

Food Storage Group

TRANSITION City Lancaster

How can Food Storage help us get less dependent on oil?

It's simple. The amount of fruit and vegetables air-freighted into the UK has been growing at a rate of 7.5% per year for the last 10 years. Just have a look at the supermarket shelves. How do you think those fresh green beans got here from Kenya? How about those New Zealand apples? Yet here in the UK we have ideal growing conditions for a wide variety of fruit and veg. Even around Lancaster. We just can't grow them all year round!

It's not just the amount of fuel that's at stake here. To fly in a kilo of apples from New Zealand to the UK consumer results in 1kg of CO₂ emissions, more than 20 times the level of emissions caused by distributing the same amount of locally sourced apples through a home-delivery fruit and veg box scheme. If you grow your own, or even ride your bike to a local orchard and pick your own, then this level can be reduced even further.



It makes sense, for so many reasons, to re-discover the methods that our parents and grandparents used to take so much for granted, not that long ago, and preserve locally grown fruit and veg when it's plentiful – the art of making our own pickles and relishes; canning our own tomatoes and green beans; making a whole range of delicious jams and jellies, drying, curing, freezing and resurrecting the simple methods of common storage for root crops and grains.

Not only is it so much cheaper to grow or pick food when it's in season and preserve it for when it's

not, it's also much more fun, tastes better and gets you back into eating real food again. It's better for both your waistline and your long term health to eat with the seasons, yet add in just a morsel or two of what you have laid down for a rainy day. It also cuts down on the ridiculous number of miles that food travels to reach our plates. Even a simple jar of chutney made in the UK could have clocked up many thousands of miles between manufacturer, wholesaler, distributor and retailer.

Whether you grow your own or simply want to pick your own or buy in bulk from local farmers, why not join us in passing on a few skills you might already know, or learn some more, or even, as a complete beginner, discover the simple pleasures to be found in putting up and sharing the harvest.



Please email us if you are interested in coming along to the Food Storage Group for Transition City Lancaster to info@transitioncitylancaster.org or, if you're already an active bottler, bring a jar or two of anything home-made and edible to the Home Made Preserves Food Swap stall at various Transition City Lancaster events through the year. Check the TCL Website and Facebook pages for events. You can swap one jar for another, home produced by another local resident, sharing the taste of your delicious home made recipe and making a few new friends at the same time! Details of food preserving events for the summer will also be available on the stall, along with recipes, taster samples, displays of preserving equipment and friendly faces to tell you more about the opportunities for you to get involved and get preserving!



Email: info@transitioncitylancaster.org
www.transitioncitylancaster.org



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