

Lincoln Food Partnership

For fairer healthier greener food

Welcome to the October 2019 Edition of the Lincoln Food Partnership Newsletter

In this our harvest month, we report on a visit by my co-chair, Nigel Curry, to a wonderful urban garden run by a couple who would love to collaborate with others in urban garden growing, food swapping and food sharing. If you would like to take part in such collaboration, do contact us at the email at the end of this introduction.

We also report on the Caring Kitchen of the Year award, which has been won by Mint Lane Café. Their prize of a new kitchen will make quite a difference to what they are able to offer for those interested in a social food experience and eating 'surplus' food.

On the eating front, too, we report on the opening of the University of Lincoln's first Vegan and Vegetarian Café - the Groundwork – introduced by popular student demand.

In this edition, we also say a big welcome to Elizabeth Mair, who has joined the LFP team as a volunteer to help our marketing and communications: we couldn't do the newsletter and web site without her!



Finally, we report on a significant piece of world news. The World Food Summit took place in Denmark this summer calling for the development of Food Partnerships across the globe to tackle a range of food problems.

Please do contact us if you would like to share your news stories about any aspect of local food – whether it is a growing project, local produce-making and sale, cooking communities or tackling food waste. We would be pleased to showcase your work, no matter how small, in this newsletter.

Our email address is: lincolnfoodpartnership@gmail.com

If you are happy to continue to receive this newsletter and therefore be considered a member of the Lincoln Food Partnership community of interest, you need to do nothing.

If on the other hand you wish to unsubscribe from this newsletter, just email us. Many thanks for your interest

Caroline Kenyon,
Co-chair Lincoln Food Partnership

A Garden Harvest

On a sunny Saturday in September I was privileged to visit Tom and Jane Ellis in the heart of urban Lincoln to see their wonderful produce garden. It was all there: a range of different fruit trees, lettuces and a host of salad crops, a range of herbs, beans, peppers, onions, spring onions, carrots, marrows, courgettes, rhubarb, soft fruit and some tasty looking produce that I had never even heard of!

And that was before I was shown the abundant greenhouse with ripening tomatoes, raspberries and other tasty stuff.

With staggered planting, sheltered corners and the greenhouse, this completely organic harvest gives Tom and Jane fresh produce for most of the year. Winter vegetables keep them going through the colder months.



And with judicious bottling and a little freezing they are all but self-sufficient in fruit, vegetables and salads – a saving of around £1500 a year on supermarket prices at a cost of around £100. To say nothing of all that fresh air and exercise!



One hundred plus jars of chutneys, jams, relishes, pickles and piccalilli (the ones Tom kindly gave me were delicious!) are all in recycled jars. Some have been donated in exchange for full ones!

Most of the planting is from seed and all of the waste – peelings, cores, roots etc. - go into the composter to return to the soil – good for both the environment and the pocket.

I left inspired. Tom and Jane actually have a surplus of produce and would be happy to share. Wouldn't it be great if we could develop a back garden growers exchange in the City: so people could specialise in what they did best and then swap; so that training and advice could be offered; so that we could pass any fresh surpluses to the food banks, the community café and the elderly.

If you, or anyone you know, might be interested in taking part in a growing and exchange club, do email the Lincoln Food Partnership:

lincolnfoodpartnership@gmail.com

and we'll see if we can set one up.

Nigel Curry



Mint Lane Community Café Wins ‘Caring Kitchen of the Year’ award

The Mint Lane Community Café, at 12 Mint Lane LN1 1UD, has been awarded a Caring Kitchen of the Year Award. Bespoke kitchen manufacturers TK Components of Manchester are celebrating 30 years of business by having a competition to give away three kitchens to social groups.

Mint Lane was nominated by Hemswell Kitchens locally, who are also donating a kitchen design service and putting in all of the work surfaces.

Alex Crowe, the Mint Lane Café Manager is delighted at the Café’s success:

“we are proud to have won a “Caring Kitchen” award from amongst stiff national competition. The kitchens look fantastic and with design help from Hemswell Kitchens, we will be able to improve our workflow and efficiency. By the new year, we’ll be the smartest kitchen in town!”



Mint Lane Café was set up in 2017 as a social eating space providing a warm welcome at the Involve@Lincoln well-being centre. Its motto is ‘Friendship through food’ and it uses surplus food from around the City retail outlets that would otherwise go to waste, to create healthy affordable meals (from £2:50 for a two course hot meal) and a ‘waste food supermarket’. It is open to the public between 10:00 and 15:00, Tuesday – Friday so do feel free to come along. There are plenty of volunteering opportunities, too!

The new kitchen will be installed in the café during its Christmas Break, which is from 20 December to 5 January.

Mint Lane Café – <https://www.facebook.com/mintlanecafe/>

Mint Lane café volunteers - <https://www.facebook.com/groups/146499819245113/>

University goes Vegetarian and Vegan

The University of Lincoln opened its first vegetarian and vegan café on 7 October. *Groundworks*, in the Nicola De La Haye building, has come about as a result of student demand. Last year's student engagement projects, including cooking classes, showed a significant number of students who have given up meat and animal products.

Sarah Kingham, a Project and Communications Officer at the University said: "as well as responding to this demand from students to forgo animal products, the outlet also responds to the University's pledge on climate emergency".



Groundworks is run by the University's not-for-profit *FoodLinc* which is working with the students' Vegetarian and Vegan Society to develop a range of enticing menus.



FoodLinc also now runs a 'Meat Free' Monday across all outlets on campus and also has introduced a mobile catering van with a name that should get a prize – 'Fork in the

Lincoln Food Partnership welcomes new marketing volunteer

The Lincoln Food Partnership has been very fortunate indeed to have enlisted the support of Elizabeth Mair to help with marketing.

Elizabeth is a PhD Student at Nottingham Trent University where she is researching the way in which membership of on-line communities can have an impact on health, well-being and loneliness. This has given her a great insight into the way online communications can benefit community groups and can help to develop community engagement.

Elizabeth says "I'm really looking forward to working with members of the



Partnership to develop a newsletter and develop online community engagement in a number of ways”

Elizabeth’s has had previous experience as a university researcher in Psychology, which has taken her into the areas of eating disorders, mental health and GP practice.

International News

World Food Summit 2019

Did you know that the World Food Summit met in Denmark this August? World leaders met to discuss the ironic problem of over 800 million people living in hunger whilst at the same time over 2,000 million people are overweight or obese.

They were concerned, too, that 10% of the world’s population fall ill after eating contaminated food, and a quarter of all food produced for human consumption is wasted.

Their key recommendations for *Food Security and Food Safety* are to promote local production through broad multi-stakeholder food partnerships. For *Better Health and Diets* again, food partnerships are key, to provide business models and incentives for healthier sustainable food. For *Improved Resource Efficiency*, food production needs to move away from fossil fuels, reduce green house gas emissions and improve citizen engagement.

There is a lot for the Lincoln Food Partnership to work on here, but it is heartening to see these changes being proposed, and how closely they align with the Lincoln Food Strategy: <http://eprints.lincoln.ac.uk/24922/>



Ministry of Environment
and Food of Denmark

