

January 2012

About this e-bulletin

Welcome to the 18th edition of the Food Futures e-bulletin - a monthly update featuring brief articles on local and national news, events and developments that relate to food. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

**Please send all copy to Christine Raiswell on
c.raiswell@manchester.gov.uk**

Events and Training:

First Food Futures Forum

Thursday 8th March 10am – 12noon

Friends Meeting House

Food Futures will be hosting its first Forum on Thursday 8th March at the friends Meeting House. The Forum is an opportunity for people in the city who are working on food issues or are interested in finding out more about Food Futures to hear about what is going on, meet other people with an interest in food and contribute to developing ideas and taking an active role in improving food in Manchester. It is hoped that the forums become a regular feature of the Food Futures calendar.

Space is limited so if you would like to attend please email v.robinson@manchester.gov.uk to register your place. Further details will follow.

Sunday Bazar, Longsight Market

Every Sunday, 11am to 5pm

Following the success of the yearly Chand Raat market, Longsight Market now runs a new weekly Sunday Bazar. You'll find an array of stalls selling a wide range of Asian, English and various goods from different nationalities and cultures - from clothing, textiles, Asian suits and jewellery, to electricals, footwear, sportswear and cosmetics, there's something for everyone. If you're looking for a new business opportunity, stalls are available at a special introductory rent of only £10 each, so if you want to be part of what's set to be a hugely popular, multi-cultural market, don't miss this fantastic opportunity! To start trading contact Ann-Maree Bryan on 0161 225 9859 or visit www.manchestermarkets.com for more information.

Manchester Valentine's Market

Friday 10th & Saturday 11th February - Piccadilly Gardens

Spoil your loved one with an intimate Valentine's Day meal made from fresh, local ingredients from the Real Food Market traders. You'll find fresh meat, breads and naughty puddings and you can even pick up fair trade coffee at the FairlyTraded Market next door to add the finishing touch.

www.manchestermarkets.com
www.twitter.com/MCRMarkets
www.facebook.com/manchestermarkets

Join Kindling's study visit to Cyrenian's Farm and the Good Food Project in Edinburgh

The Kindling Trust have some free places for people to join us over the weekend of 29th February & 1st March on a study visit to Cyrenian's Farm and the Good Food Project in Edinburgh, Scotland. This charity is volunteer-lead and works with over 50 homeless hostels a week redistributing food from supermarkets and also provides cookery classes, budgeting

and healthy eating sessions. The Cyrenian's farm also grows food on a commercial basis with volunteers.

For more information about this inspiring organisation please visit:

<http://www.cyrenians.org.uk/>

If you would like to apply for a free place on this weekend visit please email Chloe at:

chloe@kindling.org.uk

What to be a Farmer?

The Greater Manchester Land Army is to receive 4 days of horticulture training from Jenny Griggs of Climate Friendly Foods as part of a mentoring package provided by Making Local Food Work. The training, which will run on four consecutive Wednesdays in March, will be a mixture of practical work and theory on, and will include visits to Glebelands City Growers and Fir Tree Community Growers. The days will be themed with one day each being spent on business skills, salad production, machinery skills and field cropping. Anyone interested in becoming an organic grower for Greater Manchester, who can commit to a number of week day outings with the Land Army in this growing season, can apply for a place on the course - email chloe@kindling.org.uk

Apple Grafting Marathon

The Greater Manchester Land Army will be having a weekend of apple tree grafting on 24th and 25th of March 2012. We have funding from Making Local Food Work to create 500 new trees and Adam Davies, an orchard manager from Herefordshire, will be there to show us how. Places are limited but anyone wishing to apply can email chloe@kindling.org.uk saying which day (the Saturday or Sunday) would suit you best.

FeedingManchester #9

The next FeedingManchester (our unique series of events looking at practical and strategic ways to increase access to sustainable food in Greater Manchester) will take place on the afternoon of Thursday 29th March. In early February we will be announcing the agenda and speakers, so keep an eye out. For future information about FeedingManchester events please visit: <http://kindling.org.uk/projects/feedingmanchester>

Seed Potato Weekend - Seymour Grove Allotments

Saturday 18th & Sunday 19th February 2012 from 11-2 p.m on both days
Seymour Grove Allotments, off Warwick Court M16 0JG (behind Kings Road Primary School)
Come stock up on seed potatoes and other supplies. Seed potatoes 77p/kilo or 35p/pound - buy the exact amount you need. Twelve varieties including 4 organic available.
Contact secretary@otags.org.uk for more information.

Cracking Good Food

is a community based, cooking network that cooks with numerous community groups throughout Manchester and at public cooking sessions based at Chorlton High School. We offer a full, hands-on experience of cooking seasonal, locally sourced food from scratch including Thai Street Food, Punjabi, Beginners' Bread & Pizza to name a few – and we also offer some fantastic foraging sessions too. Vouchers are now also available online. For full details go to: www.crackinggoodfood.org

We look forward to cooking with you soon.

Breadmaking for Beginners with Rob

Saturday 25th February 2012, 11am to 2pm, £35/£30

Rob is back giving you another chance to learn how to make amazing 100% organic bread, and delicious garlic naan. We don't seem to be able to provide enough places on Beginners'

Bread to satisfy demand! The January session is already full and this one looks set to fill up soon too, so book while there are spaces!

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Late Winter Nature & Food Forage with Jesper (FletcherMossPark)

Sunday 26th February 2012, 11am to 2pm, £20/£15

The perfect remedy for the Winter Blues. As Winter is finally coming to an end, you can find plenty of beautiful and edible delights – edible roots, hardy greens, even some fungi – if you know where to look. Let Jesper show you the way.

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Malaysian & Indonesian Cuisine with Jackie Kearney

Tuesday 28th February 2012, 6pm to 9pm, £40/£35

Jackie has a new cooking session for us of Malaysian & Indonesian Street Food, including Gado gado – Indonesian warm salad with peanut sauce, Nasi goreng – classic Indo-Malay egg fried rice dish & Laksa – vegetarian adaptation of Malaysian noodle soup.

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Gourmet Pizza and Focaccia with Rob

Saturday 3rd March 2012, 11am to 2pm, £40/£35

Rob is back once more, with another dough twist to inspire you, and the secret to his tomato base! You'll each make your gourmet pizza under Rob's expert tutoring, plus some delicious focaccia. Both vegetarian & meat options available.

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Desi Punjabi Khanna with Harjinder

Saturday 10th March 2012, 11am to 2pm, £40/£35

Due to popular demand, Harjinder is here again with her meat and fish cooking session, 'Desi Punjabi Khanna' – 'Tasty Home-cooked Food'! Cracking Cook Harjinder, who has been cooking Punjabi food for 40 years and has been on TV with the Hairy Bikers on their well known Mum Knows Best series, will share her secrets of this delicious cuisine with Varreh (lamb kebabs), Tandoori machi (tandoori fish), Mooli raita, Achari murghi (Chicken and lemon pickle curry) with a demonstration of hot-off-the-tava rotis by Harjinder

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Asian Vegetarian Cuisine with Jackie Kearney

Tuesday 13th March 2012, 6pm to 9pm, £40/£35

Due to popular demand, Jackie is returning to her original cooking session with us, Asian Vegetarian Cuisine. If you missed this one first time round, be sure to get it now before it sells out again and learn to cook butter dal with spiced aubergine, served with a paratha stuffed with seasonal vegetables.

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Tarts and Quiches with Kim

Saturday 17th March 2012, 11am to 2pm, £35/£30

And again, this cooking session is back due to popular demand! Learn to make fresh & delicious tarts, using puff, shortcrust and filo pastries, as well as quiches from scratch, using seasonal ingredients.

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Spring Wild Food Extravaganza with Jesper (Chorlton Ees)

Sunday 15th April 2012, 11am to 2pm, £20/£15

Perhaps the finest season for finding tender and delicious edible plants, as woods & hedgerows come to life. A perfect opportunity to learn from Jesper what can what can't be eaten; how to differentiate the delicious from the toxic! Cook up your finds and eat together al fresco.

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Late Spring Food For Free Event with Jesper (FletcherMossPark)

Saturday 19th May 2012, 11am to 2pm, £20/£15

Late spring offers some of the broadest and most enjoyable wild food hunting of the year. Tender greens and shoots are still readily available along with the first flowering edibles, and an increasing number of edible mushrooms can be expected if the weather hasn't been too dry. This is definitely a walk for bringing a collecting basket with you.

Urban Edible Gardening Workshop

18th February 2012

1-4pm

Bridge 5 Mill, 22a Beswick Street, Manchester, M4 7HR

This free workshop will give you an introduction to permaculture principles and 'urban edible gardening'. Come along and make a design for your own edible space – be it window box,

back yard, garden or guerilla gardening plot. Children accompanied by parents welcome. To book visit www.merci.eventbrite.com or call 0161 273 1736.

This workshop is run by Jennifer Lauruol of Carpe Diem Garden Design for MERCi's Eco Hub project. For more info on Jennifer's work see: www.carpe-diem-gardens.co.uk; for more info on MERCi visit www.merci.org.uk

Community Microgeneration Workshop

21st February 2012

2-4pm

Bridge 5 Mill, 22a Beswick Street, Manchester, M4 7HR

Learn all the basics about renewable energy generation technologies suitable for your community. From wind and solar to biomass and hydro, get the lowdown on the technology and how it might be harnessed for your benefit. This is a free workshop for community groups or individuals looking to set up a group. To book visit www.merci.eventbrite.com or call 0161 273 1736.

This workshop is being run by Jonathan Atkinson of Carbon Co-op for MERCi's Eco Hub project. For more info about the Carbon Co-op visit www.carbon.coop; for more info on MERCi visit www.merci.org.uk

Building Awareness Using Social Media

22nd February 2012

1-4pm

£25

Bridge 5 Mill, 22a Beswick Street, Manchester, M4 7HR

This workshop for community groups, volunteers and staff of voluntary organisations will demonstrate how you can use social media to promote your organisation or campaign. You'll get an overview of all the basic social media tools and the 'golden rules' of how to use them. To book visit www.merci.eventbrite.com or call 0161 273 1736. The charge of £25 for this workshop can be waived for unfunded community groups - please contact Katie on the above phone number to request a free place.

This workshop is being run by Hannah Taylor of Maia Media for MERCi's Eco Hub project. For more info about Maia Media visit www.maiamedia.co.uk; for more info about MERCi visit www.merci.org.uk

Save Energy, Save Money

23rd February 2012

2-4pm

Bridge 5 Mill, 22a Beswick Street, Manchester, M4 7HR

This workshop will look at how you save money on your bills by reducing the amount of energy you use. We will look at simple and cheap ways to insulate your home and keep it draft free, and top tips on saving money from using your electrical equipment. You will also get information on where you can get further advice, support, and grants. To book visit www.merci.eventbrite.com or call 0161 273 1736.

This workshop is being run by the Sustaining Change team for MERCi's Eco Hub project. For more information about Sustaining Change and MERCi visit www.merci.org.uk/

Scaling Up Local Food Enterprises

10th February 2012 at 10.30 – 3:30pm Romero Centre Macclesfield

With optional visit to Food 4 Macc 6pm Thursday 9th February

This free event will bring together existing established community scale food enterprises and showcase national and international examples of producer-consumer buying groups and food cooperatives. There will be a mix of case studies, practical advice and big picture thinking about how these enterprises could work at scale in the UK.

To book, contact Charlotte Muspratt, E: cmuspratt@soilassociation.org T: 0117 914 2423 or go to <http://www.soilassociation.org/news/newsstory/articleid/2934/scaling-up-local-food-enterprises>

Last chance to book MLFW Simply Legal and Simply Governance training workshops

The last three workshops are booking up fast, so don't miss your chance to find out all you need to know about legal structures and good governance for community food and co-operative enterprises.

22nd February: Newcastle

14th March: Exeter

21st March: Bristol

To book your place, go to www.mlfw.co.uk/training

28th May 2012 is World Hunger Day

One billion people, a seventh of the world's population live in extreme hunger and poverty and exist on less than 80 pence a day. Of the 20,000 people who die every day in hunger and poverty, 10 percent die as a result of famine or from the high profile emergency crises that we are sadly all too familiar with. However, particularly whilst the focus of the world is on high profile crises, it is vital that we recognise that, even today, the 90 percent majority of deaths from hunger and poverty related illness are happening in other parts of the world, not as a result of famine, earthquake or flood, but because of the chronic persistent hunger that exists in the developing world, in particular, Africa, South Asia and Latin America.

Chronic, persistent hunger is not due merely to lack of food. It occurs when people lack opportunity to earn enough income, to be educated and gain skills, to meet basic health needs and have a voice in the decisions that affect their community.

World Hunger Day is about raising awareness of this situation. It is also about celebrating the achievements of millions of people who are already ending their own hunger and meeting

their basic needs. For more information and advice on planning an event go to <http://www.thehungerproject.co.uk/getinvolved/worldhungerday/>

Local News

Round 2 of Food Futures Growing Manchester Programme Opens

What is the programme about?

The programme is about supporting community food growing projects to become more sustainable and ensuring that local people with the enthusiasm to grow food can access support to ensure their projects succeed.

We'd like to support new and existing projects. Maybe you're completely new to food growing but think it might be something that would interest your friends and neighbours.

Knowing where to start could be a problem and that's what's great about this opportunity, as we'll take you through every stage!

For those already involved in growing it's a chance to take your project to the next stage.

Over the last year, we've already supported a number of projects, so there's lots of support on hand to help new groups to grow!

What support is on offer?

The programme is flexible so your group will be able to access training and support based on the specific needs and goals of your project.

Growing Manchester can provide your groups with training - covering everything from startup tips to site assessments, and access to additional training courses such as advanced food growing, container growing or chicken keeping.

How to apply.

For more information about who can apply and further guidance go to

http://www.foodfutures.info/site/index.php?option=com_content&task=view&id=77&Itemid=64

FareShare hits 2 tonnes (and then some) of edible fruit and vegetables

In partnership with Food Futures and Manchester Markets, FareShare is pleased to announce that in December it diverted 2.5 tonnes of food waste from New Smithfield Market by working with the market traders. This good food was re-distributed to FareShare's Community Food Members in the north west. Keep up to date by reading the blog!

<http://faresharenw.wordpress.com/>

However, more food could be diverted if it were processed, as this would prolong the shelf life... so if you can volunteer for 2-3 hours on an occasional basis to help cook some of this food, please contact Vicki Leng on 07929937028 or email

vicki@emergemanchester.co.uk for more information and to find out what is required.

Also: Wanted – a kitchen! We are looking for kitchens to process this food on a temporary/ad hoc basis. If you can offer FareShare the use of a catering kitchen, please contact Vicki.

Help FareShare fight hunger and tackle food waste

FareShare minimises food waste by redistributing quality food to organisations working with homeless people.

We are offering a 10-week volunteering placement for people who want to gain valuable experience as warehouse and delivery assistants.

FareShare offers:

New skills and experience

Food Safety qualification

Career advice and a reference

Expenses

The opportunity to help to fight food poverty and reduce food waste

To apply contact Nicola Milner on 0161 223 8200 or email volunteering@emergemanchester.co.uk

New Year, New Start with Bite Veg bags

New Year's resolution to eat more healthily? Join Bite veg bags! We now supply bags in 3 sizes; mini (£3 per week), small (£6 per week) and regular (£10 per week) to suit all sizes of households, we also accept healthy start vouchers. Our veg is organic and as locally produced as possible, some even grown in our own growing sites.

Both service users and customers are enjoying the scheme, one service user recently said "We're doing a good job- worked hard today" customer comments include- "Really pleased with the scheme, it` makes shopping for veg easier and gives me a challenge in the kitchen, it`s fab!" Why don't you try for yourself? Please contact Rowena at Manchester Mind for more info- Rowena.pyott@manchestermind.org or 07717002591

There is an exciting opportunity at Bite

Bite has just been awarded funding from the North West Social Value Foundation Innovation Investment Fund to employ a part-time growing co-ordinator (17.5 hours per week) for 12 months. This exciting opportunity will enable us to develop and map the food growing that we are already producing, as well as initiate other growing sites in Manchester with the aim of increasing the amount of local produce that can be used in the veg bags.

For more information and to apply go to: www.manchestermind.org

Volunteering Opportunity with Chatterbox Project

Volunteering in a community garden in Charlestown Blackley, gaining skills in food growing & maintenance, also to take part in local horticultural events.

contact details

Donna Ogden

Community Worker

The Chatterbox Project

phone 0161 795 6162

email chatterboxproject@hotmail.co.uk

Manchester Carers Forum – Carers Allotment Project

Manchester Carers Forum supports unpaid carers across the city. We have two allotment plots in Woodhouse Park, Wythenshawe for carers to grow vegetables, socialise and learn new skills. During 2012 we will be developing the plots and are keen to offer more carers the opportunity to get involved in with the project. If you are a carer and have an interest in the benefits being involved in an allotment can offer we would love to hear from you.

We have also been fortunate in being awarded some funding to help us develop our existing project as well as create a new carers allotment in east or north Manchester. We are keen to link up with any community gardening groups in these areas who would be willing to support us to realise our goal of developing a new allotment project for carers. As a local charity we are keen to work in partnership with other interested local community groups. Equally, we are keen to recruit volunteers who would be willing to support us.

For more information and to get involved please contact:

Damian Green on 0161 819 2226 or email:

damian@manchestercarersforum.org.uk

Community Chefs at the Mustard Tree

The Mustard Tree now has a refurbished kitchen to enable 18-25 years old to have access to learn about healthier food and cooking. Thanks to the Hilton Foundation, John Lewis and Abode Hotel, we will working with a couple of these chefs to give our young learners the great opportunity to explore and gain knowledge in cooking for themselves and friends at the Mustard Tree as well as having a 4-5 weeks "World of Work" experience in these places.

Courses started on 15th January and learners can progress to apply for a Food Safety Certificate at the end of the course. Please contact Janet at office@mustardtree.co.uk or 0161-2287331 for more information bout this project.

National News

New guidelines launched on food and drink in early years

Nurseries, childminders and other providers of early years services now have extra support on providing healthy meals for young children and to help reduce obesity in under-fives, thanks to new national, voluntary guidelines launched today.

For the first time, childcare providers have a nationally-recognised source of information about the foods they should offer young children, portion sizes, sample menus and recipes, advice on tackling fussy eating and involving children in food and cooking activities.

It follows an independent report in 2010 which flagged demand for clearer guidance from childcare providers and parents. Whilst many childcare providers are already doing good work in this area, research suggests that some are giving young children food which is more appropriate for older children and adults. This can mean children eat too little energy, carbohydrate and essential minerals such as iron and zinc, and too much salt and sugar.

For more information go to <http://www.schoolfoodtrust.org.uk/news-events/news/new-guidelines-launched-on-food-and-drink-in-early-years>

WeFeedback: social networking for social good

WeFeedback's mission is to enlist your help and the help of your social networks in the fight against the chronic hunger that burdens families all over the world.

You choose your favorite food, put it into the Feedback Calculator along with the estimated cost, and then calculate how many hungry children this would feed. The next step is to donate

exactly that amount. Or, if you want, you donate multiples of that amount. In this way you feedback more portions of your favorite food.

WeFeedback is a social media initiative of the United Nations World Food Programme (WFP), the world's largest humanitarian organisation. Each year, WFP brings food to millions of people so they can move on with their lives, receive an education, find employment and create a better life for their families.

For more information and to start feeding back visit

<http://wefeedback.org/about/wefeedback-social-networking-social-good>

Super deals for healthier meals

A nation-wide campaign to help us all plan affordable healthier meals was launched today by the Public Health Minister Anne Milton and TV chef Ainsley Harriott.

Change4Life's New Year's new Supermeals campaign will offer money off healthy ingredients, such as fruit and veg and low fat yoghurts, across over a thousand supermarket stores up and down the country.

One hundred thousand copies of a brand new cookbook with celebrity chef Ainsley Harriott will also be published. It will contain a month's worth of popular, healthy recipes all for under a fiver to help families make the most of the super deals available at their local stores.

Four million recipe packs will be dished out to Change4Life supporters and a new online recipe finder will help families plan their meals.

For more information go to <http://www.nhs.uk/Change4Life/Pages/supermeals-zone.aspx>

Rise in communities growing their own food to beat recession

A new report explores the rise of the new urban market gardener making money out of the hunger for ultra-local food.

The image of food growing in cities has long been one of allotments, or city farms where children go to pet animals. But a new report shows how a quiet revolution has been going on with thousands of new urban community run food growing projects setting up around the UK. The new report 'A Growing Trade' produced by Local Action on Food, shows how an increasing number are selling their produce, with examples including the first Aquaponics Greenhouse in Scotland, producing fish and salads, and Hackney Grown herbs being sold to high-end restaurants.

Polly Higginson, the reports author said:

"Although community food growing has come a long way there are still many challenges, particularly access to land, and developing the marketing skills of the community growers. Food growing is hard work, but there are opportunities for young entrepreneurs to earn some money if they're prepared to get their hands dirty."

A Growing Trade is available to download at www.sustainweb.org/publications

Manchester Food Futures Promoting healthy, sustainable, enjoyable food for all

For more information contact
c.raiswell@manchester.gov.uk