



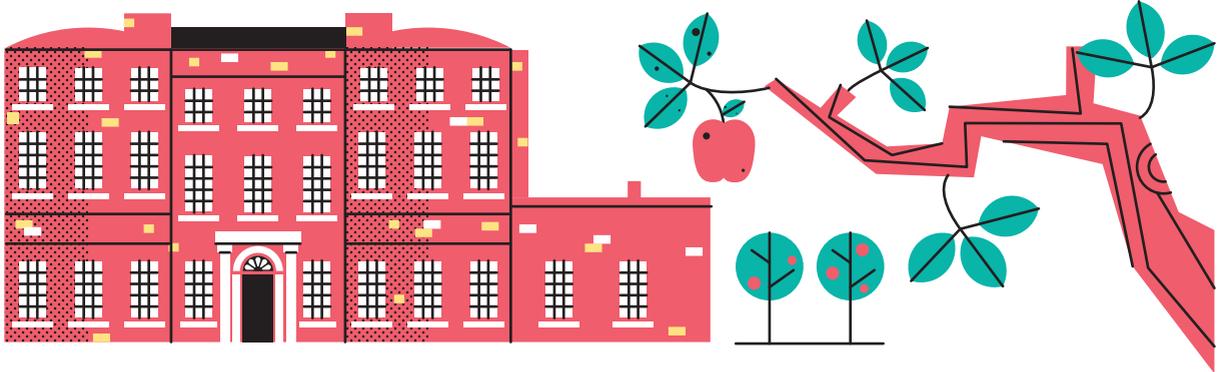
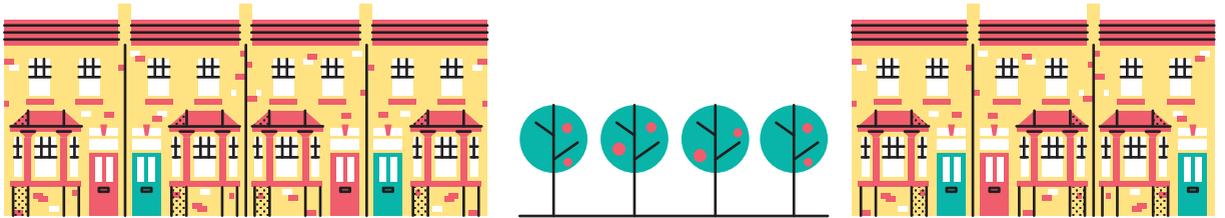
Cultivate

Autumn Programme

A festival for new and experienced growers

Harvest Edition

3-11 September 2016



Waltham Forest Council's Urban Food Growing Festival

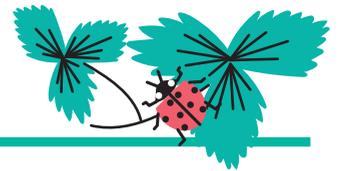
www.cultivatewf.org



In
partnership
with



Waltham Forest



Foreword from

Councillor Clyde Loakes

It's hard to believe that it was just a few months ago that the first half of our Cultivate festival took place in March, kicking off the growing season.

Nearly 2000 residents and community organisations took part in events including our highly entertaining Gardener's Question Time, the opening of the Ive Farm Pocket Park in Leyton and a number of pop up workshops across the borough sharing expert tips and growing advice. We also began the process of engaging voluntary and community groups on helping to shape the Council's Food Strategy and we will continue this process over the next few months to make sure everyone gets involved!

It is a reflection of the growing popularity of the Cultivate brand that saw us able to give away over 600 Grow Your Own Starter Packs to residents at information stalls in High Streets across Waltham Forest. The fact that we were able to work with a major supermarket who acknowledged the value of our message and ethos is a testament to just how far we have come over the last three years.



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Opening of Ive Farm Pocket Park, March 2016

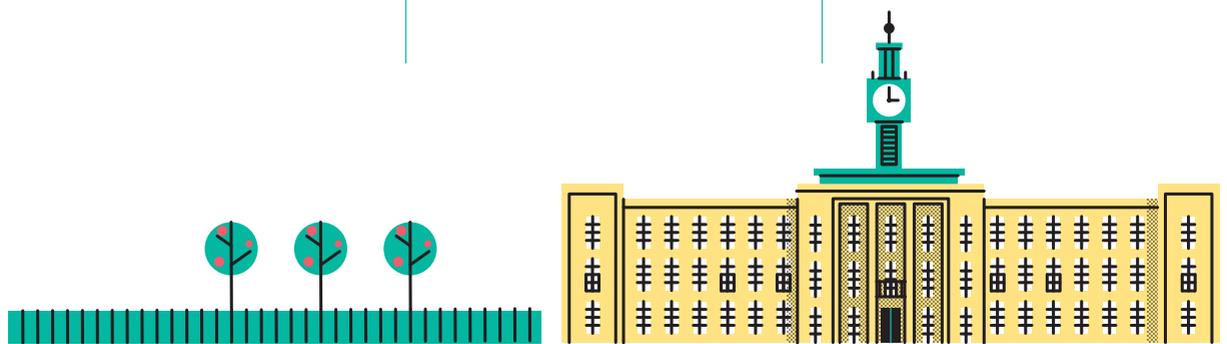
We are especially proud of the fact that we gave away a whopping 200 tonnes of compost to our residents which came from their very own food and garden waste! You can look forward to having more compost available throughout the September portion of Cultivate so get your shovels and bags at the ready!

September is all about harvesting and that is our theme over the next 9 days. We will be showing off the efforts of all our new and seasoned growers during our Autumn Produce Show at the Leytonstone Get Together. Learn tips, sample foods and be entertained at what promises to be a great event.

As ever you'll find engaging workshops throughout the week, such as making your own wine, growing exotic vegetables, winter food growing, making preserves, Hedge Herb treasure hunts, film showings and even an opportunity for families and friends to feast together to name just a few! Which other borough can say they offer this much I wonder?

Our wish is to become the food growing capital of London and once you see what we have to offer, I hope you'll agree we're very much on our way!

Happy harvesting and enjoy your Cultivate week!





About Cultivate

Celebrate the harvest season at Cultivate Festival! Pick up expert growing tips, make delicious preserves with your surplus crops and find out how to keep growing over winter. Enter your home grown harvest successes in the Cultivate Produce Show. Learn about fermenting, pickling, sprouting, fungi, herbs, fruit growing and the science of soil in workshops hosted by Cultivate Festival partners. Free events and days out all across Waltham Forest.

Cultivate Festival is for:

- New gardeners
 - Experienced growers
 - Allotment holders
 - Families and young people
 - Local food producers
 - Chefs
 - Growing projects
 - Community groups
- Find out more online:
www.cultivatewf.org

Finding An Allotment

Allotments plots are in high demand in the borough but vacant plots regularly become available. Find out whether there are any vacant plots in our allotment or community gardens via the Council's allotments webpage: www.walthamforest.gov.uk/content/allotments

Festival at a glance

Sunday 4 September

Cultivate Produce Show at Leytonstone Get Together (see page 4)

Friday 9 September

Cultivate Network Event: Forming a Food Partnership, Leytonstone Library (see page 5)

Saturday 10 September

People's Food Fair, Hornbeam Cafe and Centre (see page 13)

Sunday 11 September

Gardener's Q&A, Leytonstone Library (see page 6)

Saturday 3 - Sunday 11 September

Big Compost Giveaway, locations borough wide

See full calendar of events from page 7

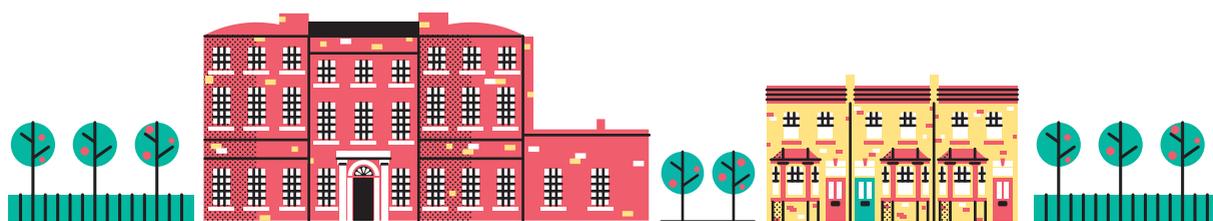
The Big Compost Giveaway

To celebrate the harvest season Waltham Forest Council are organising free compost to refresh your growing plots.

Bring a shovel and bags to help yourself. Compost piles are springing up at these locations around the borough throughout the Cultivate Festival from the 3 - 11 September.

Venues:

- Large car park, Church Lane, Leytonstone E11 1HE
- Langthorne Park car park, Birch Grove, Leytonstone E11 4YG
- Low Hall Sports Ground, Lower Access Road, Walthamstow E17 8AX
- John Beanse Waste & Recycling Education Centre car park, Pimp Hall Nature Reserve, 48 Kings Road, Chingford E4 7HR





Cultivate Produce Show at Leytonstone

Get Together | Sunday 4 September • 1pm-6pm • Free entry

Whether you're a first time food grower or an experienced harvester, join us in celebrating your season's growing successes at our Waltham Forest Produce Show. Stay and enjoy a delicious programme of food tastings, cookery demonstrations, practical workshops and a children's area.

Where:

Cultivate Marquee, grounds of St John the Baptist Church, High Road Leytonstone, E11 1HH



Children's Area hosted by The Secret Seed Society

Exploring crops through taste and touch; mini produce show judges are invited to sample, test and play in our kitchen laboratory.

Workshops and Demonstrations Programme:

Try your hand at our traditional fruit press and sample delicious freshly-pressed juice from apples and pears picked locally by OrganicLea's scrumping project.

How to enter competition:

Everyone growing food or preparing preserved food in Waltham Forest is encouraged to enter the Cultivate Produce Show.

Bring your entries between 1pm and 3.30pm to the Cultivate Marquee.

Winners will be announced from 5pm.

Fresh Produce Categories:

All fresh vegetables or fruit should include stalks and/or some leaf to show that they have been grown fresh from the plant.

- Best Fruit or Vegetable: Bring up to 7 examples of the same fruit or vegetable you have grown.
- Best Platter: Use a dinner plate, small tray or small chopping board to display a combination of up to 7 different home grown fruit, vegetables, herb and/or edible flowers.
- Exotic Crops: For local growers who are growing edible plants not typically

grown in this country such as citrus plants, chickpeas and pineapples. Bring up to 7 pieces of fruit, herb or vegetable.

Preserved Produce Category:

Celebrating the skills to continue enjoying your edible crops throughout the year.

- Entries can include: pickles, pesto, jam, jellies, fruit leathers, honey, sourdough bread.

Young Growers Categories:

This year we are especially celebrating the talent and perseverance of Waltham Forest's young growers. (Guidelines for entries are as for the adult categories).

- Young Growers: 7yrs and under: Best Fruit or Vegetable
- Young Growers: 8yrs and over: Best Fruit or Vegetable
- Young Growers: 8yrs and over: Best Platter

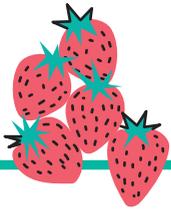
Learn what to grow over the winter and sow seeds to take home for a fresh supply of greens!

Demonstrations and talks throughout the day including: Traditional Country Wine Making and Grow Your Own Wine with OrganicLea and Roasting, Blending and Brewing with speciality coffee roasters, Perky Blenders.

A Celebration of Chillies

Celebrate seed diversity with chilli varieties from all over the globe, grown by Waltham Forest community gardening groups taking part in the Cultivate Chilli challenge. A feast for chilli enthusiasts - pick up some growing tips, watch a chilli-sauce making demonstration and chilli goodies a-plenty!





Cultivate Network Event: Forming a Food Partnership

| Friday 9 September • 4pm-6.30pm • Free entry

Growing Exotic Vegetables

Know your oca from your yacon? This is an open space for growers interested in 'exotic' vegetables to come and share tips, show off their successes, or simply find out more!

Cirque du Surplus

Anti food waste campaign This is Rubbish brings you 'Cirque du Surplus'. Thought provoking street theatre about the journey our food takes - inspired by young people and brought to life by actors and designers. They need your help in creating the biggest fruit salad ever seen in Leytonstone with food which was destined for the bin even though it is perfectly edible.

Leytonstone Food Assembly

How much do you know about your food, who makes it and where it comes from? Come and discover the benefits of eating local at the Food Assembly Stall!

Harvest Festival Collection

Cultivate Festival supports Sally's Kitchen and Leytonstone Food Bank and we will be taking donations on the day for its food collection drive. Drop off any donations of food to the information desk in the Cultivate Produce Show marquee.

Seed Packet Project

Bring along your used seed packets for artist Rosalind Fowler's project! See page 10 for details.

Following on from our March event, we again invite community groups and residents to join us in shaping a Food Strategy for Waltham Forest and as we continue to explore what a Local Food Partnership will look like.

Our aim is to encourage public, private and voluntary organisations to work together with local communities and local people to improve our food system.

There is still lots of work to be done, and we encourage anyone with an interest or a passion in seeing Waltham Forest develop as a hub for inspiration, innovation, and connection around food to join this event.

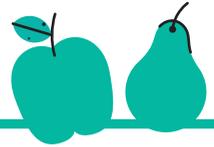
Do come and participate by sharing your views about the wonderful projects currently taking place across our borough and your ideas for more in the future.

Leytonstone Library
6 Church Lane
Leytonstone E11 1HG
Free entry
Please book online:
www.cultivatewf.eventbrite.co.uk



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Gardeners' Q&A

| Sunday 11 September • 2.30pm-6pm • Free entry

Cultivate Festival's finale event the Gardeners' Q&A, a fun, lively panel discussion! Over the course of the afternoon, our panel of experts will dish out edible gardening and food growing advice. OrganicLea, Transition Leytonstone and colleagues will be on hand to answer all of your growing questions. Tea and biscuits served. We will be sharing Gardeners' Q&A updates live via Twitter all afternoon, so do send in your questions before or during, even if you can't be there in person @CultivateWF.

Where:

Leytonstone Library,
6 Church Lane,
Leytonstone E11 1HG

Booking in advance recommended
via: www.cultivatewf.eventbrite.co.uk

Join us at 2.30pm for Mini Food Growing and Preserving Workshops and at 4pm for the Q&A.



Mini Workshops

Choose from two of the three following workshops on the day:

Winter vegetables

Keep your garden growing over the winter - tips & tricks for fresh veg all year round.

Seed saving introduction

Interested in saving your own seeds but not sure where to start? Learn some basics to get you started.

Fermentation Frenzy

Local grower and food writer Jojo Tulloh invites you to chop and chatter with her whilst preparing sauerkraut with seasonal vegetables.



The Good Food Swap

Grown it? Baked it? Picked it? Brewed it?

Celebrate our local harvests with a Good Food Swap. Let someone take home your produce and pick up something new and delicious.

Please bring:

- Wholesome, naturally produced, vegetarian food. This may include: vegetables you have grown, fruit you have foraged, bread you have baked, honey you have harvested, pickle you have preserved.
- Information about your food to be displayed e.g. ingredients list, or where it was grown.
- Please bring your food in ready-to-swap-sized portions.
- Please don't bring meat. This is in order to make the event accessible to as many people as possible, and for food safety reasons.

Seed Packet Project

Bring along your used seed packets for artist Rosalind Fowler's project! See page 10 for details.





Cultivate Festival Calendar

| Thursday 1 September

Anticipating the festival Cultivating Our Food Projects

Food is wonderful and problematic, it needs to be celebrated as well as critically altered and a lot is happening in Waltham Forest to do both.

Poppy Flint, seasoned in mixing community engagement, education and performance, is hosting two practical workshops for people who are running events for Cultivate or involved in other food related activities in Waltham Forest.

The workshops build on each other and participants will be paired up to attend, reflect and feedback on each other's Cultivate events so please do sign up for both.

Session one will include an introduction to Common Cause – an approach to considering how values are used and communicated. We will map the values that connect and differentiate the Cultivate events and then discuss what each event hopes to achieve and how this could be monitored in a useful, interesting way.

There will be time to share food and suggestions for developing and promoting events.



Session two (Date TBC) will support reflection and evaluation of the activities and events everyone has been involved with. We will consider what knowledge and insights about our different audiences have been gained, whether others find this useful and how it could benefit food activities across the borough.

6pm-8.30pm
poppyflint@gmail.com
Free entry.

Tickets and up to date details, including venue available from cultivatingfoodprojects.eventbrite.co.uk

| Saturday 3 & | Sunday 4 September

Sustainable Beekeeping Course

This two-day course is for anyone from beginners to experienced beekeepers who are interested in learning about more sustainable methods of beekeeping.

The first day of the course will take a look at the fascinating world of the honeybee, introducing key concepts in their biology and ecology. Day Two will focus on how to keep bees in Warre hives and the practice of keeping bees within an ethical framework.

10am-5pm
Hawkwood Plant Nursery
115 Hawkwood Crescent
E4 7UH
courses@organiclea.org.uk
www.organiclea.org.uk
£70 (or £35 for one day).





| Saturday 3 September

Growing Fruit: An Introduction

Getting started with growing fruit? Confused about rootstocks or pruning? A back-to-basics workshop to help you plan your fruit garden.

11am-1pm
Ive Farm Pocket Park
Ive Farm Close
Leyton E10 5HQ
020 8524 4994
info@organiclea.org.uk
www.organiclea.org.uk
Free entry - Booking recommended.

| Saturday 3 September

Get Pickling

Pickling is a wonderful way to preserve our gluts for when we need them. Join Catherine Kwella and the Community Garden team to see how cucumbers, cabbage and other vegetables can be turned into tasty treats available when we want them.

2pm-4pm
Church Lane Community Garden
Harold Road, at base of footbridge
Leytonstone E11 4QY
cg@transitionleytonstone.org.uk
www.transitionleytonstone.org.uk
Free entry.

| Saturday 3 September

Our Homegrown Medicine: a Herbal Stow Treasure Hunt

We will explore our neighbourhood through the medium of plant medicine!

What are people growing in their gardens that can support good health in the home? What is springing up around us in wild spaces, churchyards, roadside verges and the edges of the urban sprawl, that we can learn, know, gather, use and cultivate?

Join E17 community herbalists Gail Farrow and Rasheeqa Ahmad for a treasure trail through the green world of Walthamstow and learn some good knowledge, meet some plant and human friends and see the stow through new eyes.

2pm-4pm
St Saviour's Church
210 Markhouse Road
Walthamstow E17 8EP
07784 506494
rasheeqa@hedgeherbs.org.uk
www.hedgeherbs.org.uk
Free entry.



| Sunday 4 September

Cultivate Produce Show at Leytonstone Get Together

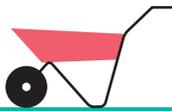
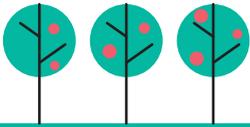
Whether you are a first time food grower or an old hand, join us in celebrating your season's growing successes at our Waltham Forest Produce Show.

Everyone growing food or preparing preserved food in Waltham Forest is encouraged to enter the Produce Show, prizes for adults and children.

Bring your entries between 1 and 3.30pm to the Cultivate Marquee. Winners will be announced from 5pm. See page 4 for a full list of competition categories. There will also be a host of demonstrations, tastings and workshops for all of the family.

1pm-6pm
Cultivate Marquee
Grounds of St John the Baptist Church
High Road Leytonstone E11 1HH
Free entry.





| Sunday 4 September

Grow To Sell

You can make an income from growing vegetables! Find out how to turn your garden or allotment into a community enterprise. What to grow, how to sell, and the rules and regulations around allotments. As a successful community enterprise, we will share good practice and insights gained from experience and answer any questions you may have about your own venture.

10.30am-12pm

Marsh Lane Cottage Garden,
Leyton Jubilee Park,

Marsh Lane, Seymour Road
Leyton E10 7BL

info@organiclea.org.uk

www.organiclea.org.uk

Free entry - Booking recommended.

| Sunday 3 September

Local seasonal lunch

Come and have a delicious buffet lunch in this beautiful setting and join in fun family games and activities.

Lunch: £5 adults/ £1 kids/ free for anyone who brings a local, seasonal dish to share.

12 - 3pm (or until food runs out!)

Kukoolala Cafe

Leyton Jubilee Park

Marsh Lane

Leyton E10 7BL

www.kukoolala.com/cultivate

Free entry.

| Sunday 4 September

Open Garden

OrganicLea and the Clove Club restaurant have joined forces to trial an innovative 'chef-supported agriculture' system on a plot in Leyton. The Michelin-starred restaurant had been dreaming of having their own farm for years, ideally growing fresh produce as close to their Shoreditch-based restaurant as possible.

Earlier this year they began funding two growers from OrganicLea's Farm Start project to set up a picturesque little growing site on Marsh Lane in return for all the produce grown there. This model provides a reliable, year-round income for growers and allows the restaurant to source super-fresh, ethical and local produce grown from their crop wish list.

If you would like to visit the site and meet the OrganicLea team of growers as well as a representative from the Clove Club, this is your opportunity! We hope to inspire other outlets to start similar projects and are particularly keen to welcome chefs, grocery shop owners and other retailers to this event, but all are welcome!

11am-2pm

Marsh Lane Cottage Garden,
Leyton Jubilee Park,

Marsh Lane, Seymour Road

Leyton E10 7BL

info@organiclea.org.uk

www.organiclea.org.uk

Free entry.

| Sunday 4 September

Plant, Seed & Produce Swap

The Vestry House Museum and the WVRA's Village in Bloom team are holding a Plant, Produce and Seed Swap on Sunday 4 September in the museum garden between 12 and 4 pm. Residents can bring their excess produce, plants and seeds and swap them. Horticultural experts will be on hand to assist the swapping, give advice and identify plants. We will be joined by BEE17 selling raw, Village honey and homemade honey and wax products, and lots of plant, craft and refreshment stalls.

12pm-4pm

Vestry House Museum

Vestry Road

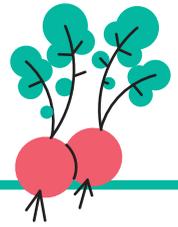
Walthamstow Village E17 9NH

helen@walthamstowvillage.net

www.walthamstowvillage.net

Free entry.





| Monday 5 September

People's Kitchen

A delicious lunch made from food surplus that would have been wasted - The first Monday of every month. Join us for a special Cultivate session on Monday 5th September - bring your allotment surplus and be part of cooking it! We especially want to encourage anyone that really needs a meal to come along, so please spread the word.

Please get in touch if you know of or work with agencies who can help us reach people in need.

If you'd like to volunteer to cook from 10am, please sign up volunteering@hornbeam.org.uk Otherwise we'll see you for Lunch!

1pm-2.30pm
Hornbeam Centre
458 Hoe Street
Walthamstow E17 9AH
Free or donation.

| Monday 5 September

Art, Food and Environment E17 Art Trail Idea Sparks: Talk series

The first of six monthly talks to generate ideas in anticipation of the next E17 Art Trail, begins with a Cultivate Festival special. Speakers include Rosalind Fowler and Tasha Marks.

Rosalind is Artist in Residence at the William Morris Gallery, her work explores the connections between William Morris's "ecotopian" ideals and Waltham Forest's expanding network of urban food-growing sites. Tasha Marks is an award-winning food historian and artist, who explores the relationship between food, art and history. Her practice, AVM Curiosities, champions the use of food as an artistic medium, with projects ranging from museum-style exhibitions and sculptural installations, to interactive lectures and limited-edition confectionery.

Seed Packet Project

Artist and filmmaker Rosalind Fowler will be inviting you, as part of Cultivate Festival and following her recent artist residency at the William Morris Gallery, to take part in her seed packet project and share your dreams and visions for an imaginary future London. Your ideas will be displayed as part of her Autumn show at the William Morris Gallery from 8 October - 6 November.

Opportunities to take part and more details will also be shared at the Cultivate Gardeners' Q&A on 11 September, and Cultivate Produce Show on 4 September.

She also needs your empty seed packets, so please bring along any spare ones you have!
www.rosalindfowler.co.uk

7pm-9pm

William Morris Gallery
Lloyd Park
Forest Road
Walthamstow E17 4PP
Free entry.
Please book via:
www.artillery.eventbrite.com

| Tuesday 6 September

Composting Made Easy

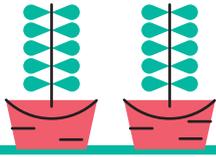
Interested in composting? Reducing food waste? Join a practical workshop and learn about composting at home and in your community. What to compost and choosing the best compost system for you.
6pm-8pm

Ive Farm Pocket Park
Ive Farm Close
Leyton E10 5HQ
info@organiclea.org.uk
www.organiclea.org.uk
Free entry - Booking recommended.



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| Wednesday 7 September

Soil Secrets

Looking at the life beneath of our feet - and discussing practical solutions for optimum soil health and fertility.

Community Room
Walthamstow Central Library
High Street
Walthamstow E17 7JN
6.30pm-8.30pm
info@organiclea.org.uk
www.organiclea.org.uk
Free entry - Booking recommended.

| Wednesday 7 September

OrganicLea Volunteer Induction

Getting involved in food growing - becoming a volunteer at a food growing project. Join an induction day and sign up for Autumn volunteering at Hawkwood Nursery, OrganicLea. Optional lunch provided. Current volunteer roles include horticultural assistant, veg packers, cooks and market stall volunteers.

11am-2pm
Hawkwood Plant Nursery
115 Hawkwood Crescent
E4 7UH
courses@organiclea.org.uk
For more information see
www.organiclea.org.uk/get-involved/
volunteering-at-hawkwood-nursery

| Wednesday 7 September

Food Future - Young People's Forum

Food of the Future - Young People's Forum is for any young person (14+) who is concerned about the future of their food or those of you who would like to learn more about what they may or may not be eating in the future. The forum will also include a series of creative arts workshop exercises that use drama, hip hop and other activities. The aim is to create a platform that will allow young people an opportunity to have their say about our food strategy and to be involved in the wider decision making processes.

4pm-8pm
Leyton Cricket Ground
High Road
Leyton E10 6RJ
info@organiclea.org.uk
www.organiclea.org.uk
Free entry.



| Thursday 8 September

Local Roots, Global Shoots: Film and discussion night

Local roots, global shoots - a night of short films and discussions linking local food growing and global food systems. Learn about the food sovereignty movement at the local and global level while brainstorming about our own potential to create change.

6pm-9.30pm
Hornbeam Centre
458 Hoe Street
Walthamstow E17 9AH
stall@organiclea.org.uk
www.organiclea.org.uk

| Friday 9 September

Cultivate Festival - Network Event: Forming a Food Partnership

Shaping our Food Strategy and exploring what a Local Food Partnership for Waltham Forest will look like. Do come and participate by sharing your views about the wonderful projects currently taking place across our borough. See page 5 for full details.

4pm-6.30pm
Leytonstone Library
6 Church Lane
Leytonstone E11 1HG
Free entry.
Please book online:
www.cultivatewf.eventbrite.co.uk





| Friday 9 September

Hawkwood Tour

Come and learn about OrganicLea's production, distribution, training and volunteering work at our 12-acre Hawkwood Community Plant Nursery and Market Garden.

OrganicLea produce and distribute food and plants locally, and inspire and support others to do the same. With a workers' cooperative at their core, they bring people together to take action towards a more just and sustainable society.

2pm-3pm
Hawkwood Plant Nursery
115 Hawkwood Crescent
E4 7UH
courses@organiclea.org.uk
www.organiclea.org.uk
Free entry.



| Friday 9 September

Food growing courses coming up with Adult Learning and Organiclea

Unique learning tour of venues including 97 bus ride!

A unique food growing journey - starting with preparing for winter salads at Adult Learning Centre in Leytonstone and continuing with growing systems at Hawkwood plant nursery in Chingford - find out about Autumn courses with lots of food growing learning along the way. Please note: event involves short walk through woods.

9.30am-4pm
Start at Leytonstone Learning Link
23-25 North Birkbeck Road
Leytonstone E11 4JF
020 8524 4994
www.organiclea.org.uk
Booking is essential as places are limited.
Email: clare@organiclea.org.uk



| Saturday 10 September

Seed Sprouting Workshop

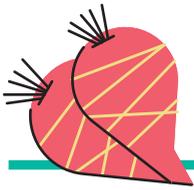
Sprouted seeds and pulses are an excellent addition to anybody's diet. Using nothing more than jam jars and old tights, a whole range of textures and flavours can be enjoyed any time of year. Join Phil Mason and the community garden team for an introduction to this excellent source of nutrition.

2pm-4pm
Church Lane Community Garden
Harold Road, at base of footbridge
Leytonstone E11 4QY
eg@transitionleytonstone.org.uk
www.transitionleytonstone.org.uk
Free entry.



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| Saturday 10 September

People's Food Fair

A local beer and cider festival

Local brews, live music and organic vegetarian & vegan street food. Food served from 10am until late. Live Music from 2pm until late. Local Beer on tap all day.

Organiclea Market Stall at the Hornbeam

10am-3pm
Taste and buy seasonal organic and ultra-local sustainably grown fruit and vegetables, plus homemade bread, jams and preserves.

Local Roots, Global Shoots stall

12pm-4pm
Info stall and discussion space linking up local food growing and global food issues. Learn about the food sovereignty movement at the local and global level. And a chance to sample ethically sourced goods produced further afield, such as Zapatista coffee or Zaytoun olive oil.

Make your own salad box

2pm-3.30pm
Don't have any outside growing space? Come join us to start your very own salad window box. At this workshop you will create up-cycled window boxes and plant salad seedlings with help from an OrganicLea grower. You can have nutritious salad greens at your fingertips all year long and you don't even need a garden, you can put it on your balcony or your windowsill. Drop in throughout and invite the

whole family

Understanding Honeybees and the Honeybee Crisis

2.30pm-4pm.

Come and learn about the fascinating world of the honeybees. In this workshop we dive into the inner workings of the hive, seeking to understand more deeply how the honeybee super-organism functions. We will take a practical look at some sustainable hives to see how they work and look at some of the bigger issues facing honeybees and what we can do to help.

Booking recommended for this workshop via: info@organiclea.org.uk

10am-late
Hornbeam Centre/Forest Recycling Project
458 Hoe Street
Walthamstow E17 9AH
stall@organiclea.org.uk
www.organiclea.org.uk
Free entry.



| Saturday 10 September

Grow Your Own Mushrooms

Learn the basics of mushroom cultivation using various techniques using grain, straw and wood for growing gourmet and medicinal mushrooms such as oyster, reishi and shiitake mushrooms.

2pm-4pm
The Mill
7-11 Coppermill Lane
Walthamstow E17 7HA
info@organiclea.org.uk
www.organiclea.org.uk
Free entry - Booking recommended.

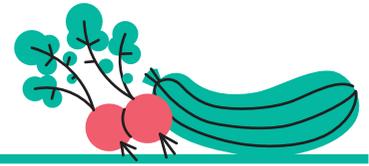
| Saturday 10 September

Ancient Methods, Modern Meals

The Fermentarium presents a journey into the world of fermentation. Plenty of tastings and a wild fermentation bar to mark the launch of their new book 'Ferment, Pickle, Dry - Ancient Methods, Modern Meals'.

3pm-8pm
Gnome House
7 Blackhorse Lane
Walthamstow E17 6DS
info@thefermentarium.org.uk
www.thefermentarium.org.uk
Free entry.





| Saturday 10 September

Seed: The Untold Story

Film screening

Few things on Earth are as miraculous and vital as seeds. Worshipped and treasured since the dawn of humankind. In the last century, 94% of our seed varieties have disappeared. SEED: The Untold Story follows passionate seed keepers protecting our 12,000 year-old food legacy.

Transition Leytonstone runs regular seed saving and swapping events at the Community Garden, and now supports this important new documentary, which rekindles a lost connection to our most treasured resource. SEED features Vandana Shiva, Dr. Jane Goodall, Andrew Kimbrell, Winona Laduke and Raj Patel.

7pm-9.30pm
Leytonstone Library
6 Church Lane
Leytonstone E11 1HG
events@transitionleytonstone.org.uk
www.transitionleytonstone.org.uk
Free entry - Booking in advance via:
seed-the-untold-story-e11.eventbrite.co.uk

| Sunday 11 September

Local Food Growing Bike Tour

Join the Walthamstow Family Bike Club on a mystery bicycle tour of food growing sites in Waltham Forest.

Bring some bring water and a snack to keep your energy levels up. We plan to call in at a cafe for a bite to eat at around 4pm, and expect to return to Walthamstow Village between 5 and 6pm.

Meet at 1pm on Sunday 11th September outside the Ancient House (at the Orford Road/Church Lane junction) in Walthamstow Village. Approximate distance 15 miles. All welcome.

1pm-5.30pm
Ancient House
Walthamstow Village E17 9RW
paul.gasson@gmail.com
walthamstowfamilybikeclub.wordpress.com
Free entry.

| Sunday 11 September

Sunday Family Club - Cultivate Edition

Spending Quality Time Together, with food and in nature. Join the regular session at the Learning Lodge on the edge of the Pimp Hall Nature Reserve. Kids Kitchen will be ready to make some seasonal delights with kids and adults - blackberry icecream anyone...?!

Plus get up to some crafty planting and explore the nature reserve.

2pm-4pm
Pimp Hall Nature Reserve
Off 48 Kings Road

Chingford E4 7HR
www.hornbeam.org.uk/events
Free entry.

| Sunday 11 September

Gardeners' Q&A

Cultivate Festival's finale event the Gardeners' Q&A, a fun, lively panel discussion! Over the course of the afternoon, our panel of experts will dish out edible gardening and food growing advice. OrganicLea, Transition Leytonstone and colleagues will be on hand to answer all of your growing questions. Tea and biscuits served. Join us at 2.30pm for mini workshops and 4pm for the Q&A. (See page 6 for full session details).

2.30pm-6pm
Leytonstone Library
6 Church Lane
Leytonstone E11 1HG
Free entry - Booking in advance recommended via:
www.cultivatewf.eventbrite.co.uk





Food Market Directory

A handy directory of markets and schemes supporting local food growers and producers in Waltham Forest.

Organiclea Market Stalls and Box Scheme

Taste and buy seasonal organic and ultra- local sustainably grown fruit and vegetables, plus homemade bread, jams and preserves.

From £5 per week you can sign up for the box scheme which is delivered each Wednesday to pick-up points across Waltham Forest. Much of the produce comes from Organiclea's growing site in Chingford.

The market stalls operate every Saturday 10am- 3pm at the Hornbeam Centre, 458 Hoe Street, Walthamstow E17 9AH and 10.30am-3pm outside Matalan, High Road, Leytonstone E11 1HH
stall@organiclea.org.uk
www.organiclea.org.uk

Walthamstow Farmers' Market

Just off the high street, on the town square, the Walthamstow Farmer's market presents food that's been locally sourced and sustainably produced. All produce is home-grown mainly from the East Anglian and Kent regions.

Available foods include fresh bread, free range eggs, organic vegetables, cheese, poultry and succulent cooked sausages.

Amongst the favourite stalls are SeaFayre, the family-run fish stall. Their fish is freshly-caught the day before and an email goes out to customers letting them know what will be on sale. A queue never goes unnoticed!

The Market operates every Sunday from 10am to 2pm, for updates please visit www.facebook.com/WalthamstowFarmersMarket

Leyton Food Market

Nestled in the glorious surroundings of the historic Coronation Gardens, Leyton Food Market brings you a family friendly and all inclusive environment in an attractive and safe location.

This new street food market offers food and drink from all corners of the world with stalls serving Vietnamese street food, Middle Eastern falafels and salads as well as Korean, Jamaican and Indian food and more! Live music and entertainment is provided direct from the garden's bandstand by local musicians and street performers. Also featured is some arts and craft stalls for those who prefer a more creative day.

The market will operate every Saturday between 9am-5pm with special themed events on certain Saturdays. For updates on this, please visit www.leytonfoodmarket.com

Leytonstone Food Assembly

Tackling the issues of food chains and sustainability – whilst offering farmers a fair deal, the Leytonstone Food Assembly offer food shopping in an environmentally friendly way. With the Food Assembly you can order your locally sourced seasonal food online, for the best price deals available, and collect your shopping weekly. The organisation has already won 'Best British Food Initiative' at the BBC Food and Farming Awards, and it's easy to get involved.

Food collections take place on Wednesdays, from 6.30pm-8.30pm at The Red Lion, 640 High Road Leytonstone E11 3AA.
www.thefoodassembly.com

Essex Farmers' Markets

Renowned for its success across the country, the Essex Farmers' Market hosts two markets in Waltham Forest every month in Chingford and Highams Park Station.

It prides itself on selling real food produced nearby with a focus on re-establishing a relationship between the producer and the consumer selling fresh produce such as eggs, organic bread, meat, and other items which are carefully chosen to ensure there is no clash with existing retailers' stock in these two areas.

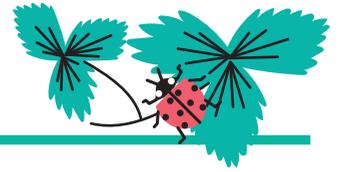
The market operates on Chingford Station Road every second Sunday of the month from 10am-3pm and at Highams Park Station on the Avenue every fourth Sunday from 10am-3pm. For updates please visit www.essexfarmersmarkets.co.uk

Farm Drop

Sourcing food from more than 70 local producers, Farm Drop is an online food shopping service now available in the borough, its first London collection started in Walthamstow. From fresh bread, to cheese, fish, meat and wine producers as well as fruit and vegetable growers – food is delivered weekly. Orders are harvested and picked at the time of ordering ensuring zero food waste at any point in the food chain. The producers and farmers come along to the collection evenings so you can meet and talk about the foods you are buying too.

Weekly Farm Drop collections take place 6.30pm-8.30pm on Wednesdays at The Chequers, 145 High Street, Walthamstow E17 7BX.
www.farmdrop.com





Festival info

3-11 September, venues all across Waltham Forest.

Visit the Cultivate website and follow social media for updates and festival news.

Website: www.cultivatewf.org
 Twitter: @CultivateWF
 Facebook: Cultivate Waltham Forest

Press enquiries:
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A Waltham Forest Council initiative delivered together with festival partners:
 Artillery, OrganicLea, To Market

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