

Great Food from European Green Cities

Inspiring Stories and Recipes from European
Green Capital and Green Leaf Network Cities

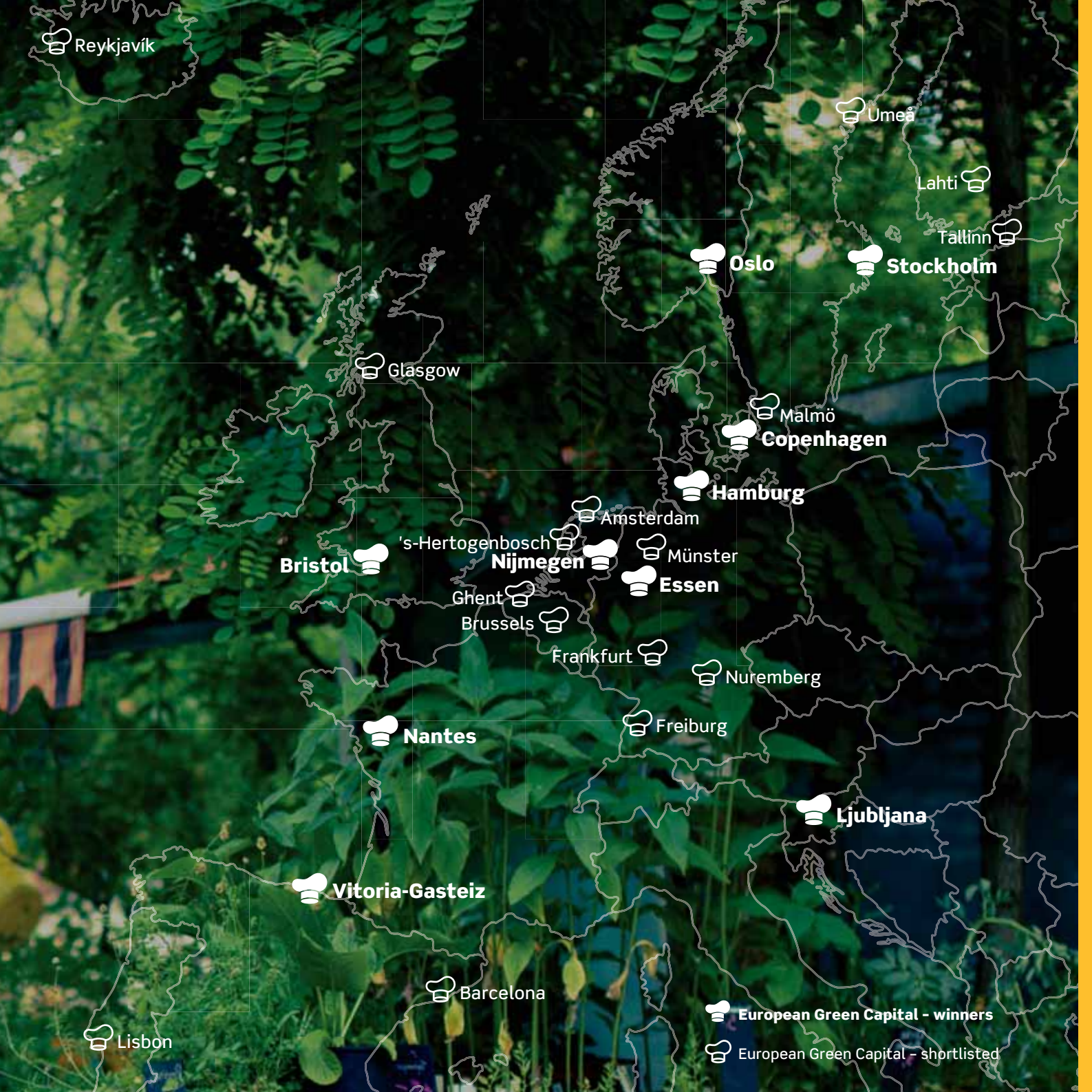


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Barcelona

Lisbon

 European Green Capital - winners

 European Green Capital - shortlisted

Great Food from European Green Cities

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Green Capital and Green Leaf Network Cities

Great Food from European Green Cities:

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Foreword: Food for Thought



With more than two thirds of Europeans now living in our cities, we are continuously challenged to find new and better, environmentally sustainable solutions to manage how we live, how we travel, and even how we eat.

Food production and consumption impact all areas of our environment, including urban areas. 'Feeding the city' requires a wide range of resources, and may have adverse environmental impacts. Having a more sustainable food system will allow us to have a more holistic view, and a better understanding of how our food reaches our plates. It takes into account food production, processing, distribution, consumption and waste management to enhance the environmental, economic and social health of our cities.

Leading the way in this area are like-minded cities that have either been shortlisted or have won the European Green Capital and European Green Leaf Awards. Their aim is to continue to engage with others through networks to share their experiences, the lessons learned and the best practices to help future-proof Europe's cities. The European Green Capital and the European Green Leaf Networks understand the important impact food has on all areas of the environment, including areas like land and water use, energy, waste management and climate change. As such, they are developing food systems and strategies to ensure they can continue to grow and thrive in a healthier and cleaner way.

This book showcases what these pioneering cities are doing to 'green' their cities and their food to inspire others to build a nourishing future. We of course could not produce an entire book dedicated to food without giving you some delicious examples to try for yourself. After each city's sustainable food initiative, you will be able to enjoy appetising, regional and environmentally-friendly recipes from the twenty-one cities that contributed to this book.

We hope you enjoy these regional delicacies and that these stories inspire you to eat more sustainably too!

Happy reading (and eating)!

A handwritten signature in black ink that reads "D. Calleja". The signature is written in a cursive, slightly slanted style.

Daniel Calleja
Director General for Environment
European Commission

Food and the City

Food is a very important part of many European citizens' lives. It brings family and friends together around the table to talk, laugh and celebrate and in many places, food goes hand in hand with the local culture. Not only is food a hugely important part of everyone's daily life in terms of nutrition and well-being, but it also affects all facets of our environment.

Before food reaches our plates, it travels quite a few kilometres and exchanges a few hands to get to us. We use land and water to grow our crops, energy to harvest and transport them and packaging to keep food fresh. We then purchase and cook our food and lastly, dispose of the packaging and the food we didn't finish or that has 'gone off'. Finding ways to manage and reduce our footprint in all of these steps of the food production process is vital to ensure a more sustainable future.

The European Green Capital¹ and European Green Leaf² Awards are two initiatives that recognise European cities that have a consistent record of achieving high environmental standards and that are committed to ambitious goals for further environmental improvement and sustainable development. As part of the competition process, cities need to demonstrate their green work in the last 5-10 years in urban sustainability and their plans for the future across 12 environmental indicators or 6 environmental topic areas, respectively³. All European Green Capital and European Green Leaf Network cities, cities that have either won or have been shortlisted for the respective Awards in the past, have demonstrated their green merit in these categories.

As food production touches upon all of these areas, finding ways to decrease the impacts the food production process have on our environment is increasingly becoming an area which cities are focusing their energy on. One of the main objectives of both city Networks is to create long term impacts in sustainable urban development in Europe by sharing best practices, challenges and potential solutions amongst the network Members, serving as a

collective platform to create environmental change and inspiring other cities to transition sustainably. By putting a spotlight on the important work that European Green Capital and European Green Leaf Network cities are undertaking to meet sustainable food challenges, this book serves the overarching purpose of sharing ideas and solutions, while also encouraging change amongst European cities.

This book is divided into 12 Chapters – each Chapter touching on one of the 12 environmental indicators of the European Green Capital Award – and features the food initiatives Network cities have been actively implementing in their local communities to reduce our food’s environmental footprint. Readers will also get to enjoy environmentally-friendly recipes from each of the contributing cities spanning all corners of Europe. The majority of the recipes are tagged as either being organic, locally sourced, vegetarian, or seasonal. It is our hope that this book inspires cities to green their food practices and motivates readers to think about our environment when enjoying these delicious regional dishes!

¹ <http://ec.europa.eu/environment/europeangreencapital/about-the-award/faqs/>

² <http://ec.europa.eu/environment/europeangreencapital/europeangreenleaf/>

³ **European Green Capital Award Indicators:** Climate Change: Mitigation; Climate Change: Adaptation; Sustainable Urban Mobility; Sustainable Land Use; Nature and Biodiversity; Air Quality; Noise; Waste; Water; Green Growth and Eco-innovation; Energy Performance; Governance. **European Green Leaf Topic Areas:** Climate Change & Energy Performance; Sustainable Urban Mobility; Nature, Biodiversity & Sustainable Land Use; Air Quality and Noise; Waste and Circular Economy; Water

Climate Change: Mitigation

When European cities apply to become a European Green Capital or European Green Leaf they need to outline their specific CO₂ targets to reduce greenhouse gas emissions in line with the EU policies^{4,5}. These cities are assessed on their strategies and activities to reach these targets as well as being able to demonstrate that there have been reductions in CO₂ emissions across a range of functions and sectors in their city. Food production and consumption is one key area in which cities are dedicating more resources and attention to as a way to mitigate climate change. Continue reading to find out what Frankfurt, Malmö and Ghent are doing to make their food more climate-friendly.

Ghent 

⁴ https://ec.europa.eu/clima/policies/strategies/2020_en

⁵ https://ec.europa.eu/clima/policies/strategies/2030_en

 Malmö

Frankfurt 



Frankfurt's Climate Gourmet

The city of **Frankfurt** has committed itself to cutting Frankfurt's CO₂ emissions in half by 2030 and to use only renewable energy sources by 2050. To live in a truly environmentally-friendly manner, residents of Frankfurt are encouraged to considerably reduce their CO₂ emissions and one way of doing so is by making informed and conscious decisions to consume sustainable food products; especially when on average, 14% of a German citizen's CO₂ footprint is generated from food. As such, the city of Frankfurt initiated two initiatives to help reduce Frankfurt's food-related carbon footprint.

In 2009, the city of Frankfurt developed the **Climate Gourmet Exhibition** to show citizens how to reduce their CO₂ footprint - simply and deliciously - and how to live more sustainably. The award-winning touring exhibition includes eleven interactive stations which address topics

such as the greenhouse effect and the link between CO₂ emissions and our choice of food, production and transport costs. The exhibition has been hugely successful and can be seen in many places throughout Frankfurt and Germany.

The second initiative is the **Climate Gourmet Network** which aims to promote sustainable food choices and climate protection that benefit local stakeholders and the community. Frankfurt residents and their friends are encouraged to explore and enjoy the city's sustainable and climate-neutral culinary options, and to rethink lifestyles. The Climate Gourmet Network also organises the Climate Gourmet Week, which began as a single 'Veggie Day' in 2012, and now showcases Climate Gourmet offerings that highlight the connection between nutrition and climate protection and to promote other aspects of the Climate Gourmet programme⁶.

*background
image on the left*

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on the right below

Frankfurt's Climate
Gourmet Logo



⁶More Information: www.klimagourmet.de

Frankfurt's Recipe


Frankfurt Green Sauce


Main Course 

Season: March–October   

Difficulty: Junior ● ○ ○ ○ ○

4 Servings 

CO₂ Emissions: 450g of CO₂
eq/portion 

 **Tags: Vegetarian, Low environmental footprint**



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Ingredients

40g of each of the following herbs:
borage, salad burnet, chervil, chives,
Garden cress, parsley and sorrel

1 tablespoon of mustard

1 tablespoon of oil

¼ litre of sour cream

150g of yoghurt

Salt and pepper

4 hardboiled eggs

Served with boiled potatoes

Preparation

Separate the cooked egg yolk from the egg white of the hardboiled eggs. Mix the egg yolk with oil, mustard and yoghurt until you get a creamy paste. Then, add the sour cream and flavour with salt and pepper. Finely chop the herbs and the egg white, add to the sauce and mix it well. If the consistency is too firm, add more sour cream or yoghurt.

Sustainable Food Policy and Ambassador Chefs

In **Malmö**, tasty, healthy, sustainable food is a priority, which is why Malmö created a Sustainable Development and Food Policy that is the shared responsibility of the entire Municipality. The purpose of the policy is to contribute to a sustainable Malmö with healthy citizens, to strengthen the importance of food in Malmö's own operations and to make Malmö's own food purchases more sustainable. Malmö's food policy set ambitious targets: by 2020, all food served in the city of Malmö has to be organic and greenhouse gas emissions related to the city's food purchases will be reduced by 40%.

To reach its goals, Malmö launched the initiative **'Climate-Smart Food in Malmö'** as a way to reduce the climate impact of the city's food purchases. This initiative focuses on two key areas that have

the greatest potential to reduce greenhouse gas emissions associated with food: reducing food waste and introducing more plant-based and climate-friendly menus.

With the city's preschool chefs as a main target group, the project explores everything from nutrition to cooking with more colourful vegetables and less meat. The goal is for the chefs to bring their new knowledge and enthusiasm back to their workplaces and contribute to making a difference. Over 100 preschool chefs have participated in the training so far and the reactions have been positive and full of curiosity. In the end, climate-smart, plant-based and environmentally-friendly food is good for the whole chain - for the planet, the food producer and our citizens.



As of 2017, the city of Malmö has reduced its emissions by 16.5%.

Malmö's Recipe

Vegetable Loaf with Pickled Onions and a Fresh Sauce

A plant based take on the classic meatloaf!⁷


Main course 

Season: Autumn/Winter/Spring 

Difficulty: Junior to Intermediate ● ● ○ ○

Preparation time: 20-30 minutes 

4 Servings 

 **Tags: Vegan (replace yoghurt in sauce), Low environmental footprint, 'Fridge Cleaning' opportunity**

Ingredients

Loaf Ingredients

40g of swede
1-2 medium carrots
100g of pre-cooked red lentils
30g of celeriac
Half a red paprika
Half a parsnip
1-2 thick slices of zucchini
1 thick slice of aubergine
An eighth of a leek
Cumin, chervil, tarragon, onion powder, parsley, rosemary, thyme, Persillade, salt, finely grained black pepper
1 tablespoon of chickpea (or other protein rich) flour
30 ml of oatmeal flour (you can use oatmeal and mix it in a mixer)

Side-servings

10-15 potatoes
Grated carrots
Pickled red onions
Lingonberry jam

Yoghurt Sauce

Yoghurt (Turkish at around 10%), salt, pepper, lemon, thyme

Preparation

Peel and boil the potatoes (and preheat oven at 140° C degrees). Mix the sauce ingredients together to your liking. Put in the fridge to cool. Loaf time! Mix the loaf ingredients together and mix them into a smooth batter. You can add some ingredients at a later stage to keep more of their colour and texture. An umami-rich taste with a hint of a variety of different flavours is a good aim. Taste as you go along. Grease a loaf shaped oven tray. Pour the batter in. Put in the oven at 140°C degrees for 20 minutes, and then lower to 80°C degrees for an additional 20 minutes. Grate the carrots. Serve with potatoes, dill sauce, pickled red onion and lingonberries.



⁷ Recipe originally intended for 200 portions and made by Johanneslust Pre-school chefs Ferri Racz and Robert Björkdahl in Malmö.

Climate Change: Adaptation

Brussels

How ready and resilient a city is to anticipating the adverse effects of climate change, or in other words to adapting to climate change, is another area in which cities are evaluated in the European Green Capital and European Green Leaf Award competitions. Since cities play a key role not only in mitigating climate change, but managing its impacts, cities have to demonstrate their approach to the EU's Adaptation Strategy⁸. Examples of adaptation measures include: using scarce water resources more efficiently; adapting building codes to future climate conditions and extreme weather events; or developing drought-tolerant crops.

Brussels is a city that was highly commended on its climate adaptation performance as an applicant for the 2015 EGCA; in fact it was ranked first out of the eight cities that applied to the competition that year. An early signatory of the Covenant of Mayors for Climate and Energy, Brussels has adopted its Brussels Air, Climate and Energy code, which aimed to address energy, climate and air quality challenges simultaneously, defining a number of new standards for the future. It's clear that Brussels has a track record of thinking to the future and protecting its environment. Its latest initiative also takes an integrated approach, but this time regarding sustainable food.

⁸ https://ec.europa.eu/clima/policies/adaptation_en

The Brussels ‘Good Food’ Strategy

The ‘**Good Food**’ **Strategy Action Plan** was developed with the aim of introducing a new, sustainable food culture in Brussels that will increase the local food supply and the demand for ‘Good Food’ products. The end-goal is to also encourage innovation to develop a sustainable food system of tomorrow.

Aiming to change behaviours to stimulate the demand for ‘Good Food’, the programme is organised around seven themes and 15 actions. The principles guiding the strategy are as follows:

- **Inclusion:** all actions have to take into account the city’s social and environmental factors and include all members of the public.
- **Local authorities serve as the example** to follow to ensure the deployment of a more sustainable food system.
- **Strengthening Partnerships** at regional and local levels to empower stakeholders across the food chain to get involved.
- **Inspiring and promoting changes in behaviour** across Brussels society.
- **Preserving Independence:** through the development of skills, partnerships and local projects, the strategy still aims to give these food chain stakeholders the ability to innovate and initiate their own projects while contributing to a sustainable food policy.





Reducing food waste is one of the key themes of the 'Good Food' Strategy. In Brussels, each household throws away 15kg of food every year. The city of Brussels knows that simple, every day actions can greatly help reduce food waste – things like planning purchases, adopting food conservation techniques or learning to cook with leftovers. This is why the 'Good Food' Strategy has developed practical information tools and offers its citizens training courses on how to reduce food waste, as well as implementing 'Good Food Canteens' and educational tools for schools.


Brussels' Recipe

Baked Endives with Roquefort Cheese

Main Course 

Season: January–March  

Difficulty: Junior ● ○ ○ ○

Preparation time: +/- 1 hour 

 **Tags: Vegetarian, Locally produced, Seasonal**

Ingredients

8 potatoes
8 endives (chicons)
1 clove of garlic
150g of Roquefort (or blue cheese)
50g of grated cheese (refined)
100 ml of cream (or concentrated milk)
Pepper

Preparation

Clean the potatoes and cook them with their skin still on. Cook the endives (chicons). Pour the milk or cream into a baking dish. Preheat the oven at 180°C. Press and add the garlic. Peel the potatoes and cut them into slices. Arrange the potatoes on

a baking tray and add pepper. Arrange the endives on top of the potatoes. Crumble the blue cheese on the tray and cover with refined cheese. Cook until brown (about 10 minutes) in the preheated oven.



Sustainable Urban Mobility

How easily and sustainably citizens get around in their cities is very important. Cities should be striving to have clean urban transport initiatives in place, which include extensive public transportation infrastructure; ensuring citizens have adequate and accessible bicycle lanes and walkways, policies to limit the amount of cars on the road; incentives for more alternative-fuelled vehicles; or having sustainable urban mobility plans. There are numerous EU transport strategies⁹ in which cities can take inspiration from when applying for the European Green Capital and European Green Leaf Awards—the important thing is that a green city should provide adequate and environmentally-friendly mobility options for its citizens.

 Copenhagen

⁹ The European Commission's Transport White Paper, 'Roadmap to a Single European Transport Area' (2011), emphasises the need for clean urban transport and commuting, and sets goals to halve the use of 'conventionally-fuelled' cars in urban transport by 2030; phase them out in cities by 2050; and to achieve essentially CO₂ free city logistics in major urban centres by 2030. The Commission's 2013 Communication 'Together towards competitive and resource-efficient urban mobility' emphasises the importance of the adoption of Sustainable Urban Mobility Plans (SUMPs), as well as for more action on urban logistics, for smarter urban access requirements and for the coordinated deployment of Intelligent Transport Systems (ITS).

Torres Vedras' Programme for Sustainable Food in Schools

The Portuguese city of **Torres Vedras**, one of two cities that won the very first European Green Leaf Award in 2015, was recognised especially due to its mobility strategy. It is no wonder that even when incorporating a sustainable food programme for its schools, Torres Vedras made sure to think about the effects of transportation on its overall food supply chain and to mitigate its effects on the environment.

As an opportunity to educate and promote healthy and sustainable eating habits amongst children, the Municipality of Torres Vedras developed a **Sustainability Programme for School Meals**. Taking the different phases of the food process into account, the programme focuses on: Production, Acquisition, Preparation and Consumption.



Torres Vedras' Castle

Production: focuses on giving students direct contact and exposure to the process of growing horticultural food: for example, 'Horta Viva' is a community gardening programme that aims to contribute to environmental sustainability, fight poverty and facilitate access to land by potential farmers.

In **Acquisition** of food, the Municipality established standards for the sustainability of public procurement. All products that are acquired have to be from local producers, contributing to the reduction of the ecological footprint inherent to transporting food long distances and to the sustainability of local small and medium-sized enterprises.


In the **Preparation** of School Meals, a network of Private Social Solidarity Institutions was established, which combined with the Municipality canteens, guarantee the supply of 4,000 school meals/day via a short food chain, reducing the ecological footprint.

Consumption: through programmes directed at children, Torres Vedras is promoting good eating habits for better health and well-being. Some example programmes include: *Active School* (fighting child obesity by promoting correct eating habits and increasing physical activity) and *Heroes of Fruit - healthy school snacks* (promotion of fruit consumption in school snacks).

Torre Vedras' Recipe

Tomatoes with Goats Cheese



Starter 

Season: Summer 

Difficulty: Junior ● ○ ○ ○ ○

Preparation time: 5 minutes 

4 Servings 

 **Tags: Locally produced, Seasonal, Organic, Vegetarian**

Ingredients

4 Tomatoes

1 pack of cured goats cheese
with garlic & herbs (Saloio)

Salt

Olive oil

Preparation


Wash the tomatoes and cut them into slices.
Arrange the tomato slices on a plate. Season with
salt. Distribute the cubes of cured goats cheese
with garlic & herbs over the tomatoes. Season
with olive oil.

on the left and on the right page


©Getty Images

Torre Vedras' Recipe

Mussels 'À Wellington'

Starter 

Difficulty: Junior ●○○○

Preparation time: 1 hour 

3 Servings 

 **Tags: Healthy, Locally produced, Organic**

Ingredients

1Kg of half shell mussels

100 ml of olive oil 0,7°

150g of onions

4 cloves of garlic

150g of carrots

300g of peeled and ground tomatoes

Parsley

Coriander

Oregano

3 bay leaves

600g of savoy cabbage

100 ml of Liqueur wine (from the Torres Vedras region Biqueirão Licoroso Abafado, alternatively, a sweet wine may be used)

50g of lard

Salt

1 tablespoon of honey

Toasted flour

1 Red pepper



Preparation

Pre-preparation

Wash the mussels carefully and drain them. Chop the onions. Cut the red pepper into small strips. Cut the savoy cabbage into thin strips.

Pour the olive oil and the lard in the pan. Chop the garlic, the onion and the bay leaves into small pieces and let it braise. Add the tomato and let it simmer for a few minutes. Pour 1 litre of water and add the cabbage and the carrots and let it boil until the cabbage is cooked. Dilute the flour with the liqueur wine and honey and a little bit of warm water. Pour the mix over the cabbage along with the herbs. Stir well and season with salt to taste.

Arrange the mussels with the open sides of the shell facing up. Cut the peppers into strips and pour into pot, cover the pot and boil for 10 minutes on low heat. Shake the pot to avoid the mussels sticking to it.

90% Organic

European Green Capital 2014, **Copenhagen**, is another city that was praised for being something of a transport pioneer, aiming to become the world's best city for cyclists. Its goal when it applied was to have 50% of people cycling to their place of work or education by 2015, putting the city on track to reaching its ambitious goal of being CO₂ neutral by 2025.

Another target the city of Copenhagen set for itself has been implementing a food strategy to ensure that 90% of the city's public food system uses organic ingredients. Initially launched as part of Copenhagen's sustainability strategy aimed at securing clean drinking water for citizens since many water sources in Denmark were contaminated with pesticides, the food strategy has strengthened the market for organic and sustainable food through the city's yearly food budget. Through a two-pronged approach, the city is training kitchen staff and simultaneously restructuring its methods of procurement to ensure the supply of quality organic ingredients and thus, shaping the food service market in Denmark.

The strategy converted approximately 900 kitchens across city departments with the help of consultants and trainers. The focus is

on training kitchen staff in cooking techniques that are focused on sustainable menus and food that is cooked from scratch, as opposed to using processed foods. They are taught how to increase their seasonal vegetable use and preserving food, while also reducing their use of meat and food waste. None of these kitchens were given an increased budget to achieve these goals as the objective is to maximise the value of public food spending budgets, while also providing more nutritious, climate-friendly and appetising meals. The city has also put much effort into ensuring that the kitchens' organic transition will be supported by organic procurement and tenders that encourage the market to develop product ranges that are organic and sustainable.

As of 2016, 88% of all of the city's ingredients used in Copenhagen's food system has been organic, demonstrating that Copenhagen's food strategy has been working. Among the beneficial "side-effects" of this 15-yearlong effort is a rise not only in the quality of the food that is being served to the citizens of Copenhagen, but the heightened awareness and increased focus on the value and importance of quality food amongst the city's cooks, social workers, teachers and managers.



Copenhagen's Recipe

Meatballs in Curry

Main Course 

4 Servings 

 **Tags: Healthy**



Meatballs

Ingredients

400g of minced veal
1 teaspoon of salt
1 egg
50g of wheat flour
1 pinch of pepper
100 ml of milk
½ onion

Preparation

Stir the minced meat with salt for approximately 3 minutes so that it binds the fluid. Add eggs and stir well. Add wheat flour and pepper and mix it together without touching too much. Stir in the milk for a little while until it has the correct consistency. Peel the onion, grate it and add it to the minced meat. Put the minced meat in the fridge for 1 hour. Form the meat balls with a tablespoon - they should be approximately the size of a golf ball. Add water and salt to a saucepan and bring it to a boil. Boil the meatballs a little at a time - when they reach the surface, they are finished. Remember to store the boiled water for the curry sauce in the next step.

Curry Sauce

Ingredients

2 onions
2 carrots
2 small parsnips
1 apple
1 tablespoon of oil
2 tablespoons of curry
800 ml of boiled water from preparing the meatballs
50 ml of whole milk
20g of maizena
50 ml of cream
Salt and pepper
Lemon juice

Preparation

Peel the onions, carrots and parsnips. Cut them and the apple into large cubes. Add oil into a large pot and roast the curry until you start to smell it. Add the cubed pieces of onions, carrots, parsnips and apples into the pan and let simmer for 10 minutes. Add the boiling water from the meatballs and boil until the vegetables are tender. Mix the sauce and add milk. Add the Maizena into a small bowl with a little water and stir until the maize is dissolved. This is your gravy thickener. Boil the sauce and add the gravy thickener while stirring. Let it boil well. Finally, add the cream and season it with salt, pepper and possibly lemon juice. Add the meatballs to the curry sauce.

CHAPTER 4

Sustainable Land Use

The benefits of green urban areas or green infrastructure¹⁰ for a society are vast. They improve the living environment and public health of citizens by offering space for physical activity, peaceful places for stress reduction and social interaction, as well as providing cooling in urban areas and run off after major rainfall. Therefore, cities have an important part to play in ensuring that their cities provide citizens with a good distribution of green and blue urban areas as well as accessibility. Lisbon and Vitoria-Gasteiz provide great examples of how they are using their land more sustainably and thus providing their citizens with an improved living environment through green food initiatives.



¹⁰ http://ec.europa.eu/environment/nature/ecosystems/docs/green_infrastructure_broc.pdf

Lisbon's Urban Allotment Gardens

Lisbon has been driving an ambitious 'green plan' connecting the city through different types of green infrastructure projects. As part of this, in 2007, the city of Lisbon began the development of a strategy for urban agriculture, creating the **Urban Allotment Garden (UAG) Programme**.

The UAGs have been designed for social inclusion and self-sustainable food production, while also promoting a healthy lifestyle rooted in the Mediterranean diet which values local production, seasonality and biodiversity. The city currently has 17 gardens, across 8.5 hectares, which are accessed by around 700 families and other organisations, like schools, social, cultural and environmental associations and even public safety authorities.

These gardens are environmentally focused on agricultural good practices such as organic agriculture, free of pesticides and chemical fertilisers. Composting and reusing domestic waste is encouraged, allowing for the natural fertilisation of the soil. The Faculty of Veterinary Medicine also contributes to the soil by providing horse manure which would have otherwise been incinerated. The gardens also employ controlled irrigation and rainwater harvesting, and crops are collected at their optimum maturing point;



resulting in food with superior nutritional quality and taste whilst also helping to save water. These practices protect local biodiversity and ecosystems, increase soil fertility and drainage, and protect the health of urban farmers through access to fresh and quality products, providing them with food security.


These practices all help to safeguard the Mediterranean Diet – an important part of Lisbon's heritage – as well as the well-being and health of the people of Lisbon. The result is agricultural practices that not only represent sustainable food production and consumption with local, organic and seasonal products, but that also promote an environmental awareness aiming at a healthy and sustainable subsistence.

Lisbon's Recipe

Fried Green Beans – 'Peixinhos da Horta'

A traditional vegetable dish called 'Little Fish of the Garden', which serves as an excellent side to a meat dish.

Starter or Side Dish 

Preparation time: 40 minutes 

Difficulty: Junior ● ○ ○ ○

4 Servings 

 **Tags: Healthy, Locally produced, Quick and easy, Affordable**

Ingredients

500g of green beans

Batter

100g of flour

1 egg

4 tablespoons of onions,
finely chopped

Salt and pepper

Preparation

Cut the ends of the green beans off and boil in water with salt for approximately 15 minutes. In a bowl, mix the flour with enough water to create a batter. Afterwards, add the egg and the onion, and season with salt and pepper. Dip the bean pods, two at a time, in the batter and fry in hot vegetable oil, until they become golden in colour. Dab any extra oil on absorbent paper.



The Gastronomic Societies of Vitoria-Gasteiz

A large reason why **Vitoria-Gasteiz** won the European Green Capital Award in 2012 was how they brought nature to their city. This focus on nature and protecting their land still shines through in their local food practices.

In recent years, gastronomic societies – societies with the basic and fundamental characteristic of offering their members a space for recreation and relaxation based around gastronomy – have been popping up across Vitoria-Gasteiz and Europe. In Vitoria-Gasteiz, there are more than 100 gastronomic societies and the **Slow Food Convivium of Álava** has its headquarters in one of these. This symbiosis facilitates and promotes the use of local and seasonal products in the cuisine of these societies. Many of these products from the Álava region have been recovered by the Slow Food Araba's Ark of Taste. An example of these local products is the Gorbea potato or horse meat from the Montaña Alavesa region. It is a native breed in danger of extinction. The production of this meat contributes to a form of livestock farming that respects the environment and the well-being of the animals, as well as supporting a region with deep cultural roots that yearns for a type of progress that respects its past.

This commitment to locally sourced products and environmentally-friendly production is part of the drive to protect the fertility of the land of origin; to maintain the rural way of life and the activity of the primary sector; to shorten production and consumption cycles. In short, to fight against climate change using something as essential to life as food.


Citizens of Vitoria-Gasteiz Enjoying Slow Food





Vitoria-Gasteiz's Recipe

Scrambled Perretxikos (St. George's Mushrooms)

Starter 

Season: March–May 

4 Servings 

 **Tags: Locally produced, Seasonal**

Ingredients

500g of perretxikos (St. George's mushrooms)

6 Euskal Oiloa eggs (or large eggs)

1 clove of garlic

Añana salt (or table salt)

4 slices of fried bread

Extra virgin olive oil from Rioja Alavesa
(or from any other region)

Preparation


Chop up the mushrooms by hand and fry them in a pan, previously greased with garlic, until all the water has evaporated. Crack the eggs on top of the mushrooms and stir with a wooden spoon until they are about to be set. Serve on a platter garnished with fried bread.



Nature & Biodiversity

The EU's 2020 Biodiversity Strategy¹¹ aims to halt the loss of biodiversity and ecosystem services in the EU and to help stop global biodiversity loss by 2020. All previous applicant, shortlisted and winning European Green Capital and European Green Leaf cities have had to demonstrate ways in which they are improving and protecting the status of their species and habitats, collecting biodiversity data and involving their citizens in biodiversity education, decision making and practical actions. Nijmegen and Cornellà de Llobregat provide two strong cases of how they are preserving nature and biodiversity while also promoting sustainable food practices in their cities.

Nijmegen 

 Cornellà de Llobregat

¹¹ http://ec.europa.eu/environment/nature/biodiversity/strategy/index_en.htm

Nijmegen's Food Forest

As recent as 2009, Wouter van Eck and Pieter Jansen transformed a bare agricultural field near the city of **Nijmegen** into a '**Food Forest**'. Initially used only to grow maize, the very same area of 2.5 hectares now produces a great variety of crops. A growing amount of fruits, nuts, edible leaves and flowers are being harvested each year and the citizens of Nijmegen can enjoy meals straight from the Food Forest.

What is a food forest? A food forest is a designed system, meant to produce food. It tries to mimic the ecological principles of a natural forest with several layers of vegetation. Huge canopy trees, shrubs of different sizes, vines and other plants will all grow to different heights. The trick of a food forest is planting such a system and using mainly species offering us good food. So, the tallest trees can become sweet chestnuts or pecans. Berries, grapes, apricots, sea buckthorn, hazels, Szechuan pepper and rhubarb can all fit in such a system. Hundreds of edible species hardy enough for the Netherlands' climate conditions are already growing in Nijmegen's Food Forest. Like any forest, the food forest produces quite a lot a biomass each year, which will increase the soil's fertility, which in turn will also increase its capacity to store water. As a natural forest it also does not need artificial fertilizers or pesticides; insect eating birds will manage the amount of caterpillars and aphids.

Research has already shown an abundance of insects and birds starting to live in the Food Forest, even rare species are present. The amount of organic matter is also increasing as is the percentage of carbon stored in the soil. It's clear that when your meal is coming from a food forest you really can dine against climate change!



Nijmegen's Food Forest

Nijmegen's Recipe

Chestnut Satay, Glazed with Unripe
Szechuan Berry, Chinese Mahogany
and Japanese Plum

Main Course



Tags: Vegetarian



Chestnut Tempeh

Ingredients

500g of chestnuts
8g of tempeh starter¹²
30 ml of apple vinegar

¹² Tempeh, is a traditional soy product originally from Indonesia. It is made by a natural culturing and controlled fermentation process with tempeh starter that binds soybeans into a cake form, similar to a very firm vegetarian burger patty.

Preparation

Prepare 2 zip-lock bags by pricking holes with a needle at 2 cm intervals. Cook the chestnuts for 40 minutes in a large pot covered with 5cm water until they are tender but not mushy. Skim off and discard any impurities that rise to the surface of the pot while cooking the chestnuts. Drain the chestnuts, spread them out on towels and pat dry. Let them cool to below 37°C . Transfer the chestnuts to a clean bowl and add the apple vinegar (this prevents the growth of unwanted bacteria). Sprinkle the tempeh starter over the chestnuts and mix to distribute evenly. Divide them evenly over the zip lock bags and then flatten them evenly. Place the bags in a room with 30°C and 70% humidity. Depending on the conditions, the tempeh may take up to 48 hours to form a white layer around the chestnut and binding them in a dense firm cake. Remove from the warm room and stop the fermentation by transferring the tempeh to airtight bags and storing them in the refrigerator. You can keep them up to one week.

Barbecue Sauce (Glaze)

Ingredients

330 ml of dark ale
65 ml of red wine vinegar
100g of Chinese mahogany leafs
45g of Japanese plum puree
55g of honey
10g of unripe Sichuan berry
6g of salt

Preparation

Combine all ingredients in a sauce pan and bring to a simmer. Cook until thickened, about 10 minutes. Let cool for at least ten minutes. Scrape the barbecue sauce into a food processor and blend into a purée with a smooth consistency. Let it cool at room temperature.

To finish

Cut the chestnut tempeh into 2cm cubes. Use the young shoots of Japanese quince as a skewer, adding two pieces of tempeh to each skewer. Heat the barbecue and roast the tempeh skewers for 5 minutes on each side, finish by brushing all sides generously with barbecue sauce. Roast for another 4 minutes, watching closely to prevent burning. Finish by rolling the glazed skewers in crispy fried onions.

Cornellà de Llobregat's Urban Agriculture

Cornellà de Llobregat has a past with strong agricultural roots. The Llobregat River made the surrounding land fertile, thus making agriculture an important activity for the area. This is perhaps why many citizens of Cornellà place a strong, historic value in agriculture and want to ensure its local practice is preserved. This can be seen through their citizens' use of the 165 plots of urban city gardens found across Cornellà.

With the aim of providing citizens with spaces for social, physical and leisure activities, Cornellà City Council has created three areas of urban city gardens for the elderly and people with financial and social difficulties. Users grow food for self-

consumption in line with ecological agricultural standards set out by the City Council. In addition to the benefits that the vegetable gardens provide to their direct users, these spaces make up part of the city's green infrastructure, contributing and helping to increase biodiversity.

Along with the urban gardens, agriculture still remains an economic activity for the city albeit a more reduced one. A small strip of allotments are left which form part of the Baix Llobregat Agricultural Park, which manages the land, promotes organic farming, fresh produce and sales at local markets, such as the market in the Can Mercader park.



Cornellà's de Llobregat
Allotment Gardens

Cornellà de Llobregat's Recipe


Pumpkin Cream Soup with Rosemary and Kefir

From the recipe book of Baix Llobregat Agricultural Park

Starter 

Season: September–December  

Difficulty: Junior ●○○○

 **Tags: Locally produced, Seasonal, Vegetarian**

Ingredients

750g of pumpkin

70g of spring onions

50g of olive oil

30g of brown sugar

(if pumpkin is not sweet enough)

10g of salt

Fresh Rosemary

Pepper

Water or vegetable broth

100g of kefir



©Getty Images

Preparation

Cut the onion into julienne and cook it for about 5 minutes on low heat with the olive oil and salt. Add the peeled and cut pumpkin, at first over high heat, then reduce the heat and cover with the broth. Let it cook for about 30 minutes until the pumpkin is soft and sweet. While cooking, add a few leaves of Rosemary and pepper. Add salt, pepper and sugar, if necessary. Blend it so it becomes more of a liquid, if we see that it lacks texture we can add a little water or vegetable broth if you prefer. Decorate with a ray of kefir and some fresh rosemary leaves.

Air Quality

Ensuring citizens have clean air to breathe is not only vital to combatting climate change, but it is also hugely critical to protecting human health. The impacts of poor air quality can be detrimental to our health and quality of life, and is fast becoming one of the main environmental causes of premature deaths in Europe. Therefore, it is vitally important to improve our air quality by controlling emissions and pollutants and monitoring air quality to ensure concentrations are not harmful. The European Union has set itself the goal to achieve levels of air quality that do not give rise to significant negative impacts on, and risks to, human health and the environment¹³.

Tackling air pollution requires coordination across a number of different economic sectors like transport, energy, agriculture and industry, an integrated cross-policy approach and government coordination across all levels, from European to city-level. Cities therefore have a role to play in reducing emissions by promoting more sustainable transport and encouraging sustainable energy production and energy use. Oslo and Nuremberg are two cities that have developed and implemented strong strategies to monitor and decrease the levels of air pollutants in their cities.

¹³ The Clean Air Policy Package, including a Clean Air Programme for Europe, set objectives for 2020 and 2030, and accompanying legislative measures. More recently, the Commission adopted a Communication “A Europe that protects: Clean air for all” that provides national, regional and local actors practical help to improve air quality in Europe.



Oslo's City Farmer is cooking and you're invited!

When **Oslo** applied for the European Green Capital 2019 Award, experts ranked the city number one when it came to Ambient Air Quality. The city has a long tradition of measuring air pollutant concentrations and has a very good knowledge about the air quality situation in the past and today. Future plans are very ambitious and include introduction of a low emission zone, making the inner city a car free zone and banning diesel vehicles if NO₂ levels are high. They also intend on making their public transport fleet fossil free by 2020. Another way Oslo is contributing to cleaner and 'greener' air quality is by creating urban farms in the city.

To an increasing number of people in Oslo, nothing tastes better than a home-grown meal. All over the city, backyards, balconies and urban wastelands are being converted into mini-farms.



The urban farm Losæter, situated just a stone's throw from the Opera House and the Central Station, is surrounded by massive ventilation shafts from the tunnels below, as well as a busy motorway. Starting off as a temporary art project, the unconventional use of a former grey common area has become such a success it is hard to foresee the end of it.

When the farm comes to life in the summer months, it creates a colourful oasis in an otherwise stark urban jungle. On a commons of 3,000 square meters, approximately three tonnes of food is produced every year. Some of the produce is consumed each Wednesdays during the season, when the people of Oslo are invited to a joint dinner. Andreas Capjon, Oslo's first city farmer, hosts the weekly event together with a range of organisations and individuals, who work the farm on a voluntary basis.

230 different kinds of herbs, vegetables, grains and flowers are grown at Losæter. Vegetable soup is the staple meal for the Wednesday feast, and organically produced meat has even been known to be served, too!

on the left

Citizens of Oslo enjoying the Losæter Farm

background image on the left page

Air pollution monitoring station, ©Getty Images

Oslo's Recipe

Beetroot Burgers


A recipe supplied by the Oslo Apiary & Aviary organisation. All ingredients are grown at Losæter.



Main Course 


Season: Autumn 

(or whenever the beetroot is ripe)

Preparation time: 60 minutes 

Difficulty: Advanced ●●●○

4 Servings 

 **Tags: Low environmental footprint, Healthy, Locally produced, Seasonal, Organic, Vegetarian, Quick and easy**

Ingredients

500 ml of water
1 tablespoon of ecological vegetable stock
150 ml of barley
100 ml of red lentils
250–300g of beetroot
1 onion
½ garlic
150 ml of oatmeal
Fresh thyme and other herbs
Salt and pepper
Oil for cooking

Preparation

Mix the water and vegetable stock and bring to a boil. Add the barley and let simmer for approximately 20 minutes. Pour out any remaining water. Peel and chop the beets, onion and garlic. Use a food processor and crush until coarsely grated. Add a mixture of the lentils and the barley and crush a while longer. Put the content into a bowl and add the oatmeal. The dough should not be dry.

Season with thyme, salt and pepper as you please. Leave the dough in a cold place for at least 30 minutes, to let it set, making it easier to cook. Warm the oil in a pan on medium heat. Shape burgers with your hands and cook for approximately 5 minutes on each side. Serve with loads of home grown lettuce, spinach and sprouts, if available.

The Organic Metropolis of Nuremberg

As a finalist in the 2012 cycle of the European Green Capital Award, experts could see that air quality is a serious matter in **Nuremberg**—the city closely monitored their air quality and this information was available to the public in real time. They also had supportive initiatives such as ‘environmental zones’ where only cleaner vehicles were permitted or the further development of public transport and cycle paths to aid in reducing air pollutants in the city. Nuremberg has continued on its green path and its latest sustainable initiative involves the promotion of locally-sourced and organic food.

The city of Nuremberg is committed to healthy nutrition and ecological farming and as such, supports the promotion of local organic food and businesses. Over the years, Nuremberg has built up an active network of organisations, businesses and committed individuals who support more regional, organic food and fair trade. Since 2015, Nuremberg together with the districts of ‘Nurnberger Land’ and Roth, have officially been recognised as an ‘Eco-Model Region’ or ‘Oko-Modellregion’.

Dubbed the Organic Metropolis, it offers varied possibilities to get to know and enjoy organic food. Every summer, the **‘Experience Organic’** initiative takes place in the central market – a market where you can find anything that your organic heart desires. The market always includes interesting exhibitors, tasty food, eco-fashion, natural cosmetics and more. The city collaborates with companies to produce special regional products, e.g. from the oldest local crop, Emmer, or from orchard stocks, to provide more direct trade and marketing to consumers. It has succeeded in bringing together creative farmers who are growing Emmer again, with bakers, brewers and organic retailers and restaurants.



above

Emmer products found in the ‘Experience Organic’ central market


on the left page

©Getty Images

Nuremberg's Recipe

Wholemeal Emmer Marble Cake

Dessert 

Season: Winter or Summer  

Preparation time: approximately 15 minutes  

Baking time: approximately 70 minutes  

 **Tags: Vegetarian, Organic**

Ingredients

250g of butter

1 pinch of salt

200g of brown sugar

5 eggs

Vanilla

30g of cocoa

500g of Emmer wholemeal
(use whole wheat flour as a
replacement)

1 package of baking powder
from tartar

200 ml of milk

2 tablespoon of rum

Preparation

Stir froth from butter, salt, sugar, eggs and vanilla. Add flour, baking powder, milk and rum and stir well. Put half of the dough in a buttered, round cake baking tray. Stir in the cocoa into the other half of the dough. Add the dark cake dough to the light cake dough and stir it with a fork. Bake at 180°C for about 70 minutes. Allow to cool slightly and take it carefully out of the mould.

Did you know...

Emmer is one of the oldest cultivated cereals in the world. A piece of history from the region, the hearty nutty flavour of Emmer is a real asset to the diet, containing valuable minerals, high-quality proteins and unsaturated fatty acids. Whether in winter or summer, Emmer the ancient grain is not sensitive to frost, is robust and undemanding and works well in organic dishes.



CHAPTER 7

Noise



A city's acoustic environment contributes to the quality of life of its citizens. When sound levels are beyond comfortable levels, this is referred to as environmental noise pollution. Excess levels of noise can do damage to hearing, cause annoyance, increase stress levels and blood pressure and contribute to unnatural sleeping patterns. Therefore, cities have a challenging role to play in ensuring that the several sources of sound in a city – traffic, construction works, industry and recreational activities – are managed adequately to the benefit of its population.

European Green Capital 2017, Essen, performed very well when it came to the quality of their acoustic environment. The city of Essen drew a strategic noise map for road, rail, tram, aircraft and industrial noise sources in 2011. Citizens were heavily involved in the development of these noise plans with interesting initiatives such as an online process where they could mark locations on noise maps and provide suggestions for improvement. Community was at the heart of their noise reduction initiatives and as you will see, is at the heart of their community gardens and environmentally-friendly food initiatives.

Essen's Community Gardens, Slow Food and Guides for Good Food

During **Essen's** European Green Capital Year, the city increased the number of its **community gardens** to 18 and pointed out up to 18 more potential gardening areas. The community gardens contribute to increased biodiversity levels (e.g. providing space for pollinators that are on decline), and also help reduce the effects of climate change. At the same time, they provide an opportunity to grow organic fruit and vegetables in the middle of the city. Community gardens give citizens space to exchange gardening skills and realise their own ideas within the community. It can become a place of education for schools and kindergartens and brings the discussion about local, healthy, self-grown food and its relevance into the neighbourhood. Unlike classical allotment gardens, community gardens can be built quickly and temporarily in spaces with covered or polluted surfaces. There is ample opportunity for future cooperation projects between community and allotment gardens – it is only the beginning!

Another important food initiative Essen launched in 2017 was '**Good, Clean and Fair Food**'. The global, grassroots organisation Slow Food has supporters in over 150 countries around the world and its main aim is to link the pleasure of food with a commitment to the community and the environment. The Slow Food Essen network contributes to this principle by supporting local

food producers in Essen. In fact, this network created an online search engine, making it easier for interested citizens to find local producers and products. Similarly, during Essen's European Green Capital year, events like the '**Day of Good Food**' gave 30 local food producers a platform to present their products and invited people to taste them, too. Vegetables, fruits, meat, dairy products, baked goods, spices and even chocolate and coffee was offered, everything produced or manufactured (except for the coffee and chocolate) in Essen or the nearby area according to 'Slow Food' criteria. Participants could also attend workshops covering topics like how to preserve seasonal food, discussion panels and film screenings about sustainable consumption.

Food showcased at the Day of Good Food




Essen's Recipe

Burrata on Summer Salad with Honey

Starter 

Season: Summer 

Difficulty: Junior ● ○ ○ ○ ○

4 Servings 

 **Tags: Vegetarian, Healthy**

Ingredients

- 4, 80–100g pieces of Burrata
- 1 diced cucumber, with skin and seeds taken out
- 2 diced tomatoes
- 5 diced radishes
- 3 diced spring onions
- 2 celery stalks, diced into bite-sized pieces
- 1 apple, cut into cubes
- 100g of strawberries, cut in quarters
- 15 basil leaves
- 100 ml of balsamic vinegar
- 100 ml of olive oil
- 100 ml of grape seed oil
- 1 teaspoon mustard
- 4 tablespoons of honey
- Salt & pepper


Preparation

Mix all the liquid ingredients including the honey & mustard together and blend well. Add salt, pepper and sugar depending on taste preferences. Mix the 'green' ingredients in a bowl and add the salad dressing. Put the burrata on top and decorate with basil leaves.




Essen's Recipe

Beetroot Carpaccio with Goats Cheese, Orange Fillet and Honey Walnut Crumble

Starter 

Season: Autumn 

Difficulty: Junior ● ○ ○ ○

4 Servings 

 **Tags: Vegetarian, Healthy**

Ingredients

250g of beetroot

2 bay leaves

200g of goat cheese

2 oranges

80g of honey

100g of walnuts

5 tablespoons of olive oil

1 lemon

Salt, pepper & sugar



Preparation

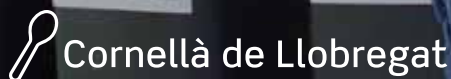
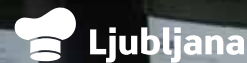
Peel the oranges and fillet them and save the juice. Take the zest from the orange peel. Cook the beetroot in a broth made from 0.5l of saltwater, orange juice, orange zest, bay leaves and sugar. Peel the beetroot and slice thinly. Cool the walnuts in honey and let it cool on a baking sheet. Lay the beetroot slices circularly on the plate. Add salt, pepper, lemon juice & the orange slices. Then add the walnut honey crumble on top.

Waste

Each European Green Capital and European Green Leaf network city has had to demonstrate how they are managing and reducing their waste, including setting targets for recycling and recovery, and implementing waste prevention programmes to protect the environment and human health. In addition to ensuring that our cities produce less waste, waste is increasingly being seen as a resource within the context of a circular economy. Finding ways to close the loop—from production and consumption to waste management and creating a market for secondary raw materials—will bring benefits to our wider environment as well as our economies.



Combatting food waste is one such area that cities are increasingly finding different ways to manage. Cornellà de Llobregat, Ljubljana and Galway provide exemplary cases of how cities can make sure that the food that does not end up on our plates does not get wasted.



Cornellà de Llobregat Prevents Food Waste

Every Wednesday, a warehouse foreman passes through the stalls of the Centre Market in **Cornellà de Llobregat** asking shopkeepers whether there is any food that won't be sold that day. If so, he picks it up and stores it in a refrigerated room; otherwise this food would be thrown away. That same afternoon, the Red Cross collects this stored food and brings it to the organisation 'Botiga Solidària', where a group of volunteers distributes the food amongst families in situations of economic hardship. Since 2012, this food recovery programme has delivered a double objective of providing resources to families who need it most, while also avoiding food waste.

Supermarkets have also joined the programme by providing fruit and vegetables that are low in commercial value and the Baix Llobregat Agricultural Park (mentioned in Chapter 5) provides their surplus production from the urban vegetable gardens. From 2012 until 2017, the food recovery programme has saved 40 tonnes of food that would have otherwise become waste.

The food recovery programme is one initiative of the '**Cornellà Prevents Food Waste**' awareness-raising campaign, which includes various activities to promote better uses of food, good purchase planning, seasonal and local products, and good food management to avoid throwing food away. Other initiatives include a 'leftovers' food competition and a popular lunch in 2016 which 'rescued' surplus food from fields and shops in the city. Organised by 60 volunteers from local environmental and social organisations, this lunch recovered 800 kilos of food waste, allowing for 300 servings.



Fresh food being collected at the Centre Market to be redistributed

Cornellà de Llobregat's Recipe


Crème Caramel of Xixona Nougat

Dessert 

Difficulty: Junior ●○○○

Season: After Christmas (to use leftovers of Xixona Nougat) ❄️

8-10 Servings 

 **Tags: Cooking with leftovers, Winner of 2012 leftover recipe contest**

Ingredients

500 ml of milk

250g of Xixona Nougat

65g of sugar (for the crème caramel)

150g of sugar (for the caramel)

4 eggs

Preparation

To make the caramel, put the sugar and drops of water in a pan. Cook it on medium heat and stir it until the sugar becomes golden. Put some caramel in each crème caramel mould. Cut the nougat in small portions and beat it together with the milk. Add the sugar and the eggs and beat it until achieving a liquid texture. Pour the mix in the moulds and put them in a baking sheet covered with water until half the moulds on a bain-marie. Bake it for 25 or 30 minutes at 150°C to 180°C. When the crème caramel is baked, take out of the moulds and put them in the fridge for 30 minutes. Then serve.



'Raise your Voice against Food Waste' in Ljubljana

In **Ljubljana**, with help from its waste management company, waste bins are being put at the centre of the campaign **'Raise your Voice against Food Waste'**. The campaign highlights the problem of food waste by addressing society's relationship with food, which is a result of our excessive consumption. A key component of the campaign is the positioning of waste bins in different events across the city together with posters like *'If we're on the streets, it doesn't mean we're hungry!'*; *'We are fed up with food waste!'*; and *'Raise your voice against food waste!'*. The main aim of this campaign is to shine a light on the (wrong) attitudes towards food and calling for change. At these events, visitors receive food storage containers and are encouraged to take their leftover restaurant food with them to have for lunch the next day and to learn how to store food properly.



'Raise your Voice against Food Waste' Campaign posters

Ljubljana's Recipe

Vodnik's Rapunzel Salad¹⁴

Cold Starter 

Season: Spring–summer  

Difficulty: Junior ● ○ ○ ○ ○

Preparation time: 30 minutes 

4 Servings 

 **Tags: Vegetarian, Quick and easy, Healthy**



Ingredients

2 big handfuls of rapunzel (also known as corn salad, lamb's lettuce, or mâche)

3 hard-boiled eggs

2 cooked beetroots

¼ cooked cauliflower head (4–8 florets)

Salt

2 tablespoons of olive or sunflower oil

1 tablespoon of apple cider vinegar

Preparation

Clean, wash and dry the Rapunzel. Then, put it into a bowl, season with salt, add oil and vinegar. Peel the hard boiled eggs, separate the yolks and whites. Chop the egg whites and mash the yolks. Finely chop the cooked beetroot. Put the cooked cauliflower into the centre of the bowl with the rapunzel. For the presentation, place the egg whites, yolk and beetroot into three separate piles on top of the rapunzel around the cauliflower. For the salad dressing, combine oil, vinegar and salt to make the sauce. Drizzle over the salad and serve.

¹⁴ The recipe for this salad was published by Valentin Vodnik (1758–1819) in the first cookbook in the Slovenian language titled "Kuharske bukve", printed in Ljubljana in 1799.

Galway's Food Culture

When **Galway** won the European Green Leaf title for 2017, one of its notable environmental areas was how it handled food waste. Galway demonstrated that it takes part in a number of interactive education and awareness-raising events to minimise the amounts of food waste being disposed in landfill and to prevent negative impacts on the environment. One such example is cookery demonstrations that showcase recipes which use leftover food and waste taken from the stopfoodwaste.ie cookbook held at the annual **Galway Food Festival**, which proves to be a popular attraction at the event.

Food plays an important role in the lives of Galway citizens – from fisherman, to farmer, food producer, restaurateur, or family out for lunch, citizens in Galway engage with food on a daily basis. It is no wonder Galway won the title of **European Region of Gastronomy 2018** (ERG)¹⁵. The aim of Galway ERG is to refresh and renew the city's commitment to an inclusive food culture – for the city's health, economy, communities, identity and environment – and to support sustainable economic, cultural, social and environmental development. The **Galway Food Charter** is one initiative related to Galway's European Region of Gastronomy year, which encourages businesses to agree to source as much produce from local producers and suppliers as possible – 'from farm to fork', as well as supporting food waste minimisation principles and actions.





Galway's European Region of Gastronomy 2018 Logo


¹⁵ To find out more visit www.galwaygastronomy.ie

Galway's Recipe

Kai Restaurant's Cured Mackerel

Appetizer or Main course  

Difficulty: Junior to Intermediate ● ● ○ ○ ○

Preparation time: 3 hours 15 mins 
(including marinating time)

 **Tags: Locally produced**

Ingredients

Very fresh mackerel, cleaned and filleted with skin on

Salt, enough to cover both sides of fillet generously

Rice Wine Vinegar, enough to cover the fillet in a container/tray

Garnish for Sashimi

Shredded daikon (white radish)

Shiso (parella) leaves

Preparation

Coat each fillet with generous amount of salt so that the entire surface of both skin side and flesh side are covered. Place the fillets on a plate/tray ensuring that one side of the plate/tray is raised, so that the moisture extracted from the fillets will be collected on one side and does not soak the fillets. Leave it for 1 hour in the fridge. Fill a bowl with water. Rinse the fillet gently in the bowl and pat dry with paper towel. Place the fillets in a tray or a deep flat bottomed plate, add rice wine vinegar so that it almost covers the fillet. Leave for 2 hours in the fridge. Place the fillet skin side down. Using a pair of tweezers, remove the small bones where the backbone was. If you run your finger along the centre of the fillet, you should feel the bones. Turn the fillet over and place it skin side up, pointing the tail end to the right. Starting from the tip of the head side of the fillet, which is on the left, pinch the corner of the very thin, semi-transparent skin and lift it up to start peeling. Peel the skin towards the tail and remove the entire skin. As you peel the skin, hold the fillet on the head side with your left hand so that the fillet will not move. Slice the fillet 1cm ($\frac{3}{8}$ ") thick if you are serving it as part of temakizushi. If serving as sashimi, slice them 1.5cm ($\frac{3}{16}$ ") thick and make a shallow incision in the middle on the skin. If using it as nigirizushi topping, slice it diagonally so that the width of the mackerel is about 3cm ($1\frac{1}{8}$ ").



CHAPTER 9

Water

Having clean water to drink and to bathe in is essential to our health and environment. As such, European Green Capital and Leaf cities have resilient policies and systems in place to provide their citizens with a sufficient amount of water, efficiently, so that their households, businesses and industries can operate smoothly every day. Oslo and Lahti are two cities that have demonstrated that when our rivers, lakes and streams are taken care of, nature provides bountiful food. Find out more by reading the following pages.

Oslo 

Lahti 



Salmon in the City

Have you ever heard of the exclusive Norwegian salmon? Well, the Oslo salmon is even more exclusive – you can actually catch it yourself.

“When people think of fishing, they picture wild nature in remote corners of the country. However, in Oslo, there are plenty of opportunities for ‘extreme urban fishing’ says fishing enthusiast, blogger and writer Lars Nilssen. During the past decade, **Oslo** has actively re-opened rivers and tributaries that were culverted, as the city grew. When the waterways resurfaced in order to handle increased amounts of storm water, so did natural habitats for plants, animals and fish. Today, the citizens of Oslo can experience the thrill of the catch right in the middle of the urban jungle, as wild salmon and trout once again thrive in the city’s rivers and tributaries.

The Aker River, historically dividing the city into east and west, used to be polluted and barren. Now, fish ladders have been installed to aid wild salmon up-stream. An underwater camera has even been put in place for onlookers who want to watch the salmon migration online. Fishing enthusiasts have caught salmon weighing up to seven kilo in the river, and the fish counter installed in 2015 has recorded increasing stocks year by year.

“The fact that salmon and wild trout are back in our rivers, shows that our efforts work,” says Terje Laskemoen in the Agency for Urban Environment. So, the next time you visit Oslo, bring your fishing rod – the season runs from July to September. Remember to buy a fishing license before getting your hook wet.





Kayakers in Oslo


Oslo's Recipe

Boiled Oslo Salmon with Cucumber Salad and Butter Sauce


One of Norway's most traditional fish recipes— with a wild Oslo twist¹⁶

Main course 

Season: Summer and autumn  

Preparation time: 2 hours 

Difficulty: Junior ● ○ ○ ○

4 Servings 



Tags: Healthy, Locally produced, Seasonal, Cook with family or friends

Ingredients for Boiled Salmon

800g of whole, wild salmon, sliced into cutlets (or store bought cutlets if the catch was poor)

2 litres of water

6 tablespoons of salt

1 teaspoon of whole peppercorns

Ingredients for Cucumber Salad

1 organic cucumber

1 tablespoon of vinegar (7% acetic acid or similar)

2 tablespoons of water

½ teaspoon of salt

½ teaspoon of ground, white pepper

Ingredients for Butter Sauce

200g of cold butter, cut into cubes

200 ml of heavy cream

1 tablespoon of chopped, fresh curly parsley

1 tablespoon of freshly squeezed lemon juice

½ teaspoon of salt

¼ teaspoon of ground, white pepper

600g of potatoes

¹⁶ From www.MatPrat.no

Preparation

Peel the potatoes, bring to a boil in salty water (approximately 20 minutes). To make the cucumber salad: mix water, vinegar, sugar, salt and pepper. Thinly slice the cucumber (with a mandolin slicer or Norwegian cheese slicer). Add the slices to the vinegar-mix. To make the butter sauce: bring the cream to a boil and reduce to less than half the amount. Remove the sauce pan from the stove. Add the butter cubes, one by one, whisking briskly. Add chopped curly parsley, lemon, salt and pepper to taste. To cook the fish: bring the water to a boil in a large sauce pan with salt and whole peppercorns, and remove from/reduce the heat. Add the fish cutlets and leave for 10 minutes. The water should not boil! The fish is done when the bone can easily be removed.



Photograph
by matprat.no

Zander Meets Rye and Mushrooms

Finns love the freshwater fish from their lakes. Zander, perch, pout and vendace are the greatest of delicacies. They are used to prepare simple dishes that showcase the fish's own flavour. **Lahti** is located on the shores of Vesijärvi. No more than three decades ago, the lake was polluted by industrial wastewater for nearly a century. Cleaning Vesijärvi has been an internationally famous example of the environmental expertise in Lahti. The city of Lahti set up and funded the **Lake Vesijärvi Project**

Lahti, Finland. ©Getty Images



bringing together university research groups, residents, local companies and the city to improve the condition of the lake. Today, Vesijärvi is a recreational area for citizens all year long.

When Finns want to enjoy a great meal, they combine some Vesijärvi zander, Finnish rye and mushrooms. Mushrooms from chanterelles in the early summer to the trumpet chanterelles in the late autumn can be found in the forests surrounding Lahti. Locals use rye flour to bread the fish instead of the more common wheat flour. The deep flavour of rye is a perfect complement to the fish.

In the summer, the meal is crowned by newly gathered early potatoes. This is when Finns combine the zander, rye flour, cep mushrooms and potatoes. As the final touch, a spoonful of grated horseradish that has been briefly sautéed in butter is placed on top of the fish to create one of the most famous Finnish delicacies: Mannerheim's Zander.

Lahti's Recipe

Mannherheim's Zander

Main Course



Season: Summer to autumn



**Tags: Seasonal, Locally
produced**

Ingredients

1 zander fillet/person

Rye flour (wheat flour)

Salt

White pepper

Cep mushrooms

(Portobello mushrooms)

½ litre of (oat) cream

Salt

Black pepper

Grated horseradish

Butter

Peeled potatoes



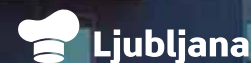
Preparation

Choose a zander fillet with the skin removed for each portion. A large fillet serves two persons. Remove the vertical bones from the fillets on the side of the head by making cuts above and below the centre line. Remove the strip that contains the bones. Check that the fin bones have been removed. Sprinkle a bit of salt and pepper on the fillets. Allow them to rest for a moment. Put the potatoes to boil. If possible, steam the potatoes to achieve the best result. The cooking time is approximately 25 minutes. Cut the mushrooms into nicely shaped pieces. If you are using dried mushrooms, start cooking by preparing them. Chop the dry mushrooms before adding enough water to cover the mushrooms and soak them for a few hours. Boil them down in their soaking water. Sauté the mushrooms in butter for a moment until they have a bit of colour. Add salt, black pepper and cream. Let simmer on low heat. Stir occasionally. Check the taste. Peel the horseradish and grate it finely. You will need 2 tablespoons of horseradish for one portion. Melt butter in a small pot. Bread the zander fillet in flour. Put the fillets in a hot pan with butter that has stopped crackling. Reduce the heat slightly. Cook the fillets for approximately 2 minutes on each side. Place 100–200 ml of sauce on the bottom of the plate. Place the fried fish fillet on top of the sauce. Add the grated horseradish to the hot butter and sauté for 10 seconds. Place it on the zander fillets. Set the plates on the table. Serve the potatoes in a separate dish.

CHAPTER 10

Green Growth & Eco-innovation

As our cities move towards a 'greener' future, this will bring new opportunities in the form of green growth and eco-innovation. Cities are and will increasingly need to look to ways to marry environmental policy with innovation to drive sustainable economic progress. 'Green growth' would ensure that economic development in the city would not act to the detriment of the local environment and of citizens' health. 'Green sectors' include areas like renewable energy all the way to green procurement initiatives and organic farming. Municipalities can directly drive eco-innovation through procurement and deployment of innovative, efficient and affordable technologies and collective strategies for urban mobility, protecting biodiversity, and waste water treatment, for instance. City authorities can also do a lot to attract and accelerate the development of companies that are pioneering in eco-innovation through the right incentives, support infrastructure, business incubators and business-government partnerships. Umeå and Ljubljana are two European Green Capital Network cities that have been mixing all the right ingredients to deliver a promising environmentally-friendly future.



Sustainable Food in Umeå

The city of **Umeå** provides 131 kitchens in schools and retirement homes with food each year, which in total produce 23,000 portions of food each day. This is a great responsibility, but also a huge opportunity. Umeå therefore created a policy and standard for green procurement. To be a supplier for the city, local organisations have to meet the criteria establishing sustainable products and food. Furthermore, the city has been working with current and new suppliers to lower the environmental impact of the food production and supply chain; increasing the amount of organic food, finding sustainable transport solutions and promoting fair and ethical trade.

Sustainable food is thus prioritised in school and retirement home kitchens – kitchen staff use seasonal and organic products of the highest quality as much as possible. Vegetarian options are always available for students and once a week, vegetarian dishes are the only option. This commitment to sustainable produce doesn't stop in school and retirement homes. Restaurants across Umeå are also using regional ingredients that can be sourced from local farms, such as reindeer, cloudberries, or Arctic raspberries. They are also engaging with local farmers to source organic ingredients, as well as finding ways to reduce their energy production and reduce their waste as way to mitigate their impact on our climate.

To support these sustainable restaurants, Umeå has launched the **Sustainable Restaurants Network**. Through education, situational assessments and individual coaching, these restaurants and school kitchens are taking green steps towards providing citizens with local and organic food of the highest quality.



above

View of Umeå

on the left page

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Umeå's Recipe

Powan Roe from Salteriet in Obbola with Potato Cream, Pickled Onion and Rye Bread¹⁷

Starter 

Difficulty: Junior ●○○○

4 Servings 

 **Tags: Locally produced, Organic, Cook with family or friends**

Ingredients

120g of powan roe

300g of peeled potatoes

600g of crème fraiche

2 red onions

50 ml of vinegar

100 ml of sugar

150 ml of water

4 slices of rye bread

2 tablespoons of olive oil

Sea salt

1 lemon

Dill as a garnish

¹⁷ Recipe from Rex Brasserie, Umeå, Sweden



Preparation

Preheat the oven to 170°C. Cut the rye bread in small squares. Blend it with olive oil and sea salt. Cook the bread in the oven for 5 minutes. Slice the red onion in thin slices. Mix vinegar, sugar and water and bring it to a boil. Let it cool and pour it over the red onion. Boil the potatoes until soft, press it through a strainer and mix it with the crème fraiche. Season it with salt and mix it until smooth in a blender. Another option is to put the cream in a siphon with 2 cartridges or you can serve it as it is. Serve the powan roe with one slice of lemon, dill, the potato cream, pickled onions and rye bread crust.

Local Supply Chains Feed the Green Heart of Slovenia

As the European Green Capital 2016, **Ljubljana** prides itself on being a green, safe and clean city which both their residents and visitors can enjoy. To drive sustainable and responsible tourism development in the city, Ljubljana launched a local supply chain to ensure that everyone in the heart of the city can enjoy local produce.

Named the **'Green Supply Chains'**, the aim is to increase the share of locally produced food and beverages in hotels and restaurants in Ljubljana and its surroundings. Although Ljubljana Tourism initiated this innovative project, it did not implement it alone. In cooperation with the Municipal Department of Rural Development of Environmental Protection's Rural Development Section and external sustainability consultants, a decision was made to involve a rural development cooperative to act as a link between tourism businesses and local farmers.

A study was conducted among hoteliers and restaurants in Ljubljana to identify the main obstacles tourism businesses face when buying locally produced goods. The results showed that price and complexity were the decisive factors. The Green Supply Chains project addressed these problems by developing an innovative solution:


hotels and restaurants in Ljubljana and Central Slovenia can now purchase 100% locally produced foods and beverages via a uniquely managed, centralised and simple-to-use online system. The city also designed a programme within the project 'Green Supply Chains', where special attention is paid to the integration of locally grown food into primary schools and kindergartens.



View of Ljubljanica River




Ljubljana's Recipe


Ljubljana Cottage Cheese Pancakes with Tarragon

Dessert 

Season: Summer-autumn  

Difficulty: Advanced ●●●○

Preparation time: 1 hour 15 minutes 

4-6 Servings 

 **Tags: Vegetarian, Seasonal**



Ingredients

Pancake Batter (for 8-10 pancakes)

½ litre of milk
2-3 eggs
1 tablespoon of sugar
250g of fine-grained flour
Salt
Oil or butter for the pan

Cottage Cheese Filling with Tarragon

250g of cottage cheese
1-2 eggs
200 ml of heavy cream
1 bunch of tarragon
2 tablespoons of sugar
1 tablespoon of breadcrumbs
Pinch of salt

Egg Sauce

100 ml of heavy cream
1 egg
Pinch of salt
Butter for the pan

Preparation

Mix all pancake batter ingredients into a thick and liquid batter, then let it rest for half an hour. Grease and heat a large pan with a few drops of oil or butter. Pour 2 large ladles of batter into the greased pan and distribute the batter evenly. When the pancake no longer sticks to the bottom of the pan, flip it and fry it on the other side. Repeat until all the batter is used up. Pluck tarragon leaves and finely chop them. Mix all the filling ingredients together with the chopped leaves. Spread the filling over the pancakes and roll them up. Grease a deep baking pan and arrange the pancakes side by side. If the baking pan is narrow, cut each pancake in half. Pancakes can also be arranged in two or more layers. To prepare the egg sauce, whisk the egg and cream with some salt and pour over the pancakes in the baking pan. Bake in the oven at 200°C for 30 minutes. Before serving the baked pancakes, you can sprinkle it with powdered sugar.

Energy Performance

 Stockholm

 Växjö

More and more, cities need to ensure strategies are in place to provide a diversified and sustainable mix of energy sources to keep their cities running. The EU as a whole has ambitious goals of not only reducing its carbon emissions, but also increasing its renewable energies share and energy efficiency; with each Member State having legally binding targets. This means European cities need large and systematic investments in energy efficiency, energy substitution and new renewable energies. They also need the support of their citizens, through campaigns and incentives to lower their city's energy.

Stockholm and Växjö are committed to becoming fossil fuel free and have implemented strategies in their cities to use alternative forms of energy. Reducing their carbon emissions and environmental impact is also at the heart of their food initiatives.



Stockholm's Food Strategy

Stockholm was European Green Capital 2010 —the very first city to ever win the title. As such, Stockholm is a green and vibrant city that has understood the need to reduce their environmental and climate impact in all areas of their activities. They therefore developed a food strategy which included revised cost policies in pre-school, primary and secondary schools and in elderly care homes. This food strategy will ensure that the proportion of organic food in preschools and schools increases along with the proportion of vegetarian meals in order to reduce Stockholm's environmental impact.

Stockholm has set an ambitious target of ensuring 50% of its food is organic too, not only is it a more sustainable food choice, but it is part of the city's work on ensuring citizens are free from any harmful substances, especially children. Another way Stockholm is reducing its food's environmental and climate impact is by taking care of food waste. Stockholm's goal is that by 2021, 70% of all food waste will be collected and used in biogas production for the production of vehicle fuel.



View over Stockholm's City Hall



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©Getty Images


Stockholm's Recipe

Panna Cotta with Chia Seeds and Berries


Dessert 

Season: Winter or Summer  

Difficulty: Junior ● ○ ○ ○ ○

Preparation time: +/- 1 hour 

4 Servings 

 **Tags: Vegetarian, Healthy, Gluten-free
(and lactose free if milk is replaced)**

Ingredients

600 ml of soy milk or any other type of milk

6 tablespoons of chia seeds

½ teaspoon of vanilla sugar

Jam

1 litre of mixed berries (blueberries, raspberries)

50 ml of water

300 ml of sugar

Preparation

Heat half of the soy milk until it comes close to a boil. Pour into a large dish and add the rest of the (cold) soy milk to make the mixture lukewarm. Add the chia seeds and whisk the seeds so that they do not stick together. Add the vanilla sugar to your taste. Pour the mixture into a dessert glass and refrigerate it for at least one hour. Serve with a tasty jam in winter and fresh berries in the summer.

Tip!

You can also bake the mixture for about 10 minutes; then pour into well-cleaned, glass jar. Keep cold.



Växjö and its Climate-Friendly Food Disco

In 1980, **Växjö** became the first Swedish city to use biomass within the district heating system and in 1996, the city made the commitment to become fossil fuel free. This long environmental history and political commitment are the main reasons for why Växjö today regards itself as ‘the Greenest City of Europe’.

Sustainable food and gastronomy have also been areas that have grown in importance for Växjö over the last few years. Växjö therefore has a host of activities and initiatives surrounding food and the environment. For instance, municipal chefs have been educated on how to cook climate-friendly recipes across the city. Another example is Växjö’s focus on how to reduce food waste in the city. During Earth Week 2018, the city highlighted the need to reduce food waste by creating a ‘**schnippel-disco**’ event. Food that couldn’t be sold in shops and that was going to be thrown away was collected and used in the event. The event, which was open to everyone, became an outside kitchen where participants could chop vegetables and cook food, all while dancing to music. The food was then served to visitors during Earth Week.



on the right


Växjö's Schnippel-Disco

Växjö's Recipe

Barleycorn Risotto with Champignon Mushrooms and Sugar Snap Peas

Main Course 

4 Servings 

 **Tags: Low environmental footprint,
Water smart, Vegetarian**

Ingredients

200 ml of barleycorn

Powdered vegetable stock

200g of champignon mushrooms

120g of shredded leak

120g of sugar snap peas

Garlic

1 small onion

Salt

Black pepper

Parmesan

Rocket salad


Preparation

Boil the barleycorn together with the vegetable stock. Fry the onions and mushrooms, and add leak and sugar snap peas. Blend with the barleycorn and spices. Serve with grated parmesan and rocket salad.



Governance

Bristol 

Ghent 

 Leuven

Successful urban management requires an integrated approach which brings together the various dimensions of urban life, including environmental, economic, social and cultural. European Green Capital and European Green Leaf cities have had to demonstrate how measures for environmental protection and improvement have been interwoven with those of urban renewal, education, economic development and social inclusion.

The aim is to ensure that all city departments are thinking about their environmental implications in everything they do. In order to drive effective action, strong collaboration and partnerships with citizens, civil society, the local economy and government is also necessary.

This can also be done with food. Bristol, Leuven and Ghent are three examples of how cities can create an integrated and cohesive food strategy to make their societies 'greener'.

Bristol's Food: Collaborative Tools and Mechanisms

Bristol is increasingly recognised for its leading role in the UK to make healthy, sustainable, ethical and local food a defining characteristic of the city. Bristol is one of only two UK cities awarded Sustainable Food Cities 'Silver' status, and is working towards Gold!

Multiple excellent and wide-ranging food initiatives have been delivered but wider food system changes are slower to materialise. Bristol still faces significant food-related health inequalities, worrying numbers of people reliant on emergency food provision and high levels of childhood obesity.

A key challenge is to find tools and mechanisms that enable better collaboration amongst the city's food movement, ultimately facilitating visible step change. Bristol has therefore adopted a **'dynamic food system planning process'**. This began with an audit of food system strengths and vulnerabilities and an assessment of potential positive powers of change (Who Feeds Bristol; towards a resilient food system, 2011). Building on findings, the Bristol Good Food Charter (2012) and Bristol Good Food Plan (2013) provide a collective action framework around eight key themes of food system change. A baseline data report reviewed the state of play against each theme in 2014. Efforts continue to review and refine desired outcomes and actions, identify measures of success and ensure the strategic approach is also integrated—most recently in Bristol's

ambitious 'One City Plan' that aims to connect up multiple strategies via shared outcomes.

The key to coordination at this strategic level has been a small group of committed people from various different organisations who work together towards a common purpose. Various organisations and partnership structures have helped to progress this strategic and collaborative approach to food system change, each with different roles. They include the Bristol Food Policy Council, Bristol Food Network, Bristol Green Capital Partnership, and Bristol City Council.

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St. Nic's Farmer and Food Market in Bristol



Bristol's Recipe


Soda Bread¹⁸

Appetiser, Starter or Accompaniment to Main Course 

Difficulty: Beginner ● ○ ○ ○

Preparation time: 1 hour 

4 Servings 

 **Tags: Organic, Sustainably sourced, Cook with family or friends**

Ingredients for One Loaf

450g of coarse wholemeal organic flour

50g of organic rolled oats

1 teaspoon of salt

1 level teaspoon of bicarbonate of soda

1 tablespoon of treacle

1 tablespoon of honey

450 ml of buttermilk (or sour milk, or milk with 1 tablespoon of lemon juice)

1 tablespoon of melted butter, to finish

Preparation

Preheat the oven to 200°C or 400°F gas mark 6 and grease a baking sheet. Once the oven has been preheated, put all the dry ingredients into a large mixing bowl and whisk together to combine. Make a well in the middle. Stir the treacle and honey into the buttermilk until well mixed, then pour this into the well and, very quickly, stir together with your hands until you have a soft, sticky dough. Form this into a round on your baking sheet and cut a deep cross in the dough. Bake for 50 minutes to an hour, keeping an eye on it, until the crust is golden and the loaf sounds hollow when tapped underneath. Brush with melted butter and leave to cool before tearing into it.

¹⁸ Recipe contributed by Bristol Chef, Barny Houghton, founder of Square Food Foundation—teaching people how to cook from scratch with healthy fresh local seasonal ingredients.



Creating a Local Food Strategy from the Bottom up

Leuven is characterised by a broad range of activities in sustainable food production and consumption: from farmers' markets to a zero-waste grocery store to projects to reduce food waste. All of these initiatives are relevant in the pursuit of a carbon neutral future, but without an integrative framework these remain just individual projects. To take sustainable food production, distribution and consumption in Leuven to a higher level, the city needed a local food strategy—a collectively developed policy, with a clear vision and goals, which works towards a more sustainable agriculture and food system.

In collaboration with the city of Leuven, it was explicitly decided to build a local food strategy from the bottom up, in line with the DNA of the city and the non-profit organisation Leuven 2030. All relevant stakeholder groups—producers, consumers, policy makers, retailers, distributors—were invited to give their input on the local food strategy. This unique process resulted in a rich local food strategy, developed and supported by the whole food community.

The main goals of Leuven's local food strategy are:

- Promoting healthy and sustainable food consumption
- Promoting sustainable food production
- Securing space for (urban) farming
- Guaranteeing accessibility of healthy and sustainable food
- Prevention of food losses and re-use of food surpluses
- Stimulating innovation for sustainable food production




Leuven's Recipe

Sweet Potato Cauliflower Curry

Main Course 

Difficulty: Beginner ● ○ ○ ○ ○

4 Servings 

 **Tags: Vegan, Vegetarian,
Quick and easy, Healthy**

Ingredients

- 1 large white onion
- 2 medium-sized sweet potatoes
- ½ large head of cauliflower
- 1 large head of broccoli (not pictured)
- 1 cup of chickpeas
- 2 large carrots, peeled and diced
- 1 teaspoon of curry powder
- ½ teaspoon of cayenne
- 1 teaspoon of turmeric
- 1 can of coconut milk
- ½ cup of cashews, chopped
- Salt and pepper to taste
- 4 cups of cooked jasmine rice

Preparation

Finely chop the onion and add it to a large pan or pot on medium heat with some coconut oil. Cook until see-through. Whilst the onions are cooking, peel and chop the sweet potatoes and cauliflower.

To the onions, add curry powder, cayenne, turmeric, salt and pepper. Stir to mix and add the sweet potatoes, cauliflower and rinsed chickpeas. Stir again and add the coconut milk. Stir to mix and leave to simmer for 15 minutes or until the sweet potatoes and cauliflower are soft and cooked through. You can start cooking the rice at this point. In a smaller pan, add the chopped cashews and fry them without oil for 3 minutes or until lightly golden.

Once the curry is ready, serve with the rice and cashews and optional fresh coriander.



‘Gent en Garde’ – a Pioneering Food Policy Taking the City to a Higher Level

In 2013, the city of **Ghent** launched **‘Gent en Garde’**, a food policy that includes five strategic goals to pave the way for a sustainable food system. These goals were decided upon based on various stakeholder discussions, input from the city administration and political agreement.

The five strategic goals are:

1. A shorter, more visible food chain.
2. More sustainable food production and consumption.
3. Adding social value to food initiatives.
4. Reducing food waste.
5. Optimum reuse of food waste as raw materials.

The city of Ghent also set up a **‘Food Council’**, which consists of about 25 members from various sectors, i.e. agriculture, associations, knowledge institutions and commerce. The policy group acts as a sounding board for the city’s policy on food, issuing recommendations on new or existing projects, proposing new ideas, discussing the city’s strategic vision and acting as a major ambassador to help promote the city’s vision on sustainable food production and consumption.

On top of the Food Council, Ghent has taken a participatory approach on several specific food initiatives initiated by the City Council. Each initiative is linked to specific societal needs in order to make the local food system more sustainable. Depending on the actors involved, the current situation and potential we see, we bring people together and co-create new solutions. The whole approach has proved very successful.




‘Gent en Garde’ Campaign poster

Ghent's Recipe


Veggie Balls in Tomato Sauce with Mashed Potatoes

Main Course 

Difficulty: Junior ● ○ ○ ○ ○

Cooking time: Quick 

4 Servings 

 **Tags: Vegetarian, Locally produced, Quick and easy, Affordable**

Ingredients

2 packages of ready-made veggie balls

3 spoons of (olive) oil or plant-based margarine

2 onions

2 cloves of garlic

800g of tomatoes (in chunks, in a can)

2 teaspoons of herbes de Provence or dried oregano

1 kg of potatoes

100 ml of (soy) cream

Nutmeg

Salt & pepper



Preparation

Peel the potatoes and cook them in salted water until ready for about 20 minutes. Meanwhile, prepare the tomato sauce. Peel and chop the onion and simmer for a few minutes in the (olive) oil or margarine. Stir occasionally. Cut the cloves of garlic into pieces and leave them for two minutes mashed with the onions. Add the tomatoes and season with herbes de Provence, pepper and salt. Let the sauce simmer for 10 minutes. Mix the sauce until it is nicely smooth (optional). Drain the potatoes and add the (soy) cream. You may add some more if you like extra smooth mashed potatoes. Mash the potatoes and season with salt, pepper and some nutmeg. Finally, bake the balls in a pan with some oil until they are nicely browned and add them to the tomato sauce. Serve with the mashed potatoes.

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Joensuu

Mikkeli

Växjö

Galway

Horst aan de Maas
Mechelen

Leuven

Ludwigsburg

Gabrovo

Torres Vedras

Mollet del Vallès
Cornellà de Llobregat

European Green Leaf - winners

European Green Leaf - shortlisted

Food is a very important part of many European citizens' lives. It brings family and friends together around the table to talk, laugh and celebrate and in many places, food goes hand in hand with the local culture. Not only is food a hugely important part of everyone's daily life in terms of nutrition and well-being, but it also affects all facets of our environment...

