



www.Food4Macc.org

Low Carbon Communities Network meeting

Wednesday 13th July in Macclesfield

Food4Macc

THE SUNDAY TIMES

April 19, 2009

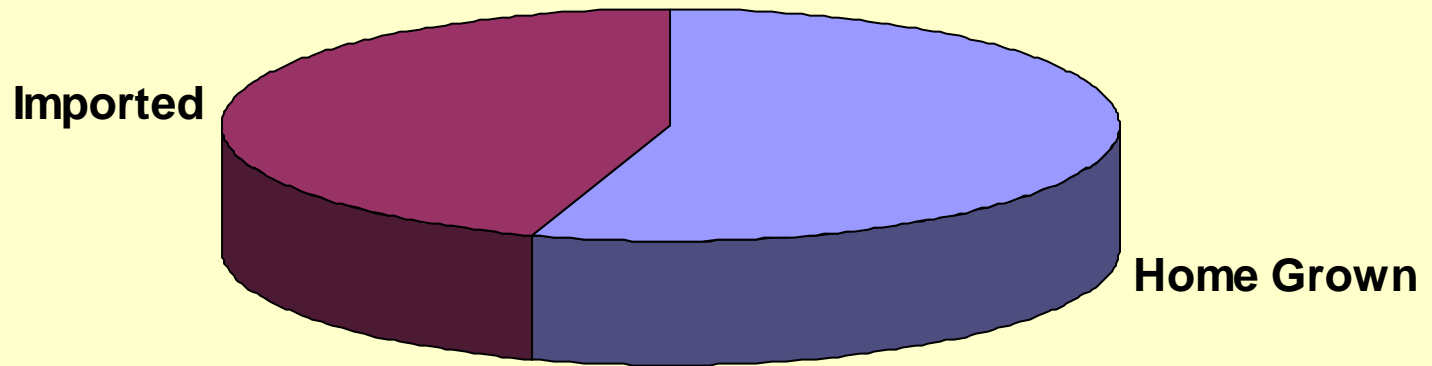
Why we forgot how to grow food

As a food shortage looms, people are digging for Britain — and their dinner table. John-Paul Flintoff gets back to our roots

Not long before Christmas, a man walked into the care home next door to his house and asked the manager if it would be possible for a group of neighbours to grow food in the vast gardens. The manager said he would be delighted. In the days that followed, the man casually asked various neighbours whether they would like to get involved. They all said yes. So he popped over to the care home with them, and each remarked how large the garden was, and what a lot of food could be grown there.

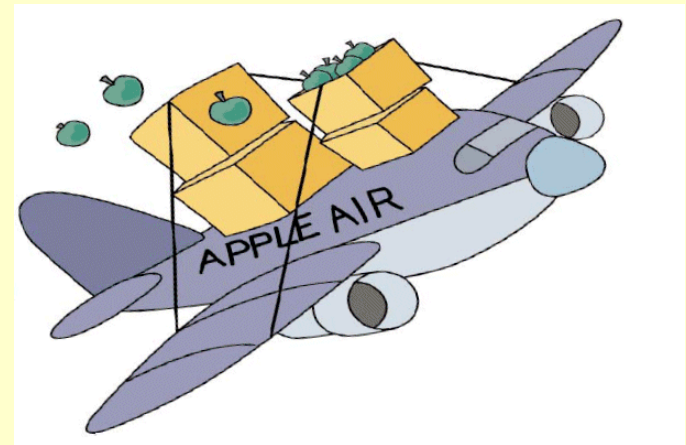
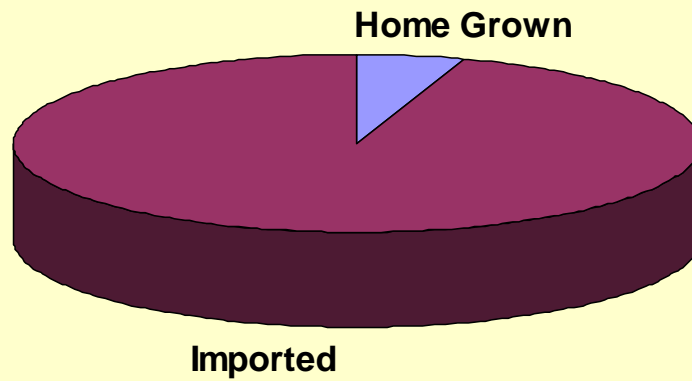
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40% of all Food is Imported

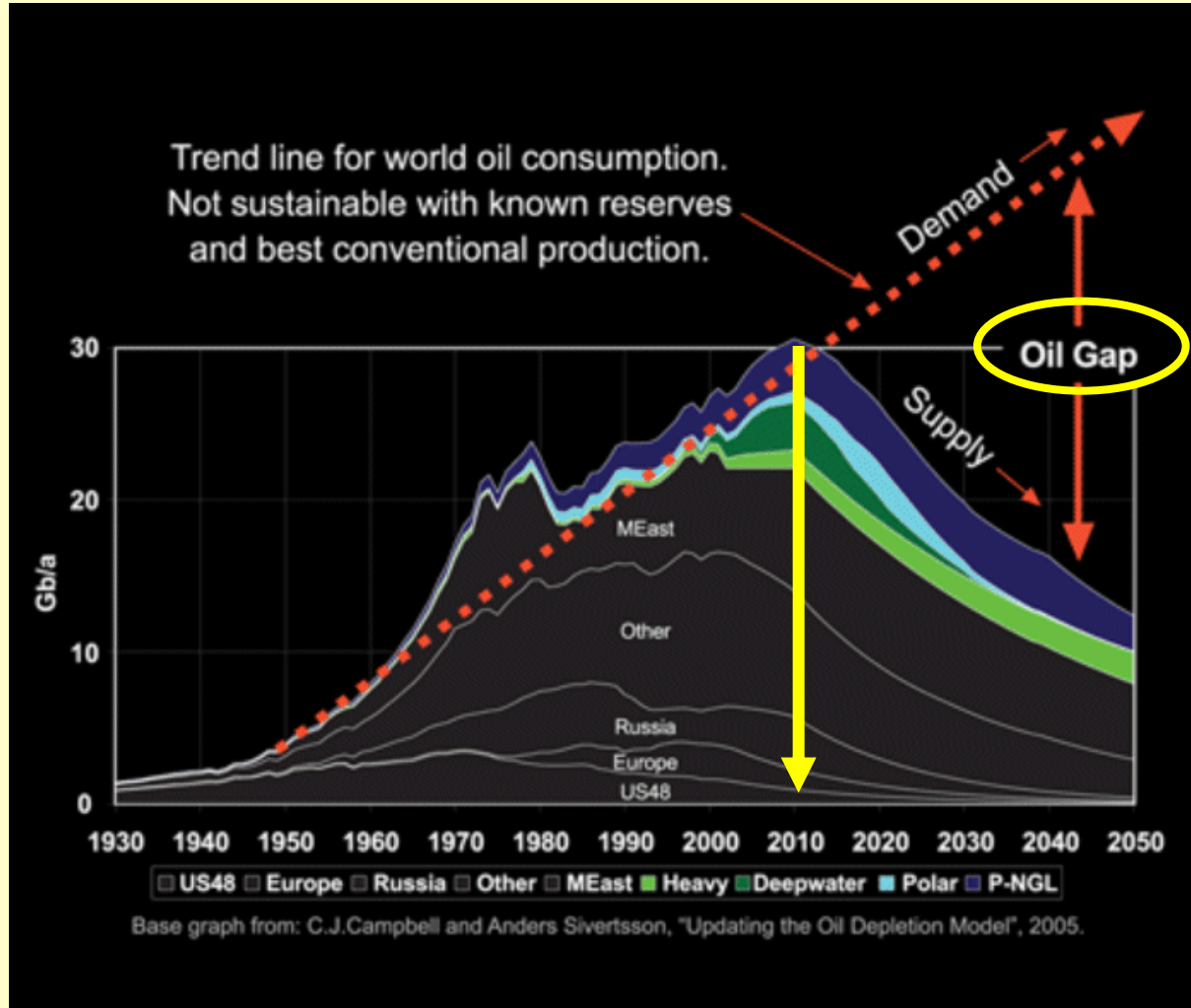


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95% of Fruit is Imported



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**Hmm.....
Shall we wait and
see what happens?**

**Or would it be a
good idea to plan for
this coming change
of life-style?**



Rob Hopkins,
Founder of the Transition Town Movement

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As reason for people to change their lifestyles, Peak Oil is probably a more persuasive than Climate Change.

Whilst Climate Change will mainly affect future generations,

the effects of rising Oil Prices are being felt **Today.**



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Community Garden

Horticultural Soc

Rec ground



Macclesfield Local Group



Congleton Sustainability Group Contact: Peter Aston peter.aston@c2f.org

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To stimulate growth of local food:

Reducing “Food Miles”

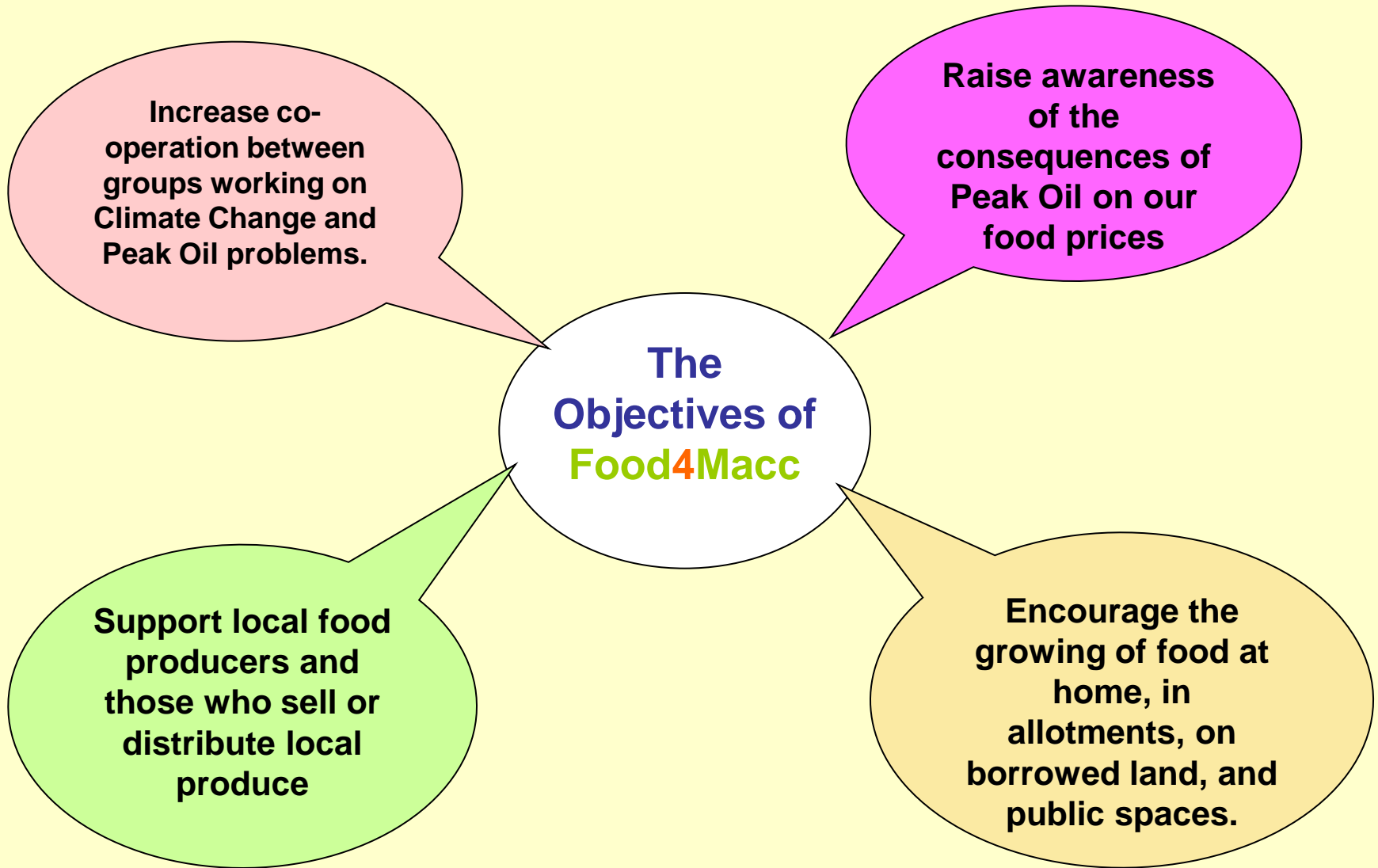
To make towns self-sufficient or “Resilient” to high energy costs.



To reduce food waste, increase re-cycling & to match commercial waste with other end users

To create energy descent plans & make towns carbon neutral. Visit www.1010uk.org

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Food4Macc.org



| | | | | | | | | | | | |
|------|-----------------|---------------|-------------------|-------------|-----------------------------|----------------|-----------|-------------|-----------------|---------|---------|
| Home | Find Local Food | Grow Your Own | Community Gardens | How to Help | Local Sustainability Groups | Our Supporters | News Blog | Diary Dates | Background Info | Library | Contact |
|------|-----------------|---------------|-------------------|-------------|-----------------------------|----------------|-----------|-------------|-----------------|---------|---------|

Food4Macc is a voluntary group that aims to have more food produced locally in the Macclesfield area as part of a planned transition from today's oil dependency, to a low-carbon sustainable community.

Our main areas of activity are:-

- A Gardening Club style series of talks and demonstrations. We share experience, and swap seeds, plants and produce. [more](#)

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Raising Awareness

Warriors turn town green

A GROUP of Macclesfield eco-warriors are on a mission to turn the town into a giant vegetable patch.

Debbie Townsend set up Food4Macc after she read an article on how growing your own can cut down on oil usage.

Debbie, 47, enlisted a group of her friends to share the chores of growing fruit and vegetables to help make Macclesfield a more environmentally friendly place.

The mum-of-two said: "Oil is used to process food, package it and distribute it, so as the price of oil rises, food will too.

"Growing your own food is more environmentally friendly and much more economical. We're learning everything as we go along, it's a really positive thing to be involved in."

She added: "It's very sociable. It's nice to be out in the fresh air working together and having your own fresh produce at the end of it."

Food4Macc hopes to encourage more members to join in the scheme, either by providing land, helping cultivate the produce or starting their own community groups.

Debbie added: "It's all about sharing. Someone may be very eager to grow veg but not have the land, and there may be someone elderly with the space but can't cope with an allotment."

If you would like to join the communal vegetable growing scheme, go along to the next meeting on Thursday at the Town House, King Street, from 7.30pm.

For more information about the organisation, visit the site food4Macc.org.



ECO WARRIORS: Volunteers Phil Shaw and Bill Pettipiece, with committee members Debbie Townsend and Sally Lambert

Macc Express 13 Jan 2010



Macc Library Foyer Feb 2010



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Barnaby (!)



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Stands

Treacle market

Middlewood Fair

Addlington Show

Beaumont Garden Party

Rowans Opening

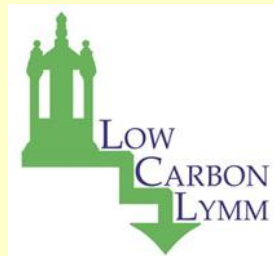
Reaseheath Convention

Cheshire and Warrington
Sustainability Conference

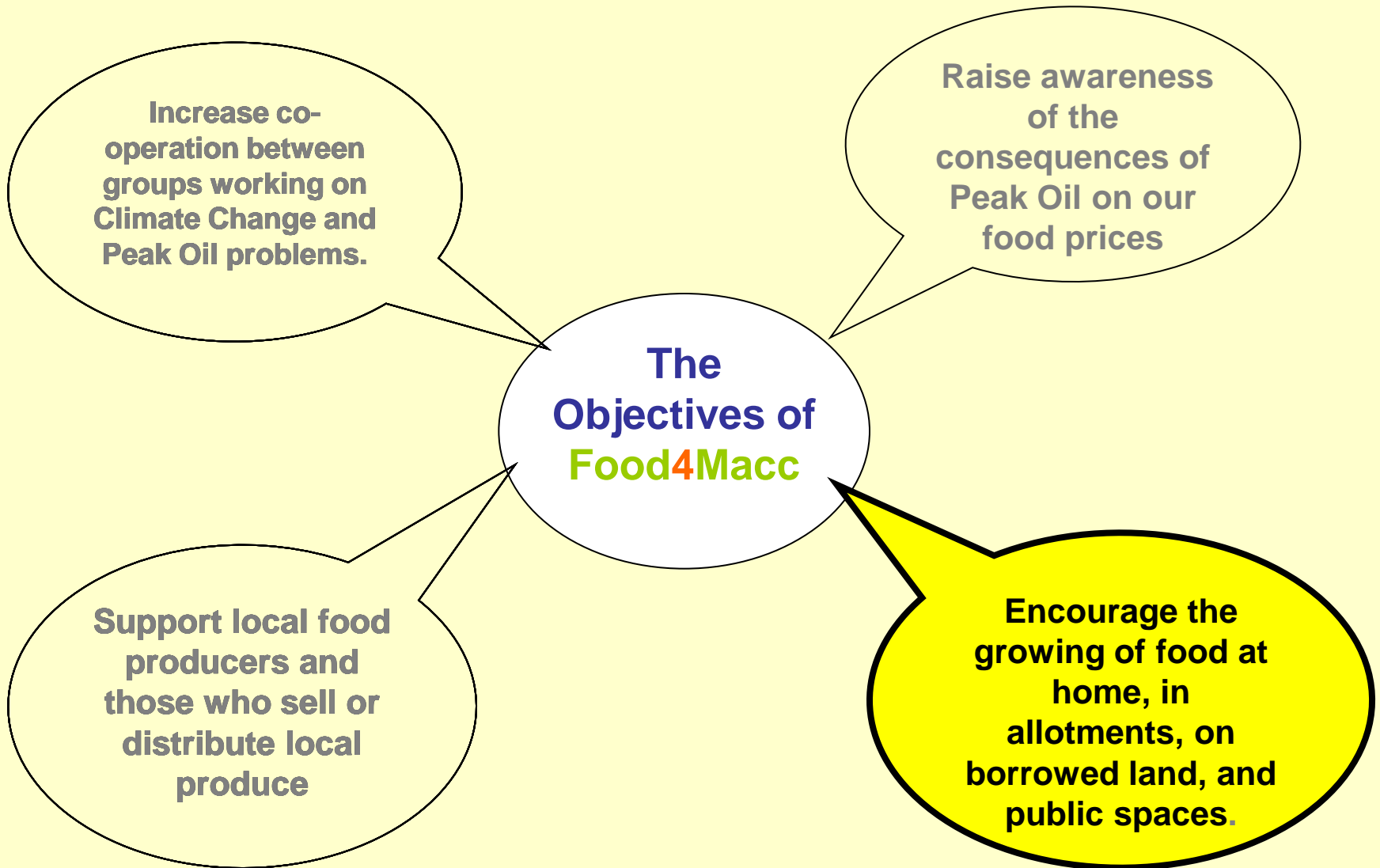
Food4Macc Talks



Macclesfield Guild
and
Chamber of Trade



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Seven Community Gardens Supported

- **Prestbury Beaumont**
- **Beech Hall School**
- **The Rowans Care Home**
- **All Hallows Catholic College**
- **Bollington Community Garden**
- **Bollin Brook School**
- **Belong Care Home**
- **Town Centre Planting**



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Beaumont



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Beaumont



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The Rowans



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Thursday, 28 October 2010

Rowans wins Community Garden of the Month

Your community Your gardens

Food4Macc, Cheshire

This year is an ideal time for making fresh resolutions, and this year certainly the spirit of giving thrives in gardens near Macclesfield. In January 2010, the award-winning Food4Macc, and its much-loved community gardens, opened for the first time.

The volunteers come from all backgrounds, working and retired, many with vast horticultural knowledge and some with none, but they all share an enthusiasm for growing better grown food.

Food4Macc has been a real labour of love, gathering knowledge and much-loved people, but this is a larger than life task.

The first year of operation has been a success, with the gardens now open to the public. The success of the gardens is a testament to the hard work of the volunteers and the support of the community.

FACTFILE

- Taking about 80% of the food not fit to be eaten, 10% of the food is not fit to be eaten.
- Food4Macc compares these community gardens and one other.
- That the growth website is an online food bank.

WIN A £150 GARDENING KIT FOR YOUR COMMUNITY PROJECT

This month Food4Macc will receive a £150 gardening kit worth over £150, from Thompson & Morgan. The prize comprises a wide range of vegetable seeds, herbs, tools, watering cans, fertilisers, and specially made soil improvers and barriers.

The more information on Thompson & Morgan's range, visit www.thompsonmorgan.co.uk or call 0844 573 2020 to request a catalogue.

COMMUNITY GARDEN OF THE MONTH

www.Food4Macc.org

Let's Grow More Food in Macclesfield

DO YOU RATE YOUR COMMUNITY GARDEN?

If you're a member of a local gardening project, we'd love to hear from you. We're looking for a small number of people to help us evaluate the impact of the project on the community. We'll be looking for people who are involved in the project and who can help us to understand the benefits of the project to the community.

Garden Answers 83

An article written by Sara Wreford has led to the Rowans being awarded "Community Garden of the Month" and £350 worth of gardening equipment by **Garden Answers Magazine**

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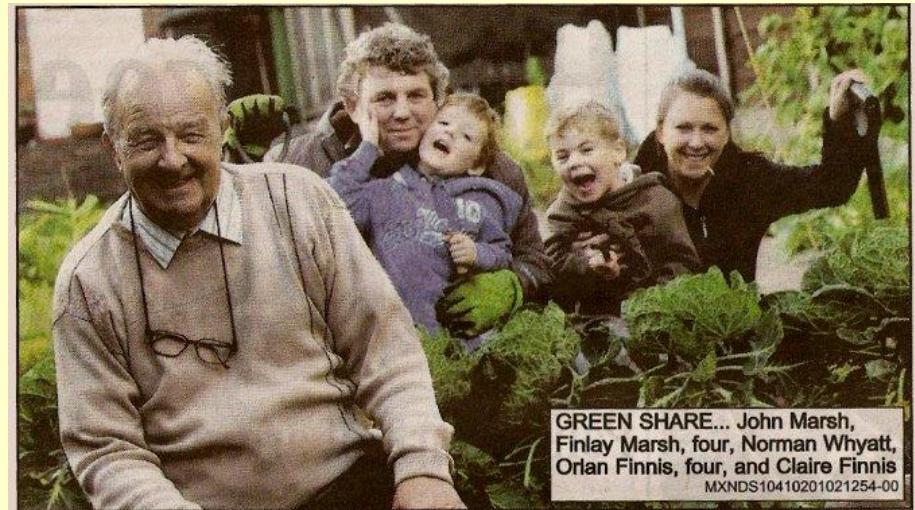
>HOE DOWN: The urban plot sharers



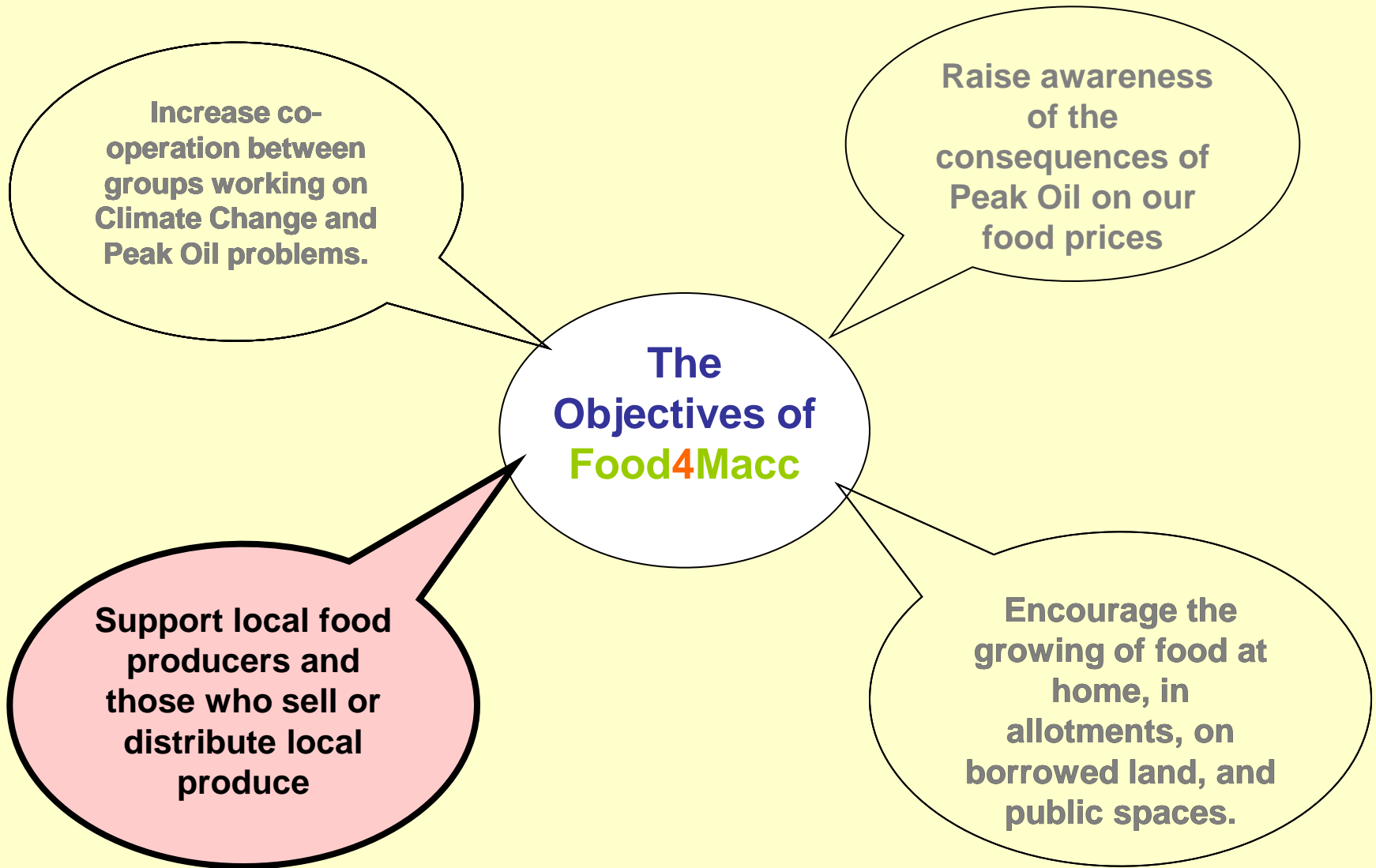
We now have 12
Garden Shares
Running – and more
sites than diggers!

Aims to bring together people with
unused land
and
gardeners who want land.

Often elderly owners benefit from
the social contact.

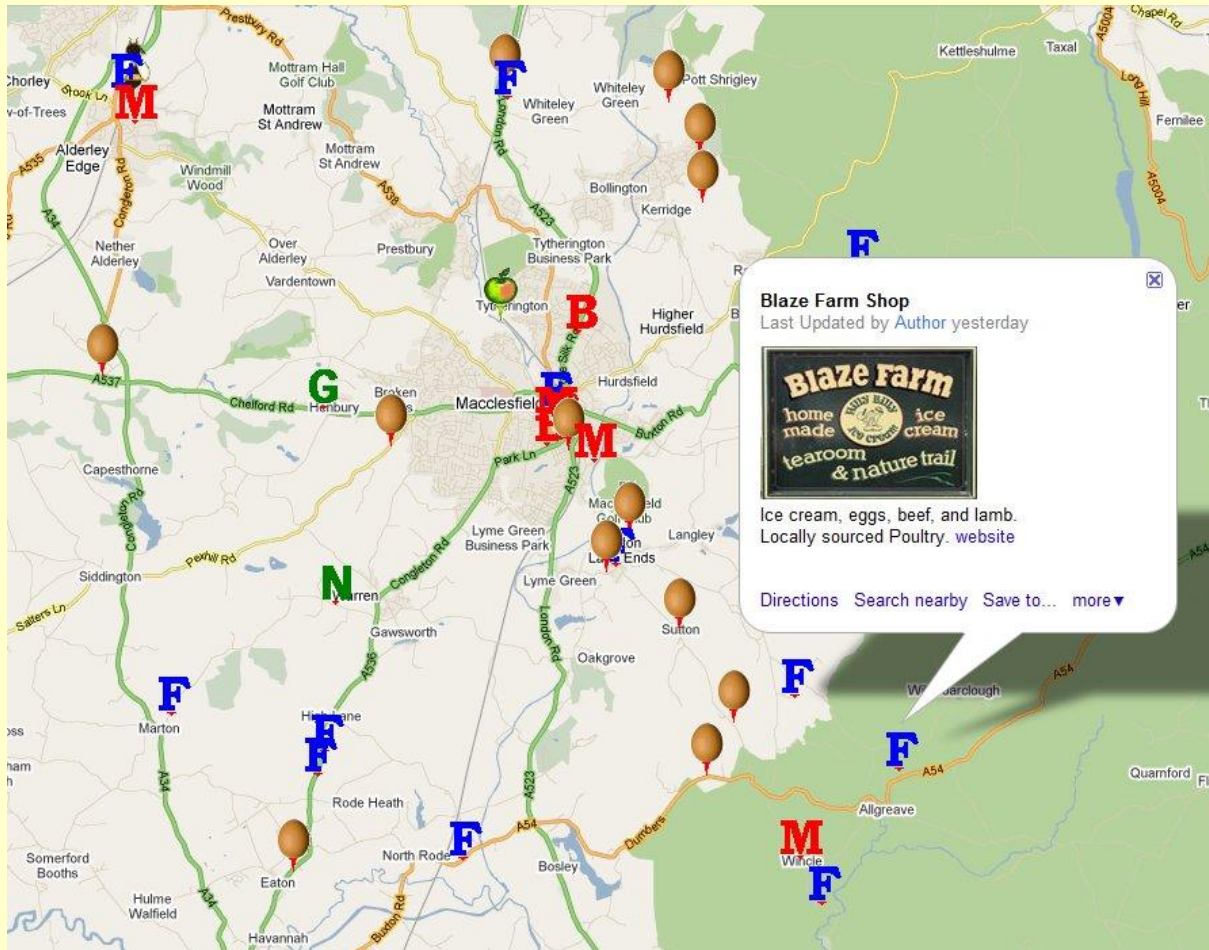


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Local food suppliers, Farm Shops, Poultry Keepers



Food4Macc Direct

Local Food for Local People



Food4Macc Direct makes it easier to buy tasty, fresh, nutritious and affordable local food from local producers, with easy pick-up in central Macclesfield.



For your convenience, all produce can be picked up from [The Snow Goose Cafe Bar](#), on Sunderland St.

You can try these products without obligation for a month.

If you like the produce, you can gain access to discounts and other benefits by becoming a member.

Full Membership gives you discounts on all our produce.

Alternatively, if you are interested in only one of the product groups below, you can join that particular Buying Group at a lower cost.

Food4Macc Direct

Local Food for Local People



Additional Benefits of Membership

- Learn where your food comes from
- Enjoy farm visits
- Farm visits
- “Eat Local” meals
- Jam & Chutney Making
- Fruit Picking
- Foraging
- Bread Making Demos
- Cookery Lessons
- Social Events

[Read our 2 page Brochure](#)

[Membership Application Form](#)

[Procedure for Ordering and Payments](#)

Produce Available Now

- **Free Range Chicken:** Local free range chicken, available every month £11 - £12. [more information](#)
- **Real Bread:** A choice of 5 fantastic loaves from our local artisan baker – weekly delivery £2.35 per loaf. [more information](#)
- **Real Cake:** A selection of 8 delicious cakes baked in Macclesfield - weekly delivery - £3.50 per cake. [more information](#)
- **Rainbow Trout:** Fresh local whole trout - only £1.90 each. [more information](#)

Recipes

[Click here to see recipes for our local produce](#)

Food4Macc

Supporting Organisations



These local supermarkets have offered us support in the form of publicity, raffle prizes, employee volunteer hours, and direct grant support. Click on the logos below to see how these giants of the food business are working hard to reduce their own carbon footprints.



Local garden centres and nurseries have offered support in the form of publicity, donated plants for our community gardens, and discounts for Food4Macc members.



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Sources of Support

| | | £ |
|---------------------|------------------------|--------------------|
| Grants: | Tesco Community Fund | 1,500 |
| | Cheshire East Council | 500 |
| | William Dean Trust | 500 |
| | | <hr/> 2,500 |
| Fundraising: | Car Boot Sales | 285 |
| | Sainsburys Bag packing | 321 |
| | Plant sales | 100 |
| | Middlewood Way Fair | 258 |
| | Other Fundraising | 171 |
| | | <hr/> 1,135 |

Services:

Apex: Projector Loan

All Hallows: Printing and Meeting Room

Peaks and Plains: Printing and hosting talks

Raffle Prizes: Arighi Bianchi, Marks and Spencer,
Sainsburys, Flora, Fairways.

B&Q: Gardening Equipment

Publicity: Macc Express, Canalside Radio,
Silk 106Fm, The Loop,

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Promotions

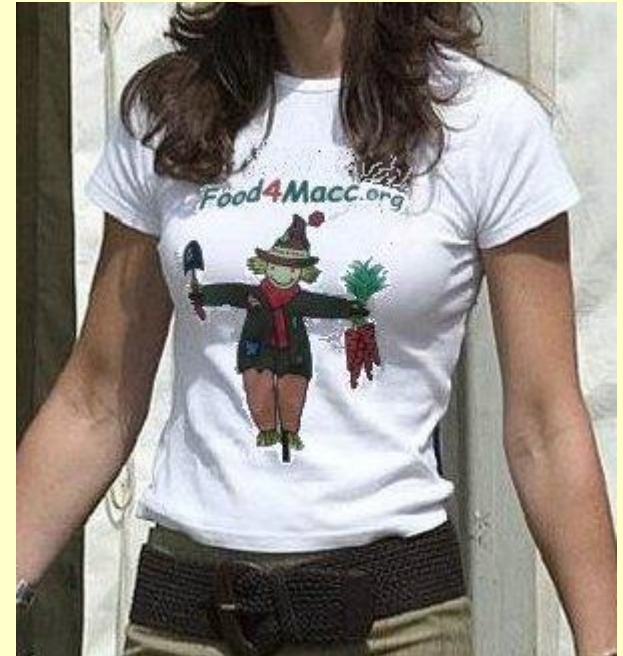
A subscription to Food4Macc entitles you to 10% discounts at Flora and Gawsorth Nurseries.



T shirts

£11 each.

Sizes: Small,
Medium,
Large, Extra
Large.



Car Stickers



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Events/Talks Calendar 2011

| | |
|---|---|
| March 10th | Vegetable Plot Planning |
| March 26 th | Saturday morning seed planting demo at Capesthorpe |
| April 14th | Composting |
| May 12th | Unusual Edibles |
| June 9th | Pests & Diseases |
| July 14th | Practical Bee Keeping |
| August 11th | Gardener's Question Time at the Bate Hall, |
| September 8th | Food4Macc Show |
| October 13th | Harvesting, Storing & Pickling |
| All meetings start at 7.30 p.m. at All Hallows Catholic College | |

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To make towns self-sufficient or **“Resilient”** to high energy costs.



To reduce food waste, increase re-cycling & to match commercial waste with other end users

To create energy descent plans & make towns carbon neutral. Visit www.1010uk.org

Macclesfield's Transition Town Movement

Macclesfield's Transition Town Movement



Our Vision and our Objective

Next Food4Macc Events/Talks

Thu 14th July

Practical Bee Keeping

Thu 11th August

Gardener's Question Time at the Bate Hall,

Thu 8th September

Food4Macc Show

All meetings start at 7.30 p.m. at All Hallows Catholic College

| | | |
|----------------------------|---|---|
| Thu 14 Jul | All day 09:30 – 12:30 19:30 – 21:30 | <ul style="list-style-type: none"> ⊕ No Working Party at The Rowans Care Home Community Garden Today - The Rowans Care Home Merriden Road Macclesfield ☞ ⊕ Working Party at Prestbury Beaumont Care Home Community Garden - Prestbury Beaumont Care Home, Collar House Drive Prestbury ☞ ⊕ Food4Macc Talk on Practical Bee Keeping - All Hallows Catholic College Romero Centre, Brooklands Ave, Macclesfield SK11 8LB |
| Fri 15 Jul | 12:00 – 14:00 | ⊕ Working Party at Belong Care Home - Belong Care Home Kennedy Ave, Macclesfield ☞ |
| Sat 16 Jul | All day | ⊕ Macclesfield Charter 750 Celebrations - Macclesfield Market Place |
| Sun 17 Jul | 09:00 – 13:00 14:00 – 17:00 | <ul style="list-style-type: none"> ⊕ Woodford Farmers' Market - Woodford Community Centre, Chester Road, Woodford ☞ ⊕ Working Party at Bollington Site - Ingersley Vale ☞ |
| Mon 18 Jul | 19:30 – 21:30 | ⊕ World Development Talk - St Michael's Church, Market Place, Macclesfield |
| Tue 19 Jul | 09:00 – 14:00 10:00 – 12:00 19:00 – 20:30 | <ul style="list-style-type: none"> ⊕ Congleton Farmers' Market - The Bridgestones Centre, Princess St, Congleton ☞ ⊕ Working Party at Beech Hall School playing fields Community Garden - Beech Hall Playing Fields ☞ ⊕ ECOG - Visit to Bollington Community Garden - Ingersley Vale, Bollington |
| Thu 21 Jul | 09:30 – 12:30 10:30 – 14:30 | <ul style="list-style-type: none"> ⊕ Working Party at Prestbury Beaumont Care Home Community Garden - Prestbury Beaumont Care Home, Collar House Drive Prestbury ☞ ⊕ Working Party at The Rowans Care Home Community Garden - The Rowans Care Home Merriden Road Macclesfield ☞ |
| Fri 22 Jul | 12:00 – 14:00 | ⊕ Working Party at Belong Care Home - Belong Care Home Kennedy Ave, Macclesfield ☞ |
| Sat 23 Jul | 10:00 – 13:00 | ⊕ Teggs Nose Bilberry Pick - Tegg's nose Visitors' Centre |
| Sun 24 Jul | 14:00 – 17:00 | ⊕ Working Party at Bollington Site - Ingersley Vale ☞ |
| Tue 26 Jul | 10:00 – 12:00 | ⊕ Working Party at Beech Hall School playing fields Community Garden - Beech Hall Playing Fields ☞ |
| Thu 28 Jul | 09:30 – 12:30 10:30 – 14:30 | <ul style="list-style-type: none"> ⊕ Working Party at Prestbury Beaumont Care Home Community Garden - Prestbury Beaumont Care Home, Collar House Drive Prestbury ☞ ⊕ Working Party at The Rowans Care Home Community Garden - The Rowans Care Home Merriden Road Macclesfield ☞ |

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www.Food4Macc.org

Tel:- 07824 860 566

Leave your e-mail address if you would like to keep up to date with developments.