

Ealing

TRANSITION

OUTPUTS FROM LOCAL FOOD DAY

Advice for First Time Growers

Local Food Distribution

Food Policy

Local Composting

Locally Sourced Food Directory

Energy from Food Waste

More Land for Growing

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Vegan Sources of Protein



Growing Distribution Policy Compost Directory Energy Land Use Space Diet

Advice for First Time Growers

Why

If you don't have an allotment it is difficult to get access to advice, support, etc. New growers often give up in their first year as a result.

The best solution is learning by doing with the help of a mentor. Keen people have muscle, experienced growers are happy to share their experience.

Who

Carrie Sharman, Mari Yoshinaga, Maren Munck, Terry Windsor, Sara Dye, Teresa Aldea, Gemma Pearson, Dominique Van Dooren, Susan Bradley, Yvette Hall, Helen de Jimenez, Andy Gatley

What

Allotment managers to allocate tutors to first time gardeners

Experienced gardeners & newcomers to be matched online (like car sharing)

Scheme & mentoring list to be published on Transition & other sites

Tutoring courses to be publicised & run on model plots

Find a high-profile model plot

Create a local version of Landshare

Local Food Distribution Schemes

Why

Most supermarkets / shops are an ethical minefield and very expensive. Consumers need alternative choices. We need to explore alternative, low-carbon distribution routes for organic, seasonal produce. Food co-ops are a way of raising awareness of food issues in the wider community

Who

Nina Thornhill, Martin Caraher, Elaine Standen, Laurence Kaye, Ian Wright, Rochelle Bloch, Eve Wilkin, Jean Harris, Margaret Pauffley, Struan Bartlett, Andy Gatley, Yvette Hall, Melissa Green

What

Explore possible distribution options e.g. setting up a co-op, community supported agriculture (CSA), box schemes, allotment growers. Promotion of benefits of local (over organic)

Develop a trading scheme which is low-cost, has low / no overheads, has a regular supply of produce. Run a local annual food exhibition with food art

Gauge interest of buyers / suppliers

Food Policy

Why

Food is critical, however it is unlikely that there is any kind of meaningful food policy in place in Ealing. A top-down approach is necessary to help create a vision and a framework by which local food initiatives can flourish.

Who

Grant Venner, Struan Bartlett, Ian Wright, Teresa Aldea, Jeanette Longfield, Jean Harris, Andy Gatley, Margaret Pauffley, Joan & John Taplin, Kieran Taylor

What

Find & engage with Ealing / London documents, if these exist. Audit the present position (e.g. fast food vs healthy food) and who is already active. Early contact with Jason Stacey

Generate a 'vision', ensuring it is captivating and soundbite-able

Hit the council hard. Food is a planning issue. It can't be left to the market.

Create pressure / noise / PR. Find a local champion (on the council), build towards a high profile launch (e.g. local produce goes to 'Kids First')

Education programme

Explore possible help / support with Soil Association / Food for Life / Greenford School?

Local Composting Schemes

Why

Organic matter is a valuable resource and should be kept within the borough. It is difficult to compost near tower blocks / flats

Who

Jana Bartlett, Melissa Green

What

Explore how local the local food waste system is presently organised

Explore how other tower blocks in London manage food waste / composting

Find out what happens to garden & park waste – Ealing, LCRN etc

Talk to Kew Gardens about how they manage it

Develop a proposal for using leaf and other waste within the borough

Locally Sourced Food Directory

Why

It is not clear what 'local' is. There is a need for a directory which is oriented around food rather than about shops, and including cafes and restaurants as well as grocery outlets

Who

Jan Baker, Stefanie Metcalf, Yvette Hall, Carrie Sharman, Sarah Judic

What

Research: look at retail, church and existing food directories e.g. Brighton

Read chapter in Local Food handbook! Introduce idea to reading group.

Establish criteria for inclusion in directory

Devise questionnaire and visit shops

Liaise with other groups inc. West Ealing Abundance, Osterley etc

Generate revenue through advertising, producing a carrier bag with advertising, possibly developing into a local currency

Energy from Food Waste

Why

Anaerobic digestion would enable Ealing to make productive use of food waste (and possibly sewage / animal slurry) by converting it into methane. This would also avoid the expense associated with sending it outside of the borough.

Who

Sarah Dye, Alastair Maclachlan, Martin Raven, Kay Henning, Jana Bartlett, Melissa Green, Grant Venner

What

Investigate existing schemes

Query Ealing's plan and future possibilities. Find out who, if anyone, is going to be responsible for decentralised energy under the London plan.

Researching what happens to food waste in Ealing currently

Finding case studies of good practice

More Land for Growing

Why

Food production needs to be re-localised. Green space needs to be protected. High-visibility local growing will provide a focus for building community and skilling-up local people to inspire them to grow on their own land.

Who

Carrie Sharman, Kirstie McLachlan, John Bradley, Sarah Dye, Courtney Allen, Ben Pearson, Elaine Standen, Christopher Williams, Katherine Strelcyn, Kathy Murch, Teresa Aldea, Jana Bartlett, Maren Munck, Mari Yoshinaga, Nina Thornhill, Sarah Judic, Grant Venner

What

An audit of disused arable land, derelict land, alleyways, canal land, areas in parks (TFL, BR, churchyards etc) and land under threat of development

Guerilla gardening – fruit tree planting

Sourcing a visible, public area of land “while it isn’t being used for something else” for vegetable growing, and to teach gardening skills

Make links to other community gardens for advice – National Federation of City Farmers, Landshare, Community Gardens.

Make links between supply and demand – unused gardens with keen veg growers.

Competing Demands on Green Spaces

Why

Biodiversity needs to be maintained as well as food production in our green spaces, we need to consider growing food in ways which encourage wildlife.

Who

Virginia Fassnidge, Teresa Aldea, Sarah Edwards, Martin Caraher, Nina Thornhill,

What

Grow food in a way that encourages biodiversity – permaculture / forest gardens.

Research our green spaces

Identify council views / policy

Vegan Sources of Protein

Why

It is clear that meat eating is a major contributor to global warming, through food miles, methane produced by animals, and clearing of rainforests etc. Lord Stern, Chris Goodall and others have recently suggested that eating vegan three days a week would have a very positive effect on climate change. Some vegan food is processed e.g. Quorn, soya milk etc

What

Make a nutritional case for various vegan foods e.g. nuts, pulses, seeds, mushrooms, nettles, Marmite etc

Publish delicious vegetarian / vegan recipes

Work with the local food directory team to identify sources of 'good' vegan food

For non-vegans, introduce the idea of 'flexitarianism' – using meat as a flavour principle or 'flavour for the vegetables' (see e.g. Michael Pollan, In Defence of Food)