

AUTUMN 2004 No 8

London Food Link aims to help producers, consumers and retailers make a positive choice for sustainable, local food. This means better access to affordable, high quality and seasonal food, shorter supply chains and campaigning for policies which promote a thriving local food economy and culture.

London Food Link intends to:

- establish a local food network for London
- promote a sustainable local food economy
- support new and existing food projects
- advise local and regional authorities on supporting the growth of a local food sector in London
- celebrate London's food culture

Unique News Service for London Farmers

London Food Link and the NFU will be sending out the first newsletter specifically for the London farming community at the end of September. This free quarterly bulletin will focus on projects, opportunities and issues affecting farmers in the London area.

Shaun Leavey of the NFU commented: "We're delighted to be working with London Food Link and the London Development Agency to build the



infrastructure necessary to help London's threatened farmers and growers survive into the future. The newsletter should help this minority group engage in debates that affect them and find out how to support positive action for the land-based industries in the city."

This newsletter builds on the first conference to bring together this community, held earlier this year. If you are a farmer in the London area who is interested in joining the mailing list for this free service contact London Food Link at ben@sustainweb.org or the NFU on south.east@nfuonline.com.

Apple Day: get to the core of local food

October 21st is Apple Day. Started by Common Ground in 1990, there are now hundreds of local Apple Day celebrations around the country every autumn. Local communities get together to hold tastings of dozens of varieties, "longest-peel" competitions, games and of course, for the older participants, imbibe cider.

London is surrounded by orchards from which some of the most famous fruits were nurtured. Cox's Orange Pippin, once worth millions to the UK economy, was first raised outside Slough. The Discovery was found in Essex. Rarer varieties, such as Ribston Pippin or Howgate Wonder, eponymously reveal their origin.

And it is these lesser knowns that Apple Day celebrates. Many tastings offer over 40 varieties of apples, still a drop in the cider press compared with the thousands now gone.

A few of the events to be held in and around London are listed on page 10.

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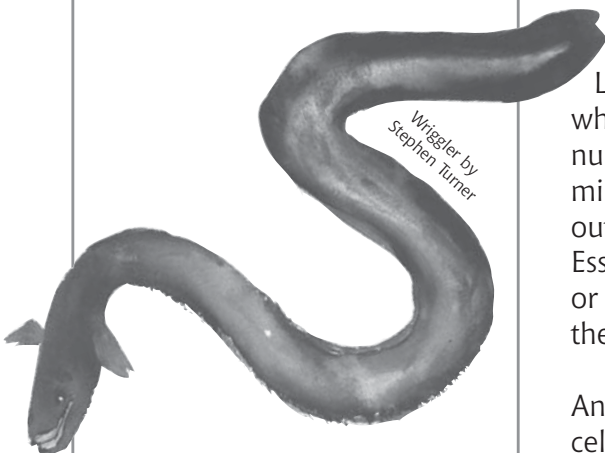
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Members News

Bread Street Moves

The Bread Street exhibition moved to the oh!art centre at Oxford House in Bethnal Green on 2nd September. Remaining there until the 26th, the peripatetic collection will continue on to The Hub, Newham from 28th September until 1st November.



Bread St private view at Oxford House. Photo taken by Jackie Norman.

Sara Hannant's photos examine London's rich baking tradition, reflecting the cultural and ethnic diversity of Londoners through the breads they bake and eat. Complementing oh!art's annual theme of identity, the exhibit examines different community identities and their attitudes to and use of bread. Commissioned by London Food Link, the exhibit is accompanied by the report *Bread Street: the British baking bloomer* and a set of 12 postcards taken from Sara Hannant's work.

London Food Link Members Online Directory

If you are a member of London Food Link you will now have access to an online version of the members' directory. This directory is much like the paper version, but is searchable by area, profession and where applicable, type of food. This site will also include links to the latest members news or any of their documents. The directory is located in a special members area on the London Food Link website - www.londonfoodlink.org.

Food History in London

Having completed a pilot project on Oral History at the Idea Store, Bow, the Museum of Culinary History & Alimentation (MoCHA) is going on to repeat their successful formula with discussion sessions at Uxbridge Library beginning on 16th September. The sessions will be held from 10.30-12noon on the first Thursday of every month until May 2005.

MoCHA has developed a unique way of collecting food memories which creates a more complete picture of the contemporary history of food. The discussion sessions have proved to be lively and are very accessible in their cultural and social content. They have also provided the participants and

museum staff with a large degree of inclusivity and interaction which is not always the case with traditional 'one to one' oral history practice.

A more in depth report on MoCHA's 'only the dinners are different', project can be seen in the next edition of the Jellied Eel. For more information contact MoCHA on 0208 983 0820.

Consume This!

The V&A's night of Sustainable Design will be held on Friday 24th September from 1830 to 2200. Alongside live design and fashion installations there will be an open-air produce market: 'Urban Harvest' from Slow Food London. Free entry to the V&A and all food exhibits. Live music and performance and video art will need free tickets. To book phone 0207 942 2211.

For further information please telephone 020 7942 2000 or see www.vam.ac.uk/fridaylate

Culture Kitchen in Croydon

On 30th September the Women's Environmental Network and Croydon Council are holding the Culture Kitchen, a celebration of cultural diversity through food. Besides cooking there will be recipe sharing, art, singing, story-telling and much more! Presentations come from Guyana Link, the Bangladeshi Welfare Association and local food groups.

The venue is East Croydon URC, Addiscombe Grove CR0 5LP, and events run from 10am to 4.30pm. Tickets cost £3 including a lunch cooked by participants. Early booking is essential. Please contact Caroline Fernandez on 020 7481 9004 or food@wen.org.uk

National Training Programme for Community Food Workers

This is the first programme of its kind in the country and has its roots in the experience of community food workers in many parts of England and, in particular, food access and food poverty projects in the London Borough of Newham. This is a 21 session pilot programme comprising seven units spread over three months.

This course is for anyone who has an interest in community food working and thinks the Programme will benefit them. It will cover topics from food poverty and global to local influences on food, through to starting and developing your own Community Food Initiative. Learners will be expected to have literacy and numeracy skills equivalent to Entry Level 3. On successful completion of each unit, participants will receive a certificate from the London Open College Network.

The pilot programme will run from 13th October to 15th December and is free of charge. For more information on this course contact Amelia Duku at Community Food Enterprise on 020 7511 9014 or info@community-food-enterprise.org.uk

Farmers Briefings

NFU South East has arranged a series of briefings on CAP reform and the Single Payment Scheme this autumn. These are open meetings for fully paid up farmer and grower members. Quote your membership number when you telephone to book in. Below we have listed those meetings closest to London.

- Monday, 18 October - South of England Showground, Ardingly, near Hayward's Heath; West Sussex
6.30-7.15pm: RDS presentation
7.30pm: SPS Briefing
Buffet provided by Sth Eng Ag Soc at close of meeting
- Thursday, 21 October - Newbury Rugby Club, Berks
6.30-7.15pm: RDS presentation
7.30pm: SPS Briefing
- Tuesday, 2 November - Kent County Showground, Detling, near Maidstone
4.30pm: Growers' SPS Briefing
6.30-7.15pm: RDS presentation
7.30pm: Farmers' SPS Briefing

If you require further information please telephone NFU SE Regional Office: 01730 408000

Henrietta Green's Food Lovers' Fair: 5th- 7th November

For the sixth year running the Food Lovers' Fair at Covent Garden will welcome 120 of the best food producers in Britain. "Sustainable, traceable food, characterised by its integrity and its

local links is also at the heart of true healthy eating," says Henrietta Green. "There is nowhere else on earth where you will find so many producers of such high quality gathered together. It will be an unforgettable feast of the senses for everyone there."

Free entry. Open from 11am to 7.30pm Friday, and 10am to 6pm Saturday and Sunday. See <www.foodloversbritain.com>

Ealing Food Links Online Directory

A celebration of Ealing Food Links was held on the 28th June to promote the online directory of local food projects. The online directory identifies and lists the local food projects and includes information and links to related sites.

The event linked local food and healthy eating projects in the borough. The twenty-four attendees included the council's rangers who run the community orchards, the allotments manager, 5-a-day co-ordinator, community dieticians, representatives from the Fairtrade Foundation, the Kids Cookery School, the Ealing Beekeepers Association and our own Ben Reynolds.

Ealing Food Links forms part of Ealing Council's Food Matters Strategy, a three-year action plan to improve the health of Ealing's population. This was launched in November 2003 in order to co-ordinate food work in the borough, involve local communities in food issues and raise awareness of healthy eating. The directory can be found at:

<www.ealing.gov.uk/council/strategies+and+policies/healthy+living+initiatives.asp>

Member Feature:

Gabriel Mackintosh - Community Kitchens Project (Islington)

Community Kitchens Project aims to:

- promote healthy eating
- make healthy food more available
- create training & employment opportunities

The Project works with community groups in Islington particularly those most at risk of heart disease, including black & minority ethnic communities, refugees & asylum seekers, homeless people, families and individuals on low income, young people, and older people. Information, training and support are offered in food hygiene & safety, nutrition, healthy eating, cooking, shopping & budgeting. In areas of need, the Project works with local people to develop sustainable food initiatives such as community cafes, food co-ops and grow-your-own schemes.

This photo shows myself and Sharina Smith front of her prize-winning poster on display at the Islington Diabetes Awareness Day. Sharina is a member of The Factory Out-of-School Project (Newington Green). I'm doing some fun healthy eating promotion work with kids there and will be celebrating the end of Summer Play Scheme by helping them create an A-Z model of international fruit & veg!



Community Kitchens Project: Tel. 020 7561 5281 Gabriel@manorgardenscentre.org

Bulletin

London Food

On 7th September the first meeting of the new mayoral food policy board 'London Food' took place. This new board, chaired by Jenny Jones AM, has 25 members from diverse backgrounds and includes Anne Dolamore, Chair of London Food Link, as well as four other LFL members. The board will develop food policy for the capital, broadly around making the food system more sustainable, secure and diverse. In parallel, the London Development Agency is recruiting a dedicated food unit to take forward the work the food policy board and to develop the sustainable strategy for food and farming in London, as previously reported in the pages. The LDA is also proposing to host an international symposium on urban food issues in the winter.

Make Yours a Local Lunch

September is Farmers' Market Month. This year the Food Miles issue comes under scrutiny. Information about how far produce has travelled will be available at markets. As a Sustain report revealed, the ingredients for an air-freighted Sunday lunch created 37 kilograms of greenhouse gases but when bought from local farms only 58.2 grams of greenhouse gases were released - a reduction of 99.8 per cent! For more information visit the London Farmers' Market website www.lfm.org.uk or see the National Association of Farmers' Markets at www.farmersmarkets.net

Real Food:

Fight Supermarket Power

In 2002 the Supermarket Code of Practice was introduced to try and limit the oligopolistic power of the supermarkets. Unfortunately the wording of the Code was vague and ambiguous. The supermarkets' treatment of producers and local businesses has changed little.

A new alliance is therefore sponsoring an Early Day Motion to strengthen the Code and introduce an independent mediation service between producers and the supermarkets.

As above, please write to ask your MP to sign EDM 817 or visit the Friends of the Earth website <www.foe.org.uk> to send a prepared email, fax or letter to your MP.

British Food Fortnight

The British Food Fortnight starts on 18th September with a special focus this year on young people and education. The diversity of Britain's regional food will be celebrated at festivals across the country, including Abergavenny, York and Salisbury. Specialist butchers and shops are running tastings and schools are holding food-related activities all fortnight. The Campaign for Real Ale is holding a competition to think 'Beyond the Chicken Nugget' and find the best pub food for children. Events occurring in or near London include:

- 18th -26th September: Surrey Farm and Village Week, contact Jane Garrett on 01483 203237.
- 20th-22nd September: The Restaurant Show at Olympia has British Food Fortnight promotions.

Urban Chickens for the Beginner

Omlet, a frankly-named new company, has introduced an exciting, ultra-low maintenance chicken coop for the novice. Coming in three colours and with a choice of three hens (with room for two) the Eglu is a brilliant step in sustainable living. The Good Life in the age of Ikea!



Call 0845 450 2056 or see www.omlet.co.uk

Eglu with two chickens ©Omlet Ltd



Elm Farm Research Centre Conference:

Food Quality and Organic Food and Farming: Concepts and Methodology

23rd November 2004 (10am to 4.30pm)

at

The Kindersley Centre, Sheepdrove Organic Farm, Lambourn, Berkshire

Will be of interest to a wide audience of those interested in food, its quality and food systems

Contact us for more details: +44 (0) 1488 658279 or email: Gillian.W@efrc.com

More...

- All Thames Valley Farmers Markets will be participating. For more information contact 020 7840 9292 or info@britishfoodfortnight.co.uk

Local Works

Local Works is the campaign for the Local Communities Sustainability Bill. Across Britain there are worrying trends such as post office closures, independent newsagents and pubs going out of business, increased road traffic through villages and towns and food and goods being transported from ever greater distances.

This Bill will attempt to reverse this situation by creating a radical new shift in how we are all governed by giving local authorities genuine powers to make their communities more sustainable. This will mean that the benefits which local retailers, for example independent bakers and grocers, bring to their communities will be recognised and rewarded in contrast to the disadvantages of big businesses such as supermarkets.

To support this Bill please write to your MP and ask them to sign EDM 169. To join the campaign or for any more information please contact: Steve Shaw at Local Works on 020 7833 9898 or steve@actnetwork.org.uk

Launch of Alimen Terra the European Network for Sustainable Food Systems

AlimenTerra is a new network of European organisations committed to developing practical and co-operative action leading to the creation of a truly sustainable European food system.

Above all the members want a food system that respects the distinct food culture of each village, town, community or region and which promotes the health of the population and the environment. The founding members of AlimenTerra come from five European countries: France; Italy; the Netherlands; Spain and the UK. They represent all the food chain from farmers and development organisations to NGOs, local food initiatives and organic support bodies. It was launched in London in July with members (and great food!) from across Europe and a key area of work to be developed is on public procurement and developing practical food chain solutions to buying sustainable food. For more details on AlimenTerra Go to the web-site at www.alimenterra.org

FSA to Support Community Food Initiatives

The Food Standards Agency (FSA) is launching an annual award for community food initiatives. The Dame Sheila McKechnie award will recognise and celebrate the contribution that these initiatives make to their local communities. Two community food projects will be chosen every year and they will each receive £15,000 over three years. For more information on how to apply for the award, go to the Agency website www.food.gov.uk or phone 020 727 8146.

Are You a Charity Hero?

The Beacon Prize is an award scheme designed to highlight the achievements of those who make significant contributions to charity, whether through fundingtime or specialist skills. Their aim is to foster a greater culture of giving in the UK.

If you know someone who is doing some truly great work, Beacon would like to hear about them. You can nominate them for one of the six categories - Leadership, Creative Giving, New Initiatives, Community Builder, Young Philanthropist or Risk Taking.

New Research on the Mayor's Impact on Allotments

A report for the Greater London Allotments Forum has just been produced by Jonathan Harding, an internship student at King's College London. The report illustrates how the Mayor's strategies for development in London will enable allotment communities to help make London a sustainable and green city.

<www.londonallotments.net/research.html>

Diary

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Bread Street exhibition
Oxford House, Bethnal Green -
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16th September - May 2005

(First Thursday of every month)
MoCHAs Oral History Sesions -
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18th September - 3rd October

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National Training Course pilot
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21st October

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5th - 7th November

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If you would like further information or to obtain a nomination form please visit our website www.beaconfellowship.org.uk or email us at enquiries@beaconfellowship.org.uk. Alternatively you can call us on 020 7849 6550.

Farm Gate

LDA to Create Farming Action Plan for London

The London Development Agency (LDA) has announced it will be developing an action plan to keep farming viable in the London Green Belt. This follows a number of developments in the policy world including the establishment of the London Food board by the Mayor and the LDA, and the inclusion of an agricultural policy in the London Plan through the collaboration of the NFU, London Food Link and London Farmers Markets.

The LDA has recognised that despite the potential for connections between food production around London and the enormous marketplace represented by the capital, many farmers are struggling to remain solvent. Problems faced by London farmers include planning restrictions, policies that partly encourage diversification out of food production, the cost of land and labour, crime, an ageing farmer profile and lack of infrastructure to support smaller and local farmers. This is compounded by a lack of representation and networking, a poor history of collaboration, rights of way and access issues and distribution challenges.

The action plan will include a pilot study on the viability of farming in the Green Belt and will recommend action to increase opportunities for food production, particularly through connection with London markets, and sustainable agricultural land management. The plan will also look into the viability of non-food related produce and recreational access and habitat management.

The work for this plan will be starting imminently. For more information on the progress of this research, contact Jody Chatterjee at the LDA on 020 7680 2000 in mid-October.

London Farmers Survey

The National Farmers' Union (NFU) have carried out a survey of farmers in the Greater London region. The responses from the 211 farmers contacted show that local supply networks appear to be working. Large horticultural enterprises are supplying wholesalers and supermarkets while 80% of producers now market directly to the public through farm-shops, plant nurseries and farmers' markets. However, a third of producers felt that they wanted better opportunities to tender for public procurement contracts in schools, hospitals, prisons and care homes.

The range of businesses reveals the high level of diversification amongst the Green Belt communities. Specialised production of eggs and ice cream, compost, logs and hanging baskets for councils are just a few of the products from the 30,000 acres of rural London. The survey also shows farmers to be assisting in a range of services such as equine enterprises, recycling and care for wildlife sites.

Although the diversity of farm businesses is strong, there is widespread concern amongst the community about the perennial farmers' problems of crime and vandalism. 75% of those responding felt that improved policing and planning could help London's farms survive. Attacks on livestock, fly-tipping and illegal encampments were all bitterly resented by respondents. The NFU South East Regional Director Shaun Leavey said: "The NFU will be raising concerns over policing with the Commissioner of the Metropolitan Police following this survey."

70% of farmers believed sympathetic planning could help farmers adapt to changing economic circumstances. The NFU, alongside London Food Link and other bodies, is working with the London Development Authority (LDA) to ensure that an action plan for food and farming in the capital is delivered. In April 2004, the LDA pledged £700,000 over three years to implement recommendations in the Government Office of the South East's Delivery Plan for Sustainable Farming and Food in London and the South East.

For more information contact NFU South East PR Officer Isobel Bretherton on 01730 408002.



London Food Link would like to thank the following volunteers for their help over the last month: Gemma Abela, Isabel Darrer, Rakhee Hindocha, Jackie Norman, Chris Peck and Jennifer Tiedemann.

Allotment Slot

A Sting in the Compost

For some of my ecologically worthy brethren composting is a religious act, practised in life with sturdy bins, turning forks and urine chasers to keep the microbes high on nitrogen, and in death vertically, beneath a sapling. For me it is a sloppy habit: barrowing the kitchen waste down the main street to the plots entirely from force of habit, leaving it in bags until it condenses into cowpats, and tossed onto yet another neglected heap. I have half a dozen of these, dating back to the Major years, which are nibbled at for compost at planting time, but otherwise rest undisturbed - bar further additions of weeds and ice cream wrappers marking the passage of lazy summer days.

Boys once rummaged in the sweatier heaps, in search of slow worms and fishing bait, and I've found the occasional treasure: a favourite kitchen knife, lost years ago and now returned with rotten handle, the odd spoon, a screwdriver. But this August is different: it is the Year of the Wasp, and they have taken up residence in the warmth of a decaying bin, right beneath the ripest blackberries on the plot. Not my discovery: Mrs W found them the hard way, stung beneath the cheek as she was reaching for juicy fruits, proof if needed that jam-making can be a real pain in the neck.

It wasn't always like this. Once all this compost would be vigorously dug in each autumn, augmented with the brown nuggets from the stables, hand-picked for quality and freshness. And they were better days for Mrs W too: how can she forget the twenty-six cubic yards of well rotted bullock manure delivered for her Birthday back in '91, which has nourished the asparagus ever since? The delivery man entered into the spirit of the thing: he put a nice card for her on the top of the heap, though wisely no candles - with methane about, the muck might get spread just a little too violently. And inside the heap, a dozen broken power drills - their purpose a mystery to this day.

But stuff bought in has hidden risks. Avoid generous offers from men with trailers who offer to spread manure for you for 50 pence a bag. You didn't ask how big the bag was? Caveat emptor mate: off we all go to the cash machine for the two hundred quid you owe me. And our most recent delivery has been disowned, abandoned and left blocking the path, after repeated fires in the summer heat. With ownership disputed, along with responsibility, it will have chance to rot before being spirited away to a good home one quiet winter's morning.

A useful tip then from growing the Caribbean way: if you've got a heap, and the mood doesn't take you to spread it around, stick a pumpkin plant on top and watch it eat that compost right up to nothing. And with all those pumpkins, you have somewhere safe to stick the candles come Halloween.

Richard Wiltshire
QED Allotments Group

Apple Brown Betty

Apple Brown Betty is one of my favourite desserts. It should consist of the sharp, acidic but buttery apple puree topped with the crisp sweetened spiced crumbs

For the Topping

- 50g butter
- 150g fresh breadcrumbs
- 50g brown sugar
- 2 tsp ground cinnamon
- 1 tsp mixed spice

For the Apple

- 1.6kg Bramley apples, peeled, cored and roughly chopped
- 150g sugar
- 25g butter

To serve

Whipped cream or crème fraiche

Heat the butter in a heavy-based pan. Add the breadcrumbs and stir continuously over a medium-high heat as they become crisp. When they have turned golden remove them from the heat and stir in the sugar and spices. Allow them to cool.

Place the apples in a heavy-based stainless-steel pan with a splash of water and the sugar. Heat gently, cover with a lid and stir occasionally. A smooth puree with a few lumps will result after 10-15 minutes. Remove from the heat, stir in the butter and taste for sweetness, although the apples should retain most of their inherent sharpness.

Serve the warm apple in bowls sprinkled with a generous amount of crumbs and lots of whipped cream or crème fraiche.

From Sally Clarke's Book - Recipes from a Restaurant, Shop & Bakery published by Grub Street in paperback at £16.99



Restaurants

Formica and Chips to Tamworth Pigs

London's New Piccadilly Café in Denman Street has recently captured the attention of the food journalists. This old, once obscure relic from the fifties has found itself the subject of a Radio 4 Food Programme, various local TV news programmes, and numerous broadsheet features pages. The reason? The New Piccadilly will soon close its doors for the last time. The owner, Lorenzo Marioni, a son of Italian immigrants who has worked in the café since he was seven years old, simply can't keep up with the rent, currently £51,000 per annum, and the pressure of redevelopment.

It's sad to see any family business close, but the reason why there has been so much interest in this establishment is partly due to the publication of a new book, 'Classic Cafes'. Its author, Adrian Maddox, has drawn attention to this rare breed of cafes, products of a former era, of which The New Piccadilly - with its original pink enamel coffee machine, neon signs and formica tabletops which have seated Soho gangsters, Hungarian dissidents, fifties rockers and film stars - is a prime example. According to Maddox, the classic café has incubated a whole post war generation of writers, artists and musicians; as contributors to Britain's early dominance in the global popular culture scene, they

rightly deserve a place in our culinary hall of fame.



It's interesting, though, that amongst all of this coverage, very little has been said about the actual food, other than the café is still serving the original 1950s menu, and its prices are ridiculously low (you can buy a cup of tea for 50p). The menu is indeed a wonderful slice of history, and packs a nostalgic punch with its 'steak, chips and spaghetti' and peach melba. But sadly, that's where the magic ends. The food is standard greasy spoon fare: cheap meat; sliced wrapped supermarket bread; bought-in puds. As Mr Maddox himself points out, "you can forget it on the quality nosh front...since this is Britain you'll probably be eating BSE chopped-slop in every sausage and pie anyway. Focus on the fixtures and fittings and enjoy!"

It's yet another example of how, when it comes to eating out, we seem to be much more obsessed with image and style than with the quality of the food. But is it possible to combine both style and quality? To eat somewhere in London which has a sense of integrity when it comes to the food, as well as a sense of place? For independent restaurants without the budget of Gordon Ramsay it's difficult, but, if you look hard enough, you can find a few places which don't charge five star prices.

Rare breeds and sea bass

The Bermondsey Kitchen is one such example. An informal restaurant serving lunch and dinner (and brunch at weekends), it was set up about a year ago by Dela Foster, a woman who really cares about the food on the plate. No dodgy sausages here. Or marge, or filter coffee left stewing all day, or bought-in, frozen, part-baked baguettes masquerading as the genuine article. Far from it: the rare breed meats come from the Ginger pig farm in Yorkshire and Mae Sytwyn Farm in Wales, both of which use traditional non-intensive farming methods. Fish - un-endangered species where possible - comes daily from Essex. Vegetables are seasonal. Bread is home-made.

The kitchen was originally set up by Ruth Quinlan from the Eagle, and the restaurant shares a similar philosophy to its alma mater: big flavours (food has a Mediterranean feel), simple style (mix and match cutlery and furniture) and no nonsense on the plate (no fussy stacks and definitely no 'jus'). Unlike many of its gastropub cousins, however, the Bermondsey Kitchen is a lot less grubby. The room is large, light and airy; the décor contemporary but not over-designed. But the real sense of place comes from its location, right in the heart of historic London. Bermondsey Street, not far from Borough Market, is a charming mix of modern studios and loft apartments, and beautiful old buildings, including pubs, a bakery and a church.

The Bermondsey Kitchen received some great reviews when it opened just over a year ago. Being a good ten minute

Restaurants

walk from the nearest tube, I wanted to see whether it had managed to stay afloat once the initial burst of publicity had died. It's encouraging to see that it is still doing well. Lunch for two, with tapas to start, a shared pud to follow, coffee, wine and bread comes to just over £50. OK, not quite greasy spoon prices, but certainly on a par with the likes of Café Rouge. As well as contributing to the regeneration of this historic area, it is also supporting British farming, and helping prevent rare breeds dying out. And it is a perfect representation of the way we want to eat today: informal, unpretentious, welcoming, with a real mix of clientele. I just hope they keep paying attention to the details. That way, when future food historians pick through the crummy sandwich bars, the café chains, the large homogenous restaurant groups and the mediocre Chinese and Indian restaurants of the early 21st century, maybe, just maybe, there will be a footnote for the Bermondsey Kitchen.



The Bermondsey Kitchen, 194 Bermondsey Street, London SE1. Tel: 020 7407 5719
<www.bermondseykitchen.co.uk>

The New Piccadilly Café Restaurant, 8 Denman Street, London W1. Tel: 020 7437 8530

Classic Cafes by Adrian Maddox. Pub: Black Dog Publishing Ltd. ISBN: 1 901033 83X
www.classiccafes.co.uk

Mel Barrett

If you know of any London restaurants, cafe's or caterers who use food that's grown locally and want to tell everyone about them, please get in contact with Ben at London Food Link on 0207 837 1228 or ben@sustainweb.org.

Shop Window



Long-life processed foods with lashings of mayonnaise are out, fresh Chop'd salads are in! This new salad bar, opening near Liverpool Street station in early November, is trying to obtain locally produced food for office workers.

Entering an already saturated market, Chop'd is distinguishing itself by showing a commitment to sustainable food sources. They have recognised that demand has grown for local food amongst City workers.

Their belief in sustainability is not, however, entirely due to a demand for local food. Chop'd is also seeking to employ a local labour force who can learn about affordable, sustainable and nutritious food. Transferring their food knowledge back to the local communities and neighbourhoods shows the company's own dedication to the ideals of sustainability.

Soups, salads and wraps will be prepared freshly on the day in the kitchen and finally chopped and dressed in front of the customer according to preferences. With food politics still important, our choice of lunch remains an area in which sustainable local food can play a role.

1-3 Leadenhall Market, EC3

To arrange a store visit please contact jasper@chopd.co.uk

Apple Day is coming!

"Nature has many surprises...Buyers, however, require uniform fruit and vegetables of standard size" - Felicity Lawrence, *Not on the Label* Penguin.

It should not be necessary here to expound the benefits of local apples over those from elsewhere. Perhaps a summary will suffice: flavour, price and seasonal variation are all reduced by mass produced imports.

Apple Day Event Calendar

Fenton House (National Trust), Windmill Hill, Hampstead
26th September 11-4.30
Contact Jane Ellis on 020 7435 3471

Horton Country Park, Epsom
26th September 11-4
Contact Sarah Hallums on 01372 741 191

Museum of Kent Life - Cobtree, near Maidstone
9th-10th October 10-5.30
See <www.museum-kentlife.co.uk>

Camley Street Natural Park, King's Cross
10th October 11-3
Contact Kate Coss on 020 7833 2311

Bromham Mill, Bridge End, Bromham, Bedfordshire
17th October 11-4
Contact Gill Jones on 01234 824 230

The Chapel, Shenley Park, Shenley, Herts.
17th October 12-4
See: <www.shenleypark.co.uk>

Fundraiser for the National Eczema Society, Secrett's Farm, Milford
17th October 10-1
Contact Lindy Mitchley on 01483 200 284

Morden Hall (National Trust), Morden
17th October 11-3
Contact Verity Walker on 01494 528 051

Polesden Lacey (National Trust), Great Bookham, near Dorking
17th October 11-3
Contact David Yard on 01372 4 52 048

Spitalfields City Farm, Weaver Street
21st October 11-3
See: <www.spitalfieldscityfarm.org>

Ken Muir Fruit Stocks, Honeypot Farm, near Clacton-on-Sea
22nd-25th October 11-4
See <www.kenmuir.co.uk>

For Friends of Rivers Nursery Orchard, Church House, Sawbridgeworth
23rd October 1.30-4
See: <www.riversnurseryorchard.org.uk>

Home Cottage Farm, Bangors Road South, Iver Heath
23rd October 11-4
Contact Sally Munn on 01895 270 730

Lathcoats Farm, Galleywood, Chelmsford
23rd October 9-5
See: <www.eapples.co.uk>

Crapes Fruit Farm, Aldham, Colchester
23rd October 9-5
Contact Andrew Tann on 01206 212 375

Chartham Hatch Village Hall, near Canterbury
23rd October 2-5
Book in advance with Jane Pepper on 01227 463 038

Today orchards in Britain are in big trouble. CAP reform and bulk overseas imports have undermined local orchards with the steady decline in recent decades accelerating despite growing interest in local food. The diversity of wildlife as well as local skills and produce are threatened by the grubbing up of orchards.

The apples and pears on sale around the country at these events will be seasonal and directly marketed from farms. You'll be able to taste varieties you've probably never seen before and fill your larder at the same time.

Did you know?

- Substitute half the butter in recipes with apple sauce. You'll not only save money but you'll add great flavour and nutrients.
- To keep your potatoes fresh and prevent sprouting, put an apple in the bag.
- Increase the life of biscuits and breads by tossing a slice of apple in to the storage container. The moisture released by the apple will keep your goodies moist and delicious.
- Apples contain minerals and vitamins and improve digestion, strengthen capillaries and encourage the health of the skin, eyes, teeth and gums.
- It was traditional to give apples as a sign of friendship, and decorated apples were often taken from house to house for good luck and good health.
- We have lost nearly 2/3 of our apple orchards in less than thirty years.
- There are 6,000 varieties of dessert and cooking apples in the UK but many of them have been lost to commercial production.
- Apples are part of the rose family.
- In recipes calling for white wine, you can substitute apple juice.
- By the end of the 20th century, just 10 varieties accounted for nearly all the eating apples in UK orchards, with 70 per cent of production being Coxes and Bramleys.

Calendar continued

Park Fruit Farm, Great Holland, near Frinton-on-Sea
23rd-24th October 10-5
See: <www.parkfruitfarm.co.uk>

Roots & Shoots, Vauxhall Centre, Lambeth
23rd October 12-5
Contact David Perkins on 020 7582 1800

Royal Horticultural Society Apple Festival:
See: <www.rhs.org.uk>

RHS Garden at Hyde Hall, near Chelmsford
23rd-24th October 10-5
Contact 01245 400 256

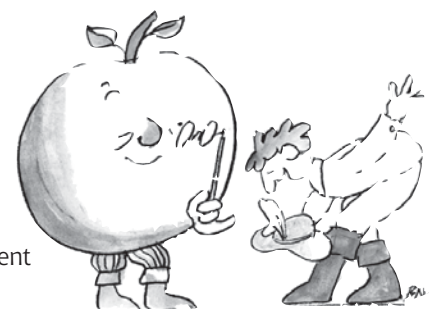
RHS Garden at Wisley, near Woking
16th-31st October 10/9-6
Contact 01483 224 234

Spencers Farm Shop, Wickham St Pauls, Halstead
23rd October 10-3
See: <www.spencersfarmshop.co.uk>

October Plenty, Procession from the Globe to Borough Market, Southwark
24th October 12 onwards
See:
<www.thelionspart.co.uk/projects/octoberplenty.htm>

Gillingham Park, Medway
24th October 12-3
Contact Tamsin Ritchie on 01634 855 166

Broadfields Farm, Upminster
24th October 1-4
See: <www.thameschase.org.uk>



Hospital Food Project

Food fit for a prince in London hospitals?

Could food fit for a prince soon be available in four London hospitals? It will if the Hospital Food Project gets its way. The Project, launched at the beginning of this year, seeks to increase hospitals' use of local and/or organic produce. Four London hospitals are taking part: St George's Healthcare NHS Trust, The Royal Brompton, Ealing General and The Royal Bethlem. The latter is new to the project, having replaced Lambeth Hospital. Both are part of the South London and Maudesley NHS Trust.

The project was founded following encouraging research by the Soil Association and the Foundation for Local Food Initiatives on the feasibility of adapting hospital catering procedures to include organic food. Initially the project is helping the participating hospitals direct 10% of the routine catering budget towards local/organic produce. Longer-term aims include providing fresher food in hospitals from local producers in the South-East and London. By supporting local businesses and producers, the project hopes to strengthen distribution networks and create firmer links between local communities. According to the Sustainable Development Commission, while £10 spent in a conventional retailer generates only £14 for the local economy, the same £10 spent on local organic food generates £25.

And the NHS spends a lot of £10 notes. Niall Dickson, Chief Executive of the King's Fund, one of the project's funders, points out, "The NHS serves over 300 million meals each year in approximately 1,200 hospitals", spending a cool £500 million in the process - that's nearly £60,000 per hour, every single hour of the year. "This project is an excellent example of how the NHS can use its corporate spending power to boost the local economy at the same time as improving direct services to patients."



Prince Charles meets Hospital Food Project Officer Fiona Cairncross. Picture taken by the King's Fund.

In order to realise that vision the project is working to forge links with local producers and suppliers. The emphasis is on using existing supply chains in order to reduce administration costs for the hospitals. Links between hospitals and producers have been forged, and in one event hospital staff visited a supplier's premises. Planned events include organic certification training for hospital staff and distributors and a workshop for potential producers to increase their understanding of the supply requirements of the public sector. Lists of products the hospitals are seeking to buy locally/organically include seasonal summer salads, free range eggs, and various cuts of beef, pork and lamb.

On Thursday 1 July HRH The Prince of Wales visited St George's, offering his support to farmers, hospital staff, project organisers and suppliers, including those who brought in the project's first delivery, 300 punnets of organic strawberries from Cambridgeshire. The Prince, attending in his capacity as head of the King's Fund, also toured a small farmers' market, with stalls showing the types of organic and local produce that

hospitals will be able to obtain through the project. The stalls were staffed by the food producers and suppliers, as well as catering staff from other organisations involved in the running and funding of the scheme.

The main project contact is Emma Hockridge, who has recently completed an MA in Sustainable Development Advocacy. The project is funded by The King's Fund and DEFRA. For more information please contact emma@sustainweb.org or call 0207 837 1228.



Reads for a Book-Eel

Growing in the City

Productive Urban Landscapes: Designing Urban Agriculture for Sustainable Cities

by Andre Viljoen, Deputy Director, Low Energy Architecture Research Unit, University of North London, U.K

This book, to be published in October, joins the debate on the future of sustainable urban design. Viljoen rejects the widely accepted 'compact city' approach which the Mayor of London is interested in. Instead he suggests growing food within the urban fabric, reducing packaging and transport of food to an absolute minimum. International case studies of urban design are provided together with 100 illustrations. An audience of architects, landscape architects and urban designers is anticipated.

Paperback, 240 Pages, Architectural Press, £29.99

Good Food for All

The Friendly Vegetable Book

by Tina Deubert

Produced by the Common Cause Co-operative and the East Sussex Food and Health Partnership, this recipe book offers 50 family meals or lunch-box snacks. So far, so ordinary. However, for these recipes ingredients can be bought locally. All are easy, quick and inexpensive. Seasonal alternatives are offered. The book is priced at £6 but reductions are available depending on your location and the objectives of your project.

For more details please contact Katherine Rayner of the Common Cause Co-operative
katherine@commoncause.org.uk; 01273 470 900

Spiral-bound, 40 pages, Common Cause Co-op, £6.

JOIN LONDON FOOD LINK NOW!

The benefits of membership of London Food Link include:

- The Jellied Eel, our quarterly members' newsletter.
- A chance to influence policy-making on food issues including contributing to food and nutrition strategies, government and GLA consultations on food, farming, planning and the economy.
- Membership of an interactive e-mail group with news, events, jobs and developments around food issues in London.
- Discounts off London Food Link events, conferences, seminars and publications.
- Access to online members area with membership directory.
- A free copy of ***Growing Food in Cities*** to new members and 50% off all London Food Link publications.



To join London Food Link or for further details contact:

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Tel: 020 7837 1228. Fax: 020 7837 1141.
ben@sustainweb.org
www.londonfoodlink.org

London Food Link members and supporters include:

Primary Care Trusts, London boroughs, business associations, retailers, farmers, environment and community groups, food access partnerships, allotment groups and food writers. Our work is guided by a working party of key London-wide agencies and groups representing food issues from farm to fork.



THE VIEWS EXPRESSED IN THIS MAGAZINE ARE NOT NECESSARILY THOSE OF LONDON FOOD LINK.

ILLUSTRATIONS: 'WRIGGLER' EEL BY STEPHEN TURNER. ALL OTHERS BY BEN NASH.