

# Lincoln Food Partnership

For fairer healthier greener food

## Welcome to the November 2019 Edition of the Lincoln Food Partnership Newsletter

In this month's issue of the Lincoln Food Partnership Newsletter we look into our County hinterland to discover Britain's only organic Seed Cooperative and to find that foraging is alive and well in the Lincolnshire Wolds. We also welcome a new member to our Food Partnership Board, Paul Hamnett, who is Head of Community at the Lincoln City Football Club Foundation and review Lincoln's Fairtrade City status.

At the national level we have a glimpse into some interesting innovations designed to improve food in the work place that are being developed in other parts of the UK. These initiatives are very much part of the 'Food Citizenship' movement that is being championed by the Food Ethics council. In fact they have just produced a report, Harnessing the Power of Food Citizenship:

[https://foodcitizenship.info/wp-content/uploads/2019/10/fec\\_food\\_citizenship\\_report\\_final.pdf](https://foodcitizenship.info/wp-content/uploads/2019/10/fec_food_citizenship_report_final.pdf)

which has some great advice on how we can all become more active food citizens and not just producers and consumers. Not surprisingly, Area-



based Food Partnerships are high on their agenda!



Please do contact us if you would like to share your news stories about any aspect of local food – whether it is a growing project, local produce-making and sale, cooking communities or tackling food waste. We would be pleased to showcase your work, no matter how small, in this newsletter.

Our email address is: [lincolnfoodpartnership@gmail.com](mailto:lincolnfoodpartnership@gmail.com)

If you are happy to continue to receive this newsletter and therefore be considered a member of the Lincoln Food Partnership community of interest, you need to do nothing.

If on the other hand you wish to unsubscribe from this newsletter, just email us. Many thanks for your interest

Nigel Curry  
Co-chair Lincoln Food Partnership

## The Seed Co-operative

Lincolnshire is fortunate enough to be the location of Britain's only community owned seed co-op. The Seed Cooperative works with a network of growers to share skills (and seeds!) and build relationships between people, the food they eat and those who grow it.

The Co-op grows, processes and sells organic, open-pollinated seed for the UK and develops new



varieties through organic plant breeding, to support the collective work of those striving towards making agro-ecological farming and food sovereignty a reality.



All of their seed is certified as organic, and much of it is certified to Demeter standards as well, which are regulated as international standards by the worldwide biodynamic movement. All of their seeds have full traceability, too.

The Seed Cooperative is a Community Benefit Society and anyone can join with a minimum shareholding of 100 £1 shares. But if you can't afford to become a member, why not just buy some seeds – in packets of all sizes – or pay the Co-op a visit in Spalding.



To find out more, visit [www.seedcooperative.org.uk](http://www.seedcooperative.org.uk)

Or email: [seedshop@seedcooperative.org.uk](mailto:seedshop@seedcooperative.org.uk)

## Foraging in the Wolds

In a tiny village a stone's throw away from the highest point of the Lincolnshire Wolds, Boggle Lane Foods, uses the magic of nature to create unique dining and foraging events, delicious dishes and edible products. Its founder Nikki Bawn is a successful food writer and chef who escaped the corporate world to follow her passion for natural, sustainable produce.

She said: "I took a leap of faith, bought and renovated a house in the hills of the Wolds and set up my business. I wanted to create products and foraging

experiences that celebrate local and wild produce and help people re-connect with the landscape.”

Years ago, people instinctively knew where to find food, in the days before mass production and supermarkets. This knowledge is far rarer now, but Nikki is introducing people to foraging for natural remedies and nutritious food found almost everywhere in our hedgerows, forests and fields.



Nikki said: “You can literally eat the landscape. By foraging for aromatic plants and berries you can create amazing depths of flavour and add real nutritional ‘oomph’ to dishes. There are so many things to use, from wild flowers which I crystallise and use to adorn sweets and cakes, to a multitude of savoury finds which can create the most amazing salads, soups, stews, teas and even crisps!”



The Wolds really is a feast for all the senses and taking a stroll across its landscape can feed much more than just your soul!

For more information visit: [www.bogglelane.co.uk](http://www.bogglelane.co.uk) or email [nikki@bogglelane.co.uk](mailto:nikki@bogglelane.co.uk)

## LFP Welcomes New Board Member Paul Hamnett

Paul joined Lincoln City Foundation in 2013 and has overseen the growth of the charity that aims to increase peoples physical, mental and social wellbeing. The Foundation delivers a range of programmes through four key themes: Sport, Education, Health and Inclusion. Currently, the Foundation delivers a range of projects in schools that aim to educate about a healthy lifestyle and putting that into practice.



The brand of Lincoln City is strong across Lincoln and has a reach far wider than Lincolnshire and this is used to engage people to be active. Away from work Paul coaches a hockey team in Nottingham and until recently was a school governor for Bishop King Primary School.

## Lincoln: a Fairtrade City

Did you know that Lincoln is a Fairtrade City?

Its purpose is raise awareness and encourage the promotion and procurement of Fairtrade products, including foods. A Fairtrade working group meets regularly to implement this City Council Policy

Councillor Gary Hewson, City of Lincoln Council's Fairtrade spokesperson, said: *"One of City of Lincoln Council's priorities is to reduce inequality in the City... we want to extend that... to reach the vision of a world where justice and sustainable development are at the heart of trade structures and practices."*

Fairtrade increases standards of living and reduces risk and vulnerability for farmers and workers. Fairtrade standards protect workers' rights, including a safe working environment, the right to join a trade union and negotiate with their employer, prohibiting discrimination and forced or illegal child labour.

Environmental protection is also key. Production groups must pay attention to energy and greenhouse gas emission reduction; soil and water quality; pest

management; and biodiversity protection. Over 50% of all Fairtrade certified producers are also certified as organic.

FT standards also prohibit certain agrochemicals that harm the environment and health. They ensure that protective equipment is used and that farms are free from hazardous waste. Farmers are advised on environmentally friendly practices, such as developing nutrient-rich soils and encouraging wildlife to

help control pests and diseases – all good for environmentally sustainable food production.



It's not just FT tea & coffee. There's also FT jewellery and cotton.

So, when you are shopping look out for the Fairtrade logo

and ask for Fairtrade products. Get more information from <http://www.fairtrade.org.uk/> and <https://lincolnfairtrade.com/>

## NATIONAL NEWS

### Good food in the workplace

A lot of public, private and community organisations are taking food in the workplace seriously. 'Procurement' policies can develop good diets (fruit instead of biscuits at meetings) source food locally (to reduce food miles), and cut down on waste. Some organisations also have policies of food growing (organic, pesticide free and so on) for their staff, customers and clients.

Many organisations now always have vegan and vegetarian options on their canteen menus (for those with autoimmune diseases or diabetes) and some, like Nottingham Good Food Partnership, give advice on sustainable equipment (avoiding the use of plastics).

Public Health Wales is developing a guide on workplace food and Cancer Prevention Scotland has a brochure for good food specifically at meetings. Work Ready has guidance on 'Snacking at Work'.

Edible Lambeth food policy includes guidance on eating at work and Good Food Greenwich has a comprehensive guide for workplace caterers on the do's and don'ts of healthy sustainable food – including growing your own herbs and leaves and eating seasonally.



For Lincoln, too, Lincolnshire County Council has developed a Health and Well-Being Strategy that has specific policies for maintaining a healthy weight through good eating (and exercise) which can be adapted for the workplace, and a number of local firms are giving more attention to 'buying local'.

Sustain, which is an alliance for better food and farming, has produced a comprehensive 'Good Food at Work' Guide with a template that can be followed and the Guide can be downloaded here:

[https://www.sustainweb.org/publications/good\\_food\\_at\\_work/](https://www.sustainweb.org/publications/good_food_at_work/)