

16 May 2012

# Local Food News

ORGANICLEA

## Growing news from East Anglia..

A beautiful May day. Fantastic light and vibrant Spring colours, well mostly. Perhaps we have turned a corner. In the Glasshouse growth has been a joy, with Spinach and Salad leaves especially responsive. Seedlings suddenly need planting and all the Summer fruiting plants have arrived from the specialist plant raiser. So a busy few weeks planting. The planting areas are mostly ready but it means we have to clear the Winter crops quickly.

Production is bulking up with a good Spinach crop just starting with several weeks succession in line. Salads are also doing well with a new batch ready to follow on the early planting which is now moving swiftly. There is increasing amounts of Salad Rocket although there is some Flea Beetle damage, such a troublesome Brassica pest for us. There is even a little Watercress coming on. So a little light at the end of the tunnel. This week's planting of Cucumbers and Courgette will soon deliver fruit and Celery and Chard will soon be with us as well.

Outside is a different story though. New season Potatoes are likely to be delayed with widespread reports of as yet unplanted crops and rotting seed tubers on already planted Early varieties. It could be a problem. It really needs to dry out but the rain keeps returning.

Best wishes  
Grahame and Lizzie Hughes

## ...and from Organiclea's growing site in Chingford

- What's sowing:** climbing French beans
  - What's growing:** good leaves on early potato plants
  - What's going:** spring garlic
- ### In your bags this week

Produce from: Hughes Organics and small farmers in East Anglia and their counterparts in Europe, Sarah Green in Essex, our growing site (Hawkwood) in Chingford and local 'Cropshare' growers. Produce also comes from organic wholesaler Langridge.. Contents may occasionally vary due to availability.

**Standard Vegetable Bags** have Ambo potatoes (Essex), carrots (Norfolk or Italy), spring garlic (Hawkwood, Chingford), Cauliflower (Lincs), Spring Greens (Essex), watercress and Celeriac (UK – woleasler) and Leeks (Norfolk). **No Potato Bags** have Fennel (Italy, wholesaler).

**Large Vegetable Bags** have standard bag variety, with larger quantities of staples, and double quantities of Spring greens and cauliflower.

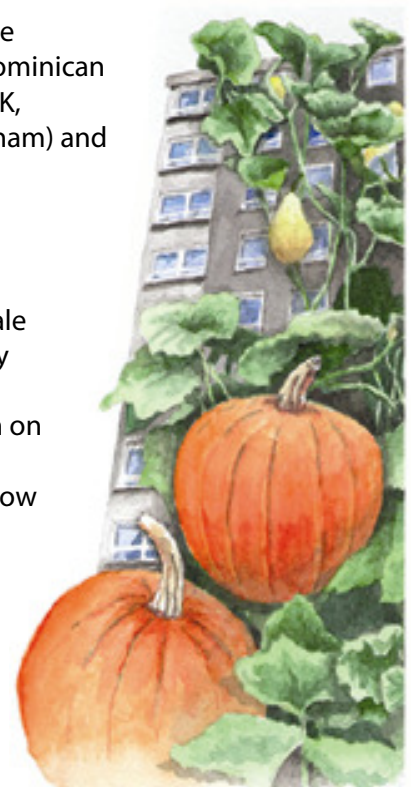
**Small Vegetable Bags** have Sante potatoes (Lincs), carrots (Norfolk), spring garlic (Hawkwood, Chingford), Spring Greens (Essex) and Lettuce (UK! Hurrah! Through wholesaler)

**Standard Fruit Bags** have Fairtrade Bananas (Dominican Republic), rhubarb (UK, wholesaler or Tottenham), white peach (Spain), Star Ruby grapefruit and kiwi (Italy)

**Small Fruit Bags** have Fairtrade Bananas (Dominican Republic), rhubarb (UK, wholesaler or Tottenham) and Topaz apples (Italy).

## Tomato Tips...

This Sunday's plant sale at Hawkwood Nursery (12-3pm) features a special advice session on tomatoes: training, aftercare and know-how - taking place from 2-3pm for those with Hawkwood tomato plants to care for!



## **LETS Forage!**

Arranged by LETS Waltham Forest, join this foraging guided walk around Walthamstow marshes pointing out the delicacies we can snack on and the not so delicate ones we definitely shouldn't! Approx 2 hours, finishing at the cafe in Springfield Park.

Sunday 20 May, meet outside the Lea Valley Ice Rink, Lea Bridge Road, Leyton E10 7QL at 2.30pm. More details at [www.wflets.org](http://www.wflets.org)

## **Seeking new Hornbeam chef**

The Hornbeam Café, which serves healthy vegetarian and vegan food using produce from Organiclea, is seeking an additional team member.

The café is currently open from Wednesday to Saturday, and is planning to open more regularly, with the aim to:

- Offer brunch and lunch on Saturdays, when the café is usually busiest,
- Have a simple lunch menu available every other day of the week,
- Be open for two evenings each week with music, comedy or other events, and a bar,
- Offer dinner once per month (more often if it works well),
- Continue to offer a catering service and promote it more broadly.

## **We are recruiting a cook to join the team**

The café needs a cook. They will:

- Plan a menu based on seasonal and local food,
- Make sure the kitchen is well run and meets food safety standards,
- Manage other kitchen workers (paid and volunteer),
- Be available for several shifts per week (initially during Wednesday to Saturday daytimes).

To fulfill the role successfully they will need to be:

- Passionate about and skilled in cooking with fresh local seasonal produce,
- Able to organise and manage their own work, and cooperate effectively as part of a team,
- Committed to community action to change the unsustainable food system.

The pay will initially be the London Living Wage (£8.30 per hour). If you are interested, contact Marlene on [marlene@organiclea.org.uk](mailto:marlene@organiclea.org.uk) with a brief (no more than 400 words) outline of why you are interested in this role, and what skills and

experience you bring to it, and contact details. We will have an initial phone conversation with suitable applicants, followed by a trial shift in the kitchen and fuller discussion. Please pass on to anyone you know who might be interested!

## **Public action against GM wheat trials**

Sunday 27 May, noon, Rothamsted Park, Harpenden.

You may have seen recent news coverage about open field trials of genetically modified (GM) wheat in Hertfordshire. Organiclea will be joining a large group of bakers, retailers, growers, and grassroots food campaigners to oppose the trials in a public action on Sunday 27 May, and we invite you to join us for the day.

We support this action because we believe that the trial is unsafe - it risks contaminating other crops, and the effects on human health and on insects vital to pollination haven't been properly tested; and unnecessary - to reduce world hunger and decrease the use of pesticides we need equitable systems of food distribution and access to land, and sustainable methods of agriculture.

We will meet at Rothamsted Park, Harpenden, Herts, at 12 noon to share picnics, swap seeds, try bread from organic bakers and hear live music from Seize the Day. At 1.30pm we'll take a 20 minute stroll on public footpaths to the trial site where those who wish to can participate in removing the GM crop.

The day will bring together people who oppose GM in the UK with people resisting GM in other parts of the world, with voices from Latin America, Asia and Africa sharing their experiences of the social and environmental effects of GM crops.

This action is for everyone who feels able to help remove the GM crop, and for those who wish to show their support for them. Families and wearers of customised aprons particularly welcome!

How to get there: Frequent trains run from London St Pancras to Harpenden (30 mins journey). The park is 10 minutes walk from Harpenden Station, directions will be available at the station. We are also going to be organising some transport from Waltham Forest so if you would like to join us from here, or have a car you can share, email [adam@organiclea.org.uk](mailto:adam@organiclea.org.uk)

See [www.taketheflourback.org](http://www.taketheflourback.org) for more information about the day, and other ways to take action if you can't make it on the 27th.