Welcome!
This is the fifth issue of the Post-Carbon Gazette. The main focus this month is on local food. Can we feed ourselves beyond cheap oil? The inner pages show a vision from a possible transition future in 2050. We invite you to read this and think about your own vision for Worthing over the next 40 years.

As we begin the second decade of the 21st century, raising awareness of climate change and peak oil are crucial, as are planning our responses as a local community.

If you have a transition story, let us know about it:
Email us at transitionworthing@gmail.com

Get Tooled Up!
Food is, ultimately, an energy source, vital for human survival. Without treading on the toes of Pinkerton and Hopkins, this essential energy source for our very existence is now largely experienced at the end of a long process requiring the input of unsustainable amounts of fossil fuels that damages the stability of the climate that we require to grow the food! Of solutions offered, re-localisation of food supply is the only sustainable one, and thus explored in this very useful book.

Review by James Howard.
TTW have acquired copies of Local Food direct from the publisher, Green Books. Buy a copy at one of our events.

When This Madness is Over
When this madness is over, our grandchildren will ask, “What was a supermarket trolley, Grandad?” and in a world of re-localized agriculture and massively reduced oil supplies, how will we begin to explain the way we live now?

Everything is set up for our convenience. Prices constant, endless choice and just enough acknowledgement from the sales assistant to keep me content to spend hard-earned cash. I could be anywhere in the world. With the same aisles of processed foods, the same brands, the same companies running the trade and the banking, on which it all depends.

I don’t know about you, but I find this soulless experience dissatisfying. And over the years, I’ve looked for ways to bring more life into my kitchen by buying from local producers I know. These small acts bring me a sense of supporting and belonging to my community that keeps me sane and gives me hope for the future. I am making a small contribution to another story, one where we build a world in which distant wars over oil and gas supplies play no part, and we respect those who live in other parts of the world enough to let them determine their own future.

How have we come to support a system in which we maintain the right to send our Swedes, carrots and milk halfway round the country in a refrigerated lorry? How do we begin to dismantle this system and create something more nourishing and inspiring?

Extract by Noni Mackenzie (from A Celebration of Local Food).

In this issue of the Post Carbon Gazette, there are ways to get involved and do something positive. Growing your own food, joining a group, supporting local farmers and producers are all good ways to help shape the future of food.

Transition Town Worthing is a grassroots community group exploring ways of rebuilding a resilient future for Worthing.

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How Worthing Feeds Itself in 2050  
(by Claire Hunt)

Forty years from now, Worthing is able to source at least 60% of its food needs from within a hundred mile radius of the town and nearly half of that from within the town and up to 10 miles away. Healthy, tasty, reasonably priced food is available to everyone and, to quote A Farm for the Future, it is no longer “dripping in oil”, which used to be essential for its production, processing, distribution and retailing.

In this second look at what a ‘transitioned’ Worthing could be like in 2050, Claire Hunt of the TTW Local Food Group sets out a positive vision for food.

Specialities. If they buy luxuries from abroad, these are fairly traded and sustainably produced. People are healthier, more active, more grounded in their community and have found that food nourishes both body and ‘soul’. CH

Food lovers

Worthing people in 2050 love good food. They have re-learnt to grow, buy, eat and forage in tune with the seasons, which are celebrated with festivals and communal events. They have rediscovered the skills needed to prepare, cook and preserve and take pleasure in fresh, healthy, local ingredients. They make time for food but they know clever efficiencies for when time is short. They eat much less meat and dairy, but enjoy local and regional specialities. How Worthing Feeds Itself in 2050 (by Claire Hunt)
How Worthing Feeds Itself in 2050 (continued)

Food for a living
Within and around the town, hundreds of people now make a living from market gardening on reclaimed obsolete car parks, supplying local businesses, schools and hospitals with thousands of tonnes of fresh fruit and vegetables. Greenhouses that once made Worthing famous for its tomatoes, grapes and melons, are back on re-developed sites, but heated sustainably and growing aubergines, chillies, peppers, and okra as well. Small processing industries have sprung up too, and bottling, canning, drying, juicing.

Farms around Worthing are thriving, having converted from fossil-fuel dependent farming to highly productive, diversified ‘permanent agriculture’ or permaculture. They grow perennial tree crops, like nuts for flour, timber for building materials and fuel, crops for vegetable oils, herbs for medicinal and forage plantings for livestock. Farmers have re-connected with consumers, many farms made viable by Community Supported Agriculture schemes. Others sell the high-quality, affordable produce through food cooperatives, veg box schemes, farmers’ markets or shops in town. Thousands of younger people have become farmers or have set up associated businesses like milling, pressing oil, designing and manufacturing appropriate tools and processing machinery.

Worthing’s fishing community has had a renaissance. Customers buy sustainably fished, seasonal catch direct from the beach or through buying groups. Worthing now hosts regular Sea Food Festivals.

Restaurants, take-aways and supermarkets have responded to consumer pressure and rising prices, and source locally. But supermarkets take a much smaller share of the market now and butchers, bakers, cheese-makers and local food shops, a short walk or cycle ride away from their customers, do good trade. All producers and retailers accept the local currency: the Worthing Pound.

Sunday 28 February 2010 at The Old Palace, Tarring: "How will Worthing feed itself beyond cheap oil?"

The first TTW food event was a real success and we’ve received some very positive feedback. The Old Palace in Tarring was at capacity and it was good to see lots of people new to TTW events. We chose the theme of local food resilience, to encourage participants to think about growing and eating local food. To get discussions started we had a showing of the BBC film Farm for the Future.

Made by the inspirational wildlife film maker Rebecca Hosking, and based around her family farm, the film raises some interesting issues.

Here in the UK our food production is almost totally dependent on abundant cheap oil. The film looks at the security of our oil supply and explores ways of farming without oil. With the help of pioneering farmers and growers, we learn that nature holds the key to farming in a low-carbon future and indeed could lead to greater productivity from farm land than at present.

After the film we discussed the issues raised and shared thoughts and ideas on a graffiti wall whilst enjoying refreshments and vegan cake. The group also put together various displays on food heritage, permaculture and a timeline of what we could see in Worthing between 2010 and 2030 - giving us all food for thought!

The second part of the afternoon was taken up with our seed swap, which will become an annual event, and plant sale. The informal atmosphere encouraged growers, from beginners to expert gardeners, to exchange both seeds and advice. So fingers crossed, in 2010, we hope we have inspired more people in Worthing growing their own food.

We’d like to thank all involved. GL
Apart from the sheer pleasure of eating seasonal food, it is a small but important step towards a more sustainable lifestyle. As we are trying to transition our town into a lower carbon future “Every little Helps”!

Another thing to think about is where we buy our seasonal vegetables. It is great to see that supermarkets are supplying some local and seasonal produce but let’s not forget the importance of supporting our small independently run shops. The more business we can give to these shops the stronger our local economy becomes and also the more choices the shops can offer.

It is so easy to look upon shopping as a chore, but if you shop at the many local parades we have throughout the town you will soon realise there is mostly what you want and it can be a pleasure! There is definitely an argument for the prices being higher in small shops but without the vast and unnecessary choice supermarkets offer you end up spending less as you only pick up exactly what you need.

So, what’s in season?
- Brussels sprouts and tops
- Cauliflowers (Winter)
- Chicory
- Kale
- Leeks
- Parsnips
- Radish
- Salad Onions
- Sorrel
- Spouting Broccoli
- Swedes

Not forgetting of course that we are lucky enough to live near the sea and our fisherman are out in all weathers bringing in the catch!

Some seasonal fish for the South East in April are Brill, Plaice, Turbot, Gurnard, Red Mullet, Whiting, Native Oyster (!) and Whelks.

Also local seasonal meat is worth hunting down and good to support butchers that supply it! At the moment lamb is coming into season, usually just in time for Easter.

Happy Shopping!

LL

Anything else?
- Cabbages (Spring & Winter)
- Celeriac
- Good King Henry
- Land Cress
- Lettuces
- Perpetual spinach
- Rhubarb (forced)
- Sea Kale (forced)

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**Fit for Purpose?**

“Existing patterns of food production are not fit for a low-carbon, more resource-constrained future”

UK Cabinet Office, 2008
Vegan cakes are easy-peasy so rattle your pots and pans and get baking!

**Vegan Victoria Sandwich**

400g self raising flour (wholemeal is best for you – organic even better)
180g golden caster sugar
1 level teaspoon bicarb of soda
200ml sunflower oil
200ml unsweetened soya milk
100ml water
1 teaspoon cider vinegar / lemon juice
1 teaspoon vanilla essence

Mix dry ingredients. Don’t bother with sieving (too messy and dusty. Yuk)
Mix wet ingredients and leave for a couple of minutes. It’ll sort of curdle and separate
Use the tips of your (clean!) fingers to touch the oil at the top of the mix and rub over the insides of your cake tins
Use the dry mix to dust over the oiled tins
Mix wet and dry together till all combined
Plop into your tins
Pop into your oven gas 5-6 for about ½ hour
Poke with a toothpick – should come out clean
This is important: leave in the tins until completely cold then turn out (maybe scootle round the edges with a knife to loosen)
Squidge together with vegan marg icing / jam / both

**Vegan Icing**

150g marg (any ‘Pure’ brand is readily available and vegan / ask at your health food shop for other brands such as ‘Suma’ / ‘Vitaquelle’ – not Vitalite)
250g icing sugar

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**Transition Cakes (by Donna Polson)**

I thought we were dining ‘international’ tonight?
The broccoli is from Spain, the potatoes from Portugal and the lamb from New Zealand. Send me a postcard when you’ve eaten!
TTW’s Local Food Group

Our objectives are to raise awareness about how peak oil and climate change will affect Worthing’s ability to feed itself and to involve the community in events and projects that increase Worthing’s capacity to adapt to changing circumstances. Eventually we want to develop an Energy Descent Action Plan (EDAP) for a food network that is not dependent on cheap and abundant oil.

We meet once a month on Tuesdays, from 7pm until 9pm. It’s very sociable but also quite action-orientated so that we can achieve what we want to do. Our first public event was in February with about 70 people joining in. (See page 3)

In order to plan future projects, we have started to develop a vision of an urban-based, low-carbon, re-localised food system for Worthing. The following article is a draft, but we want more people to join with us in shaping the vision, making it very specific to where we live and then making it real.

So, please tell us what you would like to do about increasing access to local food. Or let us know if you have a garden that someone who wants to grow vegetables could cultivate for you. Or if you want to learn how to grow your own, cook or preserve, join a food coop, or a community orchard, or help with a survey of Worthing’s food network.

CH

How Can I Get Involved with TTW Local Food?

1. Did you know that it takes seven calories of energy to produce one calorie of food? (Danielle Murray, Rising oil prices will impact food supplies)
2. Food and agriculture account for nearly 30% of the goods transported on British Roads. (BBC)
3. More food is thrown away each year from our homes than packaging. (WRAP)
4. Over 50% of the UK’s food is served through catering outlets. (Soil Association)
5. 95% of our food products depend on oil. (Chris Skrebowski, Joining the Dots)
6. The equivalent of over four barrels of oil are required for every person in the UK each year to supply them with food. (Fuelling the food crisis, Caroline Lucas et al)
7. A 150 gram hamburger takes 2,400 litres of water to produce. (BBC)
8. Food accounts for about a third of the average UK households carbon emissions. (European Epiro study 2005) SL

Still need convincing about food production?

- Local Food Group Meeting Tuesday 13th April, 7pm – if you want to join, let Claire know via the Transition Town website.
- Worthing Farmers Market Saturday 24th April – come and talk to us at the TTW stall, and buy some lovely local food whilst you are there.
- Heene Gallery 4th-27th June – TTW is running a month of events and at least one of them will be food related. More details soon.
- Taste of Worthing 6th and 7th August – we will be participating in the exciting celebration of local food organised by Lime at St Paul’s.
Local Vegetable Growing Scheme

Planting Brussels Sprouts at Culberry Nursery, Feb 2010

Our food today is said to contain only a small fraction of the mineral nutrients that were in the fresh produce of 100 years ago. Those who can remember the taste of fresh vegetables even 30-40 years ago know that the taste has disappeared today. The organic movement has done a lot to reduce the outrageously poisonous fertilisers and pesticides, but they too admit the founding principles have become diluted by pressure to make organic food accessible, and that biodynamic growing methods provide the best agricultural, environmental and social basis for the highest quality food.

Biodynamic growing recreates true “food for the soul”. It was first taught by Rudolf Steiner in Poland 80 years ago to solve the problems even then of falling food quality with “industrialised” farming methods. Since then many researchers have added to the knowledge of how plants and animals respond to the rhythms of the earth, moon and solar system. Others have cast light on the relationships of the unseen influences of the Elemental world, the natural rhythms of water flow and the secrets of compost making.

At Culberry Community in Angmering, we combine biodynamic growing practices with the social aspect of community activity and celebrating together the fruits of our labour and the environment around us. The changing seasons are recognised not only by the variety of produce but also by traditional festivities throughout the year.

Community members meet in the vegetable garden most weekends, (week days for those who know what needs to be done) and are able to gather most of the family vegetable needs including an increasing range of soft fruit. For details about the community, or to arrange a visit, contact Dawn or Kevin on 01273 464295

Local Food? Get Real!

As Worthing has expanded over the years a great deal of productive agricultural land has been lost. Market gardens and orchards have been replaced by housing, shops and places of work. Adjoining fields are now mostly given over to arable crops and livestock. Seen from the air, car parks have taken over from glass-houses as the significant landmarks. Most of the small, local growers who used to supply a diverse range of produce are no longer there.

As a result Worthing’s supply of food is much less resilient than it used to be. We rely on long supply chains to draw in food from all over the world. Typically our food miles have a bigger carbon footprint than the energy we use in our homes and for transport. The BBC documentary ‘Farm for the Future’ spells out how the end of cheap oil places a huge question mark over our current arrangements for growing and transporting food.

The best response to the challenge of how we feed ourselves in the future is to grow more of our own food. However, even the current demand of people to grow their own food far outstrips the supply of available land.

The good news is that government seems at last to have recognised this.

At the beginning of March a package of measures was announced to help communities grow their own food. These measures fit with the vision of Transition Town Worthing’s Food Group to open up land that isn’t usually thought of in terms of growing food. Private and public sector landowners, including councils and the NHS, all have possible sites. Abandoned land and land that is currently unused or waiting development also have potential for growing and transporting food.

There are some inspiring examples from Transition Towns around the UK. In Totnes, nut and edible fruiting trees are being planted in public spaces including the town cemetery, communal spaces within housing estates, on open space by the river bank and around playing fields. The aim is to have at least 500 fruit and nut trees in and around Totnes within 10 years of starting the project in 2007.

Transition Newton Abbot has recently been given the use of a piece of land owned by the town council which has remained unused for many years. This is being turned into a community garden, mainly for growing fruit and vegetables, but it also has a wildlife/wetland area, an area to sit and relax and small scale composting and recycling.

Transition Stroud has helped set up a Community Supported Agriculture (CSA) scheme. The members pay a fair wage to two full-time farmers who work 50 acres of rented farmland close to Stroud. All the produce from the farm is shared between the supporting consumers or sold locally if there is a surplus. Nearly 200 homes are supplied with high quality, locally-grown organic vegetables and meat. The success of the scheme has lead to the founding of a second CSA scheme in Stroud and more may follow.

In a world where millions go hungry and in which our future food supply is uncertain, we need to open our eyes to all the potentially productive land in Worthing. It’s not going to happen on its own, though. It needs people in Worthing to join together to make it happen. That’s what TTW is all about. JC
April/May Events

Thursday 1st April - Visioning a Positive Future. This is a hands-on workshop using imagination and creativity (no previous experience necessary!) St Paul’s Centre meeting room, Richmond Road, Worthing. 8.00pm to 9.30pm. Donations very welcome!

Tuesday 6th April—Worthing Pound Task Force (see website for details).

Tuesday 13th April—TTW Local Food Group Meeting (see page 4 for details)

Saturday 17th April—Transition with Tea. Come and talk about Worthing’s transition (and your own), have a cuppa, a slice of cake, and meet other Worthing residents who feel the same. Very informal; no agenda. Lime Café at St. Paul’s, Chapel Road, Worthing. 2.30pm to 4.30pm.

Contact Details for Transition Town Worthing

Email: transitionworthing@gmail.com

Websites:
http://transitiontownworthing.ning.com
http://transitiontowns.org/Worthing/Worthing

April/May Events continued . . .

Sunday 18th April—Culberry Nursery Herb Day.
11.30am to 4pm. Herb Walk by local herbalist Andrea Hughes, Culinary herb demonstration, Nursery tour, Plant sales, Refreshments. Free entrance. Culberry Nursery, Angmering.

Wednesday 21st April—20’s Plenty Presentation (by TTW Transport 229’s Duncan Kay). The Barn, Field Place, Worthing. 7.30pm to 9pm.

Saturday 24th April—TTW Stall at Worthing Farmers’ Market. 9am to 2pm.

Sunday 25th April—in Transition 1.0 (film screening)

In Transition is the first detailed film about the Transition movement filmed by those who know it best, those who are making it happen on the ground. The Transition movement is about communities around the world responding to peak oil and climate change with creativity, imagination and humour, and setting about rebuilding their local economies and communities. It is positive, solutions focused, viral and fun.

Friends’ Meeting House, Mill Road, Worthing. 7pm.

Suggested donation £3

Wednesday 28th April—TTW Transport 229 Group Meeting. (Check website for details)

Sunday 2nd May—Herbal Medicine Workshop.

Tuesday 11th May—Powerdown (film screening & workshop). How can we work together as a community? Worthing Library, Richmond Road, Worthing. 7pm to 9pm.

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