

Autumn 2012

NEWS



In this newsletter...

Read on to hear what we've been up to over the past couple of months, and see what's in store, including the announcement of the winners of our Grow for Gold competition. Don't forget to have a look through the training opportunities on offer in the coming few months too. These are exciting times for Capital Growth, but they're nothing without you! Look out for our final competition of the year to become space 2012.

www.facebook.com/capitalgrowth
www.capitalgrowth.org

What next for Capital Growth?

By the time this newsletter reaches you our campaign for 2012 spaces will be almost complete; so what's next? After four years of supporting Londoners to turn our capital into the beacon of food-growing we are delighted at what has been achieved – thousands of volunteers, acres of land and tonnes of locally grown produce have demonstrated the appetite that London has to grow its own – but it doesn't stop here!

The network will continue in 2013, supporting London to grow its own food. The next phase will focus on how we can make the growing spaces and the network robust – helping our members to find volunteers, e.g. with our partnership with The Big Dig project, and supporting people to grow more food and become more sustainable. Our new campaign will be announced in the new year – but until then we would like to say a huge thanks and we look forward to helping you in 2013 and beyond!



Follow us on Twitter @capital_growth

Grow for Gold winners

The 15 winners and runners up of Grow for Gold, Capital Growth's 2012 competition, have been selected by a panel of judges which included the team and the sponsors of the competition.



We found amazing examples of wildlife on a roof top, a polytunnel in the middle of a housing estate, a school selling £100 of produce, a garden that includes 10 different nationalities and a garden that has inspired many to grow their own. An award ceremony will be part of Capital Growth's Big Celebration so don't miss it!

The winners of the competition are:

Bee friendly food garden: Fairlie Grow – Tower Hamlets

Learning food garden: Chisenhale primary school – Tower Hamlets

People's food garden: Westow Park – Lambeth

Enterprise food garden: Lambeth Poly – Lambeth

Inspiring food garden: Abbey Gardens – Newham

See all the winners and runners up at http://www.capitalgrowth.org/our_support/growforgold/

How can we grow more food?

Following a successful workshop on how to grow more food, Capital Growth is looking for ten growing projects who want help to increase their harvest and reduce costs and other inputs. The pilot will also find ways to easily measure harvest and production.

If you are interested in being part of this exciting project or would like to attend any of our workshops on increasing productivity then get in touch with sarah@sustainweb.org

Capital Growth produce making headlines across London!

A month on from celebrating London's first ever Urban Food Week, in which 25 Capital Growth spaces traded delicious produce with local restaurants, we are still hearing great things about London grown produce from the week long event.

Edible Golden Lane travelled by bus to deliver produce to Clerkenwell Kitchen and the chef declared 'these tomatoes are the nicest I've tasted in years!' Their produce even found its way onto a wedding day dinner plate for a happy couple.

The week also included pop-up dinners in Kings Cross and London Bridge, London lavender met London honey in delicious cocktails, Cordwainer Gardens swapped produce for bread with nearby E5 Bakehouse, Growing Space 16 supplied The Gallery Cafe and FARM:shop Dalston with a bounty of produce.

We are still supporting spaces who want to grow to sell and plans are already afoot for next years Urban Food Week! If you would like to know more please contact eloise@sustainweb.org



The Big Dig Update

The Big Dig's first national event, Edible Open Gardens, was held in September with 116 community food-growing gardens across six cities in England opening their gates to visitors. The event was the largest open day for food-growing gardens ever seen in the UK with 3500 people visiting gardens in their area, including 2000 in London as part of Capital Growth's Edible Open Gardens Day.

The Big Dig is pleased to announce sponsorship from Compost Direct who is providing discounts to food growing projects that get involved. The next national event will be in March 2013 - giving everyone the opportunity to get down to their local food-growing space to help prepare it for the new season. To get involved email thebigdig@sustainweb.org



Spotlight on Space # 1817

Lambeth Poly

Running since July, Lambeth Poly looks set to develop into a viable long-term enterprise that is committed to involving the local community. The polytunnel grew out of an idea to build Lambeth's capacity to feed itself by building its infrastructure and skills.

Residents of Tulse Hill Estate cultivate salad leaves and herbs in the unfenced 16 x 18ft polytunnel and sell these to the Local Greens box scheme and Cornucopia restaurant in Brixton Village. They are paid in Brixton pounds so not only is the food grown by local people for other local people, but it is also paid for in local currency ensuring that all profits go straight back into further developing the community.

Fiona Law of Incredible Edible Lambeth developed the project's design. She was matched with a co-op council initiative to develop prototypes for co-operative working in the borough, and some funding and sponsorships were organised. Apprentices from Cultivate London came in to put up the tunnel, and residents quickly got involved, inspired by the enthusiasm and money-making potential.

Since mid-August the project has sold over 5kg of high quality baby and micro leaves and about 30 pots of herbs. The group has added value to their produce by bagging and labelling their wares with their own logo. Fiona has mainly used Twitter to spread the word and generate the interest necessary to get Lambeth Poly off the ground.

The project is working out how to develop its model and expand so that it can turn its volunteers into employees, but it's still early days for this inspiring project.

To watch a stop-frame motion film of polytunnel going up, go to <http://vimeo.com/46018356>



Join the Capital Growth team

Become a site volunteer

We are recruiting volunteers to be part of our site support team to conduct site visits in their spare time and offer support and advice. This is an exciting opportunity to visit inspiring community food growing spaces across London, share your experience and learn from other food growers. Site support volunteers can also attend training sessions and social events and receive membership to London Food Link – all for free!

If you are interested in applying please visit 'Our support' at our website www.capitalgrowth.org



Capital Growth Training

For all of our member schools who have recently won fruit trees (and anyone else interested), the following sessions take place in Regent's Park Allotment Garden this winter:

Crops to work in the school calendar: 9 November

Just as changing seasons signal different crops, the school calendar neatly marks times in the year that specific crops can be sown and harvested.

Links with the curriculum (Primary schools):

Friday 16 November

Growing our own food guarantees many opportunities to learn new things about the world around us. Linking these experiences to curricula could offer a fun and healthy way to boost children's learning.

Designing and delivering food growing sessions to children and young people:

Friday 16 November

Ensure that children and young people are getting the most from their food growing experiences by tailoring sessions to suit their abilities, interests, needs and wants.

Soft fruits, fruit tree pruning and care: 24 November

Fruit trees often have specific needs to be attended to, to ensure that they produce to their potential.

Permaculture Design Taster: 1 and 8 December & 26 January

Introduction to Permaculture, its principles and how they can be applied to your food growing space.

The following training events will be held in Kedlestone Walk Community Centre, Bethnal Green:

Running events in your garden: Wednesday 7 November

Your garden isn't only a place to produce food, it's also an outdoor classroom, a café, a meeting place... a venue with multiple possibilities. Get inspired and realise your garden's full potential.

Working with volunteers: Wednesday 21 November

Many gardens rely on the help and support of volunteers in one way or another, so see how you can get everyone to work together.

Capital Growth's Big Celebration

**Monday 10 December, 2.30-7.30pm, Canal Museum
12-13 New Wharf Road, London N1 9RT**

All Capital Growth members, partners and friends are invited to celebrate the end of 2012 together! This will be an evening to celebrate all of the Capital Growth spaces and achievements over the past 4 years, so save the date.

We are looking to hold music, skill-share workshops, art and stalls and would love you to contribute and share your talent. Please contact us if you have something you would like to share: be it a stall with your produce, a skill, music, or some images to put up in the event gallery - we would like to hear from you! **Contact Ida at ida@sustainweb.org**



MAYOR OF LONDON