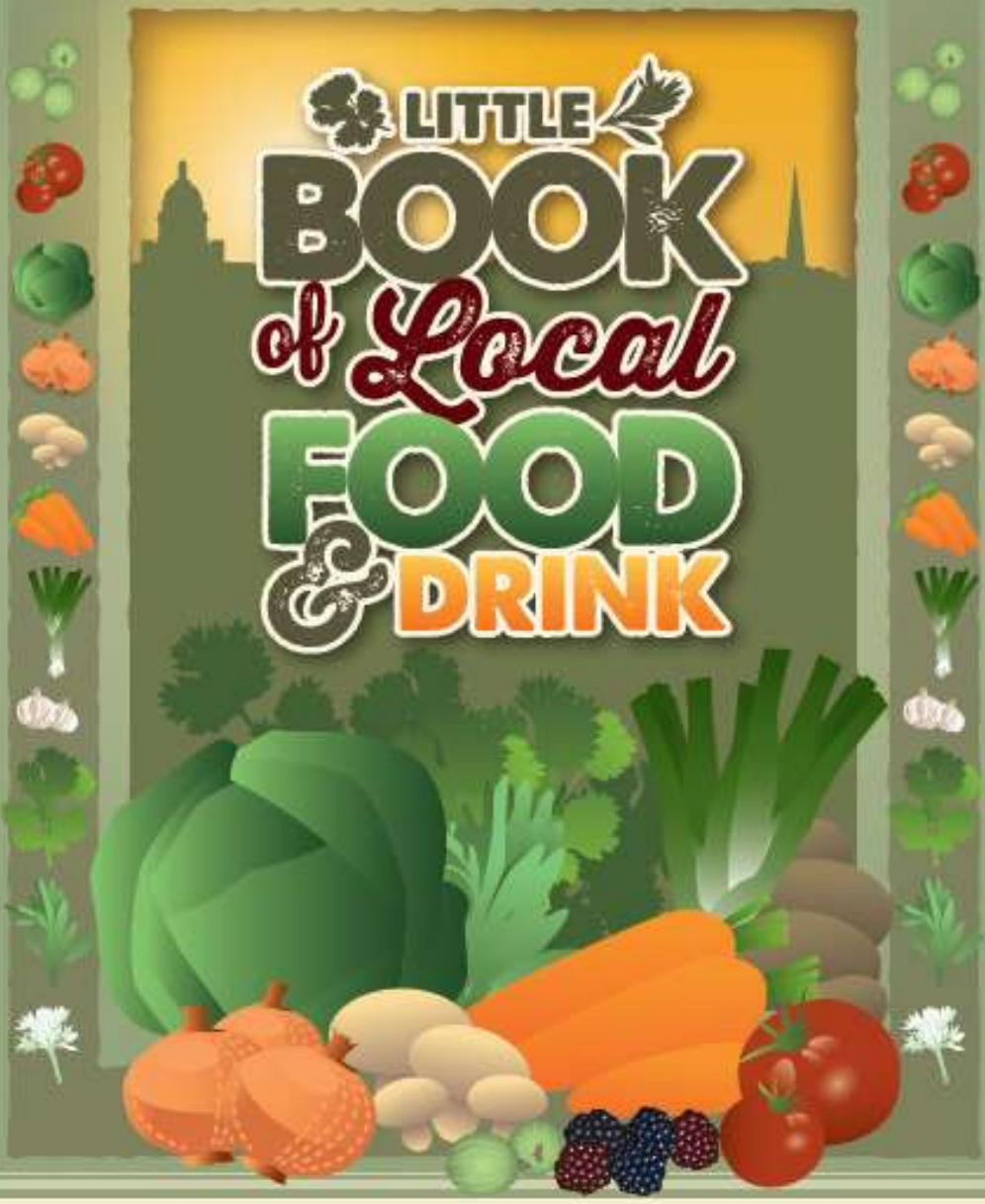
FREE

LANCASTER'S



Contents

	Page
Introduction	3
What is 'local' food?	4
Why choose local food and drink?	5
What's in season when, in Lancashire?	
Extending the growing season	6
Extending the keeping qualities of fruit and vegetables	6-7
Seasonal availability of fruit, salad, fresh herbs and vegetables	7-9
Seasonal local food delivery schemes and recipe websites	10
Growing your own food	
Why grow fruit and vegetables?	11
How to grow food in your back yard (container gardening)	12-14
Sprouting seeds indoors	14
Allotments	15
Where to buy plants and seeds	16
Chickens and egg production	17
Beekeeping and honey production	17
Food for free – edible wild plants	18
Seasonal availability of wild plants	19
Lancashire food	
Lancashire cheese	20
Fish and shellfish from Morecambe Bay	21
Buying sustainably produced fish	22-23
Buying sustainably produced meat	24
Cutting down on meat and dairy	
'Slow Food' and North West regional food	25
Visiting local farms and food producers	26-29
Markets in and around Lancaster	30
Local food festivals and events	31
Local food groups and projects	32-33
Food waste & food banks	34
Buying ethical food (whether or not it's local!)	35
LESS's Online Local Food Directory	36

Welcome to the Little Book of Local Food & Drink

If you love food, you'll love this little book! It's a book all about food - but not just any old food. It's about food that is grown or processed near to Lancaster, and also about food that you can grow yourself or find in the hedgerows near you.

Why did we write this book?

We want to celebrate local food, and help people to be more creative and environmentally friendly in the kitchen, by using more fresh seasonal produce. We also want to support the local food economy, and make the Lancaster district more resilient to breakdowns in global food supply networks, which may happen in the future because of climate change, fuel shortages or other crises.

Who wrote the book?

This booklet has been produced by LESS, a Community Interest Company based in Lancaster, which was set up in 2007 to promote sustainable living. To find out more about LESS and its projects, visit **www.lessuk.org**. The research and writing was done by Dr Joy Grayson and Dr Emily Heath, mainly during 2012.

Disclaimer

LESS has tried to ensure that the information in this booklet is as accurate as possible. However, we cannot accept any liability arising out of any errors herein.

What is ‘local’ food?

This book is mainly about food that is produced within or close to the Lancaster district, in Lancashire, UK. However, not everything can be grown near Lancaster, due to our climate, landscape and soils. Most of our local farmers currently produce meat, dairy and eggs, although there are also some fruit and vegetable growers.

You can buy local food in a wide variety of places, including market stalls, farm shops, home deliveries, independent shops and some supermarkets. You can usually tell where something has been produced by reading its label – but these can be quite deceptive. For example, locally-produced milk may have to travel several hundred miles to be made into cheese, then travel to a distribution centre before coming back to your supermarket shelves. So it may have clocked up many more miles than you think! Buying direct from the producer, or growing your own food, are the best ways to reduce food miles.

Why choose local food and drink?

For a healthy environment

- **Eating local food reduces 'food miles'** - the distance food travels from where it is grown to where it is eaten. This means fewer lorries on our roads, and less air pollution.
- **Local produce tends to need less packaging and refrigeration**, because it doesn't have to be transported far.

Food and climate change

19 - 29% of global greenhouse gas emissions come from food production and consumption. This includes fertilizer manufacture, agriculture, food processing, transport, retail, household food management, and waste disposal.

For better tasting, healthier food

- **Food that is grown closer to you is usually fresher**, **healthier and more nutritious** as it hasn't spent long periods in transit.
- **Local markets enable more and tastier varieties of food to be grown.** Varieties grown abroad for export are usually ones that ripen all together and then store and travel well – often to the detriment of taste.

For animal welfare

- **Livestock suffer stress** when transported long distances, and this can affect the quality of their meat as well as their welfare.
- **Visiting local farms and butchers** can reassure you that you are buying meat from well cared-for animals.

For a thriving local economy

- **Buying local produce helps to support local jobs** – including farmers, food processors, distributors, restaurants and shops.
- **It also helps keep your money circulating in the local area**, rather than being sucked away by multinational companies.
- **Locally produced food is likely to become relatively cheaper** compared to imported food, as oil prices continue to rise.

What's in season when, in Lancashire?

The key to eating local food is to understand what foods are in season at different times of the year.

The tables on the next few pages show the typical seasons for fruit, salad crops, herbs and vegetables in Lancashire. The growing season for each crop depends on many factors, including temperature, rainfall and plant variety.

If you are buying food, you will still need to check that it is grown in or near Lancashire (or at least the UK).

If you are growing your own food, the tables indicate what you can harvest throughout the year.

Extending the growing season

You can extend the growing season in many ways, for example:

- **Grow crops under glass**, or under plastic or fleece, in cold frames, greenhouses and polytunnels.
- **Plant different varieties** that ripen at different times of the year.
- **Choice of cultivar** - many crops have cultivars with longer or shorter maturing times.
- **Controlling the micro-climate,** e.g. creating shade in summer, can prevent some crops from 'bolting' (going to seed) (e.g. lettuces and spinach).
- **Cutting** can prolong the season for some crops.
- **Mulching** the soil can help keep it warm.
- **Heating the greenhouse** (can be done without fossil fuels!).

Extending the keeping qualities of fruit and vegetables

You can also extend the availability of many foods by preserving them. Perhaps the most obvious method is freezing food. But this does not necessarily preserve the flavour and texture of some foods.

There are many different ways of preserving food to maintain a year-round supply. Here are just a few:

- **Bottling**, e.g. fruit.
- **Drying**, e.g. herbs, apple rings, prunes, tomatoes.
- **Smoking**, e.g. fish, garlic.
- **Salting**, e.g. beans.
- **Preserving in alcohol**, e.g. fruit.
- **Freezing**, e.g. peas, vegetable puree or soup.
- **Pickling**, e.g. onions, cucumber.
- **Making jams, jellies and chutneys** (most fruit and vegetables).
- **Storage in dry sand**, e.g. carrots.

Methods for preserving can be found either on the internet or in many cookery and specialist books.

Key to food season charts

S = stored food (not preserved, frozen or dried)

G = grown in an unheated greenhouse **F** = forced (indoor rhubarb)

Fruit	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Bramleys	S	S	S								S	S
Apples												
Blueberries												
Blackcurrants												
Cherries												
Cranberries												
Damsons												
Grapes								G	G	G		
Gooseberries												
Loganberries												
Melon							G	G	G	G		
Pears												
Plums												
Raspberries												
Redcurrants												
Rhubarb		F	F									
Strawberries												

Salad	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Cucumber						G	G	G	G			
Lettuce	G	G	G							G	G	G
Radishes												
Rocket	G	G	G								G	G
Salad leaves	G	G									G	G
Spring onions												
Tomatoes								G	G	G		
Watercress												

Fresh Herbs	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Basil												
Bay												
Caraway seeds												
Chamomile												
Chervil												
Chives												
Coriander leaves												
Coriander seeds												
Dill leaves												
Dill seeds												
Fennel leaves												
Fennel seeds												
Horseradish												
Hyssop												
Lemon balm												
Lemon verbena												
Lovage												
Marjoram												
Mint												
Oregano												
Parsley	G	G	G	G							G	G
Rosemary												
Sage												
Sorrel												
Summer savory												
Tarragon												
Thyme												

Vegetables	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Artichoke (globe)												
Asparagus												
Aubergines								G	G			
Beetroot	S	S	S								S	S
Broad beans												
Broccoli - calabrese												
Broccoli sprouting												
Brussel sprouts												
Cabbage, Spring												
Cabbages Winter												
Cabbage, Savoy												
Cabbage, Red												
Carrots	S	S										S
Cauliflower												
Celeriac												
Celery												
Chard / Leaf beet												
Courgette												
Florence fennel												
French beans												
Garlic	S	S	S	S	S	S			S	S	S	S
Kale												
Leeks												
Mange tout peas												
Marrow												
Mushroom												
Onions	S	S	S	S							S	S
Pak choi												
Parsnips												
Peas												
Peppers & chillies												
Potatoes	S	S	S	S	S						S	S
Pumpkins & squash	S	S	S								S	S
Runner beans												
Shallots	S	S	S	S	S	S			S	S	S	S
Spinach												
Swede	S	S	S									
Sweetcorn												
Turnips	S	S	S									

Seasonal local food delivery schemes

The easiest way to eat local seasonal food is to get it delivered to your door on a regular basis. Three local delivery schemes are listed below.

It can be a delight to find that your favourite foods are back in season, or to try out new recipes using vegetables that are unfamiliar (or even ones that you are getting a bit tired of!). For example, some good collections of seasonal recipes can be found at: **www.rivercottage.net**, **www.eattheseasons.co.uk** or **www.seasonalfoodrecipes.co.uk**.

Growing With Nature

Alan & Debra Schofield have been growing organic vegetables in Pilling since 1982. They supply fruit and veg from other organic growers as well as their own produce. No animal products are used on the farm, and packaging is kept to a minimum. Deliveries to the Lancaster area are on Wednesdays.
Website: **www.growing-with-nature.co.uk**
Tel: 01253 790046

Growing With Grace

This is a community cooperative and social enterprise based in Clapham, growing and selling organic produce and compost, both retail and wholesale. A wide range of traditional and unusual crops are grown in five large greenhouses. Delivery vans are fuelled with biodiesel manufactured on site from vegetable oil. Product range includes locally baked bread, eggs and delicatessen. Order via the online shop or by phone or email.
Website: **www.growingwithgrace.org.uk** **Tel:** 015242 51723

Pye Nanny Hall Nurseries

Pye Nanny Hall in Halton specialises in fresh seasonal food from the local area. Free delivery to the Lancaster District. Product range includes vegetables, fruit, dairy, preserves, and herb plants.
Website: **www.veg2u.co** **Tel:** 07849 834 529

Growing your own food

Why grow fruit and vegetables?

Many people now buy most of their food from large supermarket chains with little notion of how and where it is produced. However, more and more people are opting to grow their own food, keeping alive a long tradition and maintaining skills that once formed the basis of our society. You can grow food in a garden or allotment, a communal space such as 'fruity corners', in containers in back yards or on balconies, or even indoors. You can also make your own compost and save seeds.

A few good reasons to give it a try:

- **You know what you are eating** - fresher food, with fewer or no chemicals.
- **You can grow varieties that are not available in the shops** - choose ones with good flavour, and harvest when young and tender.
- **Gardening is good for your health** – providing exercise, fresh air and a balanced diet.
- **It can be sociable and fun**, and help you to develop new skills.
- **It is better for the environment,** reducing food miles and your carbon footprint.
- **Many edible plants are also very beautiful!** Try growing red and white flowering runner beans up poles, or spectacular rainbow chard in window boxes, amongst flowers and herbs. Or how about purple sprouts or yellow courgettes for a change?

How to grow food in your back yard

Many houses in the Lancaster area only have small back yards. Nevertheless you can still grow some food in a small space, either in containers or raised beds. Back yards are very sheltered and can be sun traps. Make best use of your walls as vertical growing space for tall crops such as runner beans and climbing French beans, or for fixing wall-mounted pots and hanging baskets. How about a wall-mounted shallow greenhouse for starting your seedlings and later for tomatoes and cucumbers?

Containers

Be creative with your containers: you could use window boxes, hanging baskets, plant pots, troughs, urns, raised beds, old dustbins. Remember, the bigger the container the easier it will be to maintain as very small pots dry out quickly and need daily watering.

Drainage

All containers must have drainage holes in the bottom. To allow good drainage fill the bottom of the container with coarse material such as gravel, broken up polystyrene or broken crocks. Aim for a layer about 4cm deep before adding the growing mixture. Standing pots on bricks or purpose made ‘feet’ also improves drainage.

Soil

Use an organic peat-free multi-purpose or potting compost – either bought or home made. Mediterranean herbs, e.g. lavender and oregano, will need a freer draining, poorer mix than vegetables. Use a handful of dried seaweed to the mix to help with water retention.

Pests

Prevent slug damage by running a strip of copper tape around your containers.

Top ten vegetables for containers

1. **Lettuces:** Choose small varieties like Tom Thumb or Little Gem.
2. **Baby Salad Leaves:** Summer sowings produce leaves in about four weeks. You can cut them and they will just come back again!
3. **Radish:** Crop in just a few weeks. Sow little and often, as many radishes can quickly grow woody in the centres.
4. **Dwarf Runner Beans:** Choose compact varieties and make sure you keep them well watered.
5. **Beetroot:** Easy to grow and you can use a few leaves in salads too. Modern baby varieties are best suited to pots and containers.
6. **Carrots:** Grow in tall barrels to prevent carrot root fly damage and to get good long carrots.
7. **Courgettes**: Allow space for foliage and reasonable air circulation. Choose a disease resistant variety to avoid powdery mildew.
8. **Potatoes:** Easy to grow in large pots or gro-bags. Just keep adding more compost round the plants as they grow and regularly feed and water. Choose an early variety or waxy salad variety.
9. **Rocket:** Quick and easy to grow - just keep cutting regularly to reduce bolting and coarse leaves. You can eat the flowers too!
10. **Mizuna:** Spicy leaves add a bit of zing to your salads.

Outdoor tender crops

These will need full sun, so grow against a sunny wall if possible. Choose fairly large containers or use gro-bags. Plant outside after frosts have finished.

- **Tomatoes:** Small bush varieties are best and produce lots of small sweet fruit.
- **Aubergines**: Up against a sunny wall, they really can perform well and don't need much care. Grow in big pots, or two to a gro-bag.
- **Gherkins**: Like a small cucumber, suitable for salads and pickles.
- **Sweet Peppers and Chillis**: Grow well in pots by a sunny wall.

Herbs

Most herbs will grow well in containers. Here are a few to try:

- **Lemon balm** – makes a refreshing herb tea drink.
- **Mint** – herb tea, mint sauce or for flavouring peas and potatoes.
- **Parsley** – parsley sauce, salads, fish.
- **Rosemary** – lovely on roast potatoes or lamb.
- **Bay** – adds flavour to soups and stocks, but take out before eating!

- **Thyme** – with roast meats or veg, soups, stews and stocks.
- **Sage** –- good in stuffing and also good for sore throats.
- **Lavender** – make lavender pillows or tea to help you sleep.

Fruit

Growing citrus trees in containers means they can come into the warmth when the weather turns cold. Minaret apple trees (where the fruit comes directly off the single stem) do very well in containers. They look good in a large decorative pot on the patio, and taste good too!

Square foot gardening

This is a great way to grow a wide range of vegetables over a long period in a small area, such as a back yard or small front garden. Basically you divide your planting area up into a grid of squares using string. So, depending on your space you might have 9, 12 or 16 squares. You sow a different crop in each square. If you have favourite vegetables, you can have two or three squares of these. There are a few principles to follow:

- Plant the tallest plants on the side furthest from the sun
- Thin out plants as they fill the square
- Harvest plants at the earliest possible moment
- When you plant a new crop, add compost or leaf mould, according to its needs.

Sprouting seeds indoors

If you have no yard or garden, or no time for an allotment, you can still grow food on your windowsill! Sprouting beans and seeds is easy and inexpensive, and the sprouts are very tasty and nutritious – you can eat them raw or add them to a stir-fry.

Start by sprouting some mung beans - you can buy them in your local wholefood shop or supermarket.

Place 1-4 tablespoons of beans in a clean jam jar and leave them to soak in water overnight. Then attach a clean cloth (e.g. j-cloth, handkerchief or piece of muslin) to the top of the jar using an elastic band. Invert the jar over the sink to allow the water to drain away. Rinse and drain the seeds a couple of times a day for about three days, and you'll have a jar of bean sprouts!

Other easy beans to sprout include aduki beans, chickpeas, green and brown lentils. Alternatively, have some fun with 'mustard and cress' and grow them in damp paper kitchen towel or cotton wool.

Allotments

Looking after a full-sized allotment plot (about 360 m^2) will generally take about six hours per week, although some months are busier than others. Labour-saving techniques such as covering beds with plastic in winter will help to keep the weeds down. Many people find raised beds easiest to manage since the soil does not become compacted and is therefore easier to weed.

Try to ensure that there is something edible growing throughout the year. The gap in the harvesting season that is hardest to fill is not the winter, when there are plenty of leafy brassicas (e.g. kale and sprouts), beetroot, leeks, parsnips and Jerusalem artichokes. It is the late spring that is the main lull, before the main summer crops start. This is a good time to eat up all your stored and preserved food.

Allotments are very popular and most sites in the Lancaster district have waiting lists. There are over 500 plots on 12 allotment sites owned by Lancaster City Council, which are self-managed by their own Allotment

Associations. There are also some private and Parish Council-owned allotment sites in the Lancaster district, with approximately 125 plots in total. A contacts list is available at **www.lancaster.gov.uk/allotments**. The contacts for each site can provide information on rental costs, length of waiting list and other issues that you may need to consider.

Other useful websites include **www.allotment.org.uk** and **www.nsalg.org.uk** – the National Society of Allotment and Leisure Gardeners.

Where to buy plants and seeds

Here are a few examples of local businesses where you can buy plants and/or seeds. Alternatively you can buy them from local garden centres or DIY stores, or order them online. A list of mail order suppliers can be found at: **www.allotment.org.uk/grow-your-own/seed-suppliers**.

The Average Cabbage

Organically grown seedlings, available via mail order or at some local markets and events. **Website:** **www.theaveragecabbage.co.uk**

The Herb Stall

Lancaster Street Market – Wednesdays and Saturdays. **Farm Shop Address:** 5a Leslie Avenue, Lancaster, LA2 9RE. **Tel:** 01524 771490.

The Mammoth Onion

Suppliers of vegetable plants, seeds and fruit bushes.
Address: Robinson & Son (Seeds & Plants) Ltd., Sunny Bank, Forton, Nr. Preston, PR3 0BN.
Tel: 01524 791210. **Website:** **www.mammothonion.co.uk**

Piccadilly Garden

A horticultural social enterprise, supporting people with mental health and learning disabilities. They sell perennials, annuals, herbs, veg plants, climbers, planted containers, compost, mulch, manure and logs.
Address: South Lodge, Piccadilly, Lancaster, LA1 5AA.
Tel: 01524 847685. **Website:** **www.piccadillygarden.org**

Chickens and egg production

If you are thinking of keeping chickens in your garden, you should check whether any restrictions apply to your house or local area first. It's also a good idea to tell your neighbours. You can keep chickens on some local allotment sites.

What chickens need:

- A safe (predator proof), clean place to roost at night;
- A nest box with clean straw or wood shavings to lay eggs in;
- Food and water;
- An exercise place or 'chicken run';
- A place to take 'dust baths' - helps keep parasites under control;
- Daytime shelter from sun and rain.

Choose a breed that is going to meet your needs. Consider giving a good home to ex-battery hens. Hens lay more frequently in the summer months, when you can get an egg a day per hen if you are lucky!

Lots of good advice about keeping chickens can be found on the internet - for example, at: **www.keeping-chickens.me.uk**

Beekeeping and honey production

Honey bees are important pollinators of many crops and some wild flowers, and are a critical part of food production. They are suffering a major global decline, due to the changing patterns of agriculture, increased use of pesticides and the spread of disease.

Lancaster Beekeepers

A friendly and growing group of hobbyist beekeepers who meet regularly throughout the year to share experiences and develop their beekeeping skills.
www.lancaster-beekeepers.org.uk

Food for free – edible wild plants

You can eat a lot more wild food than you might think, and it's free! Transition City Lancaster regularly organises foraging walks where you can learn which plants are edible, and how and when to pick them. Try to find plants that are not next to busy roads. Always leave plenty of plants for others, and to ensure a continuing crop.

Just a few examples are given here, but for more foraging advice, identification guides and recipes, see 'Food For Free' by Richard Mabey.

Nettles

Best to wear rubber gloves when you harvest them! Just snip off the young light green top leaves. Nettles are good for you but avoid eating the older leaves and do not eat in large quantities. Full of iron, like spinach.
Use nettles to make: Nettle beer, nettle saag aloo (curry), nettle soup and nettle omelette.

Blackberries

Widely available in hedgerows during August and September. They freeze well.
Use blackberries to make: blackberry jam, blackberry and apple pie or crumble.

Wild garlic or ramsons

Found in damp woods. In season from March to May. Leaves, bulbs and flowers are edible. Identify by garlic smell of crushed leaves.
Use ramsons to make: wild garlic pesto, soup or salad.

Elderflowers and elderberries

Elderflowers are in season from the end of May to the beginning of June. Elderberries are in season in the autumn.
Use these to make: Elderflower cordial, elderflower 'champagne', elderberry jam. Elderberry syrup is delicious on pancakes or drizzled over ice cream.

Sea beet

This common coastal plant is the wild ancestor of spinach, chard and beetroot. Eat the glossy bright green leaves and spikes of green flowers. In season all year, but best in the spring.
Use sea beet: instead of spinach or chard, in salads, curries or tarts.

Samphire

Marsh samphire (also known as glasswort) grows abundantly on saltmarshes and coastal mudflats. It has a crisp texture and tastes of the sea. Easy to pick or cut with scissors (do not uproot whole plants as this is illegal!).
How to eat samphire: Rinse in clean water then steam for a few minutes and serve with butter. Goes well with fish or poached eggs.

Seasonal guide to hedgerow food (**S** = stored)

Foraging	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Bilberry												
Blackberries												
Elderberries												
Elderflowers												
Field mushrooms												
Garlic (ramsons)												
Hazelnut	S											
Nettles												
Rosehips												
Samphire												
Sea beet												
Sloes												
Sweet chestnut												

Lancashire food

Lancashire cheese

The recipe for traditional Lancashire cheese (Creamy & Tasty) is unique in Britain, in that it blends the curds from different milkings, two and three days old. It is called ‘Creamy’ when young (4 to 12 weeks). ‘Tasty’ is older than 12 weeks and can be aged up to 2 years.

This method of cheese-making probably developed because many of the farms in the traditional area were very small: if a farmer only had about six cows, it would take several days to accumulate enough milk for a whole cheese and in the days before it could be kept chilled, turning it into curds served as a means of preservation. Several smaller cheese makers in Lancashire still use this method, including Kirkham’s, which use it for making unpasteurized cheese from milk from their own herd.

Crumbly Lancashire is the most recent addition to the family. It was created in the 1960s as a lighter, more acidic cheese and, unlike Creamy and Tasty, is made from the curds of one day's milking.

Where to buy Lancashire cheese

You can buy Lancashire cheeses in many good independent farm shops, specialist cheese markets and delicatessens, and in local supermarkets such as Booths and Sainsbury’s.

There are several cheesemakers that make Lancashire cheese in the traditional way using Lancashire milk. Please visit their websites to find out where the nearest outlet is to you, or how to order online:

- **Butlers** - **www.butlerscheeses.co.uk**
- **Carron Lodge** – **www.carronlodge.com**
- **Dewlay** - **www.dewlay.com/where-to-buy**
- **Greenfields Dairy** - **www.greenfieldsdairy.co.uk**
- **Mrs Kirkham’s** - **www.shop.mrskirkhams.com**
- **Leagram Organic Dairy** – **www.cheese-experience.com**
- **JJ Sandham Ltd.** - **www.jjsandham.co.uk**
- **Singleton’s Dairy** - **www.singletons.uk.com**

Other cheese varieties are also produced locally, together with butter and other dairy products. There are also several producers of goat and sheep cheeses in the district.

Fish and shellfish from Morecambe Bay

The bay is an important location for commercial fishing, using a mixture of traditional and modern fishing methods. The fish species caught include bass, cod, salmon, sea trout, whitebait, and plaice. Shellfish include mussels, cockles and shrimps.

Potted shrimps are made from Morecambe Bay brown shrimps caught off the Lancashire coast. These shrimps are renowned for their delicate taste and unique texture. They are boiled in spices until tender, peeled and set with mace-flavoured butter in small pots. They are delicious served warm or cold, especially on brown bread or toast.

Where to buy fish and seafood from Morecambe Bay

Producers and retailers of local fish and seafood include:

- **Baxters,** Thornton Road, Morecambe - producers of potted shrimps for over 200 years - **www.baxterspottedshrimps.co.uk**
- **Hodgson's Chippy,** Prospect Street, Lancaster – award-winning fish and chips - **www.hodgsonschippy.com**
- **Neve Fleetwood** - trade supplier of fresh, frozen, smoked and cured fish and shellfish from sustainable fisheries (local, UK and overseas) - **www.nevefleetwood.co.uk**
- **Port of Lancaster Smokehouse** - smoked fish sold in their delicatessen in Glasson Dock, and on stalls at local markets - **www.lancastersmokehouse.co.uk**
- **Ray Edmondson** -traditional fishmonger on Yorkshire Street in Morecambe.
- **Shoreway** - traditional fishmonger on Marketgate in Lancaster.

Buying sustainably produced fish

How sustainable a particular species is depends on how, when and where it is caught. It is best to avoid buying fish in the spawning season, which will vary depending on where the fish was caught.

More information about the sustainability of fisheries is available from the Marine Conservation Society at **www.goodfishguide.co.uk**. Look out for accreditation by the Marine Stewardship Council (MSC) which guarantees sustainably produced seafood (see logo on page 35).

The tables below indicate the seasonal availability of different fish and shellfish species, and which ones are best to buy or avoid, according to their sustainability.

Most sustainably produced	Choose these fish
Not considered sustainable	Eat only occasionally
Least sustainably produced	Best avoided

(L) = available from local fisheries

Seafood	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Cockles												
Mussels (L)												
Oysters												
Scallops (L)												
Shrimps (L)												
Squid (L)												
Winkles												
Crab												
Prawns												
Lobster (L)												
Clams												
Crayfish												
Langoustine												
Whelks (L)												

Fish	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Coley (L)												
Dab (L)												
Herring												
Lemon sole												
Mackerel (L)												
Pollock												
Rainbow Trout (Farmed)												
Turbot (farmed)												
Brown Trout (L)												
Dover Sole												
Grey Mullet												
Hake												
John Dory												
Plaice												
Brill (L)												
Cod (L)												
Monkfish												
Salmon (farmed) (L)												
Salmon (wild)												
Sea Bass (L)												
Swordfish												
Tuna												
Turbot (sea) (L)												
Whitebait												
Whiting (L)												
Windermere Char												

Buying sustainably produced meat

There are many meat and dairy farms close to Lancaster, and plenty of local butchers, farm shops and farmers' markets where you can find out more about how the animals were reared and slaughtered. Organically reared animals are genuinely free range and enjoy the highest welfare standards. Sustainably produced meat follows seasonal patterns, as shown in the table below. (L) = available from local farmers.

Meat	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Beef (L)	■	■	■	■	■	■	■	■	■	■	■	■
Chicken (L)	■	■	■	■	■	■	■	■	■	■	■	■
Duck	■								■	■	■	■
Goat (L)	■	■	■	■	■	■	■	■	■	■	■	■
Goose	■								■	■	■	■
Grouse									■	■	■	■
Guinea Fowl	■	■							■	■	■	■
Lamb (L)					■	■	■	■	■	■		
Partridge	■									■	■	■
Pheasant									■	■	■	■
Pork (L)	■	■	■	■	■	■	■	■	■	■	■	■
Quail						■	■	■	■			
Rabbit							■	■	■	■	■	■
Turkey (L)	■	■	■	■	■				■	■	■	■
Venison	■	■							■	■	■	■

Cutting down on meat and dairy

In order to improve our own health and animal welfare, and reduce climate change and other environmental problems, we need to cut down on the amount of meat and dairy products that we consume. The Vegetarian Society has lots of tasty vegetarian and vegan recipes at: **www.vegsoc.org**.

‘Slow Food’ & North West regional food

Slow Food is a worldwide movement that aims to reconnect people with where their food comes from, and promote great-tasting nutritious food from sustainable local sources. Slow Food UK runs educational projects (eg. Slow Food Kids) and works with supermarkets and chefs.

Forgotten and endangered foods

Forgotten Foods is a Slow Food project aimed at celebrating local foods or breeds which have a place in our food heritage, and preventing them from disappearing. To qualify, food products must be:

- Distinctive in terms of taste;
- Threatened biologically or as culinary traditions;
- Traditionally produced;
- Historically linked to a specific area;
- Produced in limited quantities.

At least 55 Forgotten Foods have already been identified in the UK, including the following products from NW England:

- Double curd Lancashire cheese
- Lyth Valley damsons, from Westmorland
- Formby asparagus
- Herdwick sheep (unique to the Lake District)
- Morecambe Bay potted shrimps
- Windermere char (a type of trout)
- British red grouse (a gamebird of heather moorland)

Many of these products are now available in Booths supermarkets, through their partnership with Slow Food UK. You can find out more about Forgotten Foods and other Slow Food projects at: **www.slowfood.org.uk**

Celebrating local food across the NW region

Great websites for finding local food producers, and where to buy, eat stay, or enjoy food events in Lancashire or NW England, can be found at: **www.thoroughlyfood.co.uk**, **www.foodlinknw.org** and **www.madeinlancs.co.uk**.

Visiting local farms and food producers

A day out at a local farm or food producer can be very enjoyable as well as educational, for the whole family. A few examples are given below. Please check opening times before you visit.

Dewlay cheese makers, Garstang: *See how cheese is made*

What you will see: view Lancashire cheese being made, from a purpose built viewing gallery "The Cowkeeper", which overlooks the dairy, There is also a cheese shop.
Tours: Cater for pre-booked tours for groups or individuals.
Address: Garstang Bypass Road, Garstang, PR3 0PR.
Tel: 01995 602335
Website: ***www*.dewlay.com**

Docker Park Farm, Arkholme: *See the farm animals*

What you will see: sheep, calves, donkeys, alpacas, goats, geese, rabbits, guinea pigs, ducks, hens, pigs and owls!
Facilities: Family-friendly open farm with play facilities and tractor rides. The café sells drinks and food made from local products. There is also a gift shop. May be closed in winter.
Address: Arkholme, Carnforth, LA6 1AR.
Tel: 015242 21331.
Website:
www.dockerparkfarm.co.uk

Greenbank Farm, Over Kellet: *Pick your own fruit*

What you will see and do: Pick strawberries, raspberries, gooseberries, tayberries, blackcurrants, jostaberries, redcurrants and rhubarb (also beetroot and potatoes).
Tours: Pre-booked tours for groups or individuals
Address: Over Kellet, Carnforth, LA6 1BS.
Tel: 01524 733296.
Website: **www.greenbankfarm.co.uk**

Greenlands Farm Village & Wellies Café, Tewitfield: *Visit a working farm*

What you will see and do: Participate in the special farm experience taking you through the food cycle. Discover the story of where our food comes from – from farm to fork. Open 'hands on' farm. Caters for pre-booked tours for groups as well as individuals.

Facilities: Farm shop sells meat from the farm and surrounding areas as well as many other products. An environment centre, pottery, plant centre, cafe and children's giant playbarn. Home cooked meals including freshly made pizzas from a wood burning oven.
Address: Tewitfield, Carnforth, LA6 1JH.
Tel: 01524 784184
Website: **www.greenlandsfarmvillage.co.uk**

Mrs Kirkham's, Goosnargh: *Lancashire cheesemakers*

What you will see: Lancashire cheese being handmade in the traditional way. You will also meet the cows that produce the milk for the cheese. Pre-booked tours for groups as well as individuals.
Address: Beesley Farm, Mill Lane, Goosnargh, PR3 2FL.
Tel: 01772 865335. **Website:** **www.mrskirkhams.com**

Lancaster Brewery: *Local beer and cider makers*

A local brewery producing excellent quality beers including Lancaster Blonde, Amber, Red and Black. They also produce cider. See their website for details of brewery tours, visitor centre and special events.
Address: Lancaster Leisure Park, Wyresdale Road, Lancaster, LA1 3LA. **Website:** **www.lancasterbrewery.co.uk**

Old Holly Farm, Garstang: *Organic ice cream makers*

What you will see: A family run, working organic dairy farm. See, touch, smell, hear and taste the experience of a real working farm. The organic milk is used to make Cool Cow Ice cream on the farm, and creamy Lancashire cheese at Carron Lodge. Free range chickens lay delicious organic eggs! Can cater for pre-booked tours for groups as well as individuals.
Facilities: A cafe that uses local suppliers in all the dishes where possible. A farm shop with a wide selection of local jams, honey, meats and bread, plus organic and gluten free products from local suppliers where possible.
Address: Cabus Nook Lane, Garstang, PR3 1AA
Tel: 01524 791200. **Website:** **www.oldhollyfarm.com**

Red Bank Farm, Bolton-le-Sands:
A working organic farm

What you will see: A working organic farm on the shores of Morecambe Bay. Cafe selling organic lamb dishes. Accommodation. Pre-booked tours for groups as well as individuals.
Address: The Shore, Bolton-le-Sands, Carnforth, LA5 8JR
Tel: 01524 823196
Website: **www.redbankfarm.co.uk**

Growing Well, Kendal:
Learn how to grow food

What you will see: Growing Well offers educational visits led by qualified teachers and volunteers. Children love to sow seeds, pick vegetables and prepare tasty dishes from the organic produce, learning how the food they eat reaches their plates. Combined with a visit to the milking shed to meet our cows and calves, and a round of collecting eggs from our hen houses, it's sure to leave a lasting impression.
Special events: There are many one off food events throughout the year – please check the website for more information.
Facilities: Tea room, farm shop, gift gallery, clothes
Tours: We offer guided farm visits for groups
Address: Low Sizergh Barn, Low Sizergh Farm, Sizergh, Kendal, LA8 8AE.
Tel: 015395 60426
Website: **www.lowsizerghbarn.co.uk**

Markets in and around Lancaster

Farmers' Markets

Here you can buy fresh and preserved food direct from the producer. The days may change so please check information before making a special trip.

- **Bentham:** Bentham Town Hall - 1st Saturday, 9.30am to 2pm
- **Garstang Local Produce Market:** High Street Car Park - 1st Tuesday (closed in January)
- **Garstang Market Hall:** Wednesday to Saturday. The stalls include traditional and local cheeses, confectionery and homemade biscuits, locally grown fruit and vegetables and a traditional butchers offering local produce.
- **Hornby:** The Institute - Last Saturday, 10am to 2pm
- **Kendal:** Market Place - Last Friday, 9.30am to 3.30pm
- **Kirkby Lonsdale:** Town Square - 1st Thursday, 9am to 2.30pm
- **Lancaster University:** Alexandra Square – Thursdays during term time, 10am to 3.30pm.
- **Milnthorpe:** Milnthorpe Square - 2nd Friday, 9.30am to 2.30pm
- **Morecambe:** Christchurch URC, Broadway - 4th Thursday, 9am to 2pm
- **Nether Kellet:** Village Hall - 2nd Sunday, 11am to 3pm
- **Ulverston:** Market Street - 3rd Saturday 9.30am to 2.30pm

Although **Lancaster** does not have a Farmers' Market as such, many local farmers and other food producers have regular stalls at the **Charter Market** - a traditional outdoor street market in the city centre, every Wednesday and Saturday, all day.

Local food festivals and events

Apple Day

Held annually usually in September / October, and promoted nationally by Common Ground **www.commonground.org.uk**

- **Fairfield Community Orchard, Lancaster**
  Open air event for all the family. Apple tasting, stalls and café.
  Website: Fairfield Association **www.fairfieldassociation.org**

- **Arnside & Silverdale Area of Outstanding Natural Beauty**
  A fantastic day out for all the family. Apple tasting, stalls and café.
  Website: www.arnsidesilverdaleaonb.org.uk

Damson Day

At Low Farm in the Lyth Valley, Crosthwaite, near Kendal, LA8 8DJ.
Held annually in spring (April) when the damson trees are in blossom.
A fantastic day out for all the family. Damson products, guided walks, stalls and café. Entry costs apply. Onsite parking . toilets and cafe.
Website: Westmorland Damson Association **www.lythdamsons.org.uk**

Potato Day

Held annually in Lancaster, on the last Saturday in January.
Stalls, seed potatoes and fruit trees to buy. Potato café.
Website: Transition City Lancaster's Food Group
www.transitioncitylancaster.org

"The great thing about potato day is that you can try lots of different varieties and find out which ones do best in your garden, allotment or containers. Some varieties are renowned for their flavour and texture, others are more disease-resistant, making them ideal for organic cultivation. There are usually many organic and heritage varieties. You can 'pick 'n' mix' as many as you like!"
– Joy Grayson

Lancaster Food & Drink Festival

Held annually in early May (bank holiday weekend) since 2012.
Website: www.lfdf.co.uk

Local food groups and projects

Transition City Lancaster (TCL)

The Transition movement is a grassroots community response to the reality of climate change and fuel shortages. All the TCL groups are open to everyone and are free to join. The Food & Growing Group organises projects and events such as 'Fruity Corners', 'Potato Day' and a 'Garden Share' scheme – which matches up committed, enthusiastic, and respectful growers with local garden owners who want to see their gardens being used more productively.
Website: **www.transitioncitylancaster.org**

Fruity Corners

This project, initiated by TCL, is creating areas of fruit trees and edible plants in parks and other public spaces. The first two fruity corners can be found in Scotch Quarry and Greaves.
Website: **www.fruitycorners.org.uk**

Incredible Edible Lancaster (IEL)

IEL work with local communities to plant and nurture open access gardens and orchards so that everyone can gather food for free.
Projects include:

- Marsh Community Centre - fruit hedge and trees
- Alder Grove - fruit and veg planters
- Ridge Community Centre – veg and herb beds
- Ridge Community Orchard – apple, plum, pear and cherry trees
- ... plus many other vegetable plots around the city.

Website: **www.incredible-edible-lancaster.org.uk** and on **Facebook**.

Middlewood Ecological Trust & Permaculture Centre

Roeburndale West, near Wray, Lancaster LA2 9LL.
Study centre and courses on growing food and other aspects of sustainable living. Permaculture courses by Middlewood's director (Rod Everett) are also available through other organisations such as Growing With Grace.
Website: **www.middlewood.org.uk**

Northern Fruit Group

Advice and support for fruit growers, whether amateur or professional.
Website: **www.northernfruitgroup.com**

Off the Ground (LESS)

Off The Ground promotes food growing in the Lancaster District. A new community allotment site has been established on Lancaster's Ridge estate, and support is provided to other allotment sites across the district. OTG staff and volunteers also work with local residents, schools and community groups to develop their own food growing projects.
Website: **www.lessuk.org**

Local Food Directory (LESS)

LESS has created an online searchable guide to where you can buy local produce - including ingredients, drinks, a full meal or snack, catering for your event, seeds and compost for growing your own food, and much more! You can search by geographical area, or by what you want to do or buy.
Website: **www.lessuk.org/food**

Food waste

The 'Love Food Hate Waste' website is full of tips and advice on how to reduce food waste.

For example:

- **How to store food** to keep it fresh for longer;
- **How to interpret date labels**, such as 'sell by', 'use by' and 'best before';
- **How to plan meals and portions** to reduce waste;
- **Lots of tasty recipes** for using up leftover food.

Website: www.lovefoodhatewaste.com

The cost of wasted food

Households in the UK throw away 7.2 million tonnes of food every year, most of which could have been eaten.

This costs us £12 billion per year, and has serious environmental implications too.

The average household spends around £50 per month on uneaten food and drink – what a waste!

Food banks

Increasing numbers of people across the UK are struggling to feed themselves and their families.

There are lots of reasons why people are going hungry, including loss of income, illness, benefit delays, domestic violence, debt, family breakdown and the additional costs of heating during winter.

Communities and church groups across the country are attempting to alleviate this hunger by setting up food banks, where people in crisis can get at least a few days' supply of food, as well as advice and support to address the underlying problems.

Local food banks welcome donations of non-perishable food (or money!).
Lancaster: www.the-olivebranch.org.uk
Morecambe: www.trusselltrust.org/foodbank-projects
Carnforth: Email: **admin@carnforthfoodbank.org.uk**

Ethical food (whether or not it's local!)

Not everything can be produced locally, but you can try to buy the most ethically produced food from other regions, by looking for labels such as:

Fairtrade

This Fairtrade mark guarantees a better deal for farmers, growers and small-scale producers. Look out for Fairtrade fruit, chocolate, tea, coffee, wine and many other products. Lancaster District became a 'Fairtrade District' in 2004. The City Council and other local organisations have pledged to support and promote Fairtrade, and use fairly-traded products in their own catering.
Website: **www.fairtrade.org.uk**

Freedom Food

This is the RSPCA's farm assurance and food labelling scheme. It aims to improve farm animal welfare, including rearing, handling, transportation and slaughter. It does not include environmental standards. A product that carries the Freedom Foods logo does not necessarily come from a free range animal.
Website: **www.rspca.org.uk**

Organic

The Soil Association's organic certification covers all aspects of organic food production, including growing, processing, packaging, animal welfare and wildlife conservation. Organic food producers cannot use many of the chemicals, (for example herbicides, pesticides and fertilisers) used in non-organic food production. Genetically modified (GMO) ingredients and many food additives are also banned by this certification.
Website: **www.soilassociation.org**

Sustainable Seafood

The Marine Stewardship Council awards this label only to seafood which comes from a well-managed and sustainable fishery.
Website: **www.msc.org**

Local FOOD DIRECTORY

For the Lancaster Area

www.lessuk.org/food

A SEARCHABLE GUIDE TO WHERE YOU CAN BUY

Local Produce

CONTAINS AROUND 200 LISTINGS INCLUDING...

- Farm shops and farm tours
- Pick your own and community orchards
- Market stalls and local shops
- Restaurants, cafés, pubs and takeaways
- Trade suppliers and events caterers
- Home delivery schemes and gift hampers

LESS Promoting Sustainable Living

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