



Agriculture in Urban Planning

Mark Redwood ed. | 2009 | Earthscan | ISBN 978-1-84407-668-0

Can city farming make a difference to livelihoods and food security across the globe? Using case studies, this book examines strategies for integrating urban agriculture into city planning, and assesses the social, environmental and human health impacts of growing food in urban landscapes. EB

Ecological Debt

Andrew Simms | 2009 | Pluto Press | ISBN 978-0-7453-2727-3

Irresponsible debt management is creating yet another crisis for the world: but this time it's an ecological debt rather than a monetary one. Heading towards a global environmental meltdown we rationalise our self-destruction, which is why, as Simms explains, "humans are more stupid than frogs". The debt must be repaid by those that created it and this is the repayment plan. ABC

Cradle to Cradle: remaking the way we make things

Michael Braungart, William McDonough | 2009 | Jonathan Cape | ISBN 978-0-224-08786-5

This book proposes a radical industrial rethink whereby every component of a product can circulate for ever as a pure and valuable material. Already embraced by far-thinking manufacturers and governments, cradle to cradle moves beyond recycling, a system the authors say perpetuates the long term problems of waste. EB

Fed Up with the Right to Food?

Hospes, O. and van der Meulen, B. eds. | 2009 | Wageningen Academic Publishers | ISBN 978-90-8686-107-1

An assessment of what the right to food means and how that right has developed under international law. It asks why the Netherlands, one of the world's richest countries, abdicates its responsibility towards feeding people, and how this situation could – and should – be put right. EB

Fresh: a perishable history

Susanne Freidberg | 2009 | Harvard University Press | ISBN 978-0-674-03291-0

A compelling account of the history of fresh food, Freidberg investigates the contents of our fridges. She asks how technological innovations, corporate control and consumer choice have reframed our ideas about fresh food and at what environmental and social cost. EB

Kitchen Table Sustainability

Wendy Sarkissian et al | 2009 | Earthscan | ISBN 978-1844076147

There is much useful and thought-provoking information in this book on approaches to community engagement, drawing on the authors' vast personal experiences. However, the tone of the book – part self-help manual, part testimony of personal transformation, with a hint of New Age spirituality – can quickly become grating. RS

Let Them Eat Junk

Robert Albritton | 2009 | Pluto | ISBN 978-0745328065

Over a quarter of the world's population does not have enough to eat, whilst vast numbers of the rest gorge themselves on junk. The food crisis is mostly reported as if it were a natural disaster, something that occurs unpredictably, but Albritton disputes this, analysing economic factors and calling for capitalist markets and corporations to think about public health not profits. SAR

Soil Not Oil

Vandana Shiva | 2009 | Zed Books | ISBN 978-1848133150

Arguing that the food crisis, peak oil and climate change are inherently linked, Shiva suggests they should be tackled together. She calls for the end of the fossil fuel dependent economies and advocates for small, independent farms in localised economies that ensure sustainability by being more resistant to disease, drought and flood. SR

Sustainable Animal Production

Aland, A. and Madec, F. eds | 2009 | Wageningen | ISBN 978-9086860999

Essential reading for teachers and students of agriculture and veterinary science, farm managers and agricultural advisers, this book gathers in one place the latest thinking on sustainability in agricultural production. With essays on the farm environment and animal feed, on environmental and human health impacts, and many other constraints, this book covers all aspects of rearing animals for food. EB

The Spirit Level: why more equal societies almost always do better

Wilkinson, R. and Pickett, K | 2009 | Penguin and Allan Lane | ISBN 978-1846140396

Based on 30 years' research, this book demonstrates why unequal societies are bad for almost everyone, poor and rich. It reveals that almost all modern social and environmental problems – ill-health, lack of community, violence, drugs, obesity and mental illness – are more likely to occur in a less equal society. SR

restaurant review



© terre à terre

Terre à Terre The Vegetarian Restaurant 71 East Street, Brighton, East Sussex, BN1 1HQ

Clare Devereux
Founder director of Food Matters, a not-for-profit company that supports people and organizations working towards more sustainable and equitable food systems.



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How I rate it

Overall: *****

Fairness: ****

Health: ****

Animals: ****

Environment: ****

Taste: *****

Ambience: ****

Value for Money: ****

(maximum five stars)

There aren't many restaurants that require a glossary to decipher the menu! At award winning Brighton vegetarian restaurant, Terre à Terre, the description of dishes are legendary among customers – and can either drive you to distraction or provide unexpected entertainment as you navigate your way through the generous and colourful menu. One item on our lunch menu contained fifteen different ingredients, including such delights as 'pippin tendrils' and 'wheat berry popcorn'.

Dishes are given wonderfully inventive names such 'Pea Shooter', 'Slap it On', and 'Ice Cream You Scream', which in any other restaurant might be regarded as twee. Terre à Terre gets away with it because the food is fun, creative, often brave and invariably delicious. And although it is a vegetarian restaurant, there is hardly a lentil in sight. The menu draws on a multitude of exciting ingredients, with an emphasis on fresh vegetables, local Sussex cheeses, and dreamy desserts.

Eating out can often involve making tradeoffs over a variety of issues – cost, taste, principles. Eating at Terre à Terre ticks so many boxes that you can enjoy a fabulous gourmet meal almost guilt free. Being a vegetarian restaurant eliminates concerns over the provenance of meat and animal welfare issues. We all need to reduce our meat consumption, and I challenge even the most diehard carnivore to eat a meal at Terre à Terre and mourn the lack of animal flesh. In fact only one out of every five customers is a vegetarian.

Unlike many veggie restaurants which often go overboard with cheese, pulses or grains, the Terre à Terre menu prefers to give centre stage to vegetables, fruit, leaves, and salads. This was particularly true on the day we ate, which saw the launch of a new 3 course menu, 'Plot to Plate' – celebrating 'all things sown and grown', at an affordable price of £13.99. Fresh rhubarb, broad beans and herbs came from a city allotment site,

wild garlic had been foraged from beside the railway line, and flour was locally milled. Without sacrificing taste, the menu was light and healthy – one dish even called 'Five a Day the Terre à Terre way'.

Although a special promotional menu, sourcing locally without compromising taste or exceeding budgets is a priority. However, as for many restaurants this is never as easy as they would like, and many of the more exotic ingredients are inevitably imported. Teas, coffees and some wines are fair trade – but not chocolate, as they have been unable to find a brand which measures up to their high taste standards.

Wines are 100% organic – and the wine list recently won them runner up for best ethical restaurant in the Observer Food Awards. And lest I become too gushing about the restaurant, it is here that I have an issue – why not continue this policy through to the menu? Organic ingredients seem to be scarce – apparently because customers haven't requested it, and because of the inevitable increase in costs. It would be good to see more locally produced organic dairy produce in evidence.

This would also help with the other inevitable challenge often faced by many vegetarians – does it make sense to avoid meat and not dairy produce? Although there are several vegan options on offer, it would be great if at least all animal products were organic, and therefore coming from sustainable production systems with the highest animal welfare standards. As a step in the right direction all the eggs used come from a local battery hen rescue centre.

Writing a review involves the application of critical faculties – and it is probably unfair of me to pick holes in what is otherwise a highly ethical restaurant. But in their words they 'try their best', and this no doubt includes looking at how to improve not just the quality and taste of their already superlative dishes, but also their ethical and sustainable policies. ■