

## **March 2012**

### **About this e-bulletin**

Welcome to the 19<sup>th</sup> 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](mailto:c.raiswell@manchester.gov.uk)**

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## **Events and Training:**

### **Open day at Debdale Eco Centre**

**10th March, 1.30 - 3.30**

Come down to Debdale Eco Centre to see what we do, and to get some tips and share experiences about organic growing and composting! We'd love to see you - all are welcome - whether you're experienced, just getting started, or simply curious. There'll be tea and cakes, and something for your garden that you can bring home too. We're located in Debdale Park, just overlooking the reservoir - more details can be found on our website. See you there!

<http://www.debdale-ecocentre.org.uk>

### **Manchester Feed the 5000 event**

Manchester Friends of the Earth is interested in working with other organisations in Manchester to hold a 'Feed the 5,000' style event that raises residents and businesses awareness about the issue of food waste. Two such events have been held in London and the organisers of these events have approached various organisations in Manchester about the possibility of having a similar event in Manchester in October.

We'd like to hold an initial meeting to discuss this with other organisations during the week beginning 12th March (which is also the run up to the Manchester A Certain Future conference on 16th March).

If you're interested in attending this meeting (which will be in the evening at the Greenfish building in the city centre), please email [colette@manchesterfoe.org.uk](mailto:colette@manchesterfoe.org.uk) and we'll send you further details asap.

If you can't make the meeting but are interested in working with us on this, please email [colette@manchesterfoe.org.uk](mailto:colette@manchesterfoe.org.uk).

## **9th Feeding Manchester event.**

**Held at  
MERCi,  
Bridge 5 Mill,  
22a Beswick Street,  
Ancoats,  
Manchester,  
M4 7HR.**

**From 4pm til 7.15pm on Thursday 29th March.**

Food will be served during the workshop.

- We shall be introducing the two new Feeding Manchester co-ordinators Rob Allen and Beth Creedon.
- Discussing and collaboratively planning our campaign for supporting Greater Manchester's sustainable food movement.
- Hearing an inspiring case study of how small organic food enterprises in Manchester have strengthened their resilience through working collectively.
- Along with the usual mix of socialising and networking the events offer something for everyone involved in Greater Manchester's sustainable food movement.
- For more info contact [chris@kindling.org.uk](mailto:chris@kindling.org.uk)

### **Basic cookery courses in Wythenshawe**

- **6 week cooking course at St Andrews House, Brownley Road, M22 0DW running from Thursday 19th April until 24th May 2012 11am - 1pm**
- **6 week cooking course at Northenden Methodist Church, Palatine Road, M22 4JP running from Friday 20th April until 25th May 1 - 3pm**

For more information please contact Eleanor Murphy on 0161 217 3951 or [eleanor.murphy@mhsc.nhs.uk](mailto:eleanor.murphy@mhsc.nhs.uk)

### **Cracking Good Food**

is a community based, cooking network that cooks with numerous community groups throughout Manchester.

We also run public cooking sessions based at Chorlton High School - everything is bookable through our website: [www.crackinggoodfood.org](http://www.crackinggoodfood.org) where 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 a fantastic range of foraging sessions too. Vouchers are now also available online. For full details go to: [www.crackinggoodfood.org](http://www.crackinggoodfood.org).

We look forward to cooking with you soon.

### **Our Public programme** **Perfect Pastry with Kim**

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

You'll be guided through the various stages of pastry-making and you will learn the art of making perfect shortcrust pastry from scratch and master the skill of handling the sometimes tricky filo and puff pastries. Then, you'll use seasonal ingredients to create delicious caramelised onion tartlets, a tasty new potato, goats cheese & leek quiche and a roasted spinach strudel.

### **Early Spring Forage with Jesper (Fletcher Moss Park)** **Sunday 25th March 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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### **Stone Oven Baked Pizzas with Rob together with Stretford Pizza Ovens (Chorlton's Big Green Festival)**

**Saturday 31st March 2012, 12 Midday, 1pm, 2pm & 3pm, £6/Free**

A public event, half our places available to pre-book on our website, the other half available to book on the day. As a result of our funding from U-Decide, half the places will be free concessionary places, the rest will cost just £6 for a 45 minute session of expert tuition in the art of Pizza making from Rob.

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### **Vegetarian Punjabi Extra with Harjinder**

**Saturday 21st April 2012, 10am to 2pm, £40/£35**

Harjinder is back with her wonderful spice tin to open up the world of Punjabi cooking with you. This extremely popular session will now be extended so that more time can be spent savouring the spices and flavours of her wonderful cuisine. 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 with some Punjabi vegetarian delights such as "aubergine & potato pakoras", "paneer & spinach curry" plus a master class in puri making.

### **Bread Extra, with Rob**

**Saturday 28th April 2012, 10am to 2pm, £40/£35**

Back from his Artisan Breadmaking course, with more anecdotes & tips, and this time with a longer session (suggested by you) Rob will show you once more how to make amazing 100% organic bread, including mouth-watering garlic naan, with either fantastic focaccia or even ciabatta thrown into the mix too!

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### **Breadmaking for Beginners with Rob**

**Saturday 19th May 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, February & March sessions booked up in record time – this one is likely to follow suit.

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### **Late Spring Food For Free Event with Jesper (Fletcher Moss Park)**

**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.

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## **Food Foraging – Elderflower Special with Jesper (Chorlton Water Park)**

**Saturday 26th May 2012, 11am – 2pm, £20/£15**

Set to coincide with the flowering season of our native elder, a chance to learn about and celebrate the many food and medicinal uses of this delightful plant, and many other berries and plants growing around you. Bring along a bottle, and after foraging, have some thirst-quenching cordial and fill it with your own elderflower champagne to take home.

## **Healthy Eating Cookery Course**

**Free 6 week cookery course**

**Thursday 8th March – Thursday 26th April**

**11am – 1pm**

**Holy Trinity Parish Community Centre, Goodman Street, M9 4BW  
(just off Moston Lane)**

Learn new recipes and healthier ways to cook, eat what you have made  
To book your place contact Rose Boyd at Zest on 07971331539 or email  
[r.boyd@manchester.gov.uk](mailto:r.boyd@manchester.gov.uk)

## **Healthy Weight Manchester**

A One Day Course that aims to:

- To raise awareness of the health implications of unhealthy weight
- To explore the causes of the high levels of unhealthy weight, particularly in certain groups in Manchester
- To look at some examples of healthy weight projects – on increasing physical activity, healthy eating and reducing alcohol consumption
- To examine practical ways we can address the issue

**Date:** 9<sup>th</sup> March 2012

For more information or to request an application form, contact Ruhana Miah on 0161 248 1766 or email [Ruhana.miah@mhsc.nhs.uk](mailto:Ruhana.miah@mhsc.nhs.uk) alternatively visit our website [www.mphds.org](http://www.mphds.org) for more courses and information.

## **Local News**

### **New recipes for Manchester Fayre**

School meals provider Manchester Fayre has launched a new recipe book in selected schools across the City with a high proportion of Asian children on the roll. The new Halal and Vegetarian dishes have proven to be very popular with the pupils and have contributed to an increase in the uptake of school meals of around 10%. Following feedback from pupils at Temple primary school, it was noted that although the pupils regarded the standard of meal provision to be 'excellent' they commented that some of the Asian dishes served did not closely resemble the taste and texture of similar dishes being prepared for them at home. A project team was created to review the Asian dishes on the school menu. The team included two volunteer parents from the school who had experience of Asian cooking and offered to share cooking techniques and recipes with Manchester Fayre. Although the ingredients for producing the dishes were identical to those previously being used by Manchester Fayre, there were several differences between traditional Asian cooking methods and European cooking methods.

Why not try the recipes for yourself? A selection is available on the school meals website [www.myschoollunch.co.uk/manchester](http://www.myschoollunch.co.uk/manchester) Here is what one pupil Simrah from class 6S had to say about the Lamb Samosa Pie "I like it, we have the same at home".

For more information contact Michelle Naylor [m.naylor@manchester.gov.uk](mailto:m.naylor@manchester.gov.uk)

## **The Manchester Museum Allotment**

The Manchester Museum's new Living Worlds gallery explores the connections between all living things, including us, and show how we can all shape the future by the choices we make. So the Museum has decided to grow food in a raised bed allotment outside the front entrance. There is a weekly session on Friday afternoon between 2 and 3pm where volunteers and staff look after the allotment. There have also been different events and activities for families and adults including a vegetable orchestra, compost workshops and planting seeds. The allotment has a shed where we can put up information about local gardening activities.

There are lots of other links with Museum collections such as a 17th century watering can, dried peas plants found on the banks of the River Mersey to Ancient Egyptian farming tools to garden insects.

We are always looking for volunteers to help with the allotment on a Friday afternoon, or if have any ideas for events and activities in the Museum or have posters you'd like to put up in the Shed, please contact Anna Bunney on 0161 3061 1581 or e-mail

[anna.bunney@manchester.ac.uk](mailto:anna.bunney@manchester.ac.uk)

## **National News**

### **A Healthy Profit: A simple guide to pricing the food you make or grow**

Sustain have recently published a helpful report to give community food organisations the confidence and the knowledge to construct and use their own pricing model. The report can be downloaded at:

<http://www.sustainweb.org/resources/files/reports/HealthyProfit.pdf>

## **Millennium Development Goal drinking water target met**

The world has met the Millennium Development Goal (MDG) target of halving the proportion of people without sustainable access to safe drinking water, well in advance of the MDG 2015 deadline, according to a report issued today by UNICEF and WHO. Between 1990 and 2010, over two billion people gained access to improved drinking water sources, such as piped supplies and protected wells.

United Nations Secretary-General Ban Ki-moon said, "Today we recognize a great achievement for the people of the world." However the report highlights the immense challenges that remain. Global figures mask massive disparities between regions and countries, and within countries. For more information go to:

[http://www.who.int/mediacentre/news/releases/2012/drinking\\_water\\_20120306/en/index.html](http://www.who.int/mediacentre/news/releases/2012/drinking_water_20120306/en/index.html)

**EU moves towards more accurate and reliable health claims on food**

EU Member States have endorsed a list of 222 permitted health claims for food in support of the EU's efforts to make consumer information more accurate and reliable. The decision – taken at December's meeting of the Standing Committee on the Food Chain and Animal Health – will help consumers to make healthier choices. For more information go to

[http://ec.europa.eu/dgs/health\\_consumer/dyna/consumervoice/create\\_cv.cfm?cv\\_id=794](http://ec.europa.eu/dgs/health_consumer/dyna/consumervoice/create_cv.cfm?cv_id=794)