

Arnside Lecture Series from the Future Places Centre

A series of talks from researchers from the Future Places Centre and Lancaster Environment Centre at Lancaster University and the UK Centre for Ecology and Hydrology

Date	Speaker	Title
26 Jan,	Rachel Marshall (FPC)	Food futures in and around Morecambe Bay
2 Feb,	Dan Harvey (UKCEH)	Microplastics in the bay
9 Feb,	John Quinton (LEC)	Soils and net zero
16 Feb,	Suzi Ilic, Liz Edwards, Serena Pollastri (FPC)	Morecambe Bay Timescapes
23 Feb	Ada Pringle (LEC)	The changing channels and coasts of the Kent Estuary
2 March.	Karen Lloyd (FPC)	The Gathering Tide and Morecambe Bay

FoodFutures

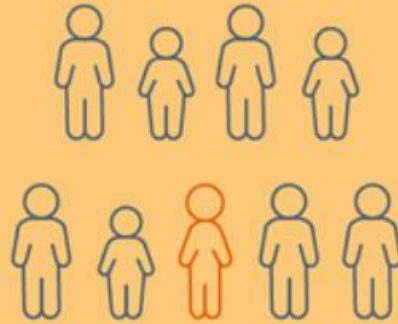
In and around Morecambe Bay



The Food System: A Broken System?



Globally, **1 in 9** people is hungry or undernourished



1 in 3 people is overweight or obese



“The global food system is broken. The cost of the damage to human health and the environment is much greater than the profits made by the food and farming industry.”

Prof. Tim Benton
Chatham House

Environmental degradation from intensification



A system with waste and hunger built in



Over $\frac{1}{3}$ of all food produced globally goes to waste.

The UK throws away around 9.5 million tonnes of food waste in a single year – even though 8.4 million people in the UK are in food



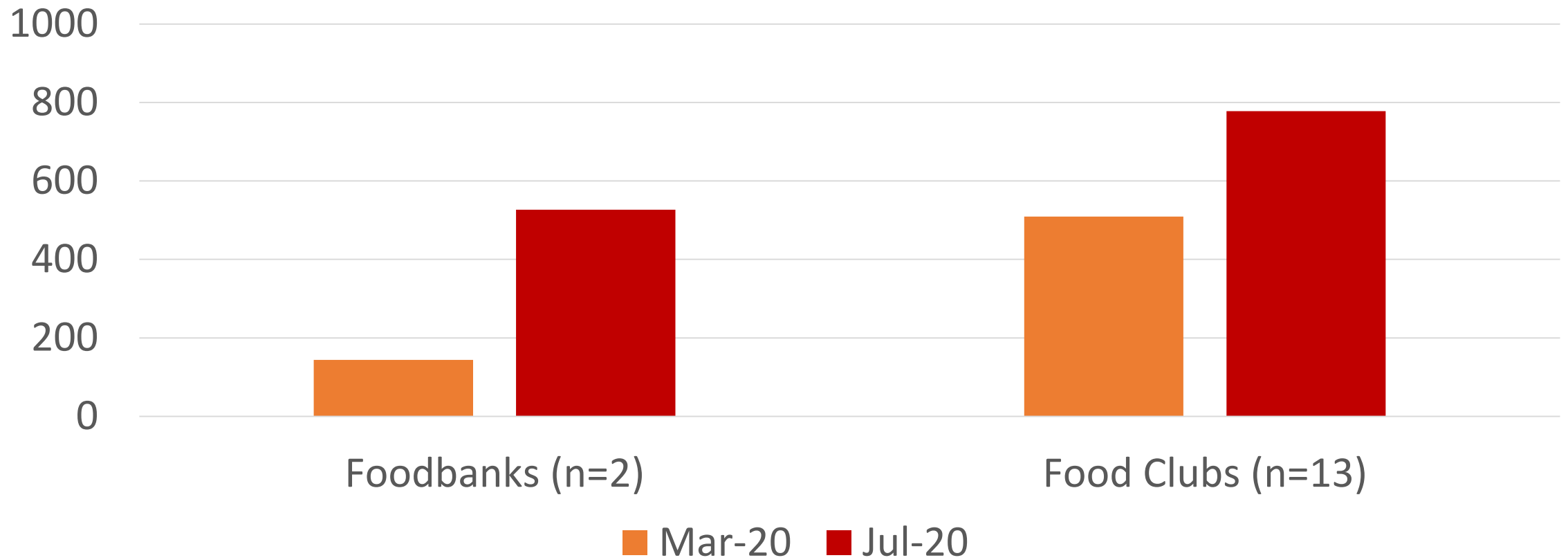
The pandemic and Food Access

“During the start of the pandemic around half of people who used a food bank had never needed one before”

The Trussell Trust



Estimated weekly number of households using food banks and food clubs in Lancaster District pre- and post- Covid-19



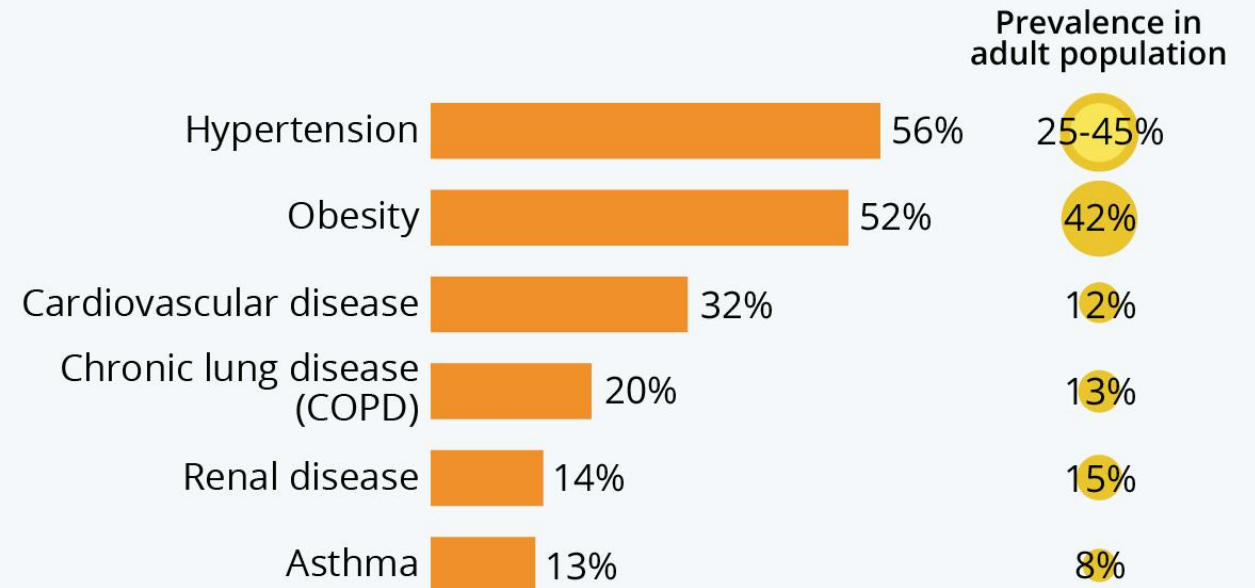
Poor diets and coronavirus risk

“Malnutrition puts hundreds of millions of people around the world at increased risk from coronavirus.”

2020 Global Nutrition Report

Which Underlying Conditions Do COVID-19 Patients Have?

Share of hospitalized adult COVID-19 patients in the U.S. which had the following underlying medical conditions



Preliminary hospitalizations as of April 18, 2020. U.S. adult prevalence latest available from CDC NHIS, NHANES or BRFSS (2016-2018)

Source: CDC



Vulnerability of food supply chains

“Increased buying was, in our view, not because of “panic” but largely a reasonable and predictable response”

House of Commons
Environment, Food and
Rural
Affairs Committee



 Check for updates

comment

Vulnerability of the United Kingdom's food supply chains exposed by COVID-19

Insufficient capacity in domestic food production, just-in-time supply chains and Brexit-related labour market challenges have weakened the UK's food system. Building redundancy and diversity in the food system is essential for resilience in the COVID-19 recovery.

Philip Garnett, Bob Doherty and Tony Heron

Vulnerability of food producers

“Workers in agricultural supply chains among groups most at risk of COVID-19 infection”

Business and Human Rights Resource Centre

This article is more than 6 months old

'No food, water, masks or gloves': migrant farm workers in Spain at crisis point



Pandemics are partly
the result of our food
system

“the novel ways in which modern farming forces humans, animals and microbes together increases chance of spillover (when a microbe jumps species)”

Time Magazine

TIME

IDEAS

We Need to Rethink Our Food System to
Prevent the Next Pandemic

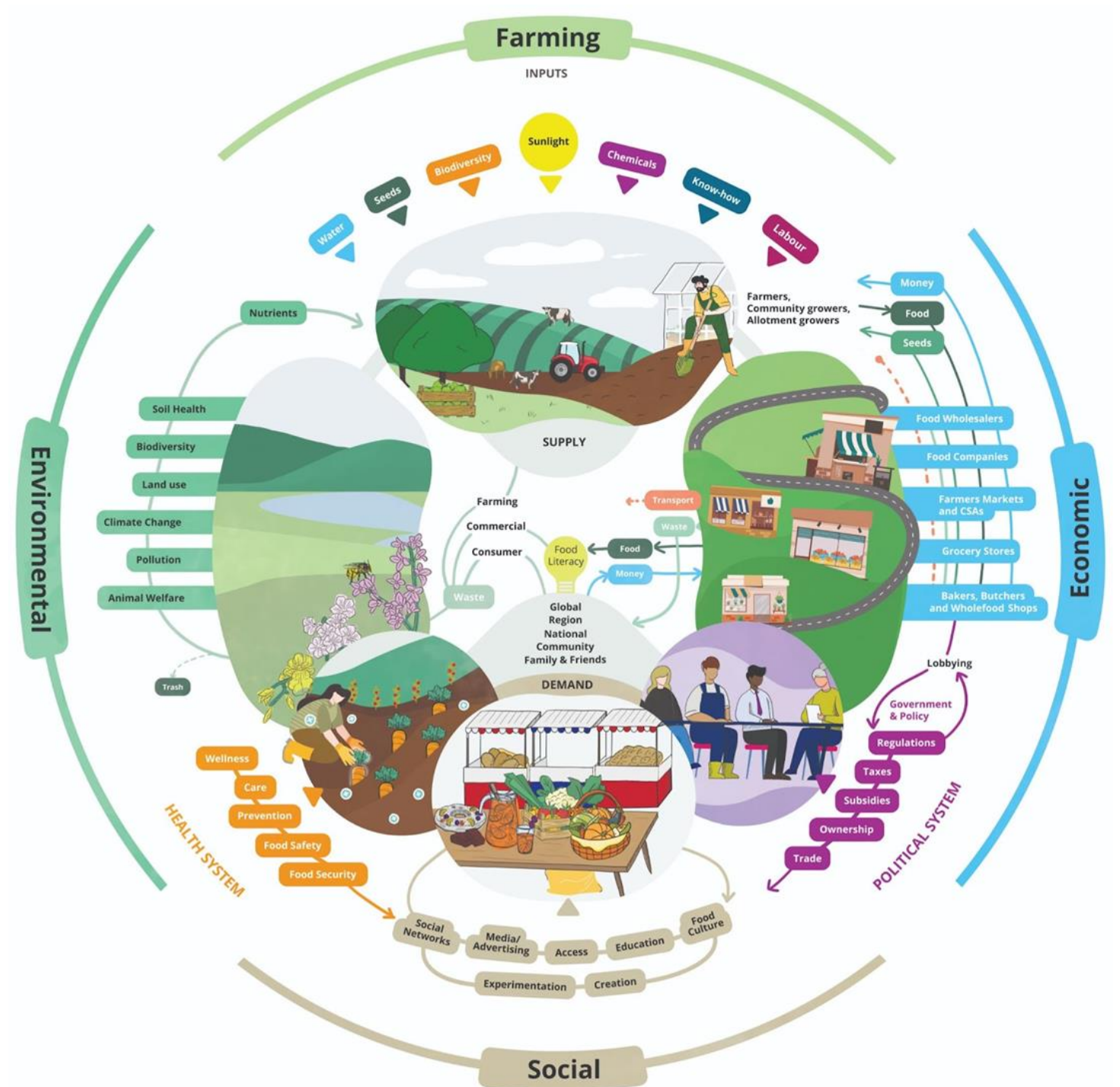


Agricultural laborers spray against insects and weeds inside the orchards of a fruit farm in Mesa, California. Brent Stirton—Getty Images

<https://time.com/5819801/rethink-industrialized-farming-next-pandemic/>

Time to reimagine our food system

- Regenerates soils, air, waters, biodiversity, livelihoods, people
- Creates little or no waste
- Diverse, small-scale and resilient
- Integrates environmental, social and economic value-nested systems
- Connects people with food- and the people and landscapes that produce
- Communities are making this happen



How can we create a different food system?

‘Food sovereignty allows communities control over the way food is produced, traded and consumed. It could create a food system that is designed to help people and the environment rather than make profits for multinational corporations.’

Global Justice Now

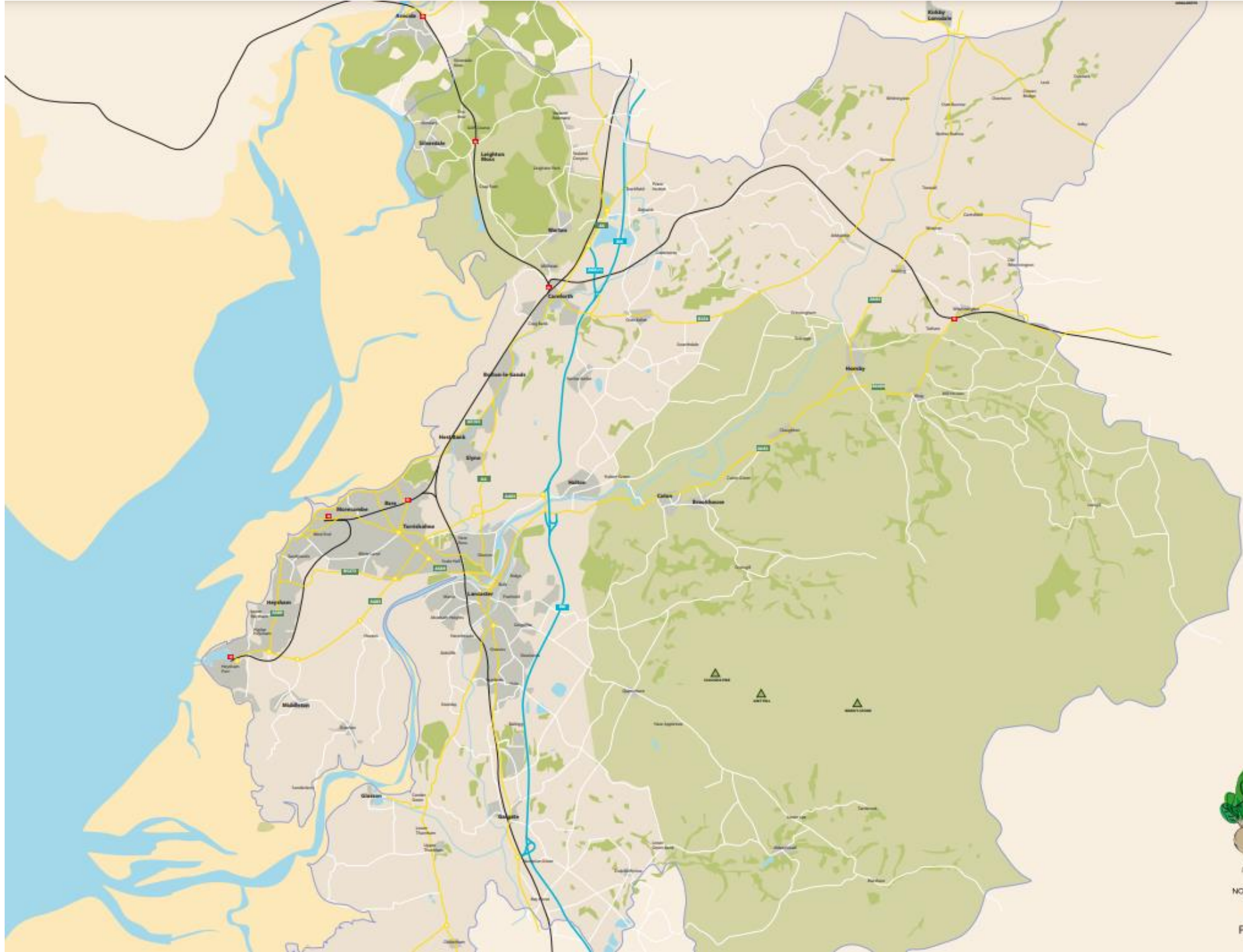


FoodFutures strategy development 2018

FoodFutures: North Lancashire's Sustainable Food Places partnership

- FoodFutures is North Lancashire's award winning Sustainable Food Places Initiative (www.foodfutures.org.uk)
- We are a cross-sector place-based food partnership that works together to realise our shared vision: “a thriving local food system that is healthy, resilient and fair.”
- Part of a wider national+ network of ‘Sustainable Food Places’ (www.sustainablefoodplaces.org)





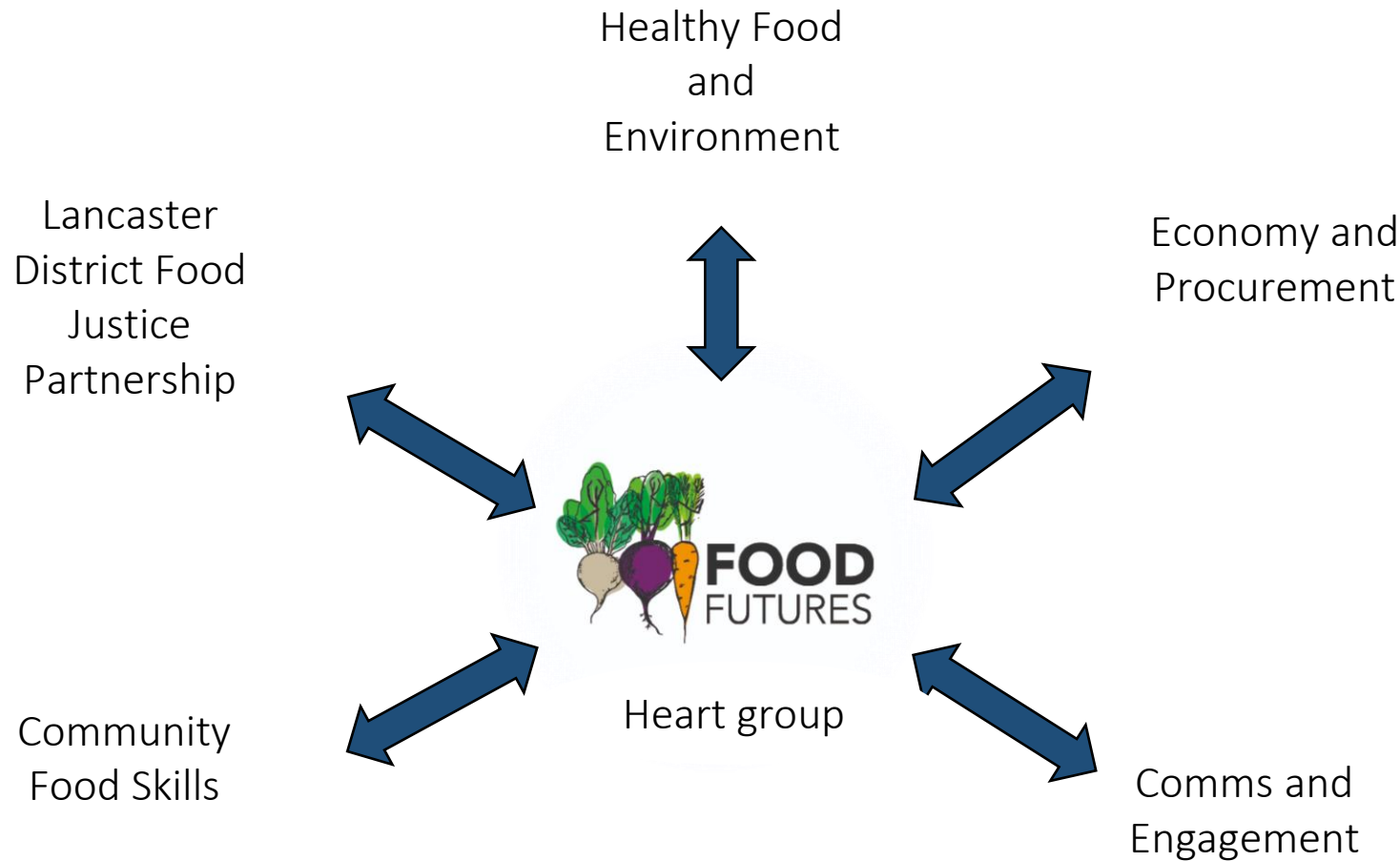
NORTH LANCASHIRE'S SUSTAINABLE FOOD NETWORK

Map of Lancaster District
Produced by Moonloft for FoodFutures

FoodFutures: A brief history

- Came out of Transition City Lancaster's food group.
- SFC Lancaster was officially launched in 2014.
- From 2014 - early 2018: completely voluntary & met monthly.
- 2018 got a coordinator grant = increased capacity.
- REFRESH event in June 2018. Rebranded to FoodFutures
- Quarterly partnership meetings & working draft action plan developed.
- Themed working group meetings.
- 2020-21: Development of Our FoodFutures: A community food strategy to guide the work of the partnership

FoodFutures: Our local sustainable food partnership



- Themed working groups
- Members from local institutions, business, policy, community groups, community projects
- Taking forwards strategic priorities from shared visions shared in FoodFutures community food strategy
- Common vision of a thriving local food system that is healthy, resilient and fair

Pandemic work: Developing a place-based food strategy



OUR FOOD FUTURES

A COMMUNITY FOOD STRATEGY
FOR NORTH LANCASHIRE

- Lancaster District Peoples' Jury on climate change recommendations:
- LDFPA Strategy
- 5 themed strategy days
- Focus groups with local farmer networks and procurement officers
- 3 community conversations
- Paint a picture of our future art activity:
<https://foodfutures.org.uk/paint-our-future/>
- North Lancashire FoodFutures Survey
- Two feedback cycles
- Literature review

2030 FOOD VISIONS FOR NORTH LANCASHIRE

Regenerative food economy and procurement.

A thriving local food economy will be built around ecological and social values, supporting positive impacts for people and the planet. Local residents are food citizens, taking a keen interest in who produces their food, and the societal and environmental impact of their food choices. A growing network of agroecological farms and market gardens will supply a diverse array of produce to local residents, including veg, fruit, nuts, seeds, fibre, fuel and high-welfare animal products. They are supported by shorter supply chains and direct connections between producers, public institutions and communities. Careers pathways will be developed for all areas of our local food economy.



Organic produce grown on the edge of North Lancashire by Growing with Grace. Image supplied by Growing with Grace.

The right to nutritious and sustainable food for all. Healthy, nutrient-dense, sustainable food will be easily accessible for all and there will be many more community initiatives that share food with people of all ages and backgrounds. People will have quick and easy access to food in a crisis, but there will be ample support so they can move quickly out of a difficult situation. Where surplus food exists, it is distributed in ways which are equitable and fair for producers, and for those in need of support.



Eggcup providing crisis food distribution in the first UK-wide lockdowns for Covid in Spring of 2020. Image provided by Eggcup.



Healthy food and environment. Agroecology will sit at the heart of food production across the region, ensuring food is produced in ways that can: build healthy people and soils; adapt to and mitigate climate change; build local resilience; grow local populations of pollinators; protect and restore our natural ecosystems; and minimise waste and pollution. Good nutrition will be linked to healthy soils. Our economy will become circular and a gleaning network will act as an effective distribution model for times of surplus and scarcity. Food will become part of healing at all levels, from the highest-quality food available in hospitals, through to social prescribing, to community gardens and food forests for a range of physical and mental health issues.

Cash Crayson of Morecambe Bay Conservation Grazing Co. treating a bull to an apple. Photo credit: Forgebank Films



Community food skills. Horticulture and ecology will be integrated into education settings as part of the Morecambe Bay Curriculum. Training and support will be available for everyone to develop key skills around food growing, meal planning, cooking for self and others, preserving and make-do-and-mend. Within a 20-minute walk from your home, you will be able to find support, buy locally grown food and/or visit a food hub, food club, community cafe, garden or allotment.

Spud Club volunteers tend the beds of Clover Hill Community Project together. Photo credit: Kiki Kornblatt Callinan

Working in partnership: FoodFutures aims to become a thriving, resilient and well recognised partnership in the local area that is valued by people and organisations across the food system. Our partnership's core working groups are aligned with these 2030 food visions - enabling us to take forward elements of our region's food strategy (as highlighted in the appendix). More joined up and strategic working will be supported through welcoming networking spaces, forums and collaborative working skill shares. By working in partnership, individuals, community groups, community organisations, businesses and policy makers are enabled to take forward elements of the food strategy in their work and lives.



Volunteers, stakeholders, and core team members working together toward a shared vision is what strengthens the FoodFutures partnership. This led to the partnership receiving a Bronze Award from Sustainable Food Cities (now Places). Photo credit: Sustainable Food Cities

A regenerative food economy: The Plot and Farmstart

LESS and FoodFutures set up an organic market garden just south of Lancaster: provides a organic box scheme whilst training new entrant market gardeners



Volunteer Your Time



Join our crop-share



Become a FoodFriend



Join FarmStart 2023
Applications Now Open



Provide Some Land to Grow

A regenerative food economy: Northern Real Farming Conference

Our partnership set up and host the Northern Real Farming Conference- bringing farmers and food producers across the North of England and Scotland to share inspiration and knowledge around regenerative food production



Three regenerative farming projects in the North of England

Regenerative livestock farming across the higher ground of the UK...

[Read More](#)



No-till with living mulches – the holy grail for arable?

Tilling damages soil structure, but it is integral to our...

[Read More](#)



Replacing imported soya – a supply chain or a farmer issue?

Soya is a fantastic source of protein, but its prevalence...

[Read More](#)



The role of local wool and textile production in regenerative farming

In this film, three speakers explain how they have all...

[Read More](#)



The value and vulnerability of the small abattoir

This film was screened as part of one of our...

[Read More](#)



For video resources and previous sessions visit: www.northernrealfarming.org/video-resources/

A regenerative food economy: Telling producers stories



A JUST TRANSITION FOR AGRICULTURE

WRITTEN BY ANNE CHAPMAN
A director of Green House Think Tank

In the past 70 years, agriculture has changed beyond recognition, including here in North Lancashire and Cumbria. Pressure to increase output and produce cheap food has resulted in larger, more simplified and more specialised agricultural enterprises that use bigger machines, more fertilisers, pesticides, veterinary medication and faster growing but less

"CHANGES ARE NEEDED TO PROVIDE A SUSTAINABLE FUTURE FOR UK FARMERS, AS WELL AS TO TACKLE THE CLIMATE AND ECOLOGICAL CRISIS. THE BEST CHANGE OF



Cath Grayson (above) treating their bull to an apple and Bill Grayson (below), both of Morecambe Bay Conservation Grazing Co. Photo credits: Forgebank Films



Morecambe Bay Chowder Co.

Rachel Marshall (RM) of FoodFutures met up with Pete Stephenson (PS), founder of Morecambe Bay Chowder Co. to find out more about this community supported business.



Baychowder is a creamy dish containing white fish with the option of adding Morecambe Bay Shrimps.

RM: How did the Morecambe Bay Chowder Co. come into being?

P: It started with a lot of chowder cooking in lockdown from this we developed the concept of serving a dish that uses ingredients from the bay and the surrounding area. We also wanted our business to be one that our community could get involved in, and that has very low carbon emissions. We dropped postcards through around 10,000 doors in the district to survey local appetite for a chowder stall. The response was positive and over 130 people pitched into a Crowdfunder to provide a £3000 start-up fund. This was used to buy an old-fashioned steam-iron bike which we converted into a so-called 'hot food catering bike'. We use solar energy to keep our chowder hot but we still have to pedal the bike places. Once we'd started to develop our dish we ran free trials with people who'd responded to the survey to fine-tune the taste and get feedback on our approach.

RM: What is chowder?

P: Chowder is a traditional dish of coastal areas around the world, which combines local seafood and traditional. You'll often find it in Morecambe from where we sell the Baychowder. Ours is a creamy, hearty and mouth-watering dish containing white fish with the option of adding Morecambe Bay Shrimps. We also offer the choice of Port of Lancaster Smoked Cumberland Bacon or the fish served in a Ribblesdale Bakery bread bowl.

It's important to us to offer a special experience for our customers whilst allowing them to enjoy their chowder. Customers can buy our product on Morecambe Prom and enjoy the views and clean sea air of Morecambe Bay. The shrimps are now caught from the boat which is moored just behind the bike.



The bike transports the Baychowder whilst the solar energy keeps it hot.

RM: What do you think businesses can do to support local people in this cost of living crisis?

P: Businesses are going to find this time tough as we're experiencing the same increases in energy and other costs as everyone else. But I want to find ways to help people access warm, nutritious food at an affordable price. We are developing a regular menu that can be produced for a lower cost offering a more affordable winter warming dish. We also offer a reduced kids meal for those on free school meals. The idea was to serve a dish at a lower cost than a fast food meal. We're also currently developing a pay-it-forward scheme so customers can give a little warmth this winter. This is also being supported by local business sponsors also. The plan is to use this funding to offer free hot meals at community hubs locally.

RM: How do you connect to other enterprises in North Lancashire?

P: We like to connect with other local independent businesses and support each other. We often trade at markets and pop-ups in the local area. Most pop-ups don't serve food so we team up to provide food and drink. We designed the chowder with six local suppliers and producers. The idea was that the dish would celebrate the produce of this area and use the best of what's local. So, as well as the producers mentioned earlier, our fish is sourced from a local merchant and our veg is from George Speight and sons (with much grown locally). Our dairy comes from Stephenson's free range dairy.

Sourcing locally has meant we have kept the food miles down. It also means we know more about how the products are made which is important to us as we want to source as ethically and sustainably as possible.

RM: How important is sustainability to you and your business?

P: It's very important and I'm particularly interested in continuing to develop the idea for a low-carbon approach to catering. The experience which inspired the business idea was being at the park with our little girl. There was an eco-banquet van there with the organic running. All we could smell were diesel fumes. I used to be a physics teacher and I knew that it was possible to power local trucks using alternative low-carbon technology. Apart from in the winter, our stall runs fully on solar and I have a dream of setting up an eco-commercial kitchen. This would use efficient electrical cooking methods powered by renewable energy, probably small wind turbines as we're in Morecambe!

With all of these decisions we consult our customer community - many of whom supported our initial start-up. We want to create a business that local people are proud of!



Baychowder aims to celebrate the produce of this area and use the best of what's local.

Find out more
Visit: www.baychowder.com

Community Food Skills: into school curriculums and grounds



Turning educational establishments across Lancaster and Morecambe Bay into hubs that reverse climate change, biodiversity loss and food insecurity

Visit:

<https://foodfutures.org.uk/where-the-wildings-are/>

Community Food Skills: cooking and growing skills for healthy people and planet



PLANT FUTURES
by **MADE IN HACKNEY**

Calling head chefs, procurement managers, community groups and leaders in food service provision!

dates

02.02.2023
1.30 - 4.30pm
or
03.02.2023
10.30 - 1.30pm

Want your workforce, clients and beneficiaries to eat healthier, more sustainable diets?

Join us for our FREE plant based 3 hour workshop (worth £120!)

address

Ground Floor
Lancaster and District YMCA
Fleet Square, New Road
Lancaster
LA1 1EZ

- Learn:**
- How to create tasty, affordable and balanced plant based dishes
 - How to create cheesy, meaty and fishy flavours
 - How to attract and and charm diners
 - How to source seasonally and sustainably
 - Success stories from the sector

contact

Roshni Shah
roshni@madeinhackney.org
07912692041

Made in Hackney is the UK's first and oldest vegan cookery school. We have 10 years experience in plant based cooking, and educated over 100,000 people about the benefits of a plant based diet through thousands of cookery classes.



MadeInHackney

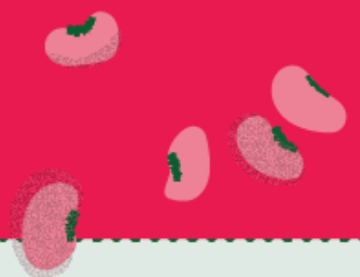
Go home with samples, a plant based toolkit and bags of inspiration!

Food Futures | **Closing Loops**

North Lancashire Menu

Recipe Challenge

ACTION PLAN



AIM: to ensure all residents have access to affordable, nourishing food.

1. Raise the profile of food poverty as an issue

2. Design a food support pathway and create an information hub for food support services

3. Maximise food available to low income individuals and families

4. Tackle child hunger

5. Increase opportunities for community food

6. Provision for vulnerable and/or isolated groups

7. Maximise education opportunities

8. Monitoring and evaluation



FOOD LADDER LEVELS OF INTERVENTION



Dr. Megan Blake, University of Sheffield
<https://geofoodie.org/2019/06/19/food-ladders/>

MORE THAN FOOD

- Mental health support
- Benefits and debt advice
- Housing support
- Clothing and uniforms
- Basic furnishings
- White goods/homeware
- And more...



Current Projects:

Emergency Support for the Food Support Network

- £50/week for food aid organisations in the Buying Co-Operative – to cover FareShare fees, provide guarantee of weekly income, and allow for flexibility with resources.

Evolving Understanding of Food Insecurity in the Lancaster District

- Co-design a database that all food aid organisations will use to record service use.
- Better proof of need & results for individual organisations – useful for funding & service monitoring.
- Ability to share information across the network & assess District-wide need, to allocate resources accordingly.

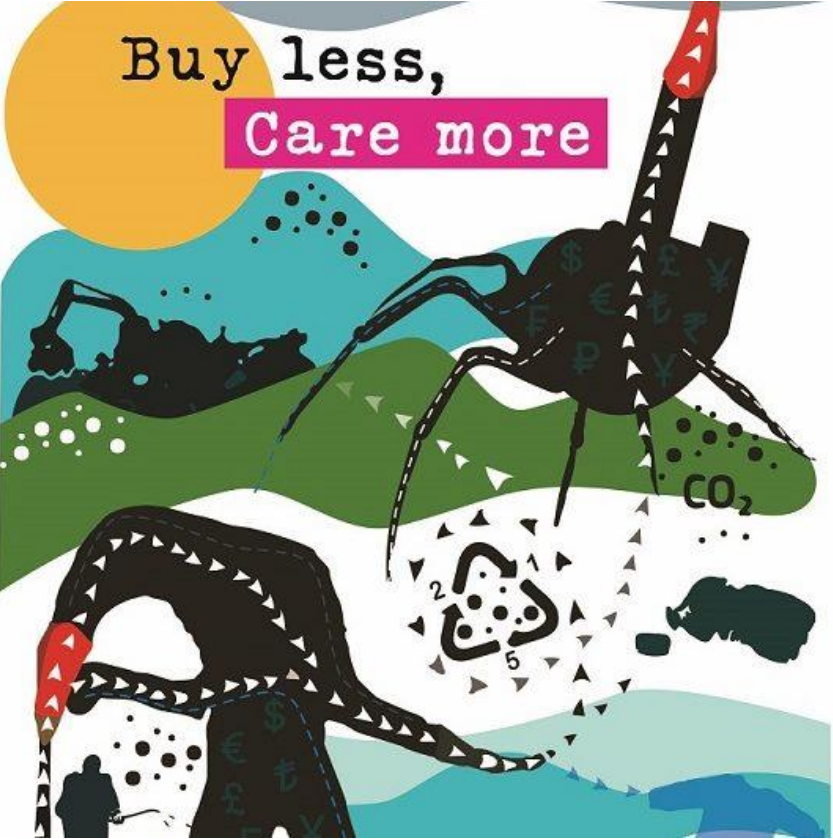
Unified Referral Pathway

- Anyone referred into the Food Support Network receives the most appropriate support for their situation
- Holistic assessment done within the Network at first point of contact
- Working with Community Connectors to strengthen relationships & build trust.



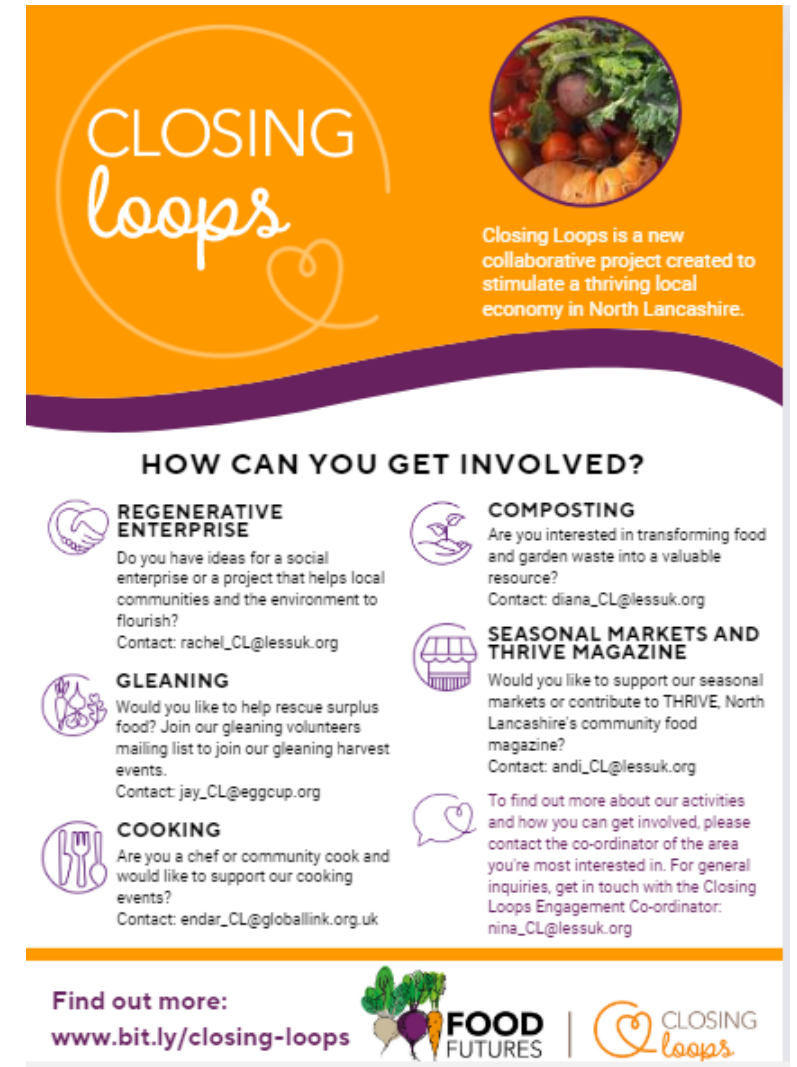
Healthy Food and Environment working grp

- Creating a zero waste district: reducing food waste, composting, campaigning on textile economy
- Getting healthy food on the menu
- Social prescribing
- Influencing local planning and supporting agroecological food production in Lancaster District




The Closing Loops project: Turning waste into a valuable local resource and growing a regenerative local economy

- £1.5 million five year project funded by the National Lottery to support our communities to take action around climate change, waste and sustainable consumption
- North Lancashire Chef and Food Network- cooking demos, training and creation of a North Lancashire menu
- Gleaning to rescue surplus food currently going to waste
- Composting academy and demonstration sites
- REconomy feasibility work and community grant fund
- Markets, magazines, citizen journalism, connecting producers, crafters and other with food citizens



CLOSING loops




Closing Loops is a new collaborative project created to stimulate a thriving local economy in North Lancashire.

HOW CAN YOU GET INVOLVED?

- REGENERATIVE ENTERPRISE**
Do you have ideas for a social enterprise or a project that helps local communities and the environment to flourish?
Contact: rachel_CL@lessuk.org
- COMPOSTING**
Are you interested in transforming food and garden waste into a valuable resource?
Contact: diana_CL@lessuk.org
- GLEANNING**
Would you like to help rescue surplus food? Join our gleaning volunteers mailing list to join our gleaning harvest events.
Contact: jay_CL@eggcup.org
- SEASONAL MARKETS AND THRIVE MAGAZINE**
Would you like to support our seasonal markets or contribute to THRIVE, North Lancashire's community food magazine?
Contact: andi_CL@lessuk.org
- COOKING**
Are you a chef or community cook and would like to support our cooking events?
Contact: endar_CL@globallink.org.uk

To find out more about our activities and how you can get involved, please contact the co-ordinator of the area you're most interested in. For general inquiries, get in touch with the Closing Loops Engagement Co-ordinator: nina_CL@lessuk.org

Find out more: www.bit.ly/closing-loops



SUPPORTED BY:



PROJECT PARTNERS:



Seasonal markets and THRIVE

- Seasonal Markets held in Lancaster Market Square-
 - Spring market Friday 17th March
 - June, September and December



12 | THRIVE NORTH LANCASHIRE

Big leeks and award-winning preserves

Beth de Lange introduces the Overton and District Horticultural show and invites you to get involved.

Overton and District Horticultural Show 2022

It was the enormous leeks and huge parsnips that are the enduring memory of my early experience of The Pommy Show, the local horticultural show where I grew up in Colton. Frithley was a village before London swallowed it up, and early the village show was essentially stuffed out by the sprawl of the city. Skip forward forty years and I find myself here in Overton. I am here, and to my delight, the Overton and District Horticultural Show offers us the chance to show off our own produce, how we have a garden. We nervously entered a few cabbages to begin with, but now enter every year, taking won't faculty composted classes like leeks, tomatoes, home-made drinks and preserves.

Like leeks at the Overton and District Horticultural show

But we are really there to put on a great show with tables full of wonderful village produce.

Kate Barzil, secretary and powerhouse behind the show, remembers when she first got involved. In the mid-eighties she entered some jam and some cooking, and was pleased with her winnings. The following year, when asked, she stepped up to the role of secretary. That was over thirty years ago and "It's like a well-oiled machine these days," she says.

Kate is generous with her knowledge and occasionally runs cooking demonstrations from her kitchen. Karen Wingate

remembering going to Kate's How to Make Lemon Curd and then going on to beat her with a perfect jar at next year's show. In days gone by, rumour had it that the veg growers were not so generous, secretly guarding the secrets of how to grow the perfect carrot, so the winning strategy to make sure nobody noticed the exhibits around. But no, says Kate's husband Tim, "Crucially to fellow growers is the way we learn and contrary to popular belief, the best growers are always keen to share their experience. It really is what the shows are all about to me!"

Award-winning home-made bread.

Tim, winner of the Blue Ribbon for best exhibit in the show 2022, a perfect parsnip grown in a 1.5 m soil pipe, shares his veg-growing knowledge on the Horticultural Society's face-book page.

Tim's first ever win was "an accidental late sowing of carrots, which luckily avoided the first generation of nematode and achieved a creditable second place. I was hooked!" He says, "but I still haven't ever beaten the undisputed local carrot champion, David Brad."


At we approach our 16th Summer and 15th Autumn Show, there are concerns about how long the show can carry on. Some of our older exhibitors were wiped out by COVID, or are just too old to continue gardening, and the younger generation of growers are in their fifties and sixties. We would love to carry on this wonderful living tradition, to create an why not by entering max limit!

Find out more

To find out more and to get involved, visit the Overton & District Horticultural Society at: www.facebook.com/overtonlancastric

The Horticultural Show schedule is published on this page each year.





For more info:
rachel_CL@lessuk.org

Visit:
<https://foodfutures.org.uk/>

Claver Hill Community Food Project
Photo credit: Gina Frausin