

Our food, our future

DOWNHAM MARKET TOWN HALL - SATURDAY 31ST OCTOBER

HOW WILL DOWNHAM FEED ITSELF IN THE FUTURE?

How we grow, process and transport our food affects our health, our communities, our economy and our planet. Much of our food depends on the use of land, water and energy in ways that are damaging. This threatens our future. There are other ways of feeding ourselves, and our personal decisions about food can improve our quality of life and create stronger communities and a better world for everyone – especially if we work together.

MORNING 10AM-1PM - FREE ADMISSION

Support for Allotments, Garden Farming, Community Orchards

Keeping Bees, Chickens, Goats

Sharing Skills, Seeds, Tools or Land

Healthy, seasonal eating that doesn't cost the earth

Find information, contacts, watch films, short talks

Free soil testing **AND LOTS MORE ... SEE OVER**

AFTERNOON

BOB FLOWERDEW

TICKETS £5 FROM LEWKS

Bob will give a talk based on his new book "No Work Gardening" with a discussion and book signings before and after.

1:30PM – BOOK SIGNING

2:00PM – TALK FOLLOWED BY Q & A

3:30PM – BOOK SIGNING



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ACTIVITIES IN THE MAIN HALL: 10AM – 1PM

TALKS & DISCUSSIONS - free of charge

10.00-10.40am 'Managing & Working your Allotment', Mahesh Pant, Sustainable Communities

10.45-11.15am 'Supporting Local Growing', Caroline Fernandez, Women's Environmental Network

11.15-11.45am 'What Farming will have to do to meet the Future', William Hudson, East Anglian Food Link

12.00-12.30pm 'A village store run by and for the community', Kingsley Eliff, Metfield Stores c/o

HALL OF STALLS

Linking Transition & local food

Healthy land and soil

Climate-friendly farming methods

Allotments for Downham Market

Land/garden share schemes

Soil testing (free, by our sponsors Independent Soils)

Getting inspiration

Downham Market & District Heritage Society – finding out how it used to be

Backyard chickens, bees

Smallholding & goats

Composting

Seed saving /swapping

Educating the next generation

Permaculture publications

Making connections

The garden farmer – supporting organic fruit & veg growing

Sustainable Living Initiative, Norwich

Gardening for health – West Norfolk

Mind

Local food & local growing initiatives

Downham Market & District

Horticultural Society

Buying & Eating local food

Totting up the food miles in a pizza

North Norfolk food waste reduction

Local food map

The Downham Loaf – Denver Mill

Healthy eating – using seasonal gluts

Children's secret garden

IN THE ALL-DAY CAFÉ

Home-made fruit juices and soups; Bread – locally grown, milled & baked; Snacks using local produce; Recipes for local ingredients; Film Corner showing DVDs connected with growing/eating

EVENT ORGANISED BY DOWNHAM & VILLAGES IN TRANSITION
PROGRAMME SUBJECT TO CHANGE