

Around the World in Eighty Dishes

Food Fortnight ended on a high note as crowds flocked to the Corn Exchange on November 20th to sample food from across the globe at the ever-popular international food event. Local residents and restaurateurs representing more than twenty five nations from Europe, Asia, Africa and America produced a mouth watering selection of dishes from their country of origin for visitors to taste. The event was opened by West Norfolk Chinese Association's spectacular Lion Dance team and also included displays of dancing from Thailand and Bali. Stalls selling food and craft items added to the attraction. Approximately 1500 people attended the event, which was sponsored this year by MENTER and was supported once again, by a number of local businesses and community groups. We would also like to extend our thanks to the many individuals who contributed to the success of the event.



Our thanks to the following organisations for their contribution to the success of Food Fortnight 2005.

Abbey Farm
Age Concern West Norfolk
Anthony Curton Primary School
Aroma Restaurant
Borough Council of King's Lynn & West Norfolk
Café Yaya
Campbell Grocery Products Ltd
Catalyst
Connexions Norfolk
Courtyard Farm
Creative Sparkes
Dennis Sneezum Court
Dents of Hilgay
Denver Mill
Denver Primary School
Dersingham Infant School
Downham Market College
East of England Apples & Orchards Project
Eastern Daily Press
Emneth Nursery School
Emneth Primary School
Ethel Tipple School
Fen Border Sure Start
Gaywood Gardening Friends
Gaywood South Sure Start
Girl Guiding UK King's Lynn Division
Government Office for the East of England
Great Massingham Primary School
Green Bee Apiaries
Harpley Primary School
Home-Start King's Lynn & West Norfolk
Howard Infant School
Hunstanton Northfields Allotment Club
ISIS Learndirect
Jordan's Cereals
King Edward VII School

King George VI Primary School
King's Lynn Evangelical Church
King's Lynn Horticultural Society
King's Lynn Youth & Community Service
KLARS
KLFM
Kwai's Cuisine
Learning & Skills Council Norfolk
Lynn News
Marham Airfield First School
Marshland St James Primary School
MENTER
Methwold High School
Millennium Volunteers
Nextstep Norfolk
Norfolk Adult Education
Norfolk 5 A Day
Norfolk Beekeepers Association
Norfolk Lavender
Norfolk Library Service
Norfolk Museum Service
Norfolk Records Office
North Lynn Discovery Centre
Palmer's Restaurant
Park High School
Park House Hotel
Pensthorpe Nature Reserve
Pizza Express
PK Paramedics
Pre School Learning Alliance
Queen Elizabeth Hospital Dietetics Dept
Radio Norfolk
RAF Honnington
Rainbow Hustanton
Rainbow Superstore King's Lynn
Rembrandts Restaurant

Runcton Holme Primary School
Safer West Norfolk Crime Reduction Partnership
Sainsbury's
Seekings
Silk Road Restaurant
St Michael's Primary School
Ten Mile Bank Primary School
Terrington St John Primary School
Tesco Hunstanton
Thai Orchid Restaurant
The Citizen
The College of West Anglia
The Green Quay Discovery Centre
Tlney St Lawrence Primary School
True's Yard Museum
Upwell Primary School
Walpole Highway Primary School
West Norfolk Chinese Association
West Norfolk Islamic Association
West Norfolk MIND
West Norfolk Organic Society
West Norfolk Voluntary & Community Action
West Walton Primary School
West Winch Primary School
Whitefriars Primary School

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The College of West Anglia
Norfolk County Council
Learning and Skills Council - Norfolk
Borough Council of King's Lynn and West Norfolk.
Government Office for the East of England



West Norfolk Learning Partnership News



A Testbed Learning Community

February 2006

Food Fortnight - Another successful menu!

Food Fortnight 2005 proved to be the most popular so far with over 4000 people taking part in at least one of the many activities on offer across West Norfolk between 6th and 20th November. It was the third successive year that the food-themed community-learning event had been organised by the West Norfolk Learning Partnership and once again the project brought together the combined expertise of over 90 local organisations, without whose generous support and enthusiasm the event would not have been possible. Many of these organisations have supported the project since it began in November 2003 whilst others were taking part for the first time.

This year's programme included events for people of all ages, from tiny tots to senior citizens and covered topics such as advice on healthy eating, cookery demonstrations, food in history, organic farming and growing your own food, as well as providing 'food for thought' with information and advice sessions on local learning opportunities. The majority of these events were free, enabling participants to try new activities and possibly move on to further learning. Schools played a key role this year with over one third of all schools in West Norfolk taking part in some way, reflecting the growing public interest in the diet of young people and its effects on their health and learning. The ever-popular Around the World in Eighty Dishes international food event provided the grand finale to Food Fortnight. Held this year at the Corn Exchange and including stalls and entertainment as well as food tasting, it attracted a record number of visitors and provided a colourful spectacle on a cold winter's afternoon.

Food Fortnight has achieved national recognition as a learning festival but at its heart it remains a local community event. Over the past three years it has helped to forge new partnerships between local organisations, encouraged new business opportunities and provided opportunities for the people of West Norfolk to enjoy learning together.

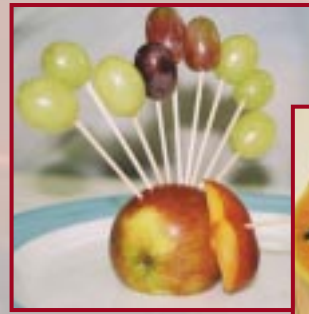


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Here are just some of the highlights from Food Fortnight 2005...



© Nicola Marray-Woods



● Edible Art

Visual Artist, Nicola Marray-Woods held sessions at four local primary schools working with pupils aged 4 - 9 years to produce some stunning edible fruit sculptures. The sessions were funded by the Borough Council of King's Lynn & West Norfolk Arts Development Officer and also sponsored by Sainsbury's supermarket. Each child produced a sculpture using a range of familiar and more exotic fruit, which was photographed and then eaten enthusiastically!



© Lynn News

● Fruit and Flowers

Learners at Downham Market and Hunstanton Learning Centres, were shown the basic principles of flower arranging and how to use fruit to enhance floral displays on 8th and 9th November.



● Passion for Food

On November 9th visitors to Campbell's factory in King's Lynn were invited to taste a variety of healthy and easy to cook dishes prepared by QA Assistant Patricia Conway, using the company's famous range of condensed soups.



● Pizza Success

An enthusiastic group of people spent the morning of November 16th learning the secrets of successful pizza making from staff at Pizza Express in King's Lynn. The session was organised by Restaurant Manager, Jemma Hyland following the success of a similar event last year.



© Lynn News

● Get Growing Your Own

Gardening enthusiasts and would be gardeners received advice and encouragement from local experts on growing fruit and vegetables at an event held at the Green Quay on November 12th and 13th. Members of several local gardening and allotment associations provided displays, samples and hands on activities designed to promote the benefits of growing your own food. The event was sponsored by the Safer West Norfolk Crime Reduction Partnership and attracted a steady stream of visitors including the Mayor of West Norfolk, Mr Trevor Manley.

● Young people get involved

Millennium Volunteers ran Fair Trade information and food tasting sessions for 6th formers at local high schools and students at the College of West Anglia during Food Fortnight. The Rainbow Superstore in South Wootton provided Fairtrade products for sampling, including drinks, chocolate and biscuits.



A special event designed to help young people look at food issues that directly concern them held at the Connexions Centre in King's Lynn on Saturday November 12th proved to be a great success. Over 100 young people called into the centre to try a range of activities including quizzes, exotic fruit tasting and a chance to talk to a dietician from the Queen Elizabeth Hospital. The event was planned with the help of the Connexions Service Youth Group whose members also played a major role on the day by handing out leaflets around the town and encouraging others to join in.



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● A Look Back in Time

Each year Food Fortnight has provided the opportunity to look at food in the past and this year was no exception. Dressed in period costume, Marion Stone, King's Lynn Museums' Learning Manager, led sessions that gave visitors to the Town House Museum a glimpse of life in the Victorian Kitchen. Pupils from Harpley Primary School's infant class tried out the Tasty Time Trail and looked at old cooking utensils on a visit to the Museum during the Fortnight. The Museum Service also linked with Age Concern's Pop In lunch club to run a 1940s reminiscence event where people were invited to share their memories of life in King's Lynn during the war years. Once again local historians were able to enjoy a fascinating presentation at the Town Hall given by Susan Maddock, Principal Archivist from Norfolk Records Office, which drew on local archives to give an insight into cookery and housekeeping in the past.



● Healthy Eating for children and families

A number of organisations this year provided opportunities for families to learn more about healthy eating and in particular the needs of small children. Home Start King's Lynn & West Norfolk held special themed sessions for their regular groups. Parents and children at the North Lynn group enjoyed a healthy breakfast, the group at Bircham learned more about a healthy diet for children, with a talk give by Sue Patten, Paediatric Dietician, and the Southery group prepared an organic lunch. Gaywood South Surestart working in partnership with the Pre School Learning Alliance ran sessions making fun food for tiny tots at their parent and toddler groups in Gaywood and Fairstead. Meanwhile the Fen Border Sure Start team ran informal sessions on healthy eating for young children and their families at a number of schools and community venues across the Fenland area.



● Organic Tastes

Hunstanton Learning Centre invited learners to take the Organic Taste Challenge on Friday November 18th with talks on organic farming and an opportunity to taste some delicious local organic produce. The sessions were kindly supported by Courtyard Farm, Ringstead and Abbey Farm, Flitcham, with organic refreshments provided by Hunstanton Rainbow and Tesco Supermarkets.

● Library links

Librarians from West Norfolk's libraries were kept busy during Food Fortnight as they visited primary schools across the area to read food related stories to groups of Key Stage 1 pupils. 18 schools and over 1000 pupils were involved in the initiative designed to promote the Library Service to children and their families and strengthen links with schools. Children visiting their local library also had the opportunity to take part in a Crazy Cake colouring competition.



● A Taste of Lavender

Visitors to Norfolk Lavender at Heacham were able to find out more about how lavender can be used as a culinary herb at special presentations given by Tearoom Supervisor, Paul Hewer, on Saturdays 12th and 19th November. The sessions included a visit to the drying barns to see how this famous local product is processed and an opportunity to sample a selection of delicious dishes flavoured with lavender including quiche, sausage rolls, cheesecake, scones and ice cream.

● Farming Connections

This year's programme offered two opportunities to visit local farms and find out more about food and farming. On November 7th Edward Cross of Abbey Farm at Flitcham gave visitors a guided tour of his family run farm, which is well known for its organic vegetable box scheme and its work on wildlife conservation. This is the third year the farm has taken part in Food Fortnight and the walk attracted an enthusiastic group in spite of poor weather on the day. On November 20th visitors were able to enjoy a guided walk around the Conservation Grade Farm at Pensthorpe Nature Reserve near Fakenham led by the owner Mr Bill Jordan of Jordans Cereals.



● Open Kitchen

Park House Hotel, Sandringham held an Open Kitchen event on November 14th when visitors were able to enjoy a demonstration given by the hotel's chef, Mike Howard. The session included tips on healthy cooking without artificial additives and there was a chance to enjoy afternoon tea afterwards.