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By Michael Barker

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Local salad boost for Nourished Communities

London community food hub strikes deal with Spitalfields City Farm to sell range of locally grown leaves

Nourished Communities has teamed up with Spitalfields City Farm to boost sales of fresh produce in the capital.

Nourished Communities is a London-based community food hub and online market stall set up to help farmers and local producers during Covid, while Spitalfields City Farm is run by three growers in Brick Lane. The farm was started in 1978 in response to local desire to turn wasteland into allotments, having lost theirs to developers.

A wide range of leaves

grown on the farm are now available from Nourished Communities' store in Islington on Canonbury Lane, offering produce to local residents and shoppers who place online orders for pick up. They include rainbow chard, salt leaf, mixed salad, white mustard, mint, mooli (daikon, white radish), African kale, Russian fizz kale, calendula, nettles (gypsy spinach) and lemon balm.

Rollo Millership, founder of Nourished Communities, said: "Spitalfields City Farm is run by three growers whose energy and excitement for nature is infectious - their organ leaves are rather spectacular too. If you haven't been we'd thoroughly recommend a

trip to see their animals and crops and it's free (any donations welcome). They do some amazing things and we are lucky to work with them. Lettuce know what you think!"

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Rollo Millership