

Round Table
Nourishment: A Cyclical Programme
Season #1: Autumn 2021

CONVERSATION

Round Table was hosted at Primary, with food provided by local caterers Soul Food Café, Small Food Bakery and Betty Rose Bakes. This meal and conversation launched 'Nourishment: A Cyclical Programme' and was the first collective event to begin imagining different food systems within our communities. Thirty people from diverse backgrounds sat and broke bread together – bringing their own experiences of food, an interest in food sovereignty, food justice and simply enjoying a shared meal. A series of ten questions were laid out on placemats to facilitate the conversations. This visual design maps themes, ideas and quotes from the conversation – and invites you to build on this through future conversations and events; helping to shape the next cycle, find fairer systems, and enjoy nourishment in the face of a broken food system:

History

"All food poverty / famines have come from dysfunctional political systems, it's a political choice."

"Who's not in the room?"

"Our food comes from many lands through countless generations of migrations... tea, spices, fruits, grains, the extensions of colonial exploits and trade."

"They come from countries far away - Then they are pumped with preservatives."

Food Justice

*"What is justice?
Justice for who? What?"*

"Justice for nature on which we depend on?"

...

"Is justice achieved when all has equal access?"

...

"Is it justified for us to continually rape the land beyond our immediate needs?"

"Listening to the needs of the community"

"Access to fresh food + more nutrients"

"Less food waste!!!"

Barriers

"life is becoming too expensive for lots of families"

"people eat what is available to them and most are junk foods"

External forces impacting our food system - economic downturns

> poverty - both in terms of resources and education

> Distance - from where our food is grown

> Economics - profit is too often put before people

>Ownership - Seed Patenting

"Monocultures"

Other Systems

Land for community growing and the facilities to facilitate this

Maps displaying communal / common growing spaces

Regenerative retail

Guerrilla food growing

Food 'waste' redistribution

Skill share / time share / collective care

Food banks

Wild food teaching

National Food Service (NFS)

Climate Change

"Plant-based diets - less meat"

"More heat tolerant plants & animals"

"Less availability of certain food types"

"Changing crop zones"

“Crops will fail more regularly”

“Seasonal growing / eating & more wild foods”

“Resurgence of small scale farming”

“Flip from consumer led demand to producer led markets”

“more research & technology to deal with food waste”

“Introducing people new food new plants”

“Not cooking too much remembering each-other”

“More people attaining ancient knowledge”

Good Food

“Made with love”

“Nutritional > Whole-foods > Fresh”

“Makes you body, soul and mind feel good”

“Transparent supply chain > sustainable”

“Big business / marketing not exploiting pickers”

“Fair pay for workers”

“Affordable / accessible / healthy / nutritious / well balanced”

“Moderation / limiting excess / preservatives / sugars / salts / artificial foods”

“Transparent and accurate ingredient labelling”

“Balanced consumer cultures”

*“Tasty / Beautiful /
Healthy (-ish) / Complex”*

Sharing

“Information on growing / soil health”

“History of ingredients and seeds”

“Cultural activities around food”

“Our differences around food culture”

“We could bring people who have solved problems in other communities to come and speak at Primary.”

“A new philosophy on food production? Can we write one? What is our local cuisine and why? What are our appetites driven by?”

“Create lessons / 1-2-1 / apprenticeships – so that less confident can learn from more confident.”

Food Equity

“Accessed without prejudice”

“Eating for enjoyment, with good company and flavour / not just for ‘fuel’ or out of necessity or in a situation which causes trauma like famines & food poverty”

“Tastes like the seasons”

Future Seeds

“We need as many possibilities because of environmental change.”

“Seeds for humans and insects. I’d bury them deep in the pages of books that simply tell you how they need planting. A folder for the future.”

“Open-Source & diverse Seeds / without ‘owners’”

Joyful Food

“Food with a story or origin / Food that warms the soul”

“Biryani is very expensive food in Bangladesh. Many poor people cannot afford to have it. Once a year my mother cooks Biryani for poor people on the very day of my dad’s death anniversary.”

“Food prepared by a group over good conversation, Shared food”

“Home grown + seasonal food”

“I used to think people were fibbing when they said fresh food tastes better – but it sooo does.”

“Sharing cooking is what it’s all about! Learning from each other as you cook – changing up your recipes.”

“Food that you know is a little bit naughty and you shouldn’t be eating it (normally involves a lot of chocolate)...”

Books / Research

Recipes for Resistance - Raju Rage

Our Future in the Land + Field Guide for the Future - RSA

The Hungry City - Carolyn Steel

*The Seed Book -
idea by Ben (participant)*

*Feast Journal - Spice
feastjournal.co.uk*

Be Like Teflon - Jasleen Kaur

*Daikon zine: Food
daikon.co.uk*

Landworkers Alliance

Land In Our Names

*Social Eating Network
socialeatingnetwork.org*

Publiclab.org

Places

*AMC Gardens
(The Meadows)*

*Small Food Bakery
(Primary)*

*Coffee Bradley
(Primary)*

*Neighbourfood
(Primary + UK network)*

Soul Food Cafe

*Crocus Cafe
(Lenton)*

Windmill Hill Community Garden (Ascot rd)

affordable (Derby Rd)

Roots out (Bullwell)

SHOP ZERO (Friar Lane)

Himmah (Radford/ Hyson Green)

All souls church (Radford)

*St Peter's church
(Radford)*

Groundworks (UK)

*Common Ground
(Something & Son)*

CONSOLIDATION

Drawing from the conversations, the next stage of this programme will be nourished by key words, themes, and issues gathered below. A set of ingredients to help bring to the surface what is important to our food systems locally in Radford and Lenton, in Nottingham and beyond:

Community
Accessible
Local
Seasonal
Cooking
Waste
Fresh
Sharing
Poverty
Healthy
History
Class
Emissions
Education

Soul
Ownership
Ingredients
Choice
Limits
Labels
Exploitation
Distance