



B-FIT Chair's Report

The foot and mouth crisis is far from over, and things are still very difficult for local producers. Sadly, it is the producers who have diversified and geared up for local markets that have suffered the most as it is the local supply chains that have been broken by the movement restrictions. Some local producers who sell at Bingley Local Produce Market tell us about how

foot and mouth has affected them in this issue of the newsletter.

DEFRA are completely happy with our precautions, so the markets can go ahead, but some producers are

still unable to attend. We regret that we have needed to take the hard decision to increase stall prices for part-time/voluntary producers to £12, to try and regain some of the income lost due to foot and mouth. Stall prices for full-time producers remain the same at £15.

I have written to Ann Cryer MP about how local producers have lost out tremendously, and the letter will be forwarded to Rt. Hon. Margaret Beckett MP, the Secretary of State for Environment, Food and Rural Affairs. Thank you to all the producers and customers for their support over these difficult months, and a special thank you to Emu store in Keighley who donated carpets for use as disinfectant mats.

Myself, and other farmers' market co-ordinators in the Yorkshire region, met with the Countryside Agency in Leeds and

agreed to put together a bid to the Rural Recovery Scheme for a regional farmers' market co-ordinator/development officer. We are also working on a funding bid to the ERDP (England Rural Development Programme) for free training events for farmers wishing to attend farmers markets. I successfully completed two diplomas, in Nutrition and Health, and in

Food Hygiene and Safety, so with my teaching qualification will be able to deliver the appropriate training.

The final hurdle in establishing the B-FIT Markets Company is

raising £300 for the separate public and employers liability insurance which is required.

There is demand from local groups for information and support on cooking with fresh local ingredients, and I am pleased to report that Heartsmart at Bradford District Health Promotion Service have given a further grants of £420 for another 12 months of cooking demonstration sessions. B-FIT has had good publicity in the regional media recently, and this has resulted in more supporters, donations and volunteers. This support is what keep us going, so thank you to you all. Special thanks to Briony Partridge who's administration work for B-FIT is invaluable.

Carolyn Lowing, Chair of B-FIT



Preserves at Bingley Local Produce Market

Bingley Local Produce Market

is on the 4th Saturday of every month 9am - 1pm at Chapel Lane Market

Sat 22nd Sept

Sat 24th Nov

Sat 27th Oct

Sat 22nd Dec

For more information contact Carolyn Lowing, B-FIT Chair tel: 01535 670950

Inside this issue:

Foot and mouth – local producers' stories:

- ◆ Crayke Bank Farm
- ◆ Brick Yard Organics
- ◆ Bradford City Farm

NAFM and West Yorkshire Organic Group

What's in season + healthy recipe

Designed and edited by Rose Bridger
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Crayke Bank Farm

Three family members and one employee run Crayke Bank Farm. There are 350 sows, 100 ewes, 60 cattle and 275 acres of arable. We sell cuts of fresh meat and processed products including sausages with 85% meat, compared to as little as 30% in some products. We sell premium produce with very high standards of animal welfare and complete traceability, cheaper than imported meat without these standards.

Foot and mouth got within 3km of our farm, which is on the edge of the Yorkshire pig herd. Many friends were 'taken out' and are devastated. Like all farmers we have been living under a tremendous mental strain. We are very isolated. For one three to four week period we didn't leave the farm. The worst thing is not knowing, the constant feeling of dread, and endless rumours and speculation. We feel for the bed-and-breakfast accommodation, pubs and post offices suffering the knock-on effects of devastated trade.

We have been unable to sell at farmers' markets, which were the main outlet for our produce, since February. The pigs are all on one site, so we have been able to move



animals between sheds and fields, and the baby pigs into straw pens with their mothers. Stock can be moved into an infected area, but not back again. This means we have been able to get pigs to a local abattoir 4 miles away, but not move

the meat back to our on site storage and packing facilities.

Pig movements have always been licensed, so the structure is there to stop the spread of disease. We have three shelves of assurance paperwork ensuring safety and traceability. The farm is almost a self-sufficient unit. Manure goes back into the land, which nearly keeps the arable going. We milled and mixed our own pig feed but it now comes from the feed-mill as wagons can't enter the farm.

We need more local abattoirs, and the full range of processing industries, for example to utilise good quality but cheaper cuts of meat. Our institutions should buy local food, such as the Army who use the Yorkshire Dales for training yet buy imported meat. The crisis could provide the impetus for closer links between producers and consumers, and more labelling and promotion for local food.

Richard Ryder, Crayke Bank Farm
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Brick Yard Organics

Foot and mouth has taken farming beyond the usual scope of hazards to the trade. My core business is the organic vegetables I grow on 10 acres of land, with my daughter some of the year, and one helper. I also grow arable crops and keep some animals – rare and cross breed sheep, cattle and pigs.

I was building up direct sales to consumers through farmers markets, the outlet for 70% of my produce, and a box scheme. Since foot and mouth I have missed out on over 40 farmers' markets in the region. Takings are down to about ¼ of previous levels.

I am vigilant in staying away from infected areas. I need to look at things differently, and travel down to markets in Nottinghamshire, Leicester, and Derbyshire. Produce I have not been able to sell has been ploughed back into the ground.

It is likely that if foot and mouth were

to infect the animals, I would not be able to work the land, on which the animal manure has been used, for 6 months. This would mean no crops for 12 months and no income for as long as 18 months.



I have box-scheme customers I have delivered to for 10 years in Ilkley, within 2 miles of farms infected by foot and mouth. A helper does this part of the round. Customers find it hard to understand the difficulties local producers are facing.

Before foot and mouth the markets were doing well and I was growing and selling more. There were difficulties, such as low margins, and competition from supermarkets selling mainly imported organic vegetables.

I have put a lot into staying in farming over the last 20 years. I have extended the overdraft and am working harder than ever, over 100 hours per week. I like growing the vegetables, and the new crops are looking good. It is important to stay positive, and bubbly and bouncy when doing the stall.

Now I am concerned that momentum has been lost.

The growing yet fragile network of farmers markets has great potential.

John Brook
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Bradford City Farm

It's been horrible! Bradford City Farm has been closed since foot and mouth broke out in February. For the first three months it was like a siege, with just 3 full-time and 2 part-time staff and a couple of volunteers at the farm and no contact with the outside world.

Now we are taking some placements and a few volunteers, who all need the disinfectant procedures explained. We are cautious about re-opening to the public, having visitors coming and going would still be too risky. We have achieved some outreach and educational work, at the farmers market and in schools, but on a much-reduced scale.

Bingley Local Produce Market has been our only outlet for selling produce, and for outreach to the public. Customers have responded well to the plants and now we are also selling crops and rare breed pork. This brings in valuable income to help

with running costs, and the farm has received some compensation through the Federation of City Farms and Community Gardens.

Our plans for developing the farm this year depended on our network of



Middle white piglets, a rare breed originating from Keighley in the 1850's

volunteers, which has been reduced to just a handful. We do not have the funding to pay private contractors. Much of our funding is dependent on delivering a project, so grants may be lost if work is not completed. We

have still managed to put in a new drainage system, reed beds and polytunnels. We had taken over an allotment space to encourage local food growing, but this is another project on hold.

Our work to educate and involve people in farming, particularly people from urban areas, can make a major contribution to promoting local food growing and production. City farms could be a key part of the network of local producers.

We hope to establish a farmers' market at the city farm, which would bring local produce into the heart of the poorer urban communities, and also to establish a food co-op in the Manningham area. Foot and mouth has not changed our plans,

just set them back effectively for a whole year.

Robin Dark
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What's in Season?

All kinds of squash, including pumpkins, courgettes and marrows, are ripe now. They are easy to cook, just steam, boil, bake, grill or stir fry, and are very rich in nutrients including beta-carotene. Try this healthy and easy recipe:

Soothing squash and sage Dice roughly equal quantities of carrots, courgettes and any kind of squash or pumpkin (remove peel if it is thick and tough). Add a few chopped fresh sage leaves and a dash of olive oil, and boil in just enough water to cover for about 10-15 minutes until all veg are tender.

Serve as a vegetable side dish, or on its own as a stew. You can also mash or use a hand blender and use the dish as a pancake filling.



Make the most of the new season apples, celebrated at Apple Day events all over the country. Apple Day in Bradford District is on 13th October at Shipley Exhibition Hall. Eat apples fresh as part of your daily 5 (or more) portions of fresh fruit and veg, and try them in sweet and savoury recipes like Apple and Wensleydale cheese pie!



West Yorkshire Organic Group is open to anyone in West Yorkshire. Members receive a newsletter and there are talks and visits to organic farms, allotments and gardens. Carolyn Lowing tel: 01535 670950 <http://freespace.virgin.net/yks.org/wyog3.html>

The **Calderdale and Kirklees Food Futures** website includes information about growing your own food and a calendar with details of local food events in and around West Yorkshire. www.foodfutures.org.uk

Fall in love with local food

September is farmers' markets month, co-ordinated by the National Association of Farmers' Markets, of which Bingley is a member.

National Association of
FARMERS' MARKETS



B-FIT (Bradford and District Food Information Trust)

is a voluntary organisation promoting local, healthy food. We believe that locally produced fresh food can provide a better diet than food which is transported long distances. We organise Local Produce Markets in Bingley, and are developing additional markets in the Bradford district. This helps the local economy by providing local growers, farmers and producers with an outlet for their produce. B-FIT's support for the Local Produce Markets includes insurance, provision of stalls, publicity, education materials and day to day administration. You can help by becoming a member of B-FIT, or perhaps by becoming a volunteer. B-FIT thanks the following for their financial support:

Heartsmart (Bradford District Health Promotion Unit)

Keighley Healthy Living Network

Surestart Keighley

Shell Better Britain Campaign

5 A Day – a Department of Health funded pilot project to increase fruit and vegetable consumption in Airedale and Craven

Losalt



Klinge Foods



**BRADFORD AND DISTRICT
FOOD INFORMATION TRUST**

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B-FIT Membership Form

Farmers, producers, retailers, voluntary groups and consumers interested in local, healthy food are welcome to join B-FIT. Members can sell eligible produce at the Local Produce Markets, receive regular information including this newsletter, and are entitled to have a say in B-FIT's work to develop the local food economy.

B-FIT membership rates per annum:

Full time producers	£25
Part time producers/voluntary organisations	£10
Individuals	£5
(Concessions)	£3

Membership fees can be paid by standing order, which reduces B-FIT's administrative time and costs.

Bank name and address.....

.....

.....

Account name

Account number.....

Please pay £..... annually on (day)..... (month).....

Signed.....

Date.....

to B-FIT, Co-operative Bank: Sort Code 08-90-72
Account 70361592, Reference "505464"

Please tick as appropriate:

- I would like to join B-FIT
- I grow (or make) produce locally that I could sell at markets
- I am interested in locally available produce and/or a healthy diet
- I would like to help B-FIT in a voluntary capacity
- Producers – we receive requests from other farmers' markets and outlets promoting local food. If you want us to pass on your details please tick this box.

Name

Business/organisation

Address

..... Post code

tel: (home) (work)

e-mail

Please send completed form with standing order, cheque or postal order made payable to B-FIT to:
Carolyn Lowing, Chair, B-FIT, Voluntary Services Centre, 135 Skipton Road, Keighley BD21 3AU