



## Saturday opening for Local Produce Shop

The Local Produce Shop in Keighley celebrated its first year since opening in November, with lots of exciting developments over this time. Ernest Thomas took up the post of Shop Manager in July. He has a background in



*B-FIT Chair Carolyn Lowing in the Local Produce Shop in Keighley*

retail, having run his own grocery store and worked for a major supermarket chain. We have a fridge and freezer, so the shop is able to stock meat, fish and dairy products.

Ernest has found new suppliers for the shop, so there is now an extended range of produce, including:

- Organic vegetables from Peter Osbourne's farm in Priestley Green, near Halifax
- Sweetclough Dairy produce
- Home made preserves including pickles and chutneys from Beth Thornton
- Pork from N&S Bell of Cowling
- Calder Valley Trout

These join the shop's established suppliers, like the Cellar Project's veg

plus crafts and Mother Nature soaps. The Local Produce Shop is now open on Saturdays from 10am - 2pm, in addition to its regular Friday slot. Turnover has increased, and the shop has a new look, having been decorated and with new shelving installed.

Ernest and shop volunteers have been out and about promoting the shop, including an information stall at Keighley Show, with a local produce hamper given as a prize for guessing the weight of a huge pumpkin. The Local Produce Shop is supported by the SEED programme of the New Opportunities Fund.

**Bingley Local Produce Market** is set to receive its National Association of Farmers Markets certification shortly. NAFM exists to promote the sustainability and integrity of farmers markets, and certification will assure our customers that the produce is genuinely local and of



*Organic pork and eggs from Jo Swillington are available at Bingley Farmers Market*

good quality. New stalls to look out for include Jo Swillington's organic meats and eggs and Hilary's Quality Cuisine from Huddersfield. Seasonal produce for Christmas includes greeting cards.

### Bingley Local Produce Market

4th Saturday each month from  
9am to 1pm at Chapel Lane  
Market

Sat 24th Jan      Sat 27th March  
Sat 28th Feb      Sat 14th April

### Local Produce Shop

43 – 49 Lawkholme Lane, Keighley

Opening hours:

Friday 10.30am–2.30pm

Saturday 10am - 2pm

- Delicious local food, crafts
- Cooking demonstrations and tastings

# BradFood

B-FIT published the BradFood report in June, the result of extensive research into developing markets for local produce. We interviewed producers, consumers, outlets and supporting organisations about their current activities and ideas for encouraging more local sourcing. We published a CD-ROM with the full report findings, and a short summary with details of 26 outlets selling local produce in and around the Bradford District. The report highlighted key actions:

- Comprehensive study of local food sector and challenges to further progress
- Strategy and pilot projects for full range of routes to market
- Promotion of local produce to trade and customers
- Strategy and pilot projects to increase the range of local produce

B-FIT held a launch event on 5th June, with farmers, outlets and representatives of organisations like the

NFU (National Farmers Union) attending. Feedback on the report has been very positive. B-FIT would like to thank the members and volunteers who helped with the research, and all those who kindly gave their time to be interviewed. We also thank the Farmers Fund which funded the project. BradFood is available from B-FIT.



*Customers and outlets interviewed for BradFood expressed support for local farmers and producers*

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## Local food for schools

**Roger Sheard** - Business Development Manager, Education Contract Services, Bradford Council

ECS provides meals for 45,000 pupils per day and is committed to fresh and nutritious food. We also help educate students on the importance of good food through interventions such as: '5 a Day' campaign, curriculum links on food preparation skills and promoting School Committees on Food. ECS's expenditure on food is £6 million per year, so we can make a significant contribution to local sourcing and the wider benefits relating to sustainable economic regeneration of the district.

Over a number of months we have been bringing together local farmers, producers and wholesalers/distributors to examine the availability, seasonality and volumes of produce, and to examine ECS's specifications and identify barriers to local supply. This collaborative approach has resulted in supply contract specifications being reflective of provider and user issues. It has enabled us to look creatively for solutions, for example, distribution partnerships between suppliers to shorten the supply chain.

Baseline data on current sources of supply is being gathered to use as a benchmark in the evaluation of tenders due in on meat and fresh vegetables. Feedback from farmers, local businesses, the Food Standards Agency, Defra, Food From Britain and public nutritionists has been tremendously positive. ECS recently won the prestigious Caroline Walker Award for our work on food and nutrition education through partnership working.

Roger Sheard tel: 01274 431417  
email: roger.sheard@bradford.gov.uk

## Bradford Food Network

Bradford Food Network brings together a wide range of organisations around the theme of food activity in Bradford. The network currently has about 100 members and meets every three months. The network has developed the Bradford District Food Charter, and the key aims are:

- To redress inequalities in access to a healthy diet and combat food poverty
- To maximise local food production for local food consumption
- To establish a sustainable local food economy

There is a newsletter called 'Buon Cibo', Italian for good food. The next meeting will be held on Wednesday January 21st 2004.

Contact: Trevor Simper tel: 01274 223932  
email: t.simper@yahoo.com



*A savoury cake made by Prashad Catering. Bobby Patel of Prashad attended, and provided delicious refreshments for, the October Food Network meeting*

## B-FIT signs up to Sustainable Open Space

B-FIT has secured funding from the EU Interreg Sustainable Open Space II (SOS) programme for a two-year project to help South Pennine farmers develop a farmers' networks and access local markets. The programme will be based on networking events and outreach to help farmers identify and develop ideas for accessing local markets. The full range of routes to market will be addressed, including selling direct, retail and catering outlets, public sector contracts and community projects like food co-ops and community cafes. The networking will be linked with established events and meetings for farmers, such as agricultural shows.

A key part of the work will be to enable farmers to hear from others who can 'tell it like it is'. The work will link with and signpost the wide range of organisations offering farmers relevant advice and support on important issues like access to grants and adding value. This newsletter is funded by the programme and case studies will be published.

This project is part of the wider SOS II programme of marketing landscape identity and strengthening the

intrinsic value of open space. The work involves partnership with many other organisations in the region, including South Pennines Upland Regeneration (SPUR), Sustrans, Heritage Education and Action Network (HEAN), Leeds Metropolitan University and Grassroots Food Network. There are interesting possibilities for joint working, such as linking local food with tourist trails.

We will also share ideas and good practice with partners in France and the Netherlands who are working towards the same goals and face similar challenges.



*Launching the SOS programme, left - right Jeff McQuillan (Sustrans), Cllr. Anne Hawkesworth, and David Hall, Sustrans*

## Framework for Change

Farming and Food - A Framework for Change sets out the strategy for Yorkshire and the Humber to secure a sustainable future for our food and farming industries. The report sets out a framework for regional delivery of Defra's (Department for Environment Food and Rural Affairs) Strategy for Sustainable Farming and Food (SSFF). It was launched at the Great Yorkshire Show on 9th July.

The vision is for the region's food and farming businesses to be more dynamic, creating an environment for change which will encourage entrepreneurship and collaboration. Local food is a key strand of the strategy, and a part of the vision for the region is to 'create precedence where produce from the region is the first choice for all'.

Recommended actions relating to local food include support for local food networks, public sector procurement, farmers' markets, linking food with tourism, food buying co-ops and healthy eating initiatives such as '5-a-day'.

The framework is a 'live' document, and there will be ongoing engagement with stakeholders and partners. Readers are invited to contribute ideas on how they can help deliver the strategy, and anything else they would like to see included. The steering group is chaired by South Yorkshire farmer Tony Cooke.

For a copy contact Government Office for Yorkshire and The Humber tel: 0113 280 0600  
[www.goyh.gov.uk/frameworkforchange](http://www.goyh.gov.uk/frameworkforchange)

The **Local Food Working Group** has been formed to take forward the local food related actions of the SSFF Delivery Plan, along with other relevant strategies such as the Countryside Agency's Sustainable Local Products Strategy and '5-a-Day'. Carolyn Lowing and Rose Bridger of B-FIT have been making an input, particularly on the role of local food networks and projects.

## Farm to Local Shop 2004

The second Yorkshire Independent Grocers Association tradeshow focussing on local produce 'Farm to Local Shop' will be held on 14th-15th Feb 2004 at the Yorkshire Event Centre in Harrogate.

The show is open to all independent retailers, hoteliers and caterers across the region. Yorkshire farmers and producers are invited to book a stall, with special rates for small producers who can share stalls.

Contact: Peter Brant tel: 01325 374940  
email: [p.brant@btinternet.com](mailto:p.brant@btinternet.com)



*Dales Beef won the Best Local Product award at Farm to Local Shop 2003*

## Healthy recipe - Roast winter vegetables with rosemary

Serves 4

### Ingredients

4 medium parsnips

4 medium potatoes

4 small/medium onions

1 bulb garlic

A few sprigs of fresh rosemary

A few tablespoons olive oil

### Method

Pre-heat the oven to Gas Mark 7 (220C). Clean and chop the potatoes and parsnips into pieces about 2 1/2

inches (5cm) square. Steam or boil the potatoes for about 10 minutes, then add the parsnips to the same pan and cook for another 5 minutes, then drain away the water. Separate the garlic into cloves and cut the onions in half, leaving skins on.

Cover the base of a baking tray with a thin layer of olive oil and arrange the rosemary sprigs over the top. Coat each piece of veg in olive oil and arrange on top of the rosemary.

The veg should be in a single layer on the tray. Cook in the oven for

about 40 minutes until all the veg are soft and just starting to brown.

Serve with a cut of meat or a slice of nut roast for a warming winter meal. The garlic cloves should be soft enough to squeeze out of the skin.

All sorts of vegetables can be roasted'. You may like to try mushrooms, fennel carrots, swedes, courgettes and tomatoes. Cooking times vary so check the oven frequently until you get the hang of it. try fresh thyme or sage, instead of, or in addition to, rosemary.

## What's in season?

Parsnips are rich in fibre, folic acid, calcium and potassium. They also contain some B vitamins and other minerals like zinc and iron. Parsnips are high in easily digested sugars, so consume in moderation and in combination with non-starchy vegetables like onions, beans or broccoli.

Parsnips can be boiled, steamed, roasted or stir-fried. You can even make parsnip cake. Choose firm parsnips, as soft ones are not fresh. Parsnips can be stored for about 2-3 weeks. Keep them in the fridge, ideally in a perforated plastic bag.



### No going back from relocating to a hot kitchen

TV production company Ricochet South is looking for groups of friends or a family who want to open and run a restaurant together using local produce, but have little or no prior experience of the restaurant business.

This is for a Channel 4 series, following the success of the River Cottage and No Going Back series. Contact Dan Gilbert, tel: 01273 648396 or email: dan.gilbert@ricochetsouth.co.uk and label the message 'restaurant'.

**B-FIT (Bradford and District Food Information Trust)** is a registered charity promoting local, healthy food. We believe that locally produced fresh food can provide a better diet than food which is transported long distances, and helps the local economy by providing local growers, farmers and producers with an outlet for their produce.

We organise Local Produce Markets in Bingley, the Local Produce Shop in Keighley, and are developing additional outlets in the Bradford district. You can help by becoming a member of B-FIT, or perhaps by becoming a volunteer.

B-FIT is looking for people to help with the development of the organisation and our work. Do get in touch with us if you may be able to help with any of the following: secretarial work such as membership administration, fund-raising, developing and supporting the Local Produce Market and Shop or helping with marketing and publicity.

B-FIT thanks the following for their financial support:

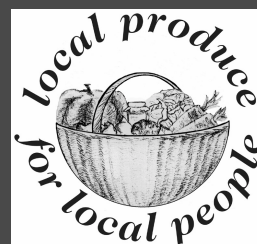


# B-FIT

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