

## What you can do:

### *Think seasonal*

Reduce the demand for food miles by knowing what foods are locally available during what season and shopping/growing with that in mind.

### *Buy Local*

What's local? Well labels will tell you so much at a national level but talk to local traders, farmers markets even supermarkets and you might get even closer to home. Conversation creates demand.

### *Support urban food growing*

Why not swap the supermarket for an organic box scheme such as the one offered by Growing Communities, a social enterprise run by local folk in Hackney.

### *Join or organise a food co-op*

By pooling local buying power you can purchase good food at a more affordable price. [www.sustainweb.org/foodcoops](http://www.sustainweb.org/foodcoops)

### *Get the kids involved*

Kids can enjoy planting, harvesting and especially eating their own grown food: [www.wen.org.uk/local\\_food/schools](http://www.wen.org.uk/local_food/schools)

### *Join a Soil Association local group*

These groups provide opportunities to promote and develop a local food culture and to learn about issues facing food and farming.

[www.whyorganic.org/involved\\_joinAGroup.asp](http://www.whyorganic.org/involved_joinAGroup.asp)

### *Volunteer at a City Farm*

There's a good spread of opportunities across the capital.

[www.london-footprints.co.uk/visitfarms.htm](http://www.london-footprints.co.uk/visitfarms.htm)

### *Help Capital Growth grow food in your area*

They plan to establish 50 new growing spaces in London and will with set up costs [www.capitalgrowth.org/grow\\_food](http://www.capitalgrowth.org/grow_food)

## Now start growing...

### *Grow at home*

Sunny patches of the garden, balconies, pots and trellises can all be used for a variety of herbs and vegetables.

### *Get an allotment*

These are a cheap way to access cultivatable urban land. And hurry: queues are getting longer. You can find land where you can grow your own food at [www.nsalg.org.uk](http://www.nsalg.org.uk)

### *Share the fun*

Sharing an allotment with friends is a good way of easing the burden and sharing the therapeutic rewards.

### *Grow for winter*

Once you have mastered summer veg, nothing is more satisfying than your own food throughout the winter. Store squashes and potatoes and carrots or dry and freeze and bottle fruit and veg. A polytunnel will extend the growing season as well as increase the crop.

### *Keep your overheads low*

Garden centres and catalogues are full of the latest devices for increasing and protecting and storing crops. Apart from a few tools everything from sheds to seed trays can be put together for next to nothing.

### *Get composting*

Recycle your organic waste to improve the soil.

### *Plant a fruit tree*

A surprisingly large amount of fruit can be produced in a small space.