



## Spring into foody action

Welcome to B-FIT's spring newsletter. B-FIT runs two outlets for local produce, Bingley Local Produce Market and Keighley local Produce Shop. These continue to develop, alongside our work to promote healthy food. We also network with local food organisations in other parts of Yorkshire. B-FIT welcomes new members so do get in touch.



*Ernest Thomas, shop manager (left), and volunteer Fizal Ahmed with a range of locally grown vegetables at Keighley Local Produce Shop*

Ernest Thomas, shop manager, and a small team of volunteers continue to develop the range of produce at Keighley Local Produce Shop. The number of suppliers is building up. The latest addition is a range of baked goods produced by a farm in Laycock, which is just a couple of miles out of town. The shop is very near Keighley Town Centre, but just off the main shopping area, so promotion like leaflets and the board

outside the shop help bring new customers in. The number of customers is growing slowly but steadily, and they are proving to be loyal and keep coming back for more.

B-FIT is talking with Bradford Council's Market Service about the possibility of their taking over responsibility for the management of Bingley Local Produce Market, now that it is well established. B-FIT held a members' meeting on 7th April and it was unanimously agreed that



*Keighley Local Produce Shop now has a good range of dairy produce*

B-FIT will discuss this further with representatives of the Markets Service. Such a move would free up B-FIT committee members' time to focus on development work.

### Bingley Local Produce Market

4th Saturday each month from 9am to 1pm at Chapel Lane Market.  
New stall - soups from the Foody Farmer, based in Hebden Bridge.

Sat 26th June

Sat 24th July

Sat 28th Aug

Sat 25th Sept

### 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

F4C is the team leading on delivery of 'Farming and Food - A Framework for Change', the Government's Strategy for Sustainable Farming and Food in Yorkshire and the Humber. Framework for Change is a regional vision for 4 themes - Farming, Food, Environment and Healthy Communities. Recent developments from the Food theme group include:

- A Public Procurement Group to encourage the public sector to buy local food;
- 'Deliciously Yorkshire' regional branding for distinctive Yorkshire produce;
- A Local Food Working Group is supporting local food networks, and mapping local food activity in the region.

More information about F4C, including newsletters, is

## News in brief

A **food manufacturing business park** is being built in the West Bowling area of Bradford. It is hoped that work on reclaiming the land will begin this year. There will be six purpose built 150sq m start-up units meeting all the latest hygiene specifications, which should be ready for occupation in early 2006. There will also be space for larger food manufacturing units. For more information contact Beverley Lulgjuraj, Invest in Bradford tel: 01274 434240 email: [beverley.lulgjuraj@bradford.gov.uk](mailto:beverley.lulgjuraj@bradford.gov.uk)

**Bradford Food Forum** is to be re-launched later this year. Representatives of large and small food businesses are invited to get involved. Voluntary organisations interested in food issues are also welcome. The forum will encourage food businesses to share ideas and expertise on issues like food standards, legislation, safety and hygiene. The forum will meet twice per year. Contact Food Safety tel: 01274 434666 e: [food.safety@bradford.gov.uk](mailto:food.safety@bradford.gov.uk)

## BCEP '5-A Day' recipes

Bradford Community Environment Project have produced a series of recipe cards as part of their involvement in the '5-A-Day' programme to encourage us to eat more fruit and vegetables. There are 22 pocket sized cards, with a recipe for 11 different fruits and vegetables. The recipe cards also include information on the seasonal availability and different types of the fruits and vegetables, and guidance on how to store the produce. Some of the unusual but easy recipes are chicken and grape bruscetta, caramelised butternut squash and healthy chips.

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email: [bcep@legend.co.uk](mailto:bcep@legend.co.uk)  
[www.bcep.org.uk](http://www.bcep.org.uk)



Three of the 22 '5-A-Day' recipe cards produced by BCEP

## Heritage funding for food projects

Calling all foodies...!

Have you ever wanted to investigate the history of local food production? Or how this related to the local cultural heritage of your area? How about finding out about the traditional food and more recent additions to the menu's in your area and promoting it?

The Local Heritage Initiative is able to give grants from £3,000 to £25,000 to community groups wishing to develop heritage projects in their area and would like to ask groups to come forward with any idea they have. Any heritage project ideas are welcome (from natural to built and cultural heritage) as they are a great way to conserve our past, bring communities together and develop new skills.

One successful project which has received funding is a group which has carried out a survey of the culinary heritage within a town and surrounding area to look at traditional food, and more recent additions and they have gone on to promote local distinctiveness and origin of the food by producing a website, food directory, school material and holding local presentations.

We would like to hear from you if have any ideas – please contact the Countryside Agency Leeds Office on 0113 246 9222, or log onto the website at [www.lhi.org.uk](http://www.lhi.org.uk)

The **Eat the View** website is now incorporated into the Countryside Agency website at:

## Local Food for Bradford Schools

Education Contract Services, the school meals for Bradford Council, have been working with Grassroots Food Network, the NFU, Government Office for Yorkshire and the Humber and University of Bradford on increasing opportunities for local suppliers to bid for ECS contracts. ECS buys £4 million of food each year and serves meals to 45,000 pupils every school day.

A gap analysis highlights products, services and facilities which do not appear to be available locally, and represent priorities for investment to develop sustainable, localised supply systems. Considerable understanding of local suppliers views on the public sector has been achieved. Barriers to local sourcing have been identified and an action plan for taking the pilot project forward has been produced. Priorities include making tender documents and processes more accessible for local suppliers, assessing the sustainability impacts of supply chains and outreach to involve schools and the wider community.

The project was funded by Defra's Public Sector Food Procurement Initiative (PSFPI) and Yorkshire Forward supported its initiation and development.

The project report, together with sustainable procurement case studies from around the UK is available on the PSFPI website: [www.defra.gov.uk/farm/sustain/procurement](http://www.defra.gov.uk/farm/sustain/procurement)



*Roger Sheard and Razwana Mahmood of ECS. In 2003 ECS won a Caroline Walker Trust Award for their work on improving public health through good food .*

## Try something local, and



Yorkshire vegetables are more varied than cabbage, carrots and onions. At Keighley Local Produce Shop you can find Jerusalem artichokes, celeriac and unusual types of squash when in season.

Quail's eggs are about a fifth of the size of hens eggs, with speckled shells. They have a delicate flavour and are often hard boiled for use in salads, snacks or as a garnish.



The Yorkshire region produces only 5% of the fruit grown in the UK. Soft fruit grows well, it likes the damp and shade. This blackcurrant jam is from Calder Valley Trout.

## Out and about

**Scarborough Local Food Group** held a meeting with representatives of community groups and businesses interested in sourcing local food, like Bed and Breakfasts, on 14th March. A quiz brought home surprising facts and figures about our food, like the negative environmental impacts of long distance transportation. Rose gave a presentation on local food in West Yorkshire, including the work of B-FIT. Moorsfresh, a company specialising in distribution for local produce, provided delicious samples of local produce. Scarborough Local Food Group tel: 01723 375533 e: [localfood@topfield.org.uk](mailto:localfood@topfield.org.uk)

The first **Tadcaster Farmers Market** was held on 15th April, with 12 stalls selling fruit and veg, baked goods, meat and fish. It will be a regular feature, running alongside the established market, on the third Thursday each month.

**Market Weighton** in East Yorkshire held its first, very successful, Local Produce Market on 24th April. The event was opened by Lord Haskins, the Government's Rural Recovery Co-ordinator.



## Healthy recipe - Herby leek and potato soup

Serves 4

### **Ingredients**

4 large leeks  
4 large potatoes  
6 cloves garlic  
2 tablespoons olive oil  
Large sprig of fresh rosemary  
1 1/2 pints vegetable stock  
Salt and pepper to taste

### **Method**

Chop the leeks and potatoes and garlic. Heat olive oil in a soup pan and sauté the potatoes, leeks and garlic for about 5 minutes. Add the vegetable stock, rosemary and olive oil. Stir well and boil gently in a covered pan for about 20 minutes. Remove the rosemary before serving.

### **Serving suggestions**

You could try using a hand blender for about 30 seconds to try the soup

into a smooth mixture. Try serving with crusty wholemeal or granary bread and herb butter (you can make your own by adding some chopped fresh herbs like basil and parsley to butter that has been softened to room temperature but not melted).

You can vary this soup by adding a little curry powder when you sauté the vegetables. Alternatively, you could add to or replace the rosemary with other herbs like thyme, marjoram, basil, fennel or cumin seeds.

## What's in season?

Leeks are the national emblem of Wales, and are grown in Britain, including in Yorkshire, all year round. Leeks are quick to boil or steam. You can use the green leaves, just discard any parts that are tough or discoloured. Leeks store



## Rural Business Networks

B-FIT has secured a grant of £2,750 from Rural Business Networks for information co-ordination and publicity, including a 'process map' of local supply chains, a recipe book, an introductory brochure and a membership database.

Business networks can apply for grants between £1,000 and £10,000 for activities that will improve their business support. Contact Gail Stephenson, RBN Team Member for West Yorkshire tel: 07739 436309 email:

**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

**BRADFORD AND DISTRICT  
FOOD INFORMATION TRUST**

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