

'THE FORTH VALLEY FOODIE E-BULLETIN



Issue 21

September 2009



Education and Action towards Sustainable Living

FORTH VALLEY FOOD LINKS

Welcome...

Welcome to 'The Forth Valley Foodie', an independent bulletin of developments in the local food sector in Forth Valley (Clackmannanshire, Falkirk and Stirling Local Authority areas), and beyond. Forth Valley Food Links (FVFL) aims to develop a strong and healthy food sector - greater diversity of local produce combined with increased access to and improved availability of the produce - through networking, collaboration, co-operation and partnership working.

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We would welcome any articles, snippets, news or events relating to local food issues in Forth Valley for future editions of 'the Foodie'. Please send any contributions to diane@fvfl.org.uk.

FVFL NEWS

Our grateful thanks are due to Forth Environment Link volunteer, Ali Glover, for researching and writing copy for this eBulletin.

Community Supported Agriculture for Forth Valley

Forth Valley Food Links has been working with *f3*, the organisation providing market research, business planning and consultancy services to organisations and enterprises involved in local food and farming, to support their funding applications to hold a series of workshops to explore the possibilities for Community Supported Agriculture in Forth Valley. The workshops, which will possibly run in Autumn / Winter 2009, will look at local food production and distribution and food hub development with local landowners, farmers and community groups in rural and urban fringe areas.

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FVFL NEWS (CONT'D)**Fame at Last! – Forth Valley Food Links in Scottish Government Case Studies**

Forth Valley Food Links has been highlighted as a case study in two Scottish Government-commissioned studies: *The Food Networks Guide* by SAC Consulting, and *'Realising the Potential Contributions of Scotland's Rural Land to Delivering Sustainable Economic Growth'* by the Macaulay Institute. More on our website at <http://www.fvfl.org.uk>.

'Food Miles Plus' Activity Resource Pack©

The successful second pilot phase of the Scotland-wide project was evaluated and the report circulated to participants and supporters. Our grateful thanks are due to all participants and supporters of the project, especially the local pack co-ordinators, and for their very positive feedback. <http://www.fvfl.org.uk>.

Forth Valley Orchard Regeneration Initiative (FVORI)

Funding has been awarded from Forth Valley & Lomond LEADER, Scottish Natural Heritage and Falkirk Environment Trust to carry out a mapping survey of the orchards and fruit trees in the urban and rural areas of Clackmannanshire, Falkirk and Stirling. <http://www.fvfl.org.uk>.

Health Promoting Health Service Fruit & Vegetable Sub-Group

Forth Valley Food Links has been involved in the sub-group to discuss ways of increasing the uptake of, and making fruit and vegetables more available to staff, patients and visitors in Forth Valley's acute hospitals. The group is aiming to pilot the scheme in the new *Clackmannan Community Hospital* in partnership with WRVS, and is currently developing a plan to determine needs and options for establishing a retail outlet there. For further information contact Joe Hamill, NHS Forth Valley on 01786 431102 or email joseph.hamill@nhs.net.

Square Foot Gardening - A 'Growing' Demand

Forth Valley Food Links has been running a number of Square Foot garden 'taster' sessions and workshops throughout Forth Valley over the summer months. Square Foot Gardening is a different method of growing food that uses less space and inputs than conventional gardening. <http://www.fvfl.org.uk>.

LOCAL COMMUNITY FOOD NEWS**LADAS for Fruit in Linlithgow**

The allotment group LADAS (*Linlithgow & District Allotment Society*) is working with Sun Microsystems at the Grange to renovate an old orchard, including apple, pear and plum trees. *Sun Microsystems* has recently planted 18 fruit trees as a community orchard. Visit <http://www.linlithgowallotments.org.uk/>.

To nominate a place in Linlithgow that might be good for a community orchard, please get in touch with the *Linlithgow Climate Challenge Project* via their Contact page at http://food.linlithgowclimatechallenge.org.uk/?page_id=83.

(Source: http://food.linlithgowclimatechallenge.org.uk/?page_id=628).

Proposed New Allotments for Causewayhead

Former *Forth Environment Link* volunteer, Caroline Kemp, has secured land in Causewayhead for 10 allotments and a community garden. She is currently awaiting the outcome of a Scottish Climate Challenge funding bid, and if successful, the allotments will be available to Causewayhead residents and those on *Stirling Council's* allotments waiting list.

(Source: Caroline Kemp, 31 Aug 2009)

LOCAL FOOD PRODUCER / RETAILER / CATERER NEWS

Falkirk Chip Shop Survey

A Chip Shop Survey carried out in Falkirk during Salt Awareness Week (28th January to 3rd February) has led to *Falkirk Council* urging the local shops to cut back on the amounts of salt used in their products. <http://www.fvfl.org.uk>. (Source: www.falkirk.gov.uk, 19 May 09).

Local Butcher Takes Home Gold

John Brown Butchers were recently awarded a Gold Award at the *Scottish Meat Trade Fair*, which took place in Perth. (<http://www.fvfl.org.uk>. Source: www.stirlingobserver.co.uk, 15 May 09).

Locally-grown Fruit Wanted for the Scottish Parliament

John Hancox of the *Commonwealth Orchard Project*, is calling for anyone who has locally-grown varieties of orchard fruit to take it to the Holyrood Parliament Apple Day on 24 September. <http://www.fvfl.org.uk>. (Source: *John Hancox*, 2 Sept 09).

Scottish Chef Awards

Four local chefs received Highly Commended certificates at the Scottish Chef Awards in May. The awards have seen standards continually raised since being launched more than twelve years ago by Brian Hannan of the *Cookery School* in Glasgow. <http://www.fvfl.org.uk>. (Source: www.stirlingobserver.co.uk, 15 May 09).

Smallholders' News

The *Central Scotland Smallholders' Association (CSSA)* goes from strength to strength with a full programme of meetings and events. A CSSA member also has breeding cows for sale. <http://www.fvfl.org.uk>. (Source: *Smallholders Association email*).

Breeding Cows for Sale

Two Limousine Jersey Cross cows are for sale that would suit a smallholder. Maisie (born 2004) and Lottie (born 2004) are half sisters, very tame and horned. One is in calf to Aberdeen Angus and the other to a limousine. Surplus to requirement. Much loved and looking for a good home. Contact fi.barge@otterferry.com or Tel. 0170 082 1284. (Source: *Smallholders Association email*).

YourLocalFarm Update

YourLocalFarm's own fresh lamb is now available from the farm shop or added to your delivery. There is also some Highland Beef still available. The farm has also begun selling rainbow trout from the fishery at *Beecraigs Country Park*. To order, call 01324 851 750, or email: mail@yourlocalfarm.co.uk. (Source: *YourLocalFarm email*, May and Sept 09).

SCOTTISH & UK LOCAL FOOD NEWS

Bringing Local Food to Life - Forward Scotland is to explore Scotland's emerging Food Policy area and seek new collaborations to advance sustainable local food with funding from the *Esmée Fairbairn Foundation*. For more details visit: <http://www.forward-scotland.org.uk/Current-Projects/Local-Food-Scotland.html>. (Source: *Forward Scotland eBulletin*, Aug 09).

Landshare – “Linking people who want to grow their own food to space where they can grow it”: The *National Trust* is making 1,000 pieces of land available for people to grow their own fruit and vegetables. It links the people together forming a network of help and expertise. As well as the *National Trust*, more and more private landowners are coming forward to register their land and share their space. Currently in Scotland there are almost 250 registrations on people willing to share their land. For more information on this visit www.channel4.com/landshare (Source: *Landshare*, March '09).

Real Bread Campaign – Launched on 14 September, the Real Bread Campaign is a national movement encouraging the increased production and consumption of Real Bread in Britain and fighting against questionable industrial substitutes.

Visit: <http://www.realbreadcampaign.org>.

(Source: *Real Bread Campaign launches membership scheme*, Press release, Sustain, 27 August 09)

The Commonwealth Orchard - This is a scheme in which orchards will be planted for schools, communities, and children – with the idea of planting 2014 new trees. The orchards will be used for a range of community events, including arts, as well as pickling and eating the fruits! Along with existing orchards, the new ones are to be mapped. This will help to locate enthusiastic, knowledgeable people to look after the orchards. The project would also like to recruit and train interested volunteers. If you are interested in the project, you can contact John on 0778 606 3918. (Source: <http://maps.google.com/maps/ms?ie=UTF8&hl=en&vps=2&oe=UTF8&msa=0&msid=105762651319434382571.00046569d221aabadb525>, 19th May 09).

Veg Your Ledge!

The *National Trust's* Food Glorious Food website advises how to grow your own vegetables, salad and herbs on a windowsill. The top five crops are lettuce, radishes, beetroot, rainbow chard and rosemary. Visit: http://www.nationaltrust.org.uk/main/w-global/w-news/w-latest_news/w-news-ledgeveg.htm, or <http://www.foodgloriousfood.org.uk/>.

(Source: <http://www.sustainable-scotland.com/communities/learning/food-daily-mail.html>).

Vegetable Doctors - Experienced gardeners are being encouraged to come forward as 'Vegetable Doctors' in a bid to teach younger generations the art of growing their own food. The drive to recruit these gardeners has come about as part of a national project – instigated by Gordon Brown – to tackle the issues of climate change and to improve health and well-being. If you are interested in becoming a 'Vegetable Doctor' you can register online at www.eatseasonably.co.uk.

(Source: <http://www.telegraph.co.uk>, 14 May 09).

GRANTS / FUNDING / AWARDS

Green Community Hero Awards open for Nominations

The Green Community Hero Awards aim to celebrate and promote the achievements of community projects and groups. Awards are for five categories: Best Rural Community Project and Urban Community Project; Most Innovative Project; Most Sustained Activity by a Community Group and Outstanding Contribution by an Individual. Closing date is 25th September.

Visit: <http://www.energysavingtrust.org.uk/cafe/Green-Communities/Get-inspired/Green-Community-Heroes>. (Source FCFCG, eBulletin, 1 Sept 09).

Growing Communities in Scotland Site Visits Travel Bursaries

Up to £300 for travelling and associated expenses for up to 6 people is available to community groups for site visits to other community gardens, therapeutic gardens or city farms. Contact: Vicki Ferguson, c/o *Trellis* on 01738 624348 or email vicki@trellisscotland.org.uk. Please note: the scheme is not for allotments. The Allotments Regeneration Initiative runs a bursary scheme for allotment groups to visit other sites. Visit the websites at: <http://www.farmgarden.org/ari>, <http://www.farmgarden.org.uk/scotland>, or <http://www.trellisscotland.org.uk> for more information. (Source: *Trellis Scotland*, 10 September 2009).

NHS Forth Valley Community Food and Health Promotion Activity - Grant Scheme 2009 - 2010

Up to £400 is available to support local communities to develop programmes of health promotion and community food initiatives across Forth Valley. Download documents from http://www.nhsforthvalley.com/home/Services/healthpromotion/teams/nutrition/nut_community.html, or contact Janey Brown (Chief Community Dietitian) on 01786 431175 or email janey.brown@nhs.net. (Source: *Janey Brown, NHS Forth Valley*).

The Growing Communities Fund (Falkirk)

Not to be confused with the Growing Communities fund run by *Trellis* and the *Federation of City Farms & Community Gardens*. Grants of up to £5,000 are available to community groups and voluntary organisations to support activity in the regeneration areas within the Falkirk Council area. The aim of the Growing Communities Fund is to help local groups and people to become more involved in their communities, to influence local services and to improve their communities. Full details and application forms are available from the Growing Communities Fund website: www.cvsfalkirk.org.uk/growingcommunities. (Source: *CVS and Volunteer Centre E-Bulletin*, 11 Sept 09)

TRAINING / WORKSHOPS

Community Food and Health (Scotland) Annual Networking Conference

Carnegie Conference Centre, Dunfermline, Thursday 22 October 2009. For more information visit <http://www.communityfoodandhealth.org.uk>.

Funding and Innovation Support Event

If you're looking for support to develop your food business, *KIT-OUT* will be exhibiting at the Funding and Innovation Support Free event hosted by the Stirling Business Panel on Wednesday 30th September at Strathallan House, Castle Business Park, Stirling, 9.30am – 1.00 pm. Contact Bill Fortune on 01786 443172 or fortuneb@stirling.gov.uk.

Growing Communities in Scotland National Networking Event 'Growing Communities in Scotland',

Scottish Natural Heritage Offices, Battleby, Nr Perth, Friday 2nd October 2009, 9.45am – 3.45pm. Organised by the *Federation of City Farms and Community Gardens*, in association with the *Allotments Regeneration Initiative* and *Trellis*. Contact: Naomi Knights, FCFCG Scotland Office, Tel: 0131 623 7058. Email: naomi@farmgarden.org.uk.

STEP Training Programme

Stirling Enterprise Park offers a Business Gateway service with a range of short, reasonably-priced courses to set up and develop your own business. To book courses running in STIRLING, contact *STEP* on 01786 463416, E-mail: kdavis@stirling-enterprise.co.uk. To Book Courses running in ALLOA, please contact *CETERIS* direct on 01259 726438, E-mail: aharrick@ceteris.co.uk. Visit: http://www.stirling-enterprise.co.uk/it_skills.htm for details.

The Growing Communities Fund (Falkirk) - Information, Training and Networking Sessions

There will be a series of information sessions throughout September and October including: Developing Your Ideas, Completing the Application Form; Spotlight on Producing Your Own Newsletters. Places must be booked in advance. A light snack will be provided at all these sessions. For more information and to book a place contact the *CVS Falkirk* office on 01324 692000 or e-mail growingcommunities@cvsfalkirk.org.uk. (Source: *CVS and Volunteer Centre E-Bulletin*, 11 Sept 09)

RESOURCES

Growing Schools Website - For teachers to support them in using the 'outdoor classroom' as a resource, including food growing: <http://www.growingschools.org.uk>.

The Horticulture Scotland Directory

A directory listing horticultural products, services and suppliers and a considerable amount of information useful to professionals working in "horticulture" in its widest sense. Free to people in the 'trade', otherwise £5 plus postage. Contact Andrew Lees, 3 Clerwood Place, Edinburgh Eh12 8PJ or email: HortScotDirect@aol.com. (Source: *Oatridge Online*, Sept 09).

WHAT'S ON—SEPTEMBER 2009

16, 23 & 30 September 2009 - Thornhill Village Market, 10:00 am - 1.00 pm. Contact: Belinda MacMillan, Tel: 01786 850692, Email: boghallfarm@btinternet.com

25 September 2009 - Bainsford Health Activities Day, Bainsford Community Centre, 10.00am until 8.30pm. The *Carron Connect Partnership* are holding this event free of charge and is open for the age group 16 plus. Lots of activities including Square Foot Gardening and growing your own vegetable advice from Forth Valley Food Links. For further information and bookings contact either Alex or Val on 01324 623399.

30 September 2009 - Funding and Innovation Support Event, *KIT-OUT* will be exhibiting at the Funding and Innovation Support Free event hosted by the *Stirling Business Panel* at Strathallan House, Castle Business Park, Stirling, 9.30am – 1.00 pm. Contact Bill Fortune on 01786 443172 or fortuneb@stirling.gov.uk.

WHAT'S ON—OCTOBER 2009

1 October 2009 - Bo'ness Farmers' Market, Market Square, Bo'ness, 10.00 am – 2.00 pm. Contact: Mary Jane Armstrong, 01324 611293, email: mjarmstrong@falkirkinspired.com.

2 October 2009 - Growing Communities in Scotland National Networking Event 'Growing Communities in Scotland', *Scottish Natural Heritage* Offices, Battleby, Nr Perth, 9.45am – 3.45pm. Organised by the *Federation of City Farms and Community Gardens*, in association with the *Allotments Regeneration Initiative* and *Trellis*. Contact: Naomi Knights, *FCFCG* Scotland Office, Tel: 0131 623 7058. Email: naomi@farmgarden.org.uk.

3 October 2009 - Killearn Wee Green Market, 10.00 am—1.00 pm, Tel: 01360 551659, Email: re-act@live.co.uk.

10 October 2009 - Stirling Farmers' Market (Port Street), Stirling, 9.00 am - 2.00 pm. Contact: Pat Wilson, 01877 330151, email: kilmahog@aol.com.

11 October - Falkirk Farmers' Market, High Street, Falkirk, 12 noon - 4.00 pm. Contact: Sarah McKenzie, *Falkirk Town Centre Management Ltd*, 01324 611293, email: smckenzie@falkirkinspired.com.

14, 21 & 28 October 2009 - Thornhill Village Market, 10:00 am - 1.00 pm. Contact: Belinda MacMillan, Tel: 01786 850692, Email: boghallfarm@btinternet.com.

17 October 2009 - Grangemouth Farmers' Market, La Porte Precinct, Grangemouth, 10:00 am - 2.00 pm. Contact: Mary Jane Armstrong, 01324 611293, mjarmstrong@falkirkinspired.com.

20 October 2009 - Lomond Shores Farmers' Market, Balloch. 10.00 am – 3.00 pm. Contact: *Forum Event Management Ltd*, 01436 679882 email: wendy@forum-uk.com.

22 October 2009 - Community Food and Health (Scotland) Annual Networking Conference, Carnegie Conference Centre, Dunfermline. For more information visit <http://www.communityfoodandhealth.org.uk>.

22-25 October 2009 - Trossachs International Mushroom Festival, Throughout the Trossachs. Fantasy, fungi, food and fun, this festival is a food, music and cultural extravaganza based on the humble mushroom. Key elements of the festival for the year of Homecoming will include traditional cookery demonstrations, traditional Scottish music and dance, walks and golf. www.visitthetrossachs.com. (Source: <http://www.visitscotlandupdate.co.uk/Newsletters/VisitScotland-eUpdate---September-2009/Coming-Homecoming-.aspx>).

WHAT'S ON—OCTOBER (cont^d) 2009

30 October – 1 November 2009 - BBC Good Food Show, SECC, Glasgow, This year includes how to grow your own food, and Slow Food. To book, call 0844 579 3167 or visit <http://www.bbcgoodfoodshow.com>.

WHAT'S ON—NOVEMBER 2009

5 November 2009 - Bo'ness Farmers' Market, Market Square, Bo'ness, 10.00 am – 2.00 pm. Contact: Mary Jane Armstrong, 01324 611293, email: mjarmstrong@falkirkinspired.com.

5, 12, 19 & 26 November 2009 - Thornhill Village Market, 10:00 am - 1.00 pm. Contact: Belinda MacMillan, Tel: 01786 850692, Email: boghallfarm@btinternet.com.

6 & 20 November 2009 - Lomond Shores Farmers' Market, Balloch. 10.00 am – 3.00 pm. Contact: *Forum Event Management Ltd*, 01436 679882 email: wendy@forum-uk.com.

7 November 2009 - Killearn Wee Green Market, 10.00 am—1.00 pm, Tel: 01360 551659, Email: re-act@live.co.uk.

8 November 2009 - Falkirk Farmers' Market, High Street, Falkirk, 12 noon - 4.00 pm. Contact: Sarah McKenzie, *Falkirk Town Centre Management Ltd*, 01324 611293, email: smckenzie@falkirkinspired.com.

14 November 2009 - Stirling Farmers' Market (Port Street), Stirling, 9.00 am - 2.00 pm. Contact: Pat Wilson, 01877 330151, email: kilmahog@aol.com.

19 November 2009 - Grangemouth Farmers' Market, La Porte Precinct, Grangemouth, 10:00 am - 2.00 pm. Contact: Mary Jane Armstrong, 01324 611293, mjarmstrong@falkirkinspired.com.

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Data Protection Act

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If you wish your details to be amended or removed from our database, please contact us by email: info@fvfl.org.uk, telephone: 01786 449215 or post: Forth Valley Food Links, 7 Stirling Business Centre, Wellgreen Place, Stirling, FK8 2DZ.

We will continue to use your details as previously stated if we do not receive a response from you. If you know of anyone who would like to subscribe to this eBulletin then please contact us at info@fvfl.org.uk.

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Forth Valley

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