

# Happy 2016 from

FoodIsFreeCarnoustieFoodIsFreeCarnoustieFood



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Jan 2016

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# A wee bit of History

Foodisfree Carnoustie evolved from the Common Weal Angus (CWA) group. Common Weal Angus is a local group whose philosophy is 'all of us first' and works to educate and inspire people to improve their community at a local level. One of the members has an interest in the #foodisfree movement and is keen to see this spread throughout Angus. This has led to the Carnoustie members of CWA finding a vacant plot of land to start growing vegetables and finding more volunteers. The #foodisfree movement began in 2012 in Texas and has now become a global movement. The premise is that people grow vegetables to give away for free. A table is placed out on the street and people can take what they want. Its aim is to encourage people to eat fresh food, grow their own produce, think locally and improve mental wellbeing through gardening.

A vacant plot of land was found in Carnoustie and the owner kindly let us work on it. We started in the middle of May 2015. We began by marking out bedding plots, clearing them of weeds and setting up a poly tunnel. We planted blackcurrants, beetroot, beans, sweetcorn, tomatoes, peppers, onions, carrots and herbs. A Facebook page was set up to publicise what we were doing and to attract more volunteers to the project. The project is reliant on donations and the good will of local people. We have had wooden pallets donated from the local Co-Op farm for building beds, manure and plants from The Accidental Smallholder and local people have donated seeds and seedlings for planting. Our aim is to reuse and recycle where possible to keep costs to a minimum and also raise awareness of reusing and recycling unwanted items.

We have started forging contacts with local community groups. We have had a visit from Colourful Carnoustie and plan on working together in the new year on various projects such as using some of the planters for growing vegetables and a possible wildflower Seed Bombing Cycle along the cycle path from Carnoustie to Easthaven. We are also in contact with the Berryfields Allotment Association to discuss how we can work together. The Carnoustie and Monifieth Men's Shed group which had recently been set up have made raised beds for us which are situated outside the Panmure Community Centre ready for spring planting. We had a stall at Carnoustie Gala Day where we were promoting FoodisFree Carnoustie and handed out free food, leaflets and recruited more volunteers. Hopefully this will encourage other growers who have a glut of produce to set up a #foodisfree table.

We were contacted by several people who live in and around Carnoustie offering us surplus goodies from their gardens which included apples and plums. These were happily snapped up and quickly made into jams, sauces and dressings and given out at various meetings and hotspots throughout the town.



FIF Carnoustie began in May 2015 as a community sharing project. We were given the use of a piece of land and worked on it over the summer. What started off as an overgrown piece of waste land was fairly quickly transformed into a manageable fruit and veg producing plot. These were then harvested when ready, put into baskets and displayed around town for people to help themselves.



**Donation of £1300 from ForCarnoustie**

**Left to right: Pauline, Laura-May, Libby, Laura & Pauline**



Although initially there was a little reluctance and some confusion as to what was going, people began to get over their shyness and began to help themselves and enjoy what was put out. We started a facebook page around the same time and began to get more and more people joining. We've had some really lovely feed back on the page and a whole lot of encouragement from other groups and organisations. In August we had a huge boost by receiving a substantial donation from ForCarnoustie Charity shop.



Thank you, Thank you, Thank you, Thank

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Gwen Bremner who gave us advice, assistance, cups of tea and a good blether!

Rosemary and Dan Champian—Dung, plants, feed and advice.  
Wendy Devlin - Straw Bales.

Mandy Stulka—Tools.

Farm Care—Pallets.

Berryfields—Allotment.

Our Easthaven—Support and Advice.

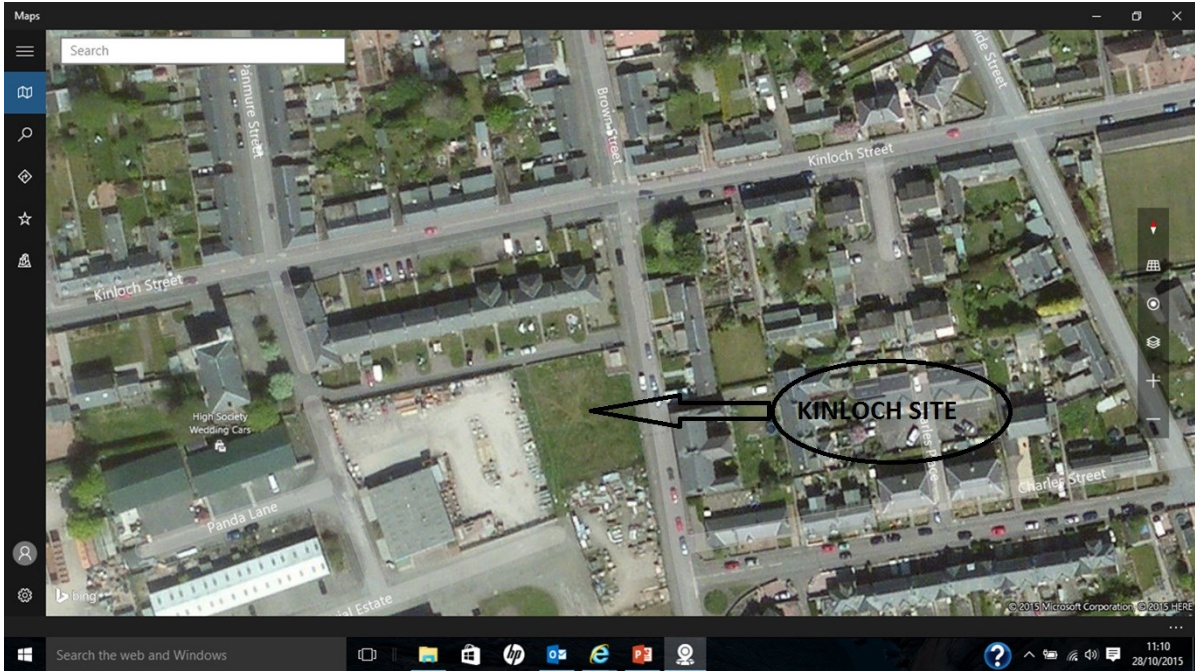
Bob Ness—Angus Council—Advice and Support.

For Carnoustie—Donation

**Gibson Street. A little help makes a big difference!**



# NEWS



Food Is Free Carnoustie held it's first open meeting on the 28th of October 2015 to update the local community on the groups progress and future plans. Despite the horrendous weather on the night, a good turn out of approx. 30 people attended the meeting and the feedback was tremendous.

We had a slide show and talk from Laura-May with a run down of what has been happening to date. One of the biggest news was that that very week we had just been given the green light on getting the use of a large plot on Kinloch street from Ross Smyth of Smyth Composites, he has kindly donated the use of the land for us to use as a community garden! This is very exciting and goes a long way towards the shared vision we have as a space where people of all ages, backgrounds and abilities can come together to learn, share, benefit and build communities.

If you are interested in being part of this community garden in any shape or form, please get in touch by emailing [fifcarnoustie@gmail.com](mailto:fifcarnoustie@gmail.com) or messaging us on our facebook page.



# FUTURE PROJECTS AND EVENTS

## Future projects include:

**Supporting residents of Gibson Street to establish manageable plots in raised flower beds.**

**Make a start to clearing off top surface to Kinloch Street site.**

**Apply for various funding.**

**Prepare and plant boxes at Panmure community centre.**

**Support Colourful Carnoustie with planter boxes.**

**Seed Exchange.**

**Potato Day.**

**Fruit Map.**

**Seed bombing.**



## CONTACT INFORMATION

If you are interested in being part of any of our projects or have any skills you'd like to share or just want to be part of the FoodIsFree project, please contact us by using any of the links below.

<https://www.facebook.com/groups/647898318676888/?fref=ts>

(or just look for #FoodIsFreeCarnoustie)

fifcarnoustie@gmail.com

