buitoni. Nestlé is the subject of a boycott call from Baby Milk Action for its irresponsible marketing of baby milk formula, while Unilever is the subject of a boycott call from Naturewatch over its animal testing policies. The guides urge shoppers to buy from smaller companies with better ethical and environmental records. Or better still, make your own! Download the report at

www.ethicalconsumer.org/BuyersGuides/Food/Pasta.aspx



London's good food league table

Islington and Richmond-upon-Thames are top scorers in a new London-wide survey of local authority activities to promote healthy and sustainable food. Both boroughs are praised for 'inspiring food leadership' by supporting community food growing, improving school food, helping residents reduce food waste, encouraging local food outlets to use healthier ingredients, and buying ethical food in schools and local authority canteens, including Fairtrade products, free range eggs and sustainable fish. Lagging behind are Bexley, Hillingdon, and Westminster. How is your Borough doing?

www.sustainweb.org/londonfoodlink/good_food_for_london



Scratch and eat

Do you know where all the food you eat comes from? Every single bite? After a year eating entirely from scratch, Lucy Lincoln - creator of Suppers From Scratch - is bringing the revolution to you. From 6-12 February your challenge is to make everything you eat for the whole week from scratch. Bread, pasta, chocolate - you name it, you make it. From key recipes, videos and the best places to buy fresh ingredients, Lucy will support you throughout the week. Itching to get started? Get prepared at www.suppersfromscratch.com and follow @suppsfromscratch

Bulletin

A spread

Communities growing to beat recession

New research published by the Local Action on Food network investigates the commercial opportunities for community-grown produce in *A Growing Trade: A guide for community groups that want to grow and sell food in our towns and cities*. It highlights how making money gives projects a sense of pride and value and trading generates income towards project costs and lifts the ambitions of people involved, and it showcases initiatives such as herb growing on a Hackney housing estate at the Wenlock Herb Garden. Download it at www.sustainweb.org or contact Clare Horrell, 020 7837 1228, clare@sustainweb.org



WHAT'S Hot?

John Lewis – the first 2012 sponsor to sign up to the Sustainable Fish City campaign

Kensington & Chelsea – first London borough to get Gold Food for Life standard for school meals

The Russet - New café in Dalston from food waste pioneer Steve Wilson of the People's Kitchen



WHAT'S Rot!

Nasty meat - £150 million's worth still being served in schools and hospitals, says new campaign www.sustainweb.org/goodfoodforourmoney





Love your local sausage

The *Jellied Eel* is teaming up with London Farmers' Markets to find the best sausage in the capital. We are encouraging people to go and taste the bangers that local producers have to offer at the markets, and then go online to vote for their favourites. Producers are being asked to put their best banger forward, and with 30 sausage-makers, there's going to be plenty of different types to try! The competition, launched

in January, will be open to voters until 20 February, after which a shortlist will be subjected to a tasting panel, with the winners announced in the next issue of the magazine. www.thejelliedeel.org, www.lfm.org.uk



Bake Your Lawn: the grow a loaf challenge 2012

The Real Bread Campaign and Garden Organic are encouraging kids to 'Bake Your Lawn', and follow the Real Bread journey from seed to sandwich on their own doorsteps. Between February and early April, teachers and other youth group leaders will be able to order organic wheat seeds for £1 from www.realbreadcampaign.org. They can also download the free 'grow it, mill it, bake it, eat it' guide to turning the seed into a wheat patch and ultimately a small loaf. Look for photos and wheat diaries from the first Bake Your Lawn in the events section of the website.



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twitter.com/thejelliedeel

of the latest ethical food news

Fish4Ever ranked top for tuna...again

Fish4Ever, the small Reading-based company, scored an impressive 89 per cent for sustainability in canned tuna - the second-year running Greenpeace Australia's Canned Tuna Guide ranked it top. However, sustainable tuna isn't totally straightforward - the guide also criticises its use of yellowfin tuna, which is overfished. Find out how Charles Redfern, the company founder and sustainable fish campaigner, balances social and environmental ethics in the company's fish sustainability policies - www.fish4ever.com/content/view/221/175 - and why he doesn't support a blanket ban on yellowfin-fishing at <http://tinyurl.com/f4etuna>



Be a gold digger!

Grow for Gold is the biggest ever competition organised by Capital Growth, to support its now 1,500 food-growing spaces, and encourage even more communities to join the campaign and grow food. The competition is based around five food-growing themes: community engagement; enterprise; wildlife; learning; and creativity. Participating spaces can enter a category by highlighting the related activities they have been doing, for the chance to win great prizes. Capital Growth will also be running workshops around the themes, and training at its allotment site in The Regent's Park. The first 100 new food-growing spaces to register for Grow for Gold will have the chance to win training at The Regent's Park and gardening vouchers. For more information visit www.capitalgrowth.org

Shopping basket

FAIRTRADE SPECIAL

The right spirit FAIR. is marketing itself as the first Fairtrade spirits brand in the world. Founded by Alexandre Koiransky and Jean-François Daniel, in Paris, all of their spirits are produced from Fairtrade-certified and organic ingredients. Its quinoa-based vodka is the product of two years joint research by French distillers and Bolivian farmers from the Anapqui cooperative in the Altiplano. If vodka's not your poison, there is also Café or Goji Liqueurs, and they are available from Harvey Nichols, Selfridges, Whole Foods and served at several cocktail bars. www.fairtradespirits.com



Good grapes

In 2001 The Co-operative broke new ground by launching the UK's first fairly-traded supermarket wine, The Co-operative Chilean Carmenere. Its range - red, white and sparkling - has steadily increased, and now includes Fairtrade wines from Chile, South Africa and most recently Argentina. Head down to your local store and try the new Co-operative Fairtrade Organic Argentine Malbec Reserve, the Bonarda Shiraz or the Torrontes Chardonnay. And check out what your Fairtrade premium is supporting at www.co-operative.coop/food/food-and-drink/drink/Wine/

Chocs with a heart

Divine has added a new line to its 2012 Valentine's Day range. Joining the packs of dark chocolate and milk chocolate hearts are strawberry white chocolate hearts. Creamy white chocolate with pieces of strawberry crisp made with real strawberries - all ingredients are entirely natural and they are suitable for vegetarians. Available at Oxfam shops nationwide and from Divine's online shop from January 2012. www.divinechocolate.com

AROUND TOWN

Get into what's happening in your area

REGENT'S PARK TRAINING **NW1**

The new season of Capital Growth training kicks off on Saturday 18 February, with Stefan Geyer's Permaculture Design Taster. The training calendar runs from February through to November, and features sessions including: Planning an Organic Vegetable Garden; Soft Fruits; Fruit Tree Pruning; Composting and Wormeries, and many more. Each session costs £20 (£10 for London Food Link members and Capital Growth spaces).

www.capitalgrowth.org/training/the_regents_park



EAT ST **N1C**

Eat.St has brought its passion for great street food to London's newest thoroughfare, Kings Boulevard, to 'bring some flavour to the area'. On the north-west tip of this new boulevard you will find a thrice-weekly 'micro-market' of rotating traders to satisfy all tastes and budgets - local students, office workers and London's food adventurers. Find out about membership of Eat.st collective at www.eat.st/kings-cross, where you can also check out what's on, who's trading and their eco credentials.

see p14 Tongue 'n Cheek feature

THINKING OF STARTING A FOOD BUSINESS? **SW6**

If you're thinking of turning those great recipes you've got into something more profitable, but your own kitchen is too small, help is at hand from The Olive Grows. It has opened up a new production kitchen at the bottom of the King's Road (Parsons Green) and, like its other site in Park Royal, it is equipped for most catering and small scale manufacturing needs, and available for hire for periods as short as a few hours. And The Olive Grows is offering *Jellied Eel* readers looking to go into business a free consultation in February or March. Call Olga on 020 8965 3553 or email enquiries@theolivegrows.co.uk.

www.theolivegrows.org

COOPERATIVE PEDAL POWER **E3**

Organic Wick, the consumer co-operative in Hackney Wick, East London, with a mission to provide organic and ecologically-friendly produce at great prices to the community, is now offering deliveries. So if you are interested in a weekly box of organic vegetable and fruit, free-range eggs and other organic cupboard items, but can't make it to the collection point on Roach Road, you can pay a pound to get one brought to your door. Deliveries will be made using the pedal power of volunteer co-operative members.

www.organicwick.org.uk
or email hello@organicwick.org.uk



MAKING LOCAL FILMS

E17

A new series of videos from the Making Local Food Work programme, www.makinglocalfoodwork.co.uk, charts the rising numbers of people taking control of the way they get their food. Organiclea, a workers' co-operative in Walthamstow, one of three pioneering groups featured, wants to change the system by growing and selling food and supporting others to do the same. In 10 years it has increased production from growing on an allotment to cultivating crops on a 12-acre site, and runs a café, stall, and box scheme, as well as training.

www.organiclea.org.uk

FARM IN A BARN

N1

A new pop-up venture launched by Robert Barker, founder of Farm Direct, and Philip Dundas, pop-up cook and writer. Running until the end of April 2012, in a disused car repair garage on Upper Street, it will feature a pop-up Farm Direct shop on Thursdays to Sundays, with fresh English seasonal produce, and also 'PipsDish' pop-ups, serving lunch Tuesday to Sunday. Or you can book the space and Philip will cook one of his three-course dinners for up to 30 people.

Islingtonbarn or www.pipsdish.co.uk

THE PLACE WHERE PLUMS GROW

SE18

Plumstead is 'The place where plums grow'. Or it was. Now a new project is working with volunteers to bring the orchards back. It started by planting dwarf apple trees in a community garden. Volunteers are being trained to plant more trees, including heritage varieties, and businesses and residents encouraged to plant trees in gardens and on unused land, to create a trail of fruiting trees. To volunteer or learn more contact paul@avantgardening.org or 020 3239 9174.



www.avantgardening.org/projects/the-place-where-plums-grow

FRUIT AND VEG OASIS

E3

There is something new happening on the Bede Estate - a weekly pop-up shop selling fresh fruit and veg. Run by EastendHomes and PATH (Play Association Tower Hamlets), it is more than just a shop. It is a place for people to meet, chat, and swap recipes with friends and neighbours, or try out new vegetables such as onion squash. Penny Wilson of PATH, who works with residents to run it, says there's sadly nowhere else near to buy fresh fruit and veg. Open once a week at 5 Wager Street.

www.playtowerhamlets.org.uk

MEAT N16
BUTCHER & DELICATESSEN

SHOP *window*

www.meatlondon.co.uk



Photo: Adela Nistora

Meat N16

Gaby De Sena visits Stoke Newington's shiny new butcher

Stoke Newington's Church Street is famed for its collection of independent shops, boutiques and purveyors of fine foods. But there was always something missing...until now.

'Meat N16' stands out like a shining beacon of butchery brilliance. A bright, white exterior and enticing window displays lure the curious carnivore to try its 'meat and greet' service, and peruse a collection of wines, sorted according to which meat they complement. The shop is pristine and quite artistic; an open layout and the absence of a serving counter allows the customer to really get to know their butcher and the meat.

The team behind Meat N16 is Paul Grout, creator of the Meat Market at Harvey Nichols, and Marc Wise of wine merchants, Planet of the Grapes. Needless to say, there is a strong emphasis on quality and local supplies: all meat is free-range and bought from UK farms with high standards of welfare and husbandry.

It is clear that the butchers here take pride in their trade and respect both the meat they work with, and the animal it came from. Dry-aged Aberdeen Angus beef is hung for between 20 and 35 days, and giant slabs are paraded into the shop and cut according to your requirements. All burgers, sausages, mince and bacon are prepared on-site, and they also experiment with new recipes such as smoked paprika pork scratchings. You can request local home deliveries, and help with menu and event planning. They'll even sharpen your knives.

104 Stoke Newington Church Street, N16 0LA.

020 7254 0724

www.meatlondon.co.uk

TO MARKET

Food markets around London

Bloomsbury Farmers' Market

Torrington Square, Byng Place
WC1E 7HY
Thursday 9-2

www.lfm.org.uk/markets/bloomsbury



Nestled behind the University of London Union, Bloomsbury Farmers' Market sounds like a food haven for the literati of London. Every Thursday lunch time, students, lecturers, and office workers descend en masse to this weekly market for fresh food, directly from farm to mouth in one morning.

Only a few stalls are conspicuous from Torrington Place, before steps lead down to the main strip, so a passer-by might miss the bustle of activity. But - aside from under-nourished students suffering the withdrawals of good home cooking - the market attracts a large number of local residents. "You don't think of Central London having a large residential populace, but it is surprising how many people who visit the market are true locals. It was still thriving in reading week," says Clare Panjwani, Bloomsbury market manager.

Woodwards Farm steals the show at lunch time, with a queue that stretches through the market. Sometimes up to 50 people wait in line for their weekly fix of good quality home-reared beef in the form of a £4.50 cheeseburger. It is Will Woodward's hands on knowledge of the meat that credits him the crowds. While serving burgers he speaks in detail about the less traditional 'seam' butchery he employs that follows the direction of the muscles. "We are always playing around with new cuts," he says. "The heel off the shin you won't find anywhere else. We trim all the gristle out until it is soft and lean. It is perfect for serving rare or cut into medallions for stewing."

A lot of the stalls supply fresh produce alongside the on-the-go lunch options,

and Clare points out that it is not simply a lunch market: "Mershams do some delicious venison cuts as well as serving venison burgers. You can order fresh fish from the paella stand, and there are the staple organic fruit and veg farm stalls."

If you plan to go along, tips overheard around the market included: Plumbun's Lavender honey cake slices; the £1 olive sticks from Flourish; and dangerously good organic toffee apples from Brambletye biodynamic farm.

* Featured stallholder Lardy Da

Traditional British hot-crust pastry pork pies, wrapped up in white and tied with string, and piled high on a market stall is a very enticing sight. The pork is hand chopped to retain the moisture but the main triumph is in the jelly. All the jellies are made in the traditional way, from the trotters and tails of free-range British pigs.

By Sophie Gore Browne

WHAT'S IN season

JANUARY

Blood oranges Enjoy them while you can, as their short season only lasts for a few more weeks. Try in salads, perhaps paired with fennel, or in cocktails, puddings and marmalades.

Game It's your last chance to bag wild game - the seasons for pheasant, partridge and snipe all end this month.

Also in season *apples, beetroot, Brussels sprouts, cauliflower, celery, chestnuts, chicory, clementines, leeks, Jerusalem artichokes, parsnips, turnips, swede.*

FEBRUARY

Celeriac Cursed by its ugly exterior, this root is now high fashion, as cooks discover the unique flavour within. Try making a celeriac purée for a fancy dinner: peel, dice, cook until soft and then whizz in a blender with butter and double cream, seasoning to taste. A pinch of cumin or nutmeg works a treat.

Brussels sprout tops Cook up these tasty leaves in a Majorcan style: soak raisins in warm water until soft; toast pine nuts and cool; sauté onions and garlic, add the chopped tops, a splash of orange juice and raisins then simmer, covered, until cooked. Stir through the pine nuts and serve.

Also in season *beetroot, cabbages, endive, forced rhubarb, kale, leeks, onions, pomegranates, purple sprouting broccoli.*

MARCH

Radishes Their peppery heat will warm up chilly evenings. Try a salad of sliced radish, apple and torn mint leaves, tossed with a dressing of rapeseed oil, mustard and cider vinegar.

Wild garlic Milder than garlic cloves, wild garlic is subtly addictive. Try with pasta or egg dishes. Infuse the leaves in olive oil to preserve their flavour for the months ahead, then store in the fridge. Alternatively, knock up a batch of wild garlic pesto.

Also in season *Alphonso mangoes, cauliflower, chicory, forced rhubarb, kale, spring onions.*

Tom Moggach



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

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- 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

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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

JELLIED EEL *stars* STOCKIST

The Castle Climbing Centre

The Castle is an indoor climbing centre run by climbers, for climbers, in a former Victorian water pumping station. It has climbing walls, instructors, a café, and a shop, as you'd expect. But it also takes pride in its green policies. Steve Taylor, the centre's founder, says they stem from an 'environmental epiphany' he had when a friend was arrested for protesting at a climate camp. Steve's desire to know more led to a commitment to 'green' his business by: reducing its carbon footprint; tackling waste - recycling, composting and grey water; and stocking ethical products in the café and the shop. It also led to an amazing urban growing project, after one of the climbers, Ida Fabrizio, asked Steve what his plans were for all the unused land around the centre. At just two years old the garden, managed by Ida and a small team of staff and volunteers, is already thriving: with veg plots, fruit gardens, beehives, a herb garden for fresh herbs, herbal teas, and salves made with the beeswax by Nick, a student medical horticulturalist and former volunteer. Min, who formerly worked inside the centre, now tends the gardens; the cooks, Guisi and Jack, harvest fresh produce every week to be cooked in the new café kitchen; Leah in accounts grows sprouts on all available space around her desk; climbers have scumped apples from local gardens to juice them for the community; and local residents volunteer and also grow on mini-allotments.

www.castle-climbing.co.uk

By Nadia Mackenzie



The *Jellied Eel* would like to thank The Castle Climbing Centre and its staff for their continued support.

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*.



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AND EAT
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**NEXT
ISSUE**

APRIL 2012

Extremely cheap and incredibly close

Jonathan Safran-Foer, author of acclaimed US factory farming exposé 'Eating Animals', talks exclusively to the *Jellied Eel* about what this country can learn from the American experience.

While policymakers might feel smug about the quality of our farming compared to standards across the Atlantic, according to campaigners, every year, 80 per cent of farm animals in the EU spend their days confined in sheds, pens and even cages. And with a decision on whether to approve a planning application for a 25,000 pig mega-farm in Foston, Derbyshire, due in January 2012, the spectre of massive US-scale livestock factories in the UK looms large.

So we met with the American author whose book examining what meat is and where it comes from, was hailed by reviewers as 'gripping', 'horrifying', and 'universally compelling', to find out what might be in store for us.

JE: What has been the reaction to the publication of *Eating Animals*?

JSF: The book definitely expanded the conversation. I'm convinced the more people talk about this issue, the less meat they will eat. Obviously that's the food industry's assumption too, because they didn't respond to my book at all, which only makes sense if they are afraid of people talking about this subject.

JE: How much do you think consumers are aware of the factory farming system?

JSF: A lot of people have a vague sense of the gist; most people know a video from a farm will be like a horror movie, and most probably know it's not good for the environment. But the distance between that and knowing the details is huge. It's not just that scary bad things happen in slaughterhouses, it's that every one of these animals is in different ways destined for suffering in factory farms. It's not just that it's bad for the environment, it's that it is the worst thing we do to the environment by a long shot. I was an example of someone who knew the gist but not the details.

JE: So what do you think needs to happen?

JSF: The image of smoking being cool, or even healthy, was pretty prevalent until recently, and now across half of a pack it says something like 'you are about to die'. It would be great if we could achieve truthful labelling on meat, saying 'this chicken was raised in a shed with 60,000 other



Photo: Elizabeth Waight

chickens and fed a steady diet of antibiotics from birth until death'. It sounds funny, but why shouldn't we have access to that information - it's not an exaggeration it's true! The other challenge is to find the champions of this cause who are not just vegetarians. Obama would be pretty nifty, and more celebrities, talking about it, to shift the perception.

JE: How do we encourage people to eat less meat?

JSF: We need to expand the conversation. People are sure that changing diet will be a drag, whereas moving from an SUV (sport utility vehicle) car to an electric Prius will be kind of fun and maybe even sexy. And people are also convinced a conversation about animal farming has to be an argument, has to be aggressive, depressing and uncomfortable. But it doesn't. We've got so used to the idea that meat is a controversial subject but it isn't. Vegetarianism might be controversial, but the idea that we have a broken system is something everyone would agree with if they had exposure to the realities of it.

By Kelly Parsons

Jonathan Safran Foer is the author of *Extremely Loud and Incredibly Close*, and *Everything is Illuminated*. *Eating Animals* is published by Penguin.

The meat we eat



We've all heard the debates raging around eating less, but better quality, meat. So why aren't we listening?, asks **Kelly Parsons**.

We've seen the newspaper headlines linking too much red and processed meat with cancer. And we've known for a long time that saturated fat in meat and meat products increases our risk of heart disease. We know about meat's role in climate change. We know the cheap price tag on those two perfect-looking industrial chicken breasts in the supermarket is hiding its true cost in cruelly low animal-welfare standards. We've even seen Jamie Oliver's revolting recipe for chicken nuggets.

And in a survey by Toluna for the *Jellied Eel*, nearly three quarters of Londoners said they were aware of campaigns telling us to eat less meat. Yet only ten seconds later, almost exactly the same proportion admitted they hadn't changed their meat-eating habits as a result.

So why aren't the messages about less and better meat - even when delivered by Sir Macca himself, or cartoon royalty *The Simpsons* - making a difference?

Bargain basement prices is certainly a big reason,

according to our survey results: 40 per cent said they would eat less if it cost more. "People are really bothered about what they are paying for their meat," says our cover star for this edition, Charlotte Harbottle, better known in the twittersphere as @girlbutcher. "The first thing anyone ever asks me is 'are you expensive?'," she says from behind the counter of O'Shea's in Knightsbridge. "It's another reason people prefer to buy their meat in a supermarket rather than a butcher. Plus, they find it less intimidating...lots of people are happy to eat meat but don't want to know it comes from an animal."

According to Sue Dibb, newly-appointed executive director of think-tank the Food Ethics Council, it's hardly surprising we aren't embracing the idea of cutting down on meat. "So far the government has totally sidestepped tackling our consumption of meat and dairy, because of all too familiar concerns about nanny-statism. And although our climate change targets are tied to emissions from food *production*, food *consumption* doesn't figure at all in the calculations. On the food industry side, while there has been some great progress on sustainable fish, it's a less convincing story with meat. Businesses are aware of the nutritional and environmental evidence on why we should be eating less, but aren't ready to have a conversation with their customers about it."

Responsible carnivore

In fact, it's not entirely true that our appetite for meat is insatiable. Though the stats are tricky to pin down, per capita meat consumption has been increasing steadily over the last twenty years, but appears to have decreased slightly in the last few. Some put this down to the rise of the 'part-time carnivore' or 'flexitarian'; the segment of the population that market researchers refer to as 'meat reducers'. Certainly there's been a flurry of cookery books aimed at the responsible carnivore; from Rachel de Thamples' 'Less Meat, More Veg', featuring recipes for people who want to eat less meat without turning vegetarian, to US chef Mario Batali's 'Molto Gusto', which treats meat as a spice. Celebrity chef Batali even introduced 'Meatless Monday' in all of his restaurants across the States - not an insignificant step in a country which makes our own meat intake look meagre. "It's not really meatless, but rather offering more vegetarian options," explains Jonathan Safran Foer, author of factory farming expose *Eating Animals* (see p11), "but that doesn't actually matter. What matters is Batali is making a statement."

But public health nutritionist Dr Helen Crawley, of City University, says in her experience eat less meat promotions are unlikely to have a significant impact. "Evidence shows that we can cut down on meat and for most people it won't have a big impact nutritionally, and the links between eating too much red or processed meat are now well known. But when you start suggesting meat-free days people often can't imagine an alternative, so you have to sell meat-reduced meals on their own merits, not on the basis they have no meat in." Her top tip for encouraging people to eat less meat? "Don't make a big deal out of it. If you create lots of good things they can cook or eat with little or no meat in them that taste good they won't notice!"

A third of our survey said they would cut down on meat if there were better vegetarian alternatives, and Safran Foer agrees we should be better at promoting how vegetarian is less expensive. "The elitist argument is often used against high-welfare meat. And it is true that eating meat from smaller family farms is impossible for an awful lot of people, maybe most people. But in any restaurant I've ever been to in my life, the cheapest option is the vegetarian one." But he also adds that there isn't any one answer to how we get the messages through. "Different people have different levels of comfort, different reasons to change, and we have to resist the temptation to look for the one thing that's going to be right for everybody."

Whole hog

One of the latest suggestions of an easy way to reduce the environmental impact of our meat habit, is increasing our appetite for offal. Literally 'off fall' from the butcher's block, offal is widely eaten around the world, and was once a regular feature on our own dinner plates. A new focus on frugality, and intolerance for food waste, means it is now enjoying something of a renaissance, aided by London restaurants like the Table Café in Southwark, whose menu features items such as 'Head, Shoulders, Knees and Toast', Brawn in Columbia Road, and, of course, the temple of nose-to-tail, St John.

Anissa Helou, Lebanese author of 2004 cookbook 'Offal:

the Fifth Quarter', which has just been republished due to renewed interest, says we have St John's Fergus Henderson to thank for the resurgence in interest in offal in the city, though ethnic places have always sold it. "When my book came out in 2004, it was considered disgusting. Now there is a new excitement. But it saddens me how offal's not part of culture here," she says, adding that one of the main reasons is our butchers don't know how to prepare it. "The offal you buy is often inconsistent - tripe will be over-boiled or bleached, pig's heads will be full of snot and covered in hair. People already aren't keen, and if what they buy is smelly or unpleasant in texture, that's going to put them off completely." Our survey seems to support this idea - Londoners said they would be more likely to eat offal if it tasted better, or they knew how to cook it.

Girl butcher Charlotte agrees. "Offal - people are scared of it, so we all need to raise awareness of what delicious things can be done with it." "Everyone needs a good education," she says, "butchers included."

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For more details from our survey visit www.thejelliedeel.org
www.sustainweb.org/ethicaleats/campaigns



ON THE MENU

Teaching with tongues

Pancreas in St Pancras? No, tongue and cheek in King's Cross. Ethical Eats' **Duncan O'Brien** visits the offal stall that's hoping to reignite our love for some old favourites.

Take a stroll away from the constellation of fast food chains around the station, go past the road-works and flocks of tourists emerging from the Eurostar, and you find yourself on King's Boulevard, where street-food collective Eat St. has taken up residence with a range of food and drink stalls (see p6).

I'm here to speak to Tongue 'n Cheek, one of the latest arrivals to London's burgeoning street food scene. Owner Cristiano sells the classic Italian street food of cow tongue on focaccia with salsa verde and horseradish, and a dish of slow-braised beef cheek in red wine and onion sauce. Though the tongue is slow cooked over 21 hours, it remains firm and balances well with the salsa, while the cheek is fall-apart tender and packed with flavour. For the non-meat eaters, there's slow-cooked polenta topped with seasonal vegetables or melted cheese.

The meat comes from Woodward's Farm, Cambridgeshire (see p8). Cristiano takes a robust view on local produce, and says with suppliers it's about building a relationship of

'mutual respect, maintaining high quality, and continuously learning'. "To complement the tongue you need bread with character," he says, "so I found Wild Caper in Brixton, which uses a wood-fired oven for the focaccia." He also tracks down suppliers by eating at the capital's markets, and has started using small growing sites - like the King's Cross Central Skip Garden (www.globalgeneration.org.uk) - for super-fresh produce.

Offal, he explains, known as 'quinto quatro', is much more commonly eaten in Italy. For example in Florence, he says, Lampredotto - a dish of sliced tripe on bread with lemon - is a popular delicacy. 'Nobody pulls a face' is his response when asked if he has had any odd reactions to his offal from Londoners. "We have some regulars. One girl from Taiwan is addicted to the cheek; she just keeps coming back bringing groups of friends."

Cristiano considers Tongue 'n Cheek an exercise in practical food education as well as a business. Switching between English and Japanese to talk to his wife Kirie, who is minding the stall, he says

that many in London don't understand the value of what they are eating, as they have lost contact with skilled knowledgeable people like butchers. "I don't want to say anything against the supermarkets but it's simply the reality that there is little knowledge at their meat counters," he adds. He is researching British street food, and wants to do more work raising people's awareness of just how tasty some lesser-used cuts can be, and of how to prepare offal. He took to the stage at November's Feeding the 5000 food waste event in Trafalgar Square to speak to the masses about his food. Cristiano even takes umbrage with the term offal, saying "there is no cluster term for other cuts like there is for the liver, kidneys, heart etc. It places them in an outsider position, and that's what I'm trying to change."

.....
Tongue 'n Cheek operates on a Wednesday. Eat St. is open on Wednesdays-Fridays.

<http://tonguencheek.info>



Photo: Adela Nistora

Restaurants in our On the Menu section are chosen by the team from Ethical Eats, the informal network of London restaurants and catering businesses that care about sustainability. Ethical eaters can help their favourite restaurants to go green by encouraging them to join the Sustainable Restaurant Association. Contact kelly@sustainweb.org or 020 7837 1228 to find out how easy it is to use your consumer power. www.sustainweb.org/ethicaleats

Bermondsey's big cheese



Cheese-making assistant Jen Kast
Photo: Adela Nistora

Tucked away under a converted railway arch is Kappacasein, a café and dairy known for only one thing: cheese. **Qin Xie** talks to one of London's only commercial cheese-makers.

Since owner William Oglethorpe started his business - named after a protein found in milk - ten years ago, it has been steadily churning out cheesy products with increasing popularity. So popular, in fact, they allowed Oglethorpe to turn a part-time hobby into a full-time venture five years ago.

You may know him from his toasted cheese sandwiches and raclette at Borough Market, sandwiches that have been hailed London's best by bloggers and the press alike. But two years ago, he also started making cheese as a means to reduce the costs of his business. Though he planned to make cheese only in the summer - when the dairy cows are fed on grass and are therefore producing the highest quality milk - he ended up carrying on through the

winter too. These days he makes around 2,000kg of cheese a year, split between a soft cooking cheese (Bermondsey Frier) and a hard aged cheese (Bermondsey Hard Pressed Cheese).

Oglethorpe studied agriculture in Switzerland some 30 years ago, before going into farming in the South of France. It was there, on a goat farm in Provence, that he made his first cheese. His affinity for this dairy delight took him to London cheese emporium Neal's Yard, where he worked for 12 years learning all about British cheeses and cheese-making.

The cheese he makes now is all rennet-set, using milk from Commonwork Organic Farm in Kent. It was the only place he found he could get the milk while it was still warm from the milking parlour, add the rennet, and transport it back to London in his ten 30 litre churns.

The relatively small size of his

operation means that even with help from Jen Kast (pictured), his cheese-making assistant, he only has time to make cheese once a week. Still, that hasn't stopped him experimenting. He's currently looking to expand his cheese portfolio with a soft lactic-set cheese, as well as trying to become more efficient and sustainable. Right now, all of the whey produced as a by-product of the cheese-making process goes to compost. But Oglethorpe has invested in equipment that will soon be turning some of the whey into cream, from which he can then produce butter.

When asked about taking up cheese-making full time, Oglethorpe isn't sure, but admits having considered Herefordshire as a possible destination. In the meantime, make sure you catch him at his stall at Borough Market on Thursdays, Fridays and Saturdays, or at the Bermondsey café-come-dairy on Saturdays.

1 Voyager Railway Arches
London SE16 4RP

www.kappacasein.com

TOASTING LONDON WITH...

Aggie MacKenzie

In a regular series, we ask those in the capital's food scene what they love about it. This issue we talk to the former head of the Good Housekeeping Institute and, it's discovered, gastronaut of north-east London.

Aggie MacKenzie may be best known for the non-sense TV show *How Clean is Your House?* but, she says, she's always been more interested in food than cleaning. Fair enough too. Speaking of fair, in 2009, Fairtrade supporter Aggie was sent by the Fairtrade Foundation and TV show GMTV to visit Fairtrade sugar and peanut producers in Malawi. She says she was struck by how prominent and optimistic the women farmers were. Closer to home, she has recently published her first collection of recipes: *Aggie's Family Cookbook*.

Your favourite place to eat in London?

I do like the Modern Pantry (Clerkenwell). It's so clever how Anna Hansen puts together the ingredients. The menu's a bit pan-Asian, and there's an element of surprise.

Your earliest London food memory?

In the seventies you used to buy fish once a week, and at that time coley was something you bought for the cat. Nowadays you see it on menus. But I've never eaten it – it's the memory of associating it with catfood!

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

Le Gavroche (Mayfair). It was pretty amazing. You can see why they charge so much. There were loads of courses, so I can't remember what I had. You go out feeling replete and satisfied – and a lot poorer.

Your favourite food stall?

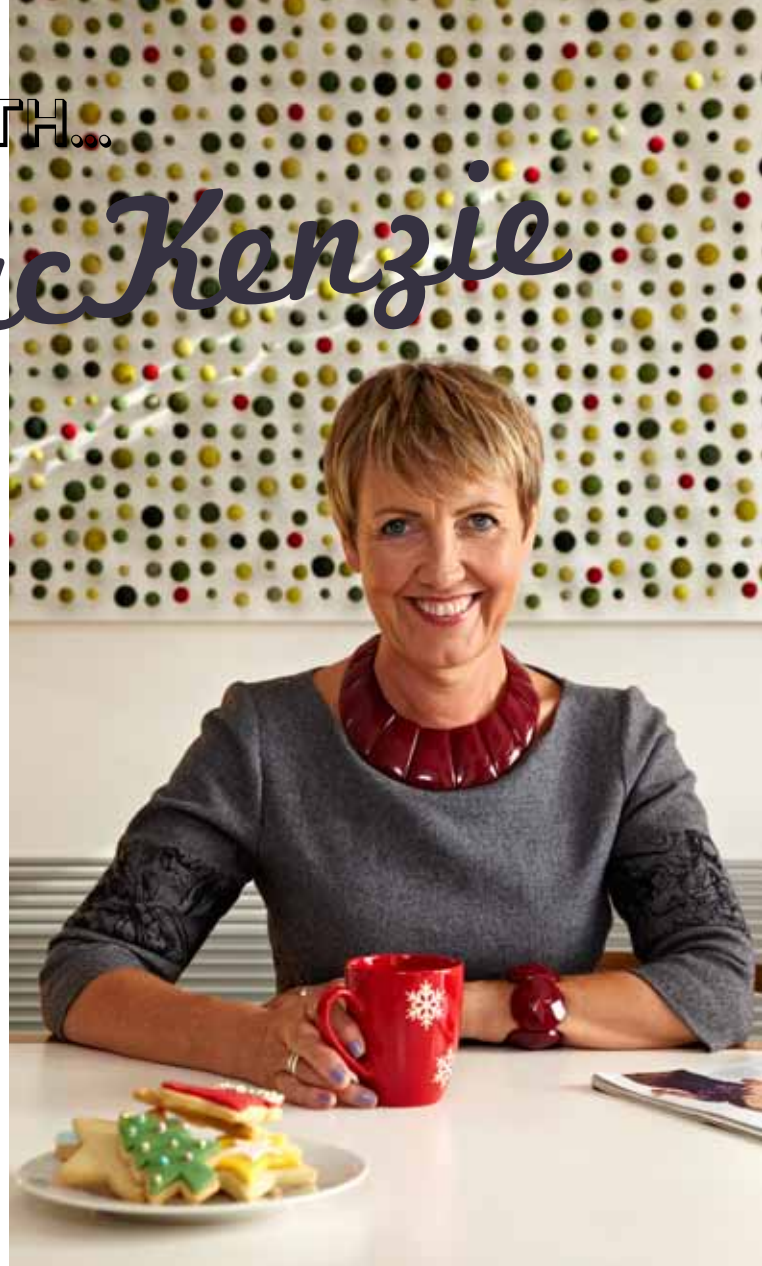
I like all of Stoke Newington Farmers' Market. But the Turkish pancake (borek) stall is great. There's also a man selling mushrooms, with a little gas burner, making baguettes with garlic and butter.

London's best food bargain? (shop, café or restaurant)

Lahmacuns. There are lots of Turkish cafés around here, with wood-fired ovens. They roll dough out fresh, sprinkle it with minced lamb and herbs, put it in the oven for five minutes, stuff it with salad and roll it up. And it's £1.50 – the Green Lanes equivalent of chips and curry sauce.

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

I try to buy fruit and veg from the two local shops (Newington



Green Fruit and Veg and its sister shop in Stoke Newington). For instance, I've been making gravadlax, and I can buy a big bunch of dill for a good price. You can buy exactly how much you want, it's not wrapped in three layers of plastic.

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

I'd like to see even more pop-up restaurants and food businesses. People are having a go and trying different things. It's a bit of a democracy. It helps towards raising standards to buy food from people who go the extra mile, and cook because they love it.

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

(Something we might see more of?) I saw ox cheeks for sale in Broadway Market. They looked very lean, but were very cheap. The seller said they needed longer cooking but they would be very sweet – and they were. And that's the type of thing you can't buy in a supermarket.

By Clare Hill

You can now buy all your fresh food straight from local farms



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This MA programme is run jointly by Middlesex University and the sustainability non-profit Forum for the Future.

“

Experiential, work based learning has been one of the fundamental cornerstones of this year. I do not think I have ever learnt so much, from so many extraordinary experiences, and people, in such a short space of time

Celia Cole, 2009-10

”

CAPITAL GROWTH

*Can
you
dig it?*



Capital Growth's Eloise Dey and Seb Mayfield

Michael Dees finds out about the 'spades' of volunteers getting involved in a new community food-growing day, in March.

T

he days are getting longer, the evenings

lighter, buds are beginning to open, and the sounds of spring are in the air. It's time to fulfil those new year's resolutions and start growing the veg you've been promising to for years.

Often the same old excuses of not knowing where to start, or not having the space, rear their ugly heads. But fear not, because the Big Dig could be the answer you've been looking for.

You may be familiar with the Big Lunch, the nationwide excuse to get to know your neighbours held in June. Well the Big Dig on 16 and 17 March is a chance to roll up your sleeves and get involved in a community food-growing project near you.

March is a busy time, as food growers strive to get all their seeds and seedlings sown for the start of the growing season, and community food growers all over London are on the lookout for volunteers; people like Marina, who volunteers at the Carshalton Community Allotment. "I really love volunteering," she says. "Gardening is so therapeutic and it's been a great way to meet new people."

The organiser of the day, Capital Growth, is also offering a limited number of projects help in advance from corporate volunteer teams, who will be ready to get stuck into large tasks such as clearing a space or building something, on 16 March, the day before the main event.

Capital Growth's registered spaces are being included in a Big Dig Directory, due for launch in February, so Londoners can find a space where they'd like to volunteer. If you're a growing space that has still to sign up, now is the perfect time to register. Likewise, if you're thinking of volunteering, log on to find a Capital Growth space near you.

For more information visit www.capitalgrowth.org/events/big-dig.



GROWING CALENDAR

JANUARY

- * Prune soft fruit and apple and pears while the plants remain dormant. Take the time to research the method for each plant and ensure your secateurs are razor sharp.
- * Choose a fine day to get yourself sorted for the season ahead. Have a blitz of your plot, sorting out pots, tools and odd jobs in readiness for spring.

FEBRUARY

- * Jot down a planting plan and check your seed stash, ordering in extras to fill any gaps.
- * Select spuds for chitting and planting in next month or two. 'First earlies', such as Arran Pilot and Red Duke of York, are best for small spaces. If you plan to grow them in a large container, ensure the plants are always kept moist.
- * Sow chillies, which require a long growing season. The seed needs a minimum of around 20°C to germinate, so choose a snug spot and then grow on seedlings somewhere bright. Later, pinch out the growing tips to encourage a bushy plant.

MARCH

- * Hunt for slugs and snails before they start breeding in earnest. Look for hiding places where they are clustering together, such as piles of pots and containers.
- * When the weather starts to warm up, sow coriander, chervil, early peas, carrots and radishes, amongst others. Start them off in modules if the soil is still cold – direct sowings are likely to fail.

By **Tom Moggach** from **City Leaf**. His first book, 'The Urban Kitchen Gardener: Growing and Cooking in the City' is published by Kyle Books in April 2012. City Leaf provides expert food growing training to groups and schools. For more information, call 020 7485 9262 or email info@cityleaf.co.uk. www.cityleaf.co.uk



Maltby Street

Retailer: *Monmouth Coffee Co.*

34-36 Maltby Street, SE1 3PA

Start with a coffee, but remember that everyone else may well have the same idea – a testament to its popularity. The three arches, complete with roasting site, house coffee bought fairly and sustainably from single farms, estates or co-operatives.

www.monmouthcoffee.co.uk

Retailer: *Mons Cheesemongers*

59 Stanworth Street, SE1 3NY, and as part of Maltby Street Open Warehouse Saturdays, 9am-2pm

The size of the cheeses here are way beyond what you'd see in a supermarket. Traditionally made and imported from France and Switzerland, they are ripened in cellars at St Haon le Chatel, where natural insulation is ideal for cheese ripening. Have a taste, then pick and mix what you fancy.

The railway arches of Bermondsey have become an unlikely food destination in south-east London. Home to independent food and drink producers and retailers, this alternative to Borough Market draws a crowd of its own on Saturday mornings. **Anna Sbuttoni** went to have a look.

market booty, and refuel with some Austrian goulash or smoked bacon sarnies.

www.beasofbloomsbury.com

Bar/retailer: *40 Maltby Street*

40 Maltby Street, SE1 3PA

This industrial conversion-come-bar, in the Gergovie Wines warehouse, sells bottles produced by a handful of wine-makers who reject chemical fertilisers and pesticides. These wines have personality. Sip a glass or two at the bar, or take home a bottle.

www.40maltbystreet.com

The cheddars, for example, are selected by visiting the West Country every eight weeks and tasting through young cheese to select the batches that will be matured.

www.nealsyarddairy.co.uk

Producer: *The London Honey Company*

55-58 Tanner Place, open studio on last Saturday of the month, 9am-2pm (every Saturday before Christmas)

One taste and you'll never go back to the mass-produced stuff. Urban beekeeper Steve Benbow produces honey for

Photos: Adela Nistora



Retailer: *Jacob's Ladder*

104 Druid Street, SE1 2HQ

This stall buys biodynamic lamb, beef and pork from farms including Hophurst, Perry Court and Montague, in Sussex and Kent. Butcher Phil Rickett says biodynamic farming is “an extension of organic” and a “totally sustainable way of farming”. Sausages and burgers are made on site.

www.jacobsladderfarms.co.uk

Café: *Bea's of Bloomsbury*

Arch 76, Druid Street, SE1 2HQ

Take your sweet tooth to this edgy take on a tea room. Try a meringue, smothered in natural fruit juices. In fact, none of these treats, made in an open plan kitchen on Theobalds Road, contain artificial colours or flavours, and they change on a seasonal basis. And when most of the neighbours close up at 2pm, come here for the ‘Maltby Street Lockin’, where you can bring your

Producer: *Fern Verrow*

55 Stanworth Street, SE1 3NY

This arch is home to weird and wonderful fruit and vegetables. Staples like Desiree potatoes nestle next to more unusual varieties such as Arran Victory, Cara and British Queen. Stock changes with the seasons, with an emphasis on taste over appearance. Squash - patty pan, blue ballet and stella blue - is centre stage for now. The business is a certified biodynamic and organic smallholding, four miles east of the Black Mountains on the Welsh-Herefordshire border.

www.fernverrow.com

Retailer: *Neal's Yard Dairy*

60 Stanworth Street, SE1 2HH

Distinctive cheeses from around 70 cheesemakers on farms across Britain and Ireland. Each has a story, so don't be afraid to ask about where each one comes from.

Londoners from the heart of the capital, where bees can thrive, far from the treatments used by commercial farmers and with plenty of green space to forage.

www.thelondonhoneycompany.co.uk

Growing space: *Melior Street Community Garden*

Melior Street, Southwark, SE1 3QP

Need to escape the streets? This pocket plaza park and community growing space was created from a derelict area by Team London Bridge, in partnership with Southwark Council. The space, maintained by charity St Mungo's, is a member of the Capital Growth scheme, which aims to create 2,012 growing spaces in London by the end of 2012.

www.teamlondonbridge.co.uk

Producer: *Kappacasein Dairy*

1 Voyager Arches London SE16 4RP

See article on p15

Featured member
The Bread Factory



LONDON FOOD LINK

Gerry Moss, who works at The Bread Factory (the company behind the Gail's bakery chain), has been baking for more than 20 years in New York, California, Hollywood and London, and has worked with such food luminaries as Sally Clark, Wolfgang Puck and Nancy Silverton. He is a graduate of the Culinary Institute of America in New York.

He says he enjoys working at an artisan bakery as they are few and far between, and disappearing from our high streets every year. Working at The Bread Factory helps him to continue to preserve the very special craft of handmade products; it produces hundreds of specialty loaves.

His favourite is the French dark sourdough. Made from a natural sour culture which they have developed, this bread takes 48 hours to make from start to finish, and is truly grand in taste with a robust crust.

As well as producing artisan breads, The Bread Factory is always looking to better the overall sustainability of the business, for example by improving work practices and inventory monitoring to reduce food waste. It has installed a more efficient energy system, and uses GPS tracking to monitor and optimise delivery routes.

www.breadltd.co.uk

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

Online: Go to www.sustainweb.org/londonfoodlink/membership, complete the form and send it to georgie@sustainweb.org, then click the 'make a payment' link. Post: Complete this form and send it with a cheque made payable to 'Sustain', to 94 White Lion Street, London N1 9PF.

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. If you are a community project, food business or local authority, contact georgie@sustainweb.org for more information on how you can be involved with London Food Link.

WHAT'S ON

Adopt-a-Plot Showcase

17 January *The Table Café, Southwark*

Giving restaurants the opportunity to 'adopt a plot' at their local community food-growing space, by showcasing successful partnerships, and bringing together restaurants and growers who are keen to get involved, in time to place orders for the coming growing season. Contact: duncan@sustainweb.org or 020 7837 1228.

www.ethicaleats.org

Less Meat More Veg

19 January 7-9pm *Divertimenti, Marylebone*

Now is the time to make a special pudding with a difference, using wild ingredients such as sweet chestnut, sloes, rosehips and hawthorn berries. Bring a pudding basin or Pyrex bowl to take your pudding home in. Booking essential.

www.divertimenti.co.uk

Fruit Pruning

21 January 10.30am-3pm *Carshalton Community Allotment*

Learn all the basics for pruning fruit trees and bushes from Alessandra Valsecchi, Royal Horticultural Society, Wisley, for only £20. All welcome, no experience needed, contact: food@ecolocal.org.uk, 020 8770 6611, or download form at <http://tinyurl.com/fruit-pruning>

London Potato and Seed Fair

22 January 10-3pm *Sydenham School, Dartmouth Rd SE26*

Come and swap your unwanted seeds and buy over 85 varieties of potato tubers at this annual event. £2 entry.

www.potatofair.org

Lessons in Loaf - Teachers' Real Bread Workshop

25 January 9.30am-12.30pm *Marylebone*

La Cucina Caldesi owner and cookery-book author Katie Caldesi will teach teachers to run Real Bread-making classes, covering making white and wholemeal loaves or rolls, plus healthy veggie pizza, with advice on how to fit bread making into the school day.

www.realbreadcampaign.org

Open Day, Organiclea growing site

29 January 12-4pm *Hawkwood Nursery, Chingford E4*

Always the last Sunday of the month, with a site tour, free skill-share, celebration of a specific preparation of a different seasonal vegetable, group gardening activity and drop-in learning. Bring a packed lunch.

www.organiclea.org.uk

Learn to set up your own home bakery

25-26 February 10am-4pm *Riverview Gardens, Hammersmith SW13*

Earn some money, do something meaningful, and develop your local community. Training covers baking, setting up and growing your business, and the logistics. Choose between courses over once a week for three weeks, or a two day period. Cost £350.00

www.virtuousbread.com

Secret Garden Club - Spuds-u-like!

26 February 1.30pm *The Underground Restaurant, Kilburn*

Potatoes - you don't need a lot of space for them, you can

even grow potatoes in bin liners or on your balcony. The low down on the different potatoes: earlies, new, old, blue potatoes, heritage. Workshop and tea - £45.

<http://marmilover.blogspot.com/p/events.html>

Fairtrade Fortnight - Take a step in 2012

27 February-11 March

This year the Fairtrade Foundation is aiming for people to commit to 1.5 million 'small steps to a fairer world' by the end of 2012. To find out what is happening in London go to www.fairtrade.org.uk/step

Facing the Future: Innovation in Food and Farming

2 March *Royal Horticultural Halls, SW1P*

The Soil Association's annual conference explores Facing the Future - the exciting scientific and technical progress being made in organic and low-input farming systems; and Good Food for All - debating food, public health and social justice. £90 members/concs, £120 non-members

www.soilassociation.org/conference

Food Smoking

10 March 10am-5pm *Hackney City Farm*

An introduction to smoking methods, selecting foods and equipment, and food hygiene. Participants will learn about different types of food smoker, as well as select, prepare and smoke three types of food - fish, cheese and eggs - through hands-on exercises. Wear practical outdoor clothes. Cost £60

www.lowimpact.org/hackney_course_outline_food_smoking.htm

London Food Link network do

Wednesday 14 March 6:30pm onwards *The Islington Barn, 133B Upper St, N1 1QP*

A chance for those that care about ethical food in London to come together and enjoy some wholesome treats cooked by chef Philip Dundas, in the informal setting of his pop-up restaurant. Contact ross@sustainweb.org to book your place.

Good Food on the Public Plate awards

15 March *City Hall*

London's public sector caterers and food procurement staff will be recognised for putting 'Good Food on the Public Plate'. The 2012 awards include higher animal-welfare standards, sustainable fish, food with a reduced environmental impact, and 'real bread'.

www.sustainweb.org/goodfoodpublicplate/

The Big Dig

16-17 March *Growing spaces around London*

Mobilising thousands of volunteers to help prepare their local community growing space for the new growing season, by encouraging Londoners to get their hands dirty (see p19). To get involved contact seb@sustainweb.org, 020 7837 1228, or go to www.capitalgrowth.org, @Capital_Growth, www.facebook.com/capitalgrowth

Hot cross buns for Easter

31 March 11am-3pm *Riverview Gardens Hammersmith SW13*

Learn to make light hot cross buns using an enriched dough, about 'flying ferments', and how to make perfect crosses on your buns! Contact: 07711 267 278 or jane@virtuousbread.com, cost £60.

www.virtuousbread.com



LET'S BOWL OVER POVERTY! HOLD A SUPER SOUP LUNCH Friday 30 March 2012

POVERTY



Register now to receive your free fundraising pack, complete with everything you need to turn up the heat with your Super Soup Lunch.

Visit christianaid.org.uk/super-soup-lunch

Text 'soup' to 88802*

*All texts are charged at standard network rates

Whatever you have for lunch on Friday 30 March 2012, make sure it's soup. You will be one of thousands of people putting their sandwiches aside and joining Christian Aid's Super Soup Lunch to help fight poverty.



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NI charity no. XR94639 Company no. NI059154 ROI charity no. CHY 6998 Company
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ELLIOT'S

CAFE

**12 Stoney St
Borough Market, SE1 9AD**

Elliot's is located in London's Borough Market and is open for breakfast, lunch and dinner Monday to Saturday. The Market has been a part of London's food culture since the 13th century and has existed at its current location since 1755. We aim to build on these traditions by working closely with the market traders and offering a menu which directly reflects the range of produce you will find available on any particular day. Whilst the kitchen has to close between services our doors are open for a drink and we offer a limited menu of cold plates, cheese, cured meats during these times. Our burger is now available all day too.

Elliot's is the second venture from Brett Redman and Rob Green who also run the Pavilion Café in Victoria Park.

Monday - Saturday

Breakfast 7:30 - 11:00, Lunch 12:00 - 3:00
Bar snack menu 3:00 - 6:00, Dinner 6:00 - 10:00

Sunday

Breakfast 7:30 - 12:00, Lunch 1:00 - 3:00
Bar snack menu 3:00 - 6:00, Dinner 6:00 - 10:00

Contact

info@elliotscafe.com