



Nourish Scotland Magazine

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The official magazine of Nourish - Scotland's
sustainable local food network

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What does Nourish do?

Nourish exists to establish a sustainable and local food system in Scotland. Nourish works alongside others for a Scotland where:

- We eat more of what we produce and produce more of what we eat.
- You can find healthy, local, seasonal, organic food all across the country.
- There is a stronger food culture, which is bringing people closer together.
- Everyone can afford to feed themselves and their family well.
- There is a diversity of thriving small food businesses.

We aim to do this by:

- Changing what we eat.
- Changing how we farm and grow food.
- Changing local food economies.
- Changing public policies.



If you would like to connect with like-minded people with similar interests and find out what is happening, both locally and nationally, join the online community on www.nourishscotland.org.uk.

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Introduction

Pete Ritchie, Director of Nourish Scotland

Welcome to the first Nourish Scotland magazine. We hope this can provide a space for the developing conversation about sustainable food in Scotland.

When Nourish started a few years ago, we were clear that the move to a more sustainable food system was central to Scotland's ambitions to becoming fairer, smarter, wealthier, healthier and greener. We are working with others to make four changes in parallel:

Changing how we farm Since 1947, there's been an increasing gap between farming and food. Most farmers in Scotland produce commodities for sale through the global supply chain to people they don't know; and they shop in supermarkets like everyone else. Farming is seen as a business, and the business advice is to simplify, specialize and reduce labour. At the same time, farmers are supported by an arcane subsidy system which benefits the richest farmers most and is disconnected from the provision of public goods and public health: while rural economic development is held back by our anachronistic pattern of land ownership which gives less than 500 landowners control over half of the country's land.

Nourish thinks we have to reimagine farming as a service: and a service which is increasingly co-produced by farmers and citizens. That will mean more farms, rather than fewer; more diverse farms, more small farms, more part-time farmers, more community ownership of the means of production, and more organic and agroecological methods to provide more public goods.

Changing what we eat We've come a long way from the Guid Scots Diet when we got by on oats, kale and beer with the occasional rabbit or hen's egg. The ubiquity of cheap sugar and fat doesn't help, nor the unequal tussle between a food industry which wants us to eat more, do less and know nothing and a public health campaign which shares the industry's focus on individual consumers but not its budget. Nourish thinks government – EU, national and local - needs to make it easier for all of

us to eat well (even teenagers). That means having a plan, not just reacting. We will need new cultural norms as well as new forms of food service.

Changing the local food economy

Despite the emergence of farmers' markets and farm shops, the local food economy in Scotland is still marginal. People shop overwhelmingly at the multiple retailers, who continue to squeeze out independent food shops. Organic food in Scotland has a low profile, despite its acknowledged environmental and employment benefits.

Nourish's goal is to grow the alternative food economy (food bought directly from producers or through short transparent supply chains, and not through the multiple retailers) by a factor of ten to 10% of food bought in Scotland – in monetary terms about £1bn. This alternative food economy will create new links between primary producers and low income households, improving affordability and nutrition as well as providing a new route to market for farmers and growers. It will also create new jobs.

Changing government policy Food cuts across different departments of state, and across different levels of government, with the EU, Westminster, Holyrood and local authorities all having an influence. Arguably, the EU is doing most to join the dots on sustainable food at present, with a consultation out this month. Nourish sees opportunities for much more joined-up policy in Scotland, both at national government level and at city/local authority level where the idea of a 'sustainable food city' is gaining traction and there are some practical levers to pull.

One of Nourish's goals is to strengthen the food policy community in Scotland. We are in a privileged position as a small, food-rich country to create a food future which is significantly better for all. But we need to do some better thinking, together.

Scotland The Bread

Building a Home-Grown Grain Economy

Andrew Whitley



© Angus McDowall, Mungoswells, East Lothian

Thirteen varieties of wheat, first bred by Patrick Shirreff in East Lothian in the 1850s, are growing once more on four Scottish organic farms. Andrew Whitley of Bread Matters describes the start of a project to re-establish a Scottish flour and bread supply that is healthy, equitable, locally-controlled and sustainable.

Supply chain

In 2012 (a very poor year), Scotland produced 673,000 tons of wheat – over five times the amount needed to make all of the bread consumed here. Yet little, if any, of this wheat was used directly by local breadmakers. As with other commodity foods, the part of the supply that isn't fed to animals or used to make biofuels is bought by large milling conglomerates or aggregated by traders. Its identity is submerged and its price is distorted by speculators. Worse, the kind of grain grown is determined by the presumed needs of intensive farming and industrial bread production. To build health and food sovereignty requires better grains, less intensive processing and more connection between producers and bread eaters.

Wheat breeding

The overall nutritional density of modern wheats is lower than that of older varieties and the modern hybrids exceed their predecessors in the expression of certain proteins that are toxic to people with gluten sensitivity. Practices that are routine in intensive cereal production, such as applying nitrogen fertiliser at a late stage in the plant's growth, have been shown to double the expression of a gliadin protein fraction that triggers an anaphylactic response in certain individuals.

There is growing interest in older grains (e.g. spelt, emmer, einkorn) and 'heritage' varieties which might address these problems. Patrick Shirreff farmed at Mungoswells in East Lothian at a time when local self-sufficiency in food grains, so long taken for granted, was starting to be eroded by imports of hard wheat from Russia and North America. Shirreff's varieties may have some of the qualities of local adaptation, resilience, breadmaking quality, nutritional density and digestibility that are needed to feed healthy people in future.

Local

Agriculture and food processing account for 18-20% of UK annual greenhouse gas emissions, so reducing the distance between field and plate, and limiting the use of fossil fuel-dependent inputs and the energy intensity of processing all make sense as part of a joined-up carbon reduction strategy.

Growing more of our own bread wheat would contribute to food sovereignty in an unpredictable global marketplace and, depending on how it is done, could bring meaningful jobs back home too.

Above all, the soaring cost – both personal and financial – of diet-related ill health in Scotland makes creative action urgent. If people, especially those on modest incomes and with limited capacity (including the old and the very young), are to be better nourished, exhortation from health authorities is not enough: there has to be an accessible and affordable supply of appropriate food.

We need 'fair trade' arrangements between farmers, millers and bakers to ensure equitable rewards and honest prices that also allow for the variability of the weather and thus of grain quality. Local bakeries, rooted in their communities, can supply fresh, properly fermented bread to nearby customers, conserving nutritional value without recourse to the synthetic additives that are deemed essential for long-distance loaves.

What is the project going to do?

Scotland The Bread aims to engage the creative energies of people throughout the food chain in participatory research and collective action to produce better home-grown flour and bread. We're convening a group of interested people from all parts

of the food system, from plant breeders to public health nutritionists. We've started on the ground by bulking up very small samples of old Scottish wheats to see what contribution they might make to developing new crosses, mixtures or landraces. We want to engage the best breeders and build on modern research, learning, for instance, from recent work in Nordic countries with similar climatic challenges to Scotland's.

As new candidate varieties appear we will define, with broad participation, new standards for the nutritional density and digestibility of Scottish breadmaking wheat, including the transmission of these characteristics through the milling and baking stages. Other grains that Scotland grows well – barley, oats and rye – will be part of the mix.

And when the flour starts flowing, we will help develop new trading structures that address the social and environmental irresponsibility of globalisation. Perhaps if we each knew who it is in our locality who grows the grain, mills the flour and kneads the dough that becomes our daily bread, we'd be better nourished - in every sense.

Andrew Whitley runs Bread Matters with his wife Veronica Burke at Macbiehill, near West Linton in the Borders. Founder of the Village Bakery in the 1970s and co-founder of the Real Bread Campaign, Andrew now teaches breadmaking and is developing an agroforestry project on 5 certified organic acres. He grows heritage and modern cereal varieties for research and baking and raises organic geese for the Christmas market. Andrew & Veronica were instrumental in establishing the Breadshare Community-Supported Bakery at Whitmuir. Andrew is a trustee of the Soil Association and Bread Matters is a member of Nourish.

For further information contact:
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Dairy Country

Clementine Sandison



Open Jar Collective embarked upon a research project to investigate dairy farming in and around Gatehouse of Fleet. They were interested in finding out about the landscape, the history of dairy farming, the challenges faced by farmers, the dairy supply chain, views on animal welfare and people's relationship to the milk they sell or consume on a daily basis.

We'd heard that 75% of Dumfries and Galloway was classed as agricultural land, but with very little first hand knowledge of the area, myself and 4 other artists who make up Open Jar Collective, embarked upon a research project to investigate dairy farming in and around Gatehouse of Fleet for the Environmental Art Festival Scotland.

During the course of our conversations with organic and non-organic dairy farmers, cheese makers and academics we have begun to build up a picture of the pressures faced by producers and the competing demands for 'efficiency' and 'economies of scale' on the one hand, and 'environmental sustainability' on the other.

Dr. Dave Roberts heads up the SRUC Dairy Research Centre in Dumfries where they are carrying out applied research into the welfare of continuously housed cows, greenhouse gas emissions from dairy cows, farm land biodiversity and a range of other concerns.

"I think we're the only farm in the country where we don't feed the cows on anything we could use ourselves... Land is going to be one of the big issues in 10 years time, with increasing world population, increasing demand for animal protein, increasing effects of climate change, which is interesting because it might mean that the South of France and Spain have more drought conditions, so

there's a bigger emphasis on us in the North of Europe to grow food for the rest of Europe." He argues that we could make better use of land by growing cereal for humans to eat and only feeding animals on the by-products of such crops.

At the Dairy Research Centre one group of cows is kept indoors and fed on waste products from breweries, breakfast cereals, grain production, rapeseed oil, and the sugar industry. The other

group of cows is fed entirely on crops grown on the farm with no imported feed, in order to measure the differences between these two systems. Dr. Roberts believes that financial viability is a crucial factor in sustainability of dairy farming. He says farmers expect the SRUC to provide research into "profitable systems" that "tick the boxes of environmental sustainability" but suggests that "most farmers won't go to the extreme of relying on animal manure and clover" as in organic systems.

At Littleton Farm near Gatehouse of Fleet 1200 cows are housed in one purpose built dairy unit and milked 3 times a day. Dairy farmer Robert Dodds explains that the "main driver on the farm is our carbon footprint. It's economically and environmentally right and we get big benefits both ways." They buy waste products to feed the cows which makes up half their diet, and they have invested in renewable energy including wind, solar, hydro and anaerobic digestion. They pump and filter water from the burn to reduce use of mains water and have equipment that allows them to reuse the heat from the milk cooling system. It's an extremely high-tech operation.

"Our business before was very intensive, high in-put trying to get high out-put, but by doing a carbon footprint we have reduced our fuel, sprays and our fertiliser. I guess

What's special about Dumfries and Galloway? It grows grass well. David Finlay, Cream o' Galloway

you could say we're shifting slightly more organic and using more of what we've got but with regards to converting to organic, financially it just doesn't stack up. I'm not selling a product direct to the customer."

Littleton Farm sells 34,000 litres of milk a day to Muller-Wiseman, where it's taken down to Manchester for processing and distributed to major supermarkets. When asked if it bothered him that none of his milk was sold locally, he said they had considered setting up a creamery so they could sell their products locally but decided against it.

"I think it's a global trend, food is moving more central to be processed and then moved back out again, which is probably wrong but I guess that's what's happened. The local creamery shut down 4 or 5 years ago. It just comes down to economies of scale and efficiency."

Barry Graham who has lived and worked at Loch Arthur for the last 27 years believes that the advance of industrial farming systems and 'efficiency' has led to a loss of meaningful work and the connection of people to the land. Loch Arthur is a 500 acre organic farm which is part of the Camphill movement - a socially integrated community where adults with disabilities are involved in the work of the farm, creamery, bakery, café and farm shop.

Loch Arthur's focus is on "finding people's fulfilment in life through their ability to contribute. Very frequently people who have perceived disabilities are cared for and supported, but people forget that everyone needs fulfilment by way of a job, by way of contributing, not just by going to the shop or to the swimming pool but by saying 'I make cheese, I run a shop, I work in a kitchen, I see the outcome of my efforts'."

"We farm organically because we believe in it. It's a more suitable system of farming to incorporate people. So, what you see on our farm that you don't see much on farms any more, is a lot of people on the land with forks and rakes and wheelbarrows doing things, instead of one or two people with enormous pieces of equipment feeling very soulless."

Loch Arthur have a herd of 35 dairy cows but they buy additional organic milk from

other local farms to meet the demand for their cheese which they produce 15 tonnes of per year. "We buck the trend in terms of distribution chains because our milk is coming from our farm or quite a small circumference of farms around us. Our milk is processed here, then produce is sold here, used within the community, or distributed mainly around the central belt of Scotland."

Another well known dairy farm which has made its name through the sale of organic ice cream is Cream o' Galloway.

Farmer David Finlay told us that, at Cream o' Galloway "we're trying to produce food sustainably without having an adverse effect on the environment. We're part of an ethical market. We can't compete on a price basis with industrial farms, but industrial farming has a short shelf life and that shelf life is based on the cost of energy."

"What we saw from going organic is you don't necessarily have to produce more to be more profitable. It's about reducing the waste in the system because waste creates inefficiencies and cost to society – antibiotic resistance, greenhouse gas emissions, pollution of waterways, loss of biodiversity. If we don't get our food system sorted out, the human race, our species is under threat. We've got to get much better at producing what we need by not wrecking the environment we're living in."

I came away from Dumfries and Galloway feeling that the problem with our food system comes back to the inequity of our economy. We must make a stronger political case for the redistribution of wealth, not cheaper food, so people can afford to pay a fair price for organic local milk, allowing us to reconnect with the people producing our food and with the land that we rely upon to feed us.

We will be sharing work from our project 'The Dairy House' as part of the Environmental Art Festival Scotland in Gatehouse of Fleet on Sunday 1 September. <http://www.environmentalartfestivalscotland.com/projects/the-diary-house/>

Wester Hailes Edible Estates

Greig Robertson

Wester Hailes Edible Estates (Edinburgh) is a new project started in July of this year. It is led by Wester Hailes Health Agency, and funded by the Climate Challenge Fund. It's goal is to encourage and support households throughout Wester Hailes to have a closer relationship with their local greenspace, particularly by growing their own food.



© Greig Robertson, Calders Green Gym Team

Wester Hailes is a group of seven council estates in the south west of Edinburgh, built between the late 70's and 80's. It is mostly flatted housing with large expanses of grass between the blocks, one of the estates we are working at the Calders has 11 hectares of mown grass within an estate of 1300 households.

Over the past ten years the Council have halved its grounds maintenance staff, the remaining team can do little more than cut the grass, and cut the bushes back to the ground when they become overgrown. In some parts of Wester Hailes, the Council has tarmacked the smaller greenspaces to reduce their maintenance burden. Similarly, play spaces in some of the estates have been removed as the Council cannot afford to maintain them to the standards required by regulations.

The capacity of the local communities to take some role in the management of greenspace has been hampered by the decline of the community representative bodies which were a feature of Wester Hailes in the 80's and 90's. The Wester Hailes Rep Council, and 27 Neighbourhood Councils, which organised residents and resulted in the set up of many community initiatives, have declined and only three Neighbourhood Councils remain. We see an opportunity to explore more progressive and sustainable land

management policies, with the need to rebuild the capacity of local communities to help themselves and each other. Between now and March 2015, we have set ourselves the goal of establishing Edible Estates at two Council estates, if we are successful we hope to repeat this in all of Wester Hailes council estates. We are going to do this by knocking on the door of every household in both estates and asking folk if they would like to learn to grow fruit and veg in their own estate. We hope to start off with 150 households across the two estates.

We will work with the residents to establish a community food growing hub, which will be a base of operations for the project in each estate. The hubs will be built on the same model as Edinburgh's Lochend Secret Garden and Sunshine on Leith Gardens, which have become successful community run food growing gardens. At each hub we will install a shared tool shed, tools and equipment, we will build approx 50 growing spaces for each participating household (approx 1.2m x 3m). We will lay on courses on how to grow and cook healthy low-cost, local food. Once the hubs are established, we will support the growers to set up a growers association and work towards handing the hubs over to community management.

Whilst the hubs are being developed we will also be working with residents, and

Scotland's Sanctuary Gardens: dedicated to peace

Amanda Patterson

Founded by NVA public arts organisation in 2003 and now operated by The Hidden Gardens Trust, The Hidden Gardens is an award-winning unique public greenspace and community development organisation located in Pollokshields (Glasgow), one of Scotland's most diverse communities.

© The Hidden Gardens, Glendale Primary



The Hidden Gardens exists to promote understanding between people of all cultures, faiths, abilities and backgrounds. The Gardens is a place of learning and exchange; a place where people can come together and share stories, skills and histories through a varied and inclusive programme of events and activities.

particularly children to explore how greenspace throughout the estates can be managed to maximise opportunities for biodiversity and 'natural play'. We will be conducting a play audit with local children and stakeholders and promoting best practice, particularly in reduced mowing and encouraging wildflowers.

We will also be working with residents to explore options to install edible gardening beds in the greenspaces adjacent to their homes. In some cases, this may only be a growing bed 1m x 1m, but if taken up widely this will greatly improve the appearance and biodiversity of the 'edible estate'.

We are fortunate that the Council have been supportive of our proposals and are working in partnership with the project, particularly in making land available. However, we are keen to build up the capacity of the local communities to play a fuller part in land management. We are working with the existing community representative body at one estate, and hope to support residents to establish a representative body at the other estate. Through our community greenspace activities, we hope to encourage a lot more residents to participate in the management of their community, and to ask for the policies of the Edible Estates project to be further taken up by the Council. In the development of the Edible Estates model, I have been partly inspired by

Pete Ritchie's promotion of peri-urban horticulture. He has lobbied that the land around cities boundaries is often the most fertile, and should be turned over to intensive horticulture to grow local food. I would add to this, that the council estates around a city's perimeter, may provide a willing workforce for horticulture just on the other side of the bypass, and that these households are particularly faced by the challenges of food security and would benefit most from growing their own.

Towards this goal, we have included a social enterprise element in our project model. We are going to explore the feasibility of setting up a network of mini-market gardens around the estates. We would train and support a group of market gardeners to manage these plots to grow food for themselves and to earn a small income by selling fresh produce. We intend to follow the model set by Hackney's Growing Communities, whereby the social enterprise will buy direct from the growers and sell the produce at a market stall in town.

Wish us luck!

Greig Robertson works for Re:Solution and provides project design and development services to establish Edible Estates projects.

Food for thought

Food plays a significant role within the Gardens' programme of activity: growing, cultivating, harvesting and cooking food occurs across all of the Gardens' projects and is viewed as an important medium through which to educate, inspire and unite. Food helps us to express our creativity, cultural identities, sense of place and feelings of belonging. Sitting down to eat is an everyday activity but for all cultures and faiths, food is used as the vehicle to bring people together, offering sustenance for the body, mind and soul.

Everyone has a stake in the production of our food and there has never been a more urgent time to address issues of local food security and food sovereignty. The Hidden Gardens hopes to open up dialogue with cultural and environmental organisations in other parts of the city, country and world, share learning on how to create greater understanding and respect between people, and stimulate debate about how we can

transform our food culture into something more sustainable and pleasurable.

Grow and learn

The Hidden Gardens manages a community allotment plot at Pollokshields' New Victoria Gardens as an extension of our ongoing programme of food growing and horticultural skills learning opportunities within the Gardens. The Allotment Coordinator works with local children from the surrounding schools on the Grow & Learn project; activities include making birdfeeders, sowing seeds and nurturing fruit, flower and vegetable crops; eating seasonal produce such as raspberries, and learning about biodiversity. Participants from the Gardens' volunteering and community programmes - encompassing young people, adults and young families from a diversity of backgrounds - also regularly visit the allotment to cultivate and harvest. Produce is then prepared, cooked and shared by participants at the Hidden Gardens' meeting hub, the Boiler House.

Food tells a story

Over the last five years, the Gardens has been using food as a way to explore cultural heritage and identity, and to build bridges between different communities through the Cultural Cookery Group and Culture Kitchen project.

The Cultural Cookery Group group brings women of all backgrounds together to learn, share and celebrate through food. The group is about a lot more than just cooking; it's an opportunity to make new friends, improve and learn cooking skills, share recipes and stories, improve English, meet people from a variety of cultures and have fun. Culture Kitchen, a creative project to stimulate and inspire new ways of thinking about Scotland's food, was borne out of a desire to explore the creative expressions and outcomes of cultural cookery; a model of community engagement promoting the value of sharing the cultural narratives of food, from the sowing of a seed, to the harvesting, cooking and sharing of a meal.

As a result of feedback from the local community, funding has been secured to develop a pilot project: Men's Cultural Cookery. The project will commence in October 2013 and like the women's group, will cater for all levels of cooking ability and be open to men of all ages and backgrounds from the local community.

Ten Flourishing Years

2013 marks ten years of The Hidden Gardens. A flourishing year-long programme of celebration events and projects launched in June 2013. From film workshops with local young people (Living Memory) through to personal guided tours led by dedicated volunteers (Plants of Meaning), the Gardens continues to explore our relationships with the environment, nature and each other. On our journey, we'll continue to exchange seeds, recipes, stories and ideas about how we can bring communities and cultures together to create a more sustainable future for our food. We hope you can join us.

Amanda Patterson is Director of The Hidden Gardens

“Here you are in touch with nature and greenery and flowers – it is peaceful and cheerful. It has inspired me to cook again and experiment with recipes. We share recipes and taste new herbs and spices. I enjoy the multicultural cookery from around the world. We enjoy eating together and sharing as a group.” Cultural Cookery Participant



© Arpita Shah, Chapati making in the Hidden Gardens

Preparing for life beyond the organic food niche

Jo Hunt

The market for locally produced and sustainable foods in Scotland is continuing to grow, even through the recession of the past five years. However, if better food is ever to reach beyond its 'niche' market, then the rules that govern how food prices are set have got to change.

There has been a market assumption for the past 20 years, a sort of unwritten rule – an interim maxim - which said

“if consumers want better food then they should pay more for it. The price will be around 20% higher, but if they are willing to pay it then some farmers will grow it for them.”

This was a good maxim when it started, and led to the 'organic decade' in the UK from 1997 to 2007 with a four fold increase in sales (from roughly 1% to 4% of the UK food market). Good for business, and great way to carve out a 'niche' in a price competitive oligopoloid marketplace.

But this assumption stalled in October 2007 – I remember being at the Shetland food festival running a series of marketing courses for local food producers – and being glued to the telly in my hotel room every night as the crash unfolded. And I've seen the ensuing effects very locally since - the two closest markets to our croft closed:

Dingwall Framers Market two years ago, and Strathpeffer Community Market last year. No one there to pay that bit extra. Everyone thinks organic food is too expensive.

The niche/premium model for better food has passed its' sell by date, and it 'aint coming back anytime soon.

And even when it worked, the good food was limited to those who could afford it. And let the rest of the industry get on with making cheaper and nastier food.

So, what economic model should we use to expand local food in future? One that will make good food something that everyone can enjoy.

Rather than asking people to pay more for food that is better for us all, we should instead add the costs of all the bad stuff we don't want to the price of the worst food.

It's economically very efficient. Here's a few ways to do it, that it can work has been shown in other countries.

Use tax and subsidy levers:

- **Fat tax - makes people healthier.**
- **Sugary drink tax - prevents obesity.**
- **Pesticide tax - of about 60 times the VAT rate would offset the real costs of using poison on our fields and food.**
- **Price the carbon emissions in manufactured goods transport - in both imported and exported foods.**

At the same time, reform Competition policy:

- **Return the definition of a 'monopoly' to being 10% of market share, not 30% (which was increased shortly after Tesco took that share of the food market!).**

- Apply the competition policy at a local level, not a national level. Let local authorities decide if a new store gives any one retailer more than 10% of the local market.
- Make the yardstick of an 'efficient' market, one that delivers health, carbon reduction and skills, and not just low prices.

And we should only support farmers with public money when they absorb carbon. On our farm we do this by:

- Planting half our croft with trees that produce apples, berries, firewood and timber – as well as storing a lot of carbon.
 - Using an organic rotation of crops and green manures, instead of fertilizers synthesised from fossil fuels – and by building up soil organic matter we lock in nutrients and carbon.
 - Producing 40MW of renewable energy a year from our on-farm wind turbine – and we're saving up for an electric delivery vehicle.
- ^a Using short supply chains – we were recently asked by a Scottish food promotion group if we would be interested in exporting new potatoes to China? No thanks, we sell them all on the Black Isle!



© Jo Hunt, field on Knockfarrel Croft, Dingwall

Overall, our farm absorbs 2.7T of carbon per hectare, but we get no subsidy. Whilst the average arable farm in Scotland emits 2.7T of carbon per hectare and gets £300 of subsidy for it, every year.

If Adam Smith was alive today he would boycott shopping in the big four supermarkets. It's not fair. It's not efficient. And it's certainly not a free market.

Pulling these fiscal levers would add 20% to the cost of producing long distance, highly processed foods. It would add nothing to the food our business produces. Let's add the costs to their prices not ours!

Now is not a bad time to do it either. The floor price for most foods is rising, and likely to continue to do so over the next decade. And the independence referendum next year just may lead to a new tax regime being set up. And it costs government nothing, to buy some pretty substantial gains in the stock of public wealth and health.

Personally, I'd much rather compete with stores in my area by having a lower cost base from causing fewer harmful impacts than they do; rather than asking people to pay me more if they happen to feel like it.

We need a new way of getting the market to value food that makes us healthier and wealthier, if not richer. We need some real economics if we are going to produce real food.

And a new interim maxim to follow, to get us on the way...

“Good local food isn't a 'niche'. Let's trade sustainable food at a sustainable price. We shop on a fair and level playing field, where everyone pays the full long term costs of what they eat.”

Jo Hunt runs Knockfarrel Produce, Dingwall and is Vice Chair of the Nourish Board

WDM event on Food Sovereignty

Barbara Stütz, Policy Officer at Nourish

On 5 July the World Development Movement (WDM) Scotland organised a talk on 'Food security or food sovereignty'.

Two speakers, Deborah Doane (director World Development Movement) and Pete Ritchie (director Nourish Scotland) set the frame for a discussion with the audience and three representatives of the European Parliament: MEP Alyn Smith, MEP David Martin, candidate MEP Ian Duncan.

There is no such thing as an apolitical food problem

Deborah started with the proposition that "feeding the world" is not a scientific challenge. It is a political one.

The UN estimates that there is enough food being produced worldwide to feed 12 billion people. And yet the current global food system sees one billion people left hungry, a further billion malnourished and 1.3 billion overweight or obese.

The World Health Organisation says that food security will be achieved: "When all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life." But not all ways of achieving food security are equal, and not all of them address the huge imbalance of wealth and power that underpins the food system. National food security targets are often met by sourcing food produced under environmentally destructive and exploitative conditions, and supported by subsidies and policies that destroy local food producers

but benefit agribusiness corporations. Food sovereignty, on the other hand, directly tackles the root causes of hunger and poverty. Food sovereignty is about the right of peoples to define their own food systems and puts the people who produce, distribute and consume food at the centre of the decisions on food systems and policies.

In Deborah's view the biggest challenge of our food system is to overturn the trend towards large scale, corporate control, with an over-reliance on food for trade in order to drive economic growth both at home and abroad.

Deborah caught the attention of the audience with some alarming facts and figures:

- 203 million hectares of land around the world have been "grabbed" by large-scale land acquisition between 2001 and 2010. This is 8 x the size of the UK and enough land to grow food on which to feed a billion people alone. 58% of global land deals in recent years are for producing crops for biofuels, that could otherwise have been used to grow food. 10 million people could be fed by the crops grown that are used as biofuel in the UK.
- 47% of the world's seeds are owned by just three companies – Monsanto, DuPont and Syngenta.
- 174% is the rise of food prices in Malawi in the past year. It's like a cheap .90p loaf of bread suddenly costing £1.56
- 700% is the difference in price between what a farmer gets at the gate in Spain for a kilo of cauliflower; and what its sold for in a supermarket.
- We've become far less efficient: 226 – kg of maize were obtained in 1961, per each kg of nitrogen applied; vs. 76kg in 2006.

Deborah ended her talk by concluding that whereas food security is about making sure people have enough calories – food sovereignty addresses power in our food system. Our current system neither feeds our bodies, nor our souls; food sovereignty, on the other hand, has the potential to do both.

Food sovereignty begins at home

Pete Ritchie started with an analogy illustrating how our health system would look like if it was left to the market and what the food system would look like if it was managed for public good. More than 50% of our food comes from two corporations who between them are 2.5 times the size of the Scottish economy. In the corporate logic food is a commodity and produced to create profit for shareholders. This results in highly processed food that is energy-dense and nutrient-poor. Diet related ill-health is on the rise everywhere in the world. Obesity levels in Scotland are the second highest in the so-called 'developed world' behind the USA. At the same time food poverty is becoming endemic, and will be damaging children's life chances. Local government and the health service have no locus in shaping the food system, while central government is focused on the food industry. In reality we do not have a free market but a market with rules that favour the industry.

Another prominent issue in Scotland, which is fundamentally linked to sovereignty, is access to land. People have been moved off the land and have no connection to the means of production. Half of Scotland is owned by just 500 people. To give people access to land and connect with it is important for both the means of production and as part of our biological identity.

Food sovereignty is relevant for Scotland, as for any other country in the world, because all over the world meaningful democratic participation in deciding what our agri-food systems should deliver is needed to create resilient societies.

MEPs contributions

MEP Alyn Smith, who was the shadow rapporteur on the Rural Development Programme pointed to the fact that the EU system is based on trade and not on rights. We have a trade based international system that uses food as a commodity and we need to put people back in charge of the means of production. A step in the right direction will be the new Scottish Rural Development

Programme which will be more progressive on strengthening short food supply chains Alyn Smith said.

Candidate MEP Ian Duncan said what we need is not big technological solutions but context specific local-level solutions. MEP David Martin told the audience about a resolution on food security in ACP (African, Caribbean, Pacific) countries on which he was the co-rapporteur (lead author). The resolution calls for guaranteed access for local people to land, protection from land grabbing, using agroecology as a means to restore soils and increase productivity, etc. in order to achieve food security in ACP counties.

Population increase

An important question from the audience, which features very prominently in the food security debate, was about population increase and the concern over sufficient food availability in the future. Deborah Doane's response was that firstly on average we consume ten times more in the Global North than many in the Global South and secondly population increase is a result of poverty and inequalities and only by tackling these issues can population increase be addressed.



The official logo of the UK Food Sovereignty Movement

**For more information on Food Sovereignty see
WDM website: <http://www.wdm.org.uk/what-food-sovereignty>
and the UK Food Sovereignty movement website <http://foodsovereignty.org.uk/>**

Scottish Food & Drink Fortnight, 7-22nd September 2013

Sophie Fraser



Every year, Scotland holds two weeks of events celebrating the best of the nation's local food and drink. Scottish Food & Drink Fortnight, managed by Scotland Food & Drink, runs between September 7 – 22 this year, and is on track to host 300 events from Shetland to the Scottish Borders.

Scottish Food & Drink Fortnight is a nationwide event designed to support and promote Scotland's produce, and the people who grow, make, cook and sell it. Last year, thousands of people attended everything from foraging tours to food festivals, lectures to cookery classes, in every corner of the country.

The Fortnight encourages businesses to hold events championing local produce throughout the two weeks, offers support and publicity to those doing so, and runs a major campaign to encourage locals and tourists to attend them.

By shining a spotlight on Scotland's food producers, retailers and caterers, the aim is to improve uptake and consumer support of the country's food and drink, getting people involved long-term in their local food scene.

Since 2009 the Fortnight has been managed by Scotland Food & Drink. 'Scotland boasts a fantastic natural larder,' says Communications & Marketing Manager Sophie Fraser, who project manages Scottish Food & Drink Fortnight (SF&DF). 'The Fortnight gives us a welcome opportunity to celebrate our Land of Food and Drink.'

'It encourages people to discover, buy and enjoy the wealth of Scottish produce available. With hundreds of events of all types and sizes taking place around Scotland, there's something for all ages and tastes.'

Over 220 events took place in 2012, many organised specifically for SF&DF. Other planners decide to coincide the date of their event with the Fortnight as it ensures

additional coverage through the website, PR campaign and multiple social media channels.

The Loch Lomond Food & Drink Festival has grown in size and ambition since its first year in 2005 to bring 20,000 people to the area during its weekend, this year September 14/15. It has become a mainstay of the Fortnight, and in offering all its activities for free is a fantastic example of how such events can introduce new customers to businesses. This year local involvement comes from businesses as diverse as Loch Lomond Brewery, Argyll Smokery and Lomond Chillies.

'Being part of Scottish Food & Drink Fortnight has allowed the Loch Lomond Food & Drink Festival to be showcased alongside so many other amazing events,' said Clare Gemmell, Loch Lomond Shores Centre Manager.

'It is wonderful that there is a focus on the strength of Scottish produce and producers. There are so many amazingly talented people in such a small country and we have to stop being shy and shout from the rooftops. The Fortnight pulls us all together and we have made links with other events and shared ideas.'

SF&DF benefits from links to as many other programmes, networks and organisations as possible, and makes the effort to coordinate projects with similar ambitions

around Scotland to give all parties wider reach and increased publicity. A flagship event is Dumfries & Galloway's Flavour Fortnight. This hugely successful festival is organised by Savour the Flavours to partly coincide with SF&DF (it runs from August 31 to September 15th), and this year has organised over fifty events that will take place during the Fortnight.

'While Flavour Fortnight is specific to Dumfries & Galloway, our aims closely mirror those of Scottish Food & Drink Fortnight,' says Liz Ramsay, Project Manager of Savour the Flavours. 'We specifically timed our festival to overlap with the national event because of this close synergy.'

'By overlapping by one week our event organisers have the opportunity to host three weeks of events and experiences, and they benefit from having their Flavour Fortnight events promoted as part of Scottish Food & Drink Fortnight.'

This year, the aim is to list over 300 events on the Fortnight website, thus getting thousands of people involved in Scotland's food scene. This might mean introducing locals to new businesses in their area; giving tourists a positive and authentic food experience; teaching children about where their meals come from, or just bringing people together over a memorable, locally sourced dinner. The diversity of the events being held during Scottish Food & Drink Fortnight is proof that local food is for everyone.



**Fortnight@
scotlandfoodanddrink.
org
Sophie Fraser or
Hannah Ewan: 0131 335
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**For more information or to
register your event, visit
scotlandfoodanddrinkfortnight.co.uk**

**For all media enquiries, please contact:
Taste Communications, 0131 225 7205**

Nourish News

Nourish's view on the Scottish Rural Development Programme

Tracey Reilly, Policy Manager at Nourish



The Scotland Rural Development Programme (SRDP) is a programme of investment in Scotland's rural economy, communities and environment, coordinated by the Scottish Government. The Scottish Government and Europe fund the programme as part of the Common Agricultural Policy (CAP). (Roughly three quarters of the CAP money goes to farmers as direct payments under Pillar 1 of the CAP; SRDP is funded by the remaining 25%).

The current SRDP comes to an end in 2013 and the Scottish Government has recently been consulting on the shape of the programme for 2014-2020. There is a general recognition that, despite good intentions, the 2007-2013 programme did not fulfil its potential to deliver positive change.

The SRDP 2014-2020 seeks to learn from previous experience and will deliver around £1bn of public funding over the period 2014-2020. The Scottish Government Consultation Paper sets out the broad aims of the new programme. These are:

- **Creating jobs through innovation and competitiveness.**
- **Improving the environment, reducing carbon emissions and using resources more efficiently.**
- **Promoting local development and social inclusion.**

In view of the importance of the programme, Nourish organised a public meeting at the Quaker Meeting House in Edinburgh to discuss the issues with other interested parties. Billy McKenzie, a Scottish

Government official attended to outline the plans for the new SRDP and to answer questions from the floor. Following the meeting, a joint submission was prepared on behalf of Nourish Scotland, Fife Diet, Scottish Crofting Federation and Soil Association Scotland.

This joint submission calls upon the Scottish Government to articulate a clear vision for future food and farming in Scotland. We want the new SRDP to reconnect the farming and crofting we do in Scotland's rural areas with the food we eat – not just in rural areas but also in our towns and cities.

Food policy in Scotland has traditionally been focussed on production and export growth. While we recognise the importance of food for export, we want to see an equal emphasis on:

- **A fairer Scotland - closing the inequality gap in Scots' access to good food.**
- **A greener Scotland – restoring and enhancing biodiversity through the way we farm, and reducing our greenhouse gas emissions from plough to plate.**
- **A healthier Scotland – producing food for public health, reinventing the good Scots diet in our homes, schools, hospitals and cafes.**
- **A wealthier Scotland – creating new good jobs in food production and in small-scale processing – from community bakeries to healthy locally-sourced meals on the school menu and to take away at the school gate.**
- **A smarter Scotland – wasting less and using resources better throughout the food system, and building the skills to grow, cook and eat better.**

The latest CAP agreement allows member states to transfer up to 15% of the budget from Pillar 1 (direct payments to farmers) to Pillar 2 (SRDP). We would like to see the maximum amount being transferred because we think public money should be used to deliver public goods.

We also encourage the Scottish Government to apply a cap to direct Pillar 1 payments

and recycle this money into more strategic Pillar 2 programmes. We believe this would benefit smaller farms rather than simply concentrating payments towards our biggest landowners.

We want a new strand for the SRDP that focuses specifically on short supply chains, linking Scottish primary producers and consumers directly or through a short collaborative supply chain and creating the skills and infrastructure required. Short supply chains will stimulate demand for organic and local food.

We also want to see

- Extra points awarded to food production projects which have a positive public health impact, in the interests of reducing diet related health inequalities in Scotland.
- A more pro-organic approach, with support to organic farmers rising from the current lowest levels in the EU to at least the average with extra points allocated for organic food-related projects.
- Measures to make it easier for new entrants and first generation producers to gain access to land. We want to see imaginative approaches to increasing the number of productive holdings and crofts, especially in Southern Scotland.
- A strategic investment in supporting co-operation; the development of proactive advisory services which help farmers and crofters deliver environmental and social benefits, and in training and other support for new food producers.

The consultation process has now closed and the Scottish Government is assessing the responses received. A second consultation, on firm proposals, will be held later this year with a revised programme being agreed by Scottish Ministers and submitted to the European Commission for approval early next year.

Sustainable Food City Edinburgh

Tracey Reilly, Policy Manager at Nourish

Nourish Scotland has been working closely with the City of Edinburgh Council to develop a strategy for Edinburgh as a sustainable food city.

The impetus for the strategy originally came from the work that the Council did in developing its "Sustainable Edinburgh 2020" strategy. During the consultation process for the strategy the Council realised that there was a strong interest in food related issues and that food could form one of the major platforms for delivering the Sustainable Edinburgh 2020 strategy.

A steering group was formed and has met monthly since January 2013. The group comprises the Council, Nourish, representatives from the NHS, universities, community and environmental groups, retailers, producers and restaurateurs. The group is facilitated by, and reports to, the Council. The group has researched and considered 6 main topics, the environment, procurement, culture change, jobs, skills and employability, land use and health and well-being. Nourish and the Council are currently working to produce a paper asking for public input into what a food strategy for the city might look like. This will form the basis of a public engagement process over September and October. The paper will be supplemented by a survey monkey exercise, a dedicated website and face-to-face meetings. The results of the engagement process will then be considered and developed into a formal strategy for approval by the steering group and the council. It is hoped that the strategy will be launched in Spring 2014.

One of the major opportunities for face-to-face consultation will be the "Feeding the 5000" event, put together by Nourish, the Council, and the University of Edinburgh, together with community food groups. The event will take place on Saturday 5 October 2013 in Bristo Square and will see 5000 people being fed from food that would otherwise have gone to waste. Local chefs will work with community groups to prepare and serve the food, which will be free. The event aims to highlight the issues of waste in the food chain and will also give an opportunity for the Council to highlight the development of the city's overall food strategy. Watch out for more details on both topics in our next issue!