

## Issue I

Local Food significantly reduces  
Greenhouse Gas emissions

**F**ood contributes a large proportion of the UK's total greenhouse gas emissions according to The Carbon Trust, a Government organisation that provides help and advice to businesses on how to cut their carbon emissions. They have presented the UK's total carbon footprint based upon an analysis of the products and services that consumers use in their daily lives. The new footprint model has been launched following research earlier this year by the Carbon Trust showing that two thirds of consumers are more likely to buy products and services with a low carbon footprint. Food and catering contributes a large proportion of the emissions, but don't despair, as customers of Somerset Local Food Direct you are already contributing to part of the solution. We have recently been environmentally audited by the C- Change Trust, a charity also set up to help reduce emissions and they have estimated that our carbon footprint amounts to just 2-3% compared to shopping at one of the large supermarkets. That's a massive 97-98% reduction in carbon dioxide emissions. But it's even better than that. If waste food is allowed to decompose it will produce

methane (another hydrocarbon), a green house gas approximately 20 times more potent than carbon dioxide. One of our customers told us 'I've noticed a significant reduction in the amount of wasted food since using your service, everything tastes better and much less is left-over'. So, your continued support is not only appreciated by the local producers but is making a impact on tackling climate change.



Uk 's carbon footprint ad:

<http://www.carbontrust.co.uk/NR/rdonlyres/BI33EFB6-EF4E-4A6B-BC09>

[www.carbontrust.co.uk](http://www.carbontrust.co.uk)

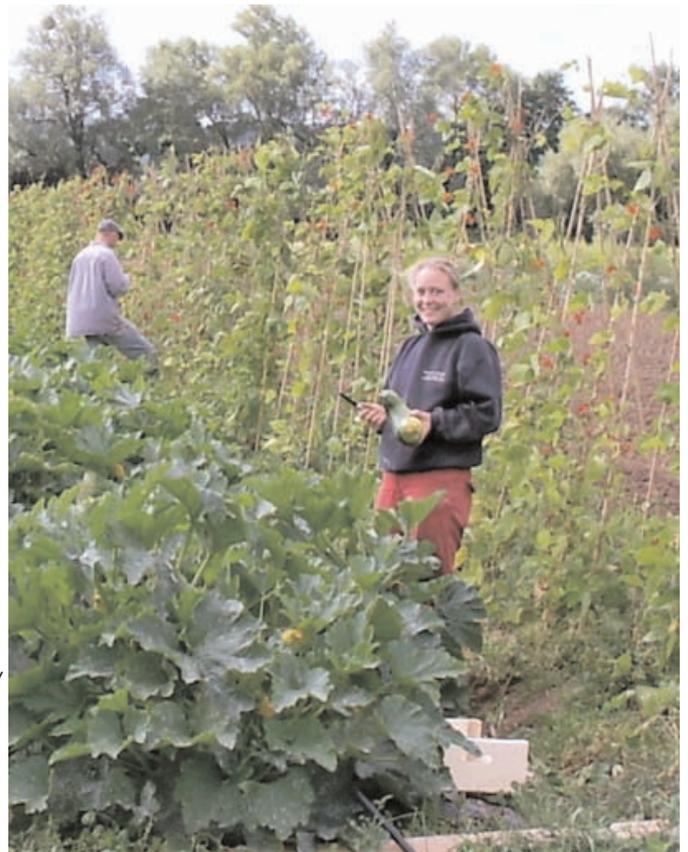
[www.the-c-change-trust.com](http://www.the-c-change-trust.com)

<http://www.foodanddrinkeurope.com/news/ng.asp?n=63826-greenhouse-gas-emissions-ets>

<http://www.defra.gov.uk/ENVIRONMENT/waste/topics/kitchen.htm>

## Wrington has Greener Greens (and reds, yellows and oranges)

They say it takes lots of determination and a little good luck for a new business to succeed. At Wrington Greens, one of Somerset Local Food Direct's newest producers you'll find plenty of both. The determination of the 5 full time staff was really tested when half of their field was under water during the July floods, and the whole season's tomato crop was lost to blight. The "luck" comes from the pink clover planted between the rows of veg as green manure. 'Whenever we are planting or harvesting we are constantly finding lucky four leaved clovers' said Eliza Ross, Head Grower. A formally unproductive 16 acre field in Wrington, two miles from Bristol Airport, is now producing top quality organic vegetables for restaurants and local shops as well as SLFD. Eliza spotted the potential of the site while working as Head Gardener with the Better Food Company, at the Walled Garden also in Wrington. I visited on a Wednesday, just as everyone was busy picking and packing potatoes, colourful swiss chard, orange and yellow and red rainbow chard, garlic, parsnips and the unusual roots of Mooli, (an Asian white root that taste like a mild radish) ready for the short drive to the Glastonbury warehouse that afternoon. Everything is produced organically, but this business has gone a lot further than just organic growing methods to provide a truly environmentally friendly way to feed your family, all the packaging used is compostable, even the plastic, and by the end of the year the vehicles will be running on biodiesel, including the tractor. Eliza is very keen to keep it 'local', refusing to drive her potatoes to a distribution depot in the Midlands so they could be sold as 'local produce' for a large supermarket in Portishead, just 12 miles from where they were produced. Luckily for us, her Cara potatoes are now available through SLFD. Wrington Greens produce Rainbow chard, orange chard, red and green cabbages as well as garlic and parsley. To see the full range, click on the producers tab on the website and choose Wrington Greens.



## Seasonal Bites

**R**ed cabbage is now in season along with parsnips and winter kale and chard. All these go really well with roast or grilled pork chops or even pork sausages. Try shredding half red cabbage layered into a casserole dish with a chopped onion or better still, a Barringtons banana shallot and an eating apple. Add a teaspoon of sugar and a tablespoon each of wine vinegar and water and bake in a hot oven for 1.5 hours. This freezes particularly well once its cooked.



Part boil the parsnips cut into bite sized chunks, dip in beaten egg and grated parmesan and bake in a hot oven for 45 minutes.

Kale or chard couldn't be simpler; steam for 10 minutes and eat it. Or if you want to do it the Italian way, mix one part lemon juice with three parts extra virgin olive oil, pour over the kale and serve it like a warm salad.

For a really fast, tasty addition to your pork chops try a dollop of 'Labane'. Produced by Radford Mill it's a sort of dressing-come-dip made with yoghurt, cumin, thyme, coriander, lemon and garlic-yummy!

## Christmas is coming and the goose is getting fat.....

**H**old on, we have to get through Halloween and firework night first! For some quick, easy and very tasty toppings for baked potatoes why not try...

Grated Haystack tasty cheddar with some Rose Farm apple and herb chutney or if you like it hot, Seasonal Preserves, chilli and tomato chutney. Radford Mill produce spicy pumpkin pate, perfect for Halloween parties. If you would like something a little lighter try mixing West Hill Dairy's organic cream cheese with John Hurd's organic watercress chopped finely. And to warm those cold toes on a November night, make mugs of hot chocolate using Green and Blacks organic hot chocolate and full cream organic milk for the kids, and add a dash (or two) of Pennard organics Ginger liqueur for the grown-ups.

But there's now only 8 weeks to Christmas and as usual we would like your orders for Christmas by the end of November. Please add to the comments box, 'For delivery Christmas week'. There are several ways you can plan ahead and start to stock the cupboards and make the shopping list in time for the big day.

If you are concerned about food miles, avoid the prawn cocktail as a Christmas starter this year. Many prawns are intensively farmed in South East Asia, a journey of around 7000 miles to get to your plate. Earlier this year the Sunday Times reported on a Scottish prawn producer that was freezing and shipping their prawns to China to be hand peeled and then, re-frozen to make the return journey back to British supermarkets. Somerset Local Food has some great local alternatives.