

# MORAY FOOD GROWING STRATEGY

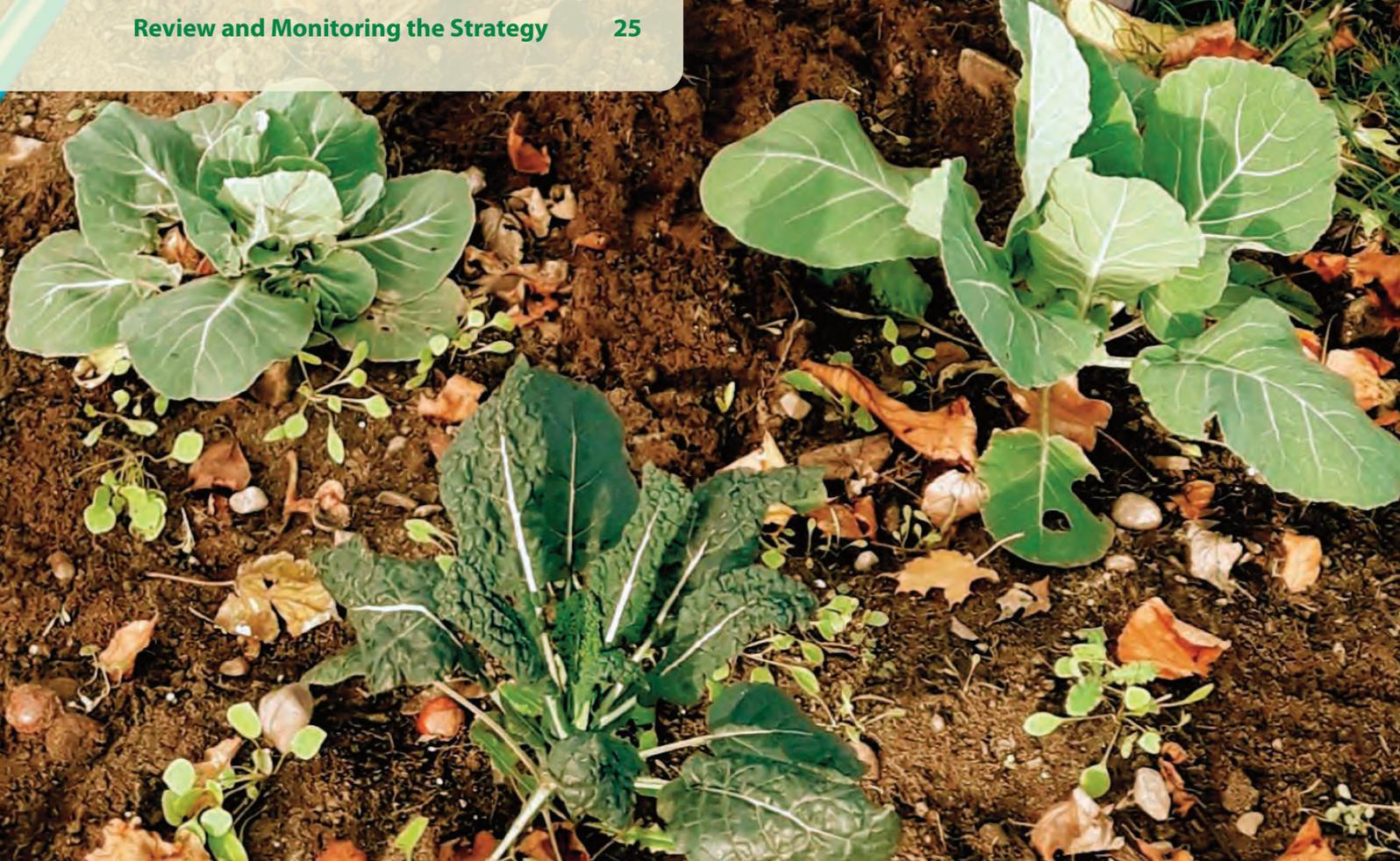
APRIL 2020



**moray**  
council

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# Policy Context

The Scottish Government has set out a vision that by 2025 Scotland will be “a Good Food Nation, where people from every walk of life take pride and pleasure in, and benefit from, the food they produce, buy, cook, serve, and eat each day.”

The Council has a statutory duty, set out in the Community Empowerment (Scotland) Act 2015, to prepare a Food Growing Strategy that identifies potentially suitable land for allotments and other food growing areas. There is also a specific requirement to note how the Council intends to increase food growing provision in communities experiencing socio-economic disadvantage.

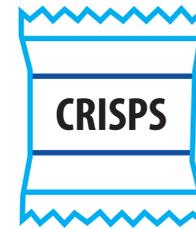
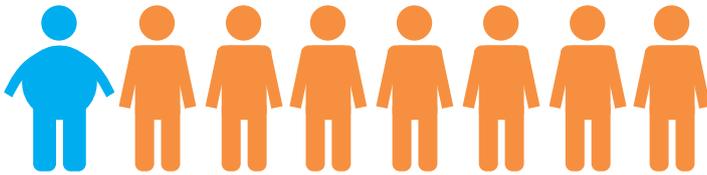
In developing a food growing strategy for Moray the Council is committed to delivering the wider benefits associated with food growing including:

- Improving health and wellbeing outcomes
- Promoting opportunities for social interaction
- Environmental improvement and sustainability
- Skills development and education
- Economic development

In delivering these benefits the food growing strategy will also assist in meeting the key objectives in the Moray Local Outcome Improvement Plan (LOIP).

The following statistics provide an evidence base highlighting some of the challenges.

**1 in 8** children in Moray are overweight



**17% of adults & 33% of children**

eat crisps once a day or more



**20% adults & 35% of children**

drink non-diet soft drinks at least once a day. About 22% of the Scottish populations sugar intake is from sugary drinks



**1 in 5**

children in Moray have tooth decay in Primary 1

Last financial year

**Moray Food Plus +**

had 1950 referrals

**supporting 4440 people**



**1 in 9**



children in Moray are obese



**17 tonnes**

of surplus food from supermarket and suppliers was distributed which included fresh fruit and vegetables.



In certain areas in Moray

**1 in 7 children**

are living in poverty

The economic cost of mental health problems in Scotland is estimated at £10.7 billion.



**For Moray this equates to around £172 million.**



**28% of adults & 51% of children**

have chocolate or sweets at least once a day



Most adults and children in the North East **only** eat three portions of fruit and veg a day



## Purpose of the Strategy

It is clear that there is rising interest in local food production. The strategy aims to increase the number of food growing areas across Moray by identifying land potentially suitable for allotments, and other food growing spaces including, community orchards, community gardens, vegetable patches, raised beds, planters and edible hedges.

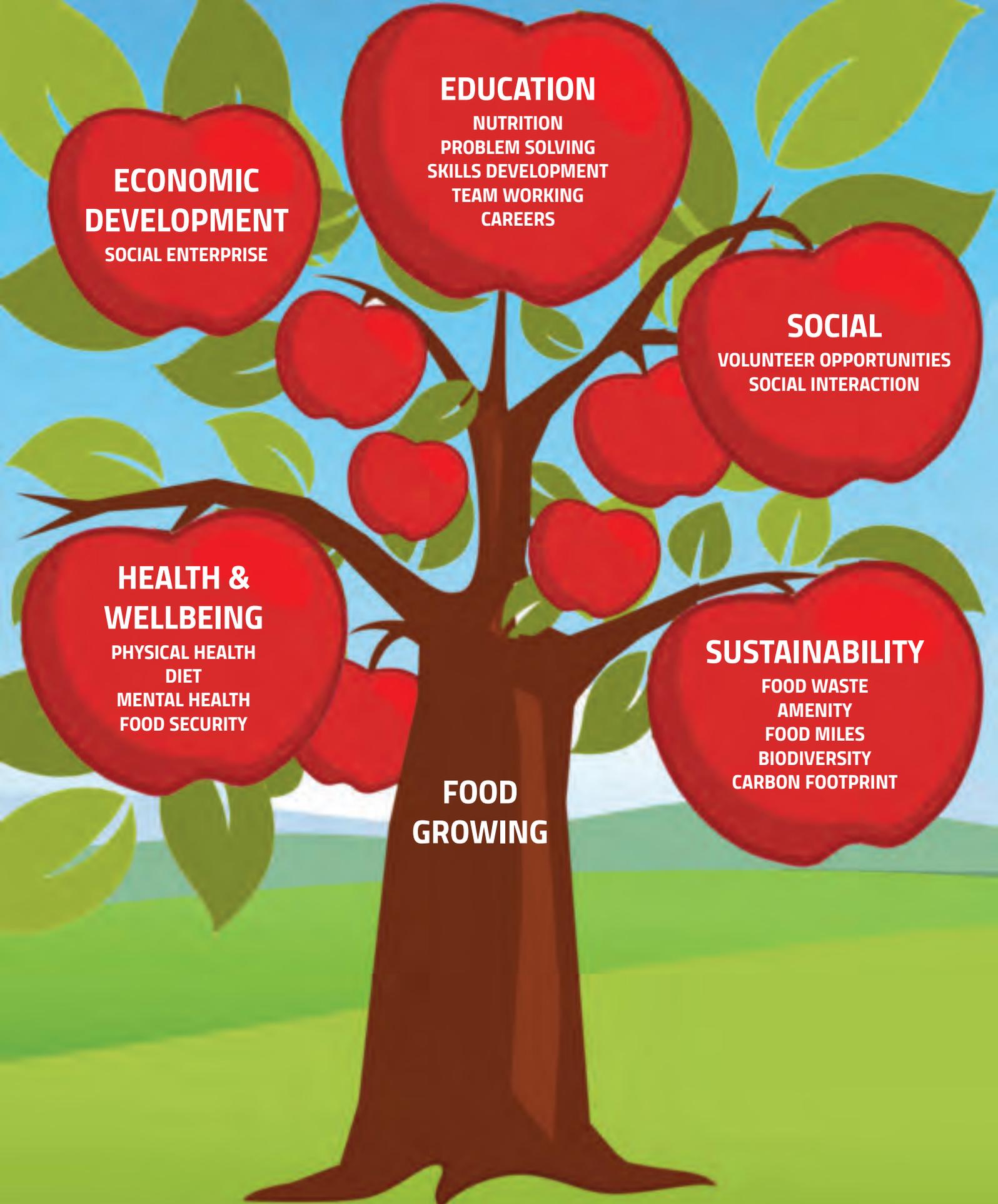
Supporting our communities to develop the skills to grow their own food and make healthy lifestyle choices is also a key strand of the strategy that will be achieved by working together with our community planning partners and third sector organisations.

The strategy is supplementary guidance supporting the Moray Local Development Plan 2020 and will become a material consideration in the determination of planning applications for growing spaces.

## Benefits of Food Growing

Community food growing can provide a number of wide ranging and long lasting, benefits to communities and individuals. There are a number of cross cutting impacts related to health, environment, economy, society and education.





**ECONOMIC DEVELOPMENT**  
SOCIAL ENTERPRISE

**EDUCATION**  
NUTRITION  
PROBLEM SOLVING  
SKILLS DEVELOPMENT  
TEAM WORKING  
CAREERS

**SOCIAL**  
VOLUNTEER OPPORTUNITIES  
SOCIAL INTERACTION

**HEALTH & WELLBEING**  
PHYSICAL HEALTH  
DIET  
MENTAL HEALTH  
FOOD SECURITY

**SUSTAINABILITY**  
FOOD WASTE  
AMENITY  
FOOD MILES  
BIODIVERSITY  
CARBON FOOTPRINT

**FOOD GROWING**

# Benefits of Food Growing



# Engagement and Evidence Gathering

A steering group with representation from Moray Council, NHS Grampian, Moray College UHI, REAP, Elgin Allotment Association, Greenfingers and Moray Food Plus worked in partnership to prepare the strategy.

The Food Growing Strategy offers the opportunity to link together the different organisations and stakeholders with an interest in food growing and provide a framework for a joined up approach to encourage an increase in food growing spaces across Moray.



Extensive engagement was undertaken to develop the strategy. A facilitated workshop was held with key stakeholders. The workshop considered where we are now with food growing in Moray and where we want to be in the future.

## Present

- 🍏 Experience/expertise in place
- 🍏 Good things happening on a small scale
- 🍏 Lots of ideas but these are all separate and a bit ungrounded. Action is disconnected. Lack of strategy
- 🍏 Lack of funding and support
- 🍏 Frustration at the lack of action

## Future

- 🍏 Partnership with everyone working together going in the same direction
- 🍏 Food growing sites are being delivered and something tangible has been achieved
- 🍏 Engaging and involving more people in food growing
- 🍏 Resources are being targeted to deliver community food growing areas

A questionnaire was created and widely circulated to help identify barriers to food growing and the support needed to help food growing areas come forward. Over 320 responses were received with 50% of respondents stating they lacked the gardening knowledge to grow their own and 40% identified a need for training and skills. In addition to this over 50 comments relating to food growing were gathered.

Meetings were held with Community Council's in Lossiemouth and Speyside, locations where there are no food growing spaces currently, to allow them the opportunity to suggest potential sites based on their local knowledge.



A call for ideas for food growing spaces was launched and over 150 potential sites across Moray were identified by the community. In addition to this as part of the Moray Local Development Plan 2020 Proposed Plan exhibitions held in Buckie, Elgin and Forres, attendees were given the opportunity to identify potential food growing sites.

A Moray Food Growing Event was held in May 2019 where community representatives used Ketso an engagement tool to support discussions around food growing. All the ideas, constraints, goals and solutions were written on leaves to build branches of a tree and map all comments. The ideas gathered during all the engagement have where possible been embedded within the strategy and have helped shaped the vision, key objectives and themes.



The strategy was issued for public consultation for 8 weeks. Three consultation events were hosted and were well attended with over 145 people coming along. A free community lunch was hosted in partnership with the Buckie Monitoring Group and family friendly events hosted in partnership with REAP in Elgin and Forres with apple pressing and interactive activities.



# Vision

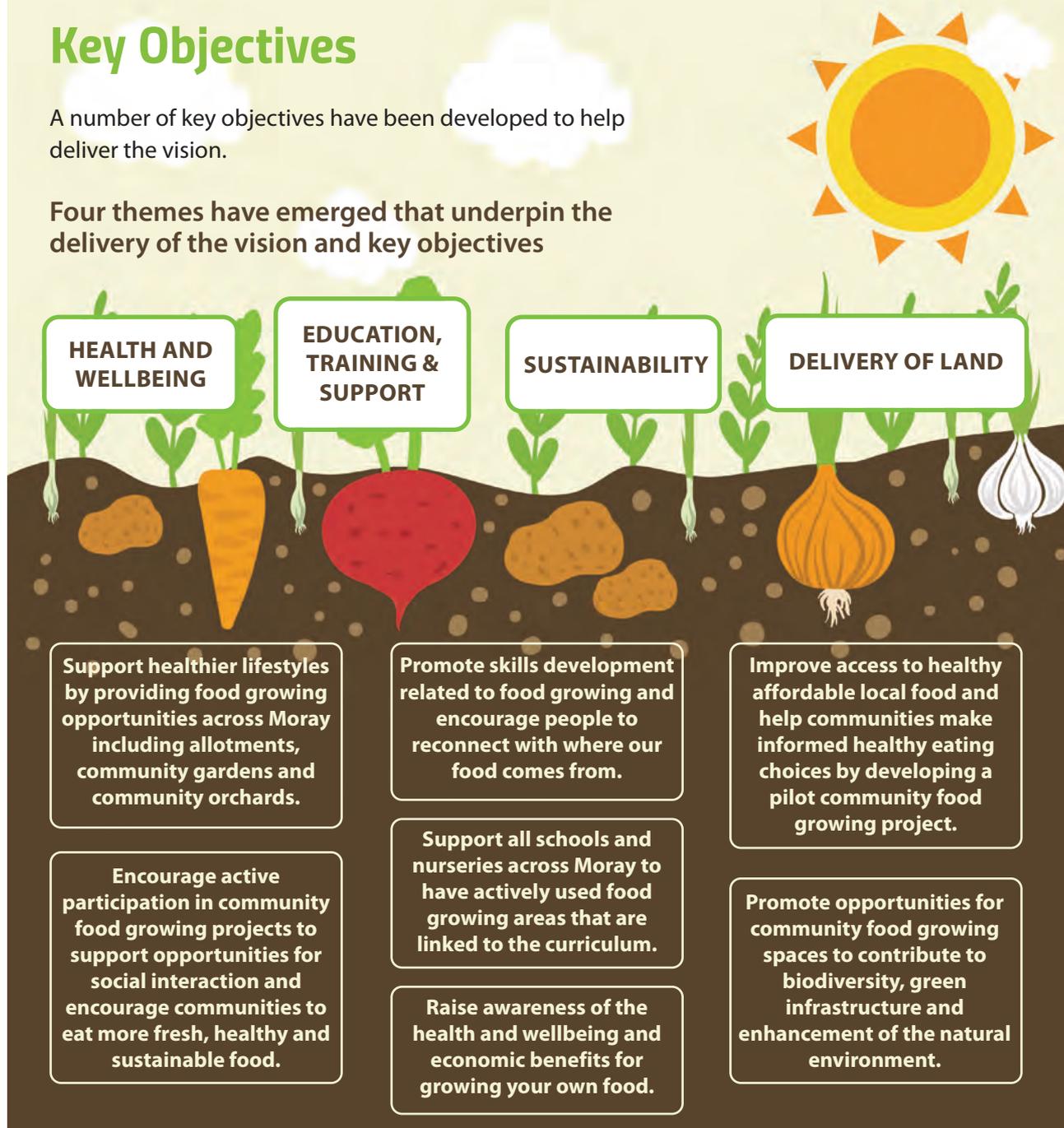
The main purpose of the strategy is to ensure there are more opportunities for people who would like to grow their own food to do so. A vision and key objectives for the strategy have been developed around local priorities and stakeholder engagement.

**“Promote the benefits of a healthy lifestyle by increasing access to nutritious healthy food by creating opportunities for people to grow their own fruit and vegetables in towns and villages across Moray, reducing food insecurity and food waste.”**

## Key Objectives

A number of key objectives have been developed to help deliver the vision.

Four themes have emerged that underpin the delivery of the vision and key objectives



# Health and Wellbeing

The Scottish Government's national strategy A Healthier Future and subsequently the More Active Scotland Strategy and the Type 2 Diabetes Framework make recommendations to improve the nation's diet, increase levels of physical activity and facilitate the maintenance of healthy weight.

A healthier and more active future for the North East of Scotland (2019) affirms that local community food initiatives have an important role in the availability of local sustainable and affordable healthy food.

Community gardens and allotments provide opportunities for improved access to fresh food, nutrition and physical activity and in doing so provide the opportunity to shape health behaviours and reduce inequalities. Furthermore they may promote health and wellbeing in other ways through increased social capital, improved mental health and educational and skills attainment.

These spaces also provide a central point for people to come together in a supportive environment, to interact and participate which helps promote feelings of community identity irrespective of age, ability or socioeconomic position. All of which are positively associated with health and wellbeing by promoting and supporting a healthy diet and regular exercise which have a wide range of benefits for both physical and mental health.

Evidence suggests that participating in community gardening is associated with the higher consumption of fruit and vegetables, this may be due to a number of factors including increased knowledge and a greater connection and ownership to the food produced. Children in particular can gain lifelong practical skills and health knowledge; with evidence suggesting that consumption and taste preferences for fruit and vegetables increased following participation in school based gardening programmes.



Gardening activities can provide low-impact, moderate and aerobic exercise and is considered a sustainable form of exercise. Gardening can be an effective means of increasing physical activity, including those facing barriers to other forms of exercise. It focuses on skills and achievements, not limitations or diagnoses. Furthermore there is evidence to suggest that good physical health, establishing and maintaining social relations and living in stimulating environments helps reduce the risk of developing dementia. The Moray Council Dementia Strategy predicts a 50% increase in the incidence in dementia as the population ages and has identified dementia as a key priority in Moray, contributing to 11.2% of all years lived with disability, more than stroke, cardiovascular disorders or cancer.



Food growing spaces can provide recreational opportunities that encourage socialising, decrease isolation and lead to improved confidence and self-esteem. Similarly, loneliness is recognised as having a significant impact on health and wellbeing. The Scottish Government's strategy for tackling social isolation and loneliness states that "the extent to which people interact is heavily determined by their lived environment"

Community gardens and allotments provide the opportunity to promote positive mental health benefits through a supportive social environment, where growers view the growing space as a place where they can relax and unwind from the stresses of other parts of their lives. The economic cost of mental health problems in Scotland is estimated at £10.7 billion. For Moray this equates to around £172 million. (Good Mental Health for All in Moray). It is clear the NHS estate has a role to play in providing food growing spaces in Moray and there is already a therapeutic garden at Maryhill Health Centre in Elgin.

Social prescribing by General Practitioners (GP's) and healthcare professionals can connect people to non-medical sources of support and resources in the community. For example it might be appropriate to prescribe gardening-related activities to improve the health and wellbeing of an individual.

Gardening can be a cost effective health intervention to help address some of the key issues facing Moray, e.g. increasing mental ill health, increasing dementia, obesity, lack of physical activity, social isolation and self-management of chronic conditions. For some, the skills and self-confidence learned have the potential to lead to employment or self-employment.

A Greenspace and Health Strategic Framework for Edinburgh & Lothians has recently been published.

The strategy aims to fully realise the potential of the NHS Outdoor Estate and community greenspaces as a community health asset benefiting patients, visitors, staff and communities. It covers a range of Green Health activities, including community and therapeutic gardening, health walks, green prescriptions, Branching Out and Green Gyms, as well as greening the NHS outdoor estate and encouraging access to greenspace close to where people live.

## CASE STUDY

### Maryhill Health Centre - Therapeutic Garden

(REAP Grow Elgin Climate Challenge funded project)

Setting up a community garden with a therapeutic focus was seen as a great way of engaging with the GP Practice's community, patients and staff. The area chosen was also once the kitchen garden for Maryhill House creating a nice link for the new garden.

Work began to set up beds and a donated shed in 2017, the garden is now thriving, growing a variety of vegetables and fruit. To date referrals have been made by health workers, GP's various organisations like the Scottish Association for Mental Health (SAMH), CLAN Moray that supports people affected by cancer, Move More Moray and others.

The garden at Maryhill has worked with 17 individuals who have reported a variety of benefits to mental and physical health since participating. 4 volunteers have joined REAP, some of whom were originally participants.



The garden comprises a total of 120m<sup>2</sup> of growing space which grew 160kgs of produce last year. This was distributed to participants and used at communal events such as a harvest day and cooking courses. The GP practice also collects food waste in the staff room (over 70 staff) which is composted on site and used in the garden.

The quest for a partner with skills and training in mental health support continues as this would help secure the future of the garden which has funding to March 2020.



In addition to growing spaces in health centres, community growing spaces in hospital grounds can prove useful spaces for occupational therapists and other medical specialists when working with their patients.

The following actions have been identified to support health and wellbeing through food growing.

- **Secure a partner organisation to take forward Maryhill Health Centre therapeutic garden.**
- **Investigate the possibility of replicating the therapeutic gardening project at Elgin Health Centre across other health care facilities in Moray, especially when planning new build health centres (e.g. Keith)**



## Education, Training and Support

Food growing spaces can also provide opportunities for people to enhance their skills, self-confidence and improve their employment opportunities. People involved in community growing can benefit from a therapeutic learning environment through which they gain insights into themselves as well as transferable life skills.

Greenfingers Training Project based in Elgin supports people that have various barriers to further education, training and employment. This can include people with learning disabilities, on the autistic spectrum and/or in the recovery of a mental health challenge. The therapeutic benefits of horticulture, local woodlands and greenspaces are used to promote general wellbeing whilst recognising individual skills, talents and supporting people to identify and plan their own areas of development and future progression.

Food growing is being embedded into the Greenfingers training plan with proposals to develop two small sites for food growing training purposes at Cooper Park and Moray Resource Centre. This will be in the style of raised beds and allotment style gardening and involve working jointly with Moray Resource Centre and users of the garden. This will ensure that people moving on from Greenfingers have the knowledge and skills to grow their own produce within different growing environments and can continue to build upon the established social and community links as trainees progress.

Moray College UHI is actively exploring options for the creation of grow your own and community grower's courses to support skills development.

## Educational Food Growing

Food growing programmes in schools can have positive impacts on pupil nutrition and attitudes towards healthy eating. Supporting our young people to develop the skills to grow their own food and make healthy lifestyle choices is a key strand of the strategy.

During preparation of the strategy an audit of food growing spaces in all primary and secondary schools was undertaken. The purpose of the audit was to establish if schools were growing food, if the growing was related to the curriculum and if there was any external support to deliver projects.

85% of schools participated in the audit and findings showed that 75% of the schools that responded have some kind of food growing space. It was also established that growing is not always formally linked to the curriculum and a number of the schools are being supported by parent helpers, former pupils, grants and support from external bodies like REAP. A separate educational food growing map has been prepared and is set out in Appendix 1

The key constraints identified by the schools to progressing or expanding food growing were identified as a lack of expertise and pupil teacher ratios. It is clear that schools require ongoing support for food growing and linking it to the curriculum.

The following case study gives an overview of a secondary school food growing project.



## CASE STUDY

### Elgin Academy School Garden

(REAP Grow Elgin Project. Climate Challenge funded project)

The school had set aside a large area in their new build site and REAP were able to help them set up this area for growing food. Currently there is 150m<sup>2</sup> of growing space in 8 large raised beds. Starting from interest from one or two keen teachers, the project has grown as more saw the potential for working with their pupils. REAP helped the school set up their own composting bin which takes food waste collected from caddies in classrooms and the staff room. All this has helped the school achieve their Eco Green Flag

Further funding from Food For Thought /Education Scotland provided an outdoor kitchen, plus teacher training from REAP to develop staff skills, confidence and educational

tools for use with the pupils across the curriculum. The school also help REAP with carbon saving targets, recording produce grown and food waste diverted from landfill.

The gardens currently produce a range of vegetables and fruit in the orchard area which is used in Home Economics lessons. It is used with the S2 classes each year to introduce pupils to the Farm to Fork topic and regularly with pupils in the support department. S1, S3 and senior pupils also use the gardens if time allows and pupils from the nearby Bishopmill Primary School also use it. Pupils have made mint ice cream, pea and mint soup and potato wedges and berries, carrots and onions are also harvested.





The following actions have been identified to support education, training and development of further food growing projects.

- **Investigate opportunities for funding to develop a food growing toolkit to support Moray Schools to embed food growing into the curriculum.**
- **P6 and above classes are given the opportunity to interact with and learn about career opportunities and skills associated with horticulture.**
- **Further develop the relationship between Moray Schools and Moray UHI Horticulture department to support and sustain food growing and link to STEM week.**
- **Explore opportunities for community growers/grow your own evening courses at Moray College UHI.**
- **Investigate opportunities and funding to support schools food growing as part of Active Schools.**
- **Greenfingers to develop a training program and two food growing training sites for trainees at Cooper Park and Moray Resource Centre.**

## Sustainability and Biodiversity

Community growing spaces can improve biodiversity and, when linked with other greenspaces, create important green corridors for wildlife.

Especially in urban areas, community growing spaces, have the capacity to act as important habitats for a variety of wildlife by providing food, shelter and breeding sites for many different animals. Insects, including pollinating species, as well as small mammals, amphibians and birds can be part of these sites. The types of plants grown, as well as how the grounds are managed can have huge effects on local biodiversity.

By attracting a variety of different species to a food-growing area, there are often benefits to be had for the growers. These can include:

**Natural forms of pest control** - amphibians such as frogs and toads, as well as hedgehogs, birds and a variety of insects help to control 'pest' species such as slugs, snails and aphids which can often ruin food crops.

**Pollination of our food** – pollinators such as bumblebees, hoverflies and wasps help our flowering plants produce fruit and new seeds. Fruit trees, berries, peas, beans, tomatoes and herbs are all examples of plants which pollinators visit and help produce food we eat.

**Enjoyment** – watching wildlife is something that brings a great deal of people joy, especially in the heart of a town. Making a space for wildlife on a growing site allows opportunities for people to interact and feel a part of nature, which has been shown to have many positive mental and physical effects.



These spaces can also contribute to mitigating and adapting to the effects of climate change by reducing food miles and carbon emissions. Locally grown food helps reduce food waste through composting and reduced food packaging and contributes to achieving the Scottish Government's zero waste ambitions. Community food growing spaces can also make positive contributions to sustainable drainage through permeable surfaces and the harvesting of rainwater.

### Top Tips for a biodiverse growing area

- **Add some water and a home or two**

By adding shallow dishes or tubs of water containing small stones (to allow small animals to climb out and not get stuck) this provides lots of different animals an area to drink from. Also, a bug hotel or bird nest boxes are simple and cheap additions to your growing areas – remember to put them somewhere quiet and out of the way.

- **Don't be too tidy**

Or rather, find an area to put 'untidy' things. As you work in your growing area, whether it is new or established, stones and other debris such as twigs, branches and fallen leaves can be gathered and moved to out-of-the-way places such as along a fence. Here they provide homes for small mammals and especially insects.

- **Ditch the chemicals**

Most chemicals used to control garden pests are non-specific, meaning that they are just as likely to harm beneficial animals as they are to harm the insect species you are trying to get rid of, and they can actually make pest problems worse. Instead encourage more wildlife into your site and try companion planting as well as physical removal of pests.

- **Make the most of your fences**

Most areas for growing have outside borders such as stone, wooden or wire fencing of some sort. These often-overlooked areas could be improved to allow homes for things like minibeasts, amphibians and birds.

For example, an old dry-stane dyke with its small gaps allows multiple homes for different insects. Climbing plants such as ivy or honeysuckle can also be grown along fences and walls in order to make nesting sites for birds and small animals.

Fences and walls can also be improved by making small gaps at ground level to allow the movement of animals like hedgehogs (often called a hedgehog highway!)



(images from <https://www.hedgehogstreet.org/help-hedgehogs/link-your-garden/>)

- **Add a hedge**

Adding a mixed native hedge including a range of species such as Hawthorn, Blackthorn, Elder, Hazel, Holly, Crab Apple, Guelder Rose and Dog-Rose will provide shelter for the growing area and also a variety of animals, as well as providing food for animals and colour in the form of flowers and berries.

The following actions are identified to promote food growing spaces that contribute to placemaking, sustainability and biodiversity enhancement.

- **Prepare greenspaces guidance as part of wider design guidance that demonstrates how food growing can be integrated into green and blue networks and support biodiversity enhancement.**
- **Promote edible species in all new developments of over 10 houses.**

## Social

Community growing and the development of green spaces is beneficial to tackling social exclusion. A garden share can foster a sense of community among the residents of a neighbourhood, and the presence of shared activity in well-maintained green spaces can offer opportunities for inclusion and connectedness, in turn increasing perceptions of safety and reducing anti-social behaviour.

### CASE STUDY

#### Moray College UHI/Anderson Care Home and VIP Childcare

There is a long standing partnership between Andersons Care Home and Moray College. Over the years horticultural students have been involved in developing their ornamental and allotment gardens. VIP Childcare wanted somewhere to grow vegetables with their nursery children and Moray College UHI introduced them to Andersons and their intergenerational relationship began.

Andersons funded the materials and Moray College horticultural students built new raised

beds including a bed for the nursery children, a higher raised bed suitable for the residents to use and a further 9 raised beds for horticulture students to learn how to grow fruit and vegetables in a home and allotment setting.

The fruit and vegetables that are grown from this partnership are harvested and used in the care home's kitchen and also sold to staff and residents families from Anderson's 'Wee Shoppe'. The funds raised go to providing seeds and equipment to the residents gardening club.



A sense of community is encouraged when people participate in food growing activities. Access to community growing spaces can help to encourage more vulnerable people to get involved in local food-growing, and many growing spaces can evidence a reduction in isolation and loneliness for those taking part. Community growing spaces can also offer volunteering opportunities and become the venue for social events.

**CASE STUDY**

**Burghhead Station Community Garden**



Burghhead Station Community Garden was set up to give people a social space in nice surroundings, and is open to everyone from all walks of life. The garden has a newly constructed polytunnel, community orchard and vegetable plots and is run by a small group of dedicated people with a lot of support from volunteers in the community.

The garden is well used by the local primary school as well as church groups, brownies and a pre-school group. There are various events held throughout the year to help with the upkeep of the garden including gig in the garden, bonfire night with fireworks and coffee mornings.

Tesco has supported the garden through its community sponsorship scheme and local businesses have also given generously. The community garden is always looking for new enthusiastic people to get involved.



## Economic Development

Community gardens and allotments can make a contribution to a range of social issues. Opportunities also exist to promote and support the establishment of community-run businesses based on growing activities, which generate funds to provide an income.

As well as the possibility of generating income, there is great potential for community gardens to address social needs. Community gardens are able to address a wide range of issues from social inclusion to employability, and offer ideal opportunities for social entrepreneurship.

There are a number of ways that community food growing projects can be supported by working in partnership. There are gardeners across Moray with plant growing knowledge and experience to share.

The following actions have been identified to support existing and future food growing projects by bringing together interested groups, support and resources.

- **Promote intergenerational food growing and community garden projects to inspire other communities.**
- **Work in partnership with third sector partners to promote volunteering, community harvesting and sharing, community composting, equipment sharing and skills sharing.**
- **Investigate the opportunity to work in partnership with the Criminal Justice team to help deliver food growing projects across Moray.**

## Delivery of Land

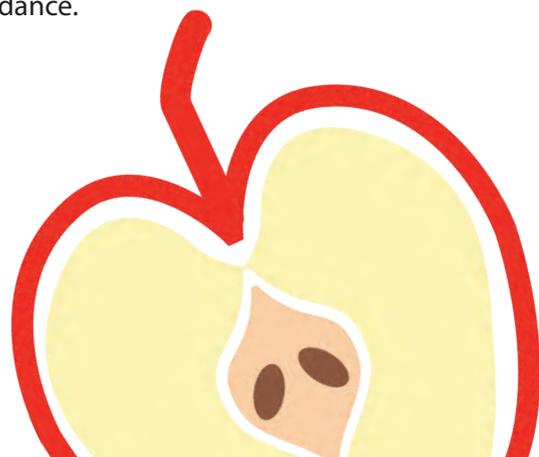
In order to meet increased demand for locally grown food there needs to be access to land. It is clear however that communities need support in identifying spaces to grow and how to take these forward. A lack of understanding of the planning system and Council processes has been identified as a key barrier preventing communities from taking sites forward. The following action seeks to address this.

- **Create a web resource providing advice and signposting support for communities seeking to take forward food growing spaces**

## Moray Council Allotment Provision and Demand

Moray Council currently does not own or manage any allotments. The Council does however lease land at Bogton in Forres for a Community Garden and land in Cullen for allotments on behalf of a Trust.

At the time of writing there are 10 people on the Council's waiting list for an allotment and 8 of them live in Elgin. The Council has been working closely with Elgin Allotment Association and has secured planning permission for a 22 plot allotment on Council land at Pinefield Playing Fields. Work is now ongoing to agree terms for leasing the land to the allotment association, taking account of the recently published statutory guidance.



# Moray Local Development Plan

The Moray Local Development Plan 2015 requires the provision of allotments on all large scale housing developments over 200 houses. To support the delivery of food growing on smaller sites Council will produce a guidance setting out ways to incorporate food growing spaces and edible landscaping into new developments.

“Herbs in the High Street” is a great example of how food growing can be embedded into the public realm in High Streets and town squares across Moray.

## CASE STUDY

### Herbs in Elgin High Street

(REAP Climate Challenge Funded Grow Elgin project)

In a joint initiative with Elgin BID and Moray Council Lands and Parks, REAP have agreed to look after, water and tend 10 of the planters in the High street. All these planters contain edible herbs, flowers and vegetables, free for everyone to take/ eat/ use. This is inspired by the Incredible Edible Todmorden project.

The planters have a QR code and some info on them, which links to the REAP website to explain what the herbs are and how to use them for teas etc. REAP check for any poisonous weeds and separate edibles from other ornamentals as some of these are poisonous (e.g. daffodils, lupins)

The parklets (cycle parking/ seating by the Dandy Lion sculpture) planters were added to the area tended by REAP, again in partnership with Moray Council. This year ‘traffic lights’ lollipop stick indicators – red for ‘not ready to take yet’, amber for ‘ready soon’ and green for ‘go – pick some now’ were added.

There are volunteers who help maintain the planters, but a more regular group would need to be set up for tending this that also had knowledge of what is safe to grow in edible beds.



**REAP get lots of good feedback:**

*'I often come and take some chives and herbs for my lunchtime sandwich'  
'I've let all my friends know about this'  
'What a great idea – and it looks lovely, too'*

# Existing Food Growing Areas

There are a number of established food growing areas across Moray and these are set out in mapping in Appendix 2

Everyone has the right to good quality and nutritious food. REAP has previously undertaken projects in areas of socio-economic disadvantage in Moray to support communities to grow their own and increase access to healthy fresh local food.

As part of the strategy it is proposed to develop a pilot project to create a community food growing area working in partnership with stakeholders and organisations involved in the New Elgin East and Buckie Central East. Locality Plans. These areas are identified as being the most deprived in Moray. This work will also help inform the content of the web resources being prepared, setting out advice and support for communities looking to take forward food growing spaces.

## CASE STUDY

### Den Crescent, Keith

(Diggin' in Den Crescent' funded through the People's Health Trust)

REAP has worked with local communities to set up some raised beds in local spaces for people to grow and harvest their own food.

Three 1m<sup>2</sup> raised beds were set up alongside a series of community events and projects with families in the area, including picnics, local walks, painting a mural, litter picks etc.

Building on links developed through the project, REAP asked local parents if they would like to have a small raised bed in a communal space to grow their own. Two families took up the offer and REAP put up the beds with the help of local children and parents. The families now grow strawberries, herbs and vegetables in the beds.



## CASE STUDY

### South Lesmurdie, Elgin

(REAP Grow Elgin Climate Challenge funded project)

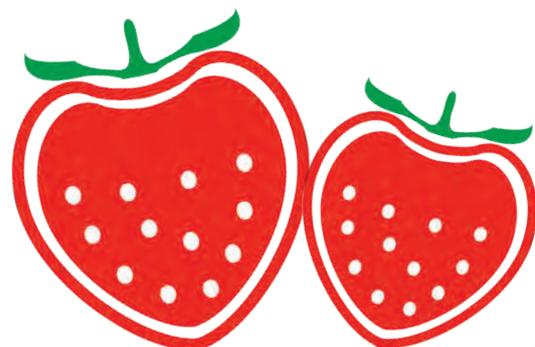
In South Lesmurdie, REAP has carried out leaflet campaigns and worked with the Moray Council Lands and Parks and Housing department to identify areas for community growing. Three 2mx1m raised beds were set up with a small number of residents in 2018.

There has been a slight reluctance/reticence on the part of the community to take the produce grown as people don't think it's theirs to take! However, the beds are there and REAP will continue to provide help while funding lasts.



The following actions have been identified to support delivery of food growing spaces on designated sites in the Moray Local Development Plan and develop a pilot food growing project.

- **Deliver allotment sites and food growing areas in large land releases through masterplans, development briefs and planning applications.**
- **Develop a pilot food growing project with partners linked to the Locality Plans for New Elgin East and Buckie Central East.**



# New Food Growing Areas

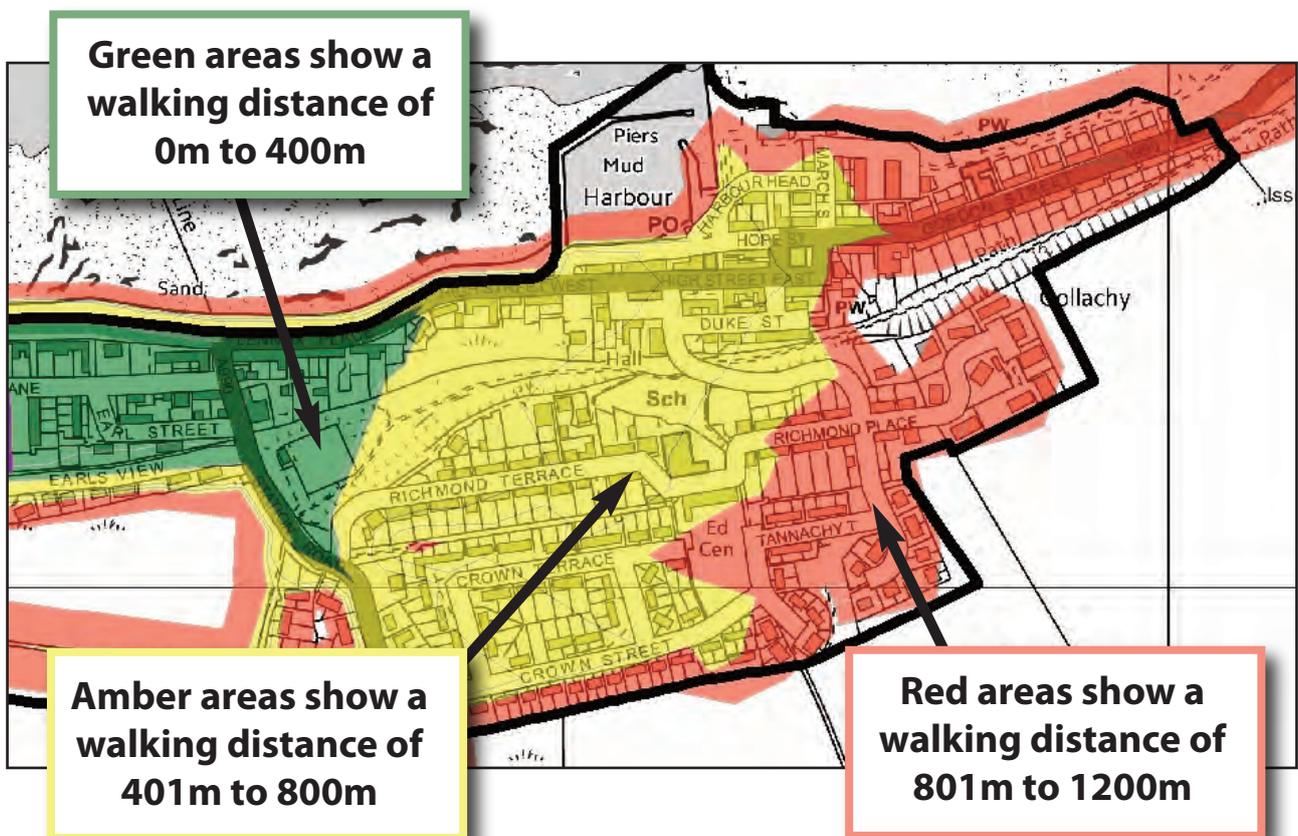
As part of the early engagement to inform the preparation of the strategy over 150 sites were identified across Moray. These sites were subject to technical consultation, audit and scored to assess suitability for food growing.

It is important that the strategy identifies a variety of food growing spaces across Moray's towns and villages. The strategy has sought to identify sites that are accessible to all people. Accessibility and socio-economic disadvantage mapping have been used to identify sites in an effort to establish a network of varied food growing spaces across Moray.

It is important to highlight that the current financial situation means the Council is unable to invest in the delivery of allotments or other food growing spaces. Instead the Council will seek to facilitate and support community groups in other ways such obtaining planning permission for identified allotment sites, signposting resources and sharing best practise.

The mapping for towns and villages across Moray is set out in Appendix 3 which identifies potential allotment and food growing spaces. Maps have been produced for all towns and villages where there are existing and potential food growing areas.

The maps are colour coded to show the walkability of sites as it is essential that these areas can be easily accessed on foot.



## Action Plan

Key actions have been developed to support the delivery of the key objectives and actions identified within the strategy.

Action	Partners	Progress	Timescale
Secure a partner organisation to take forward Maryhill Health Centre therapeutic garden	NHS Grampian/REAP	Ongoing	2020
Investigate the possibility of replicating the therapeutic gardening project at Elgin Health Centre across other health care facilities in Moray	NHS Grampian/ Moray Council	Potential site at Aberlour Medical Practice and opportunities arising from new build health centres (e.g. Keith).	2020 - 2025
Investigate opportunities for funding to develop a food growing toolkit to support Moray Schools to embed food growing into the curriculum.	Moray Council/ Moray College UHI	Ongoing. Draft proposals developed. Identifying potential funding partners	2020
Further develop the relationship between Moray Schools and Moray UHI Horticulture department to support and sustain food growing. Link to STEM week, learn about career opportunities and skills associated with horticulture.	Moray College UHI/ Moray Council	Initial discussions held. Draft proposals to be developed.	2020 - 2025
Explore opportunities for community growers/grow your own evening courses at Moray College UHI	Moray College UHI/ Moray Council	Initial discussion held. Proposal to be developed	2020/2021
Investigate opportunities and funding to support schools food growing as part of Active Schools	Moray Council	tbc	tbc
Greenfingers to develop a training program and two food growing training sites for trainees at Cooper Park and linking with Moray Resource Centre	Greenfingers	In the planning stages Clear sites this year	2020/2021

<b>Action</b>	<b>Partners</b>	<b>Progress</b>	<b>Timescale</b>
Prepare greenspaces guidance as part of wider design guidance that demonstrates how food growing can be integrated into green and blue networks and support biodiversity enhancement	Moray Council	Guidance will be prepared to support the Moray Local Development Plan 2020, anticipated for adoption in summer 2020.	June 2020
Promote edible species in all new developments of over 10 houses	Moray Council	Guidance being prepared	June 2020
Develop a pilot food growing project with partners linked to the Locality Plans for New Elgin East and Buckie Central East	Moray Council/NHS Grampian/TSI/REAP and partner organisations.	Initial meeting held, site identified in New Elgin and working group set up to explore delivery.	2020/2021
Work in partnership with third sector partners to promote, volunteering, community harvesting and sharing, community composting, equipment sharing and skills sharing	Moray Council, REAP/TSI	Ongoing actively being explored as part of proposed New Elgin East LOIP pilot.	2020/2021
Investigate the opportunity to work in partnership with the Criminal Justice team to help deliver food growing projects across Moray	Moray Council	Assisted in preparatory works for New Elgin community garden.	2020
Prepare online tool providing advice and signposting support for communities seeking to take forward food growing spaces	Moray Council	To be prepared to support strategy which must be in place by 1 April 2020.	October 2020
Deliver allotment sites and food growing areas in large land releases through masterplans, development briefs and planning applications	Moray Council	Delivery of food growing sites through Findrassie and Elgin South developments and forthcoming masterplans for the south west expansion of Buckie and Lochyhill in Forres	2020-2025



## Review and Monitoring the Strategy

The strategy will be reviewed and updated every five years. Annual monitoring will be undertaken as part of the Moray Local Development Plan and will provide an update on progress in implementing identified actions. The key measure of success will be an increase in the number of community food growing spaces across Moray. The food growing steering group will continue and meet twice per year to oversee delivery of the identified actions and outcomes.





**Legend**

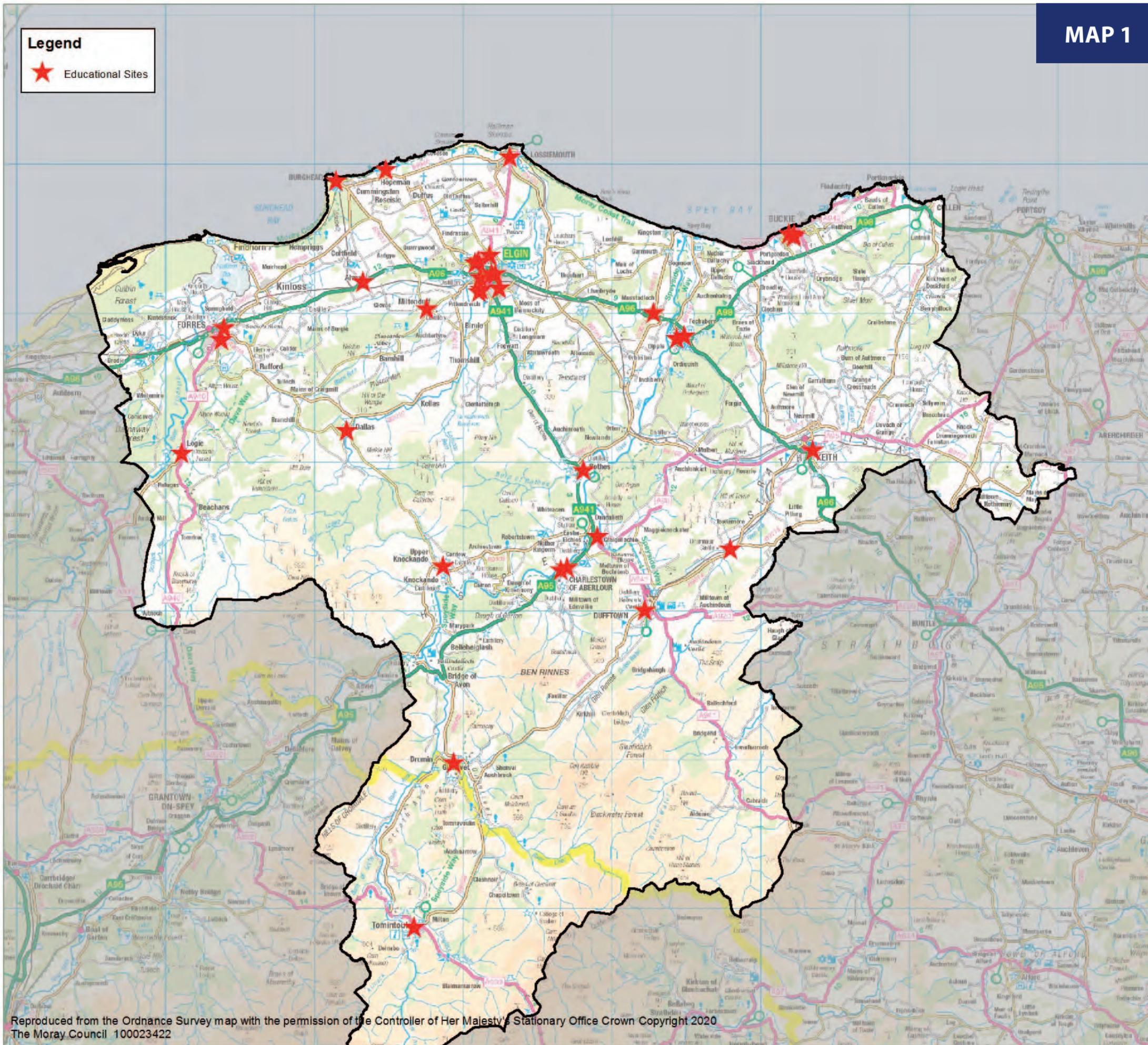
★ Educational Sites

**MAP 1**

**EDUCATIONAL FOOD GROWING IN MORAY 2019**

**School**

- Aberlour Primary School
- Speyside High School
- Alves Primary School
- Burghead Primary School
- Cluny Primary School
- St Peter's RC Primary School
- Buckie High School
- Craigellachie Primary School
- Dallas Primary School
- Mortlach Primary School
- Botriphnie Primary School
- Bishopmill Primary School
- East End Primary School
- Greenwards Primary School
- New Elgin Primary School
- Seafield Primary School
- St Sylvester's RC Primary School
- West End Primary School
- Elgin Academy
- Elgin High School
- Milne's Primary School
- Milne's High School
- Andersons Primary School
- Forres Academy
- Glenlivet Primary School
- Hopeman Primary School
- Keith Primary School
- Knockando Primary School
- Logie Primary School
- St Gerardine Primary School
- Mosstodloch Primary School
- Mosstown Primary School
- Roths Primary School
- Tomintoul Primary School

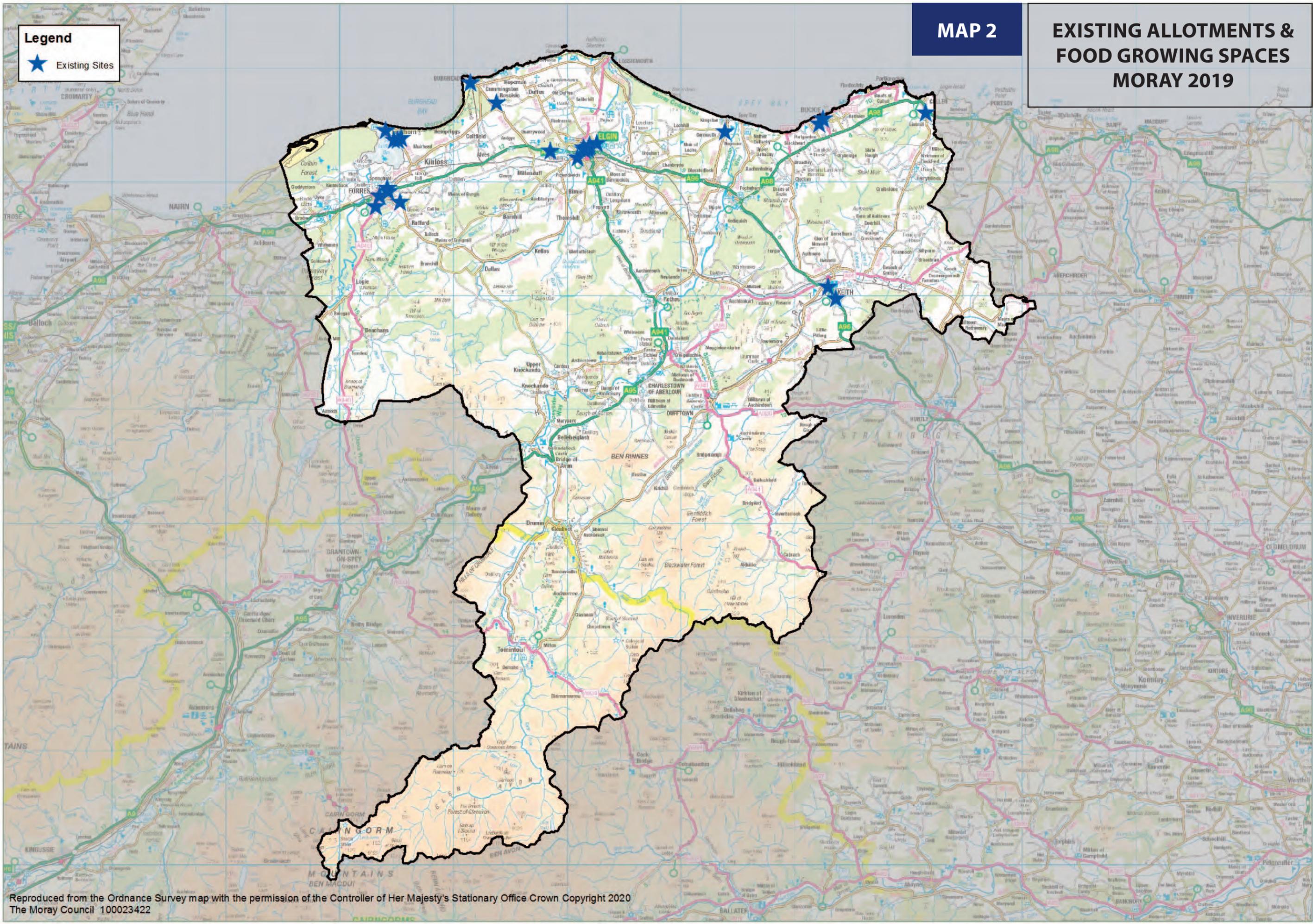


**Legend**

★ Existing Sites

**MAP 2**

**EXISTING ALLOTMENTS & FOOD GROWING SPACES  
MORAY 2019**





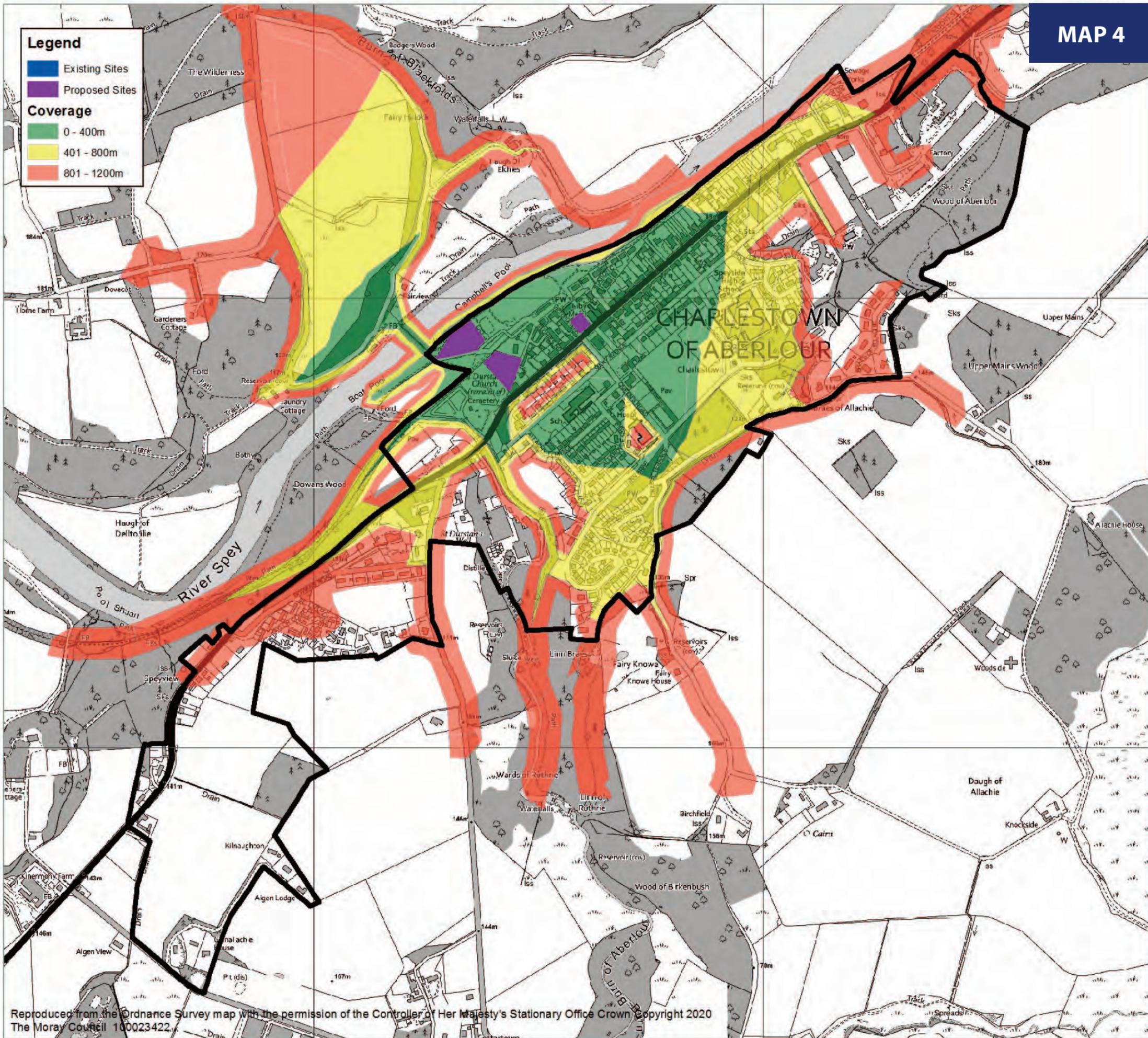
# ABERLOUR POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



LOCATION	DESCRIPTION
Aberlour Cemetery Extension Site	Allotment
Aberlour The Square	Edible verges / hedgerows; raised beds
Aberlour Alice Littler Park (West)	Multi use – community orchard; community garden; veg patch; raised beds

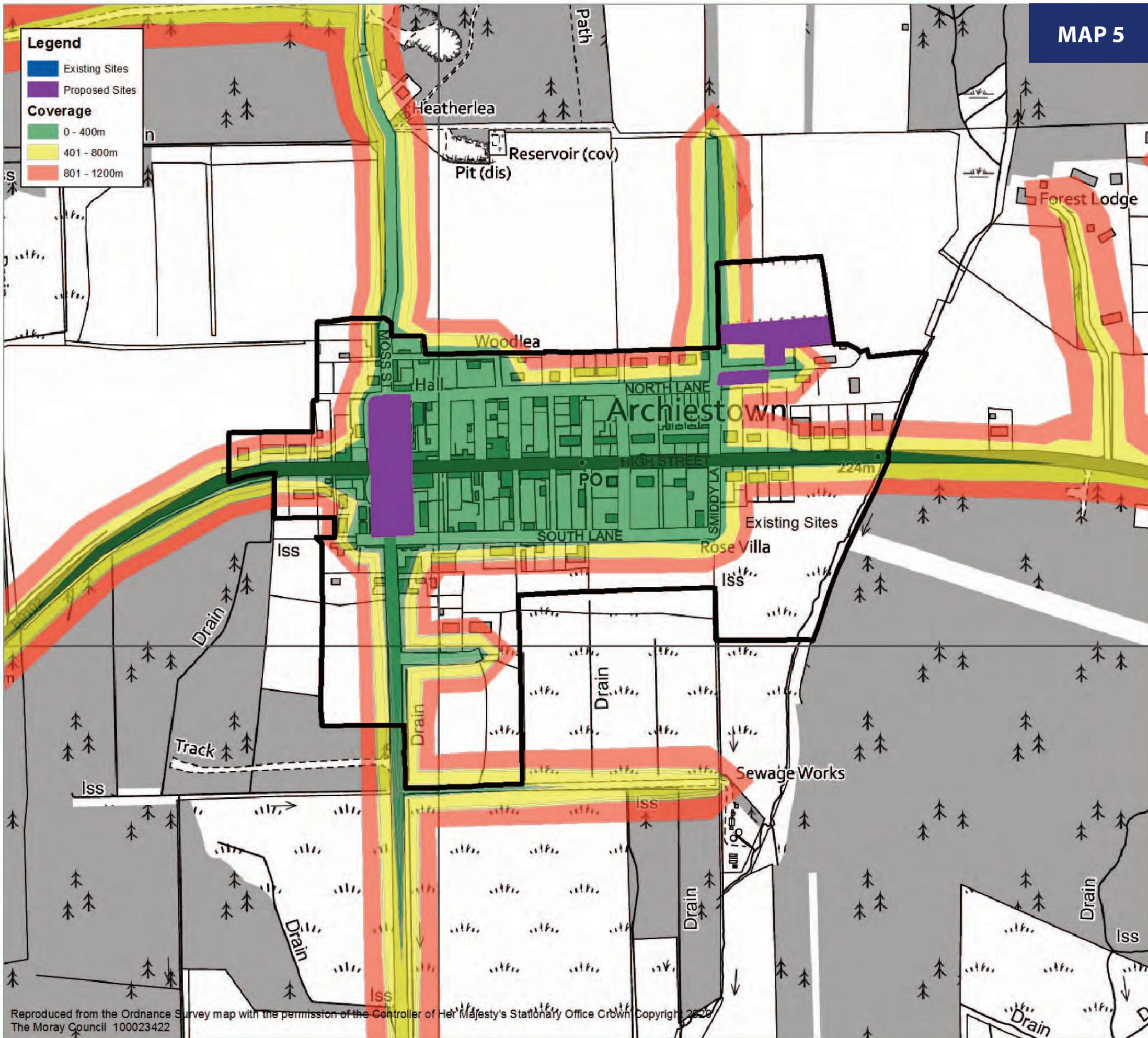
# ARCHIESTOWN POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



LOCATION	DESCRIPTION
Archiestown Playing Fields	Multi use – community orchard; community garden; veg patch; raised beds
Archiestown The Square	Raised beds; edible verges / hedgerows

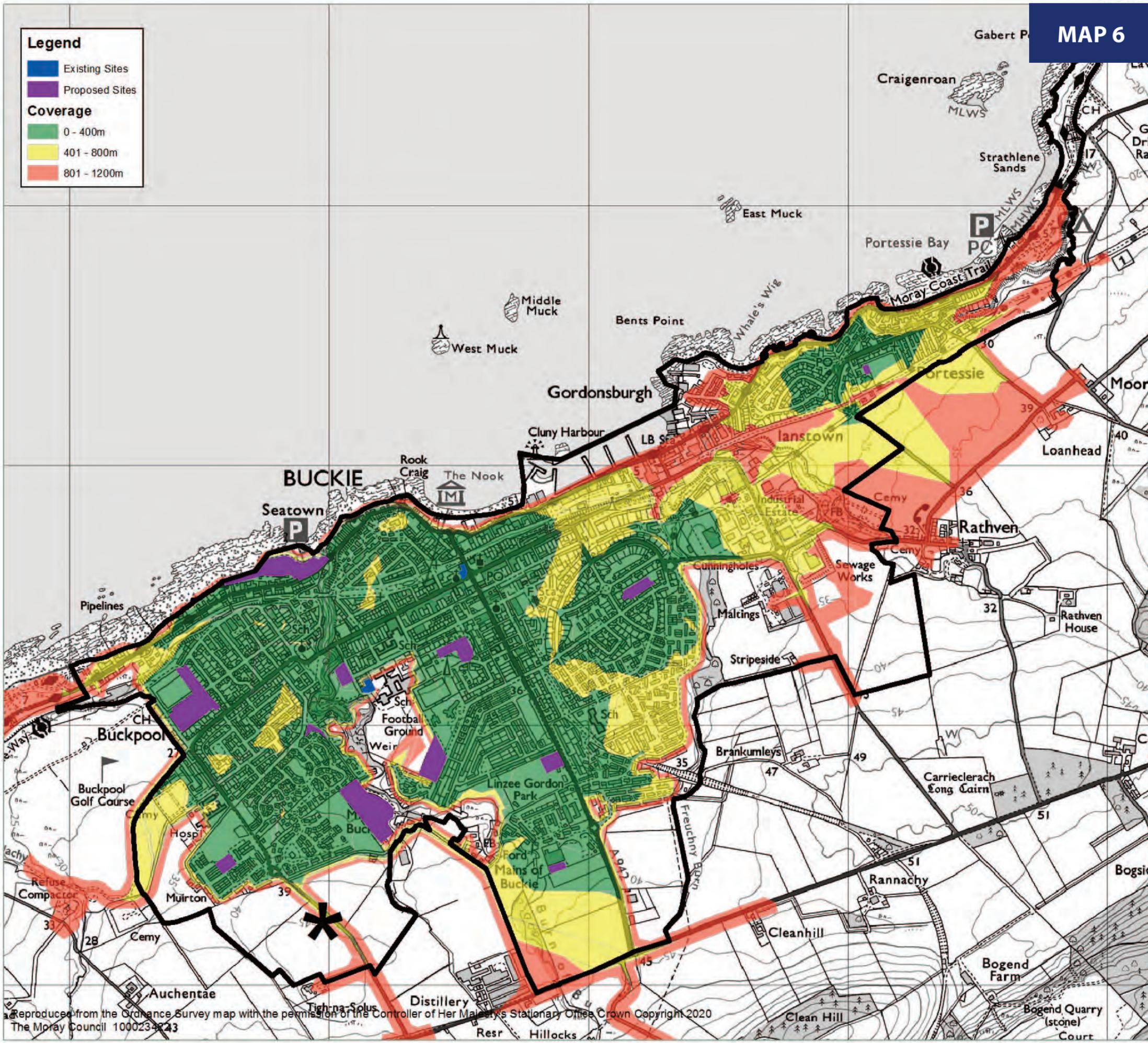
# BUCKIE POTENTIAL AND EXISTING FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



## POTENTIAL

LOCATION	DESCRIPTION
Buckie Buckpool Harbour Park	Raised beds/herbs only
Buckie Burn Of Buckie	Community Garden/orchard/raised beds
Buckie Burnside Court	Raised beds/herbs
Buckie Gollachy Street	Raised beds/herbs
Buckie Highfield Road	Allotments/multi use. If unsuitable smaller food growing types would also be appropriate
Buckie Ian Johnstone Park	Orchard/raised beds/veg patch
Buckie Linzee Gordon Park	Raised beds/herb garden/veg patch
Buckie Merson Park	Allotments/multi use. If unsuitable smaller food growing types would also be appropriate
Buckie Rose Garden	Community garden/orchard/raised beds
Buckie Tesco	Community orchard
Buckie Well Road	Raised beds/herbs
Buckie Portessie Primary School	Raised beds/community orchard

## EXISTING

LOCATION	DESCRIPTION
Phoenix Centre, Queen Street	Polytunnel/community garden/veg patch
Buckie Square	Existing raised beds/flower beds could be adapted for food growing

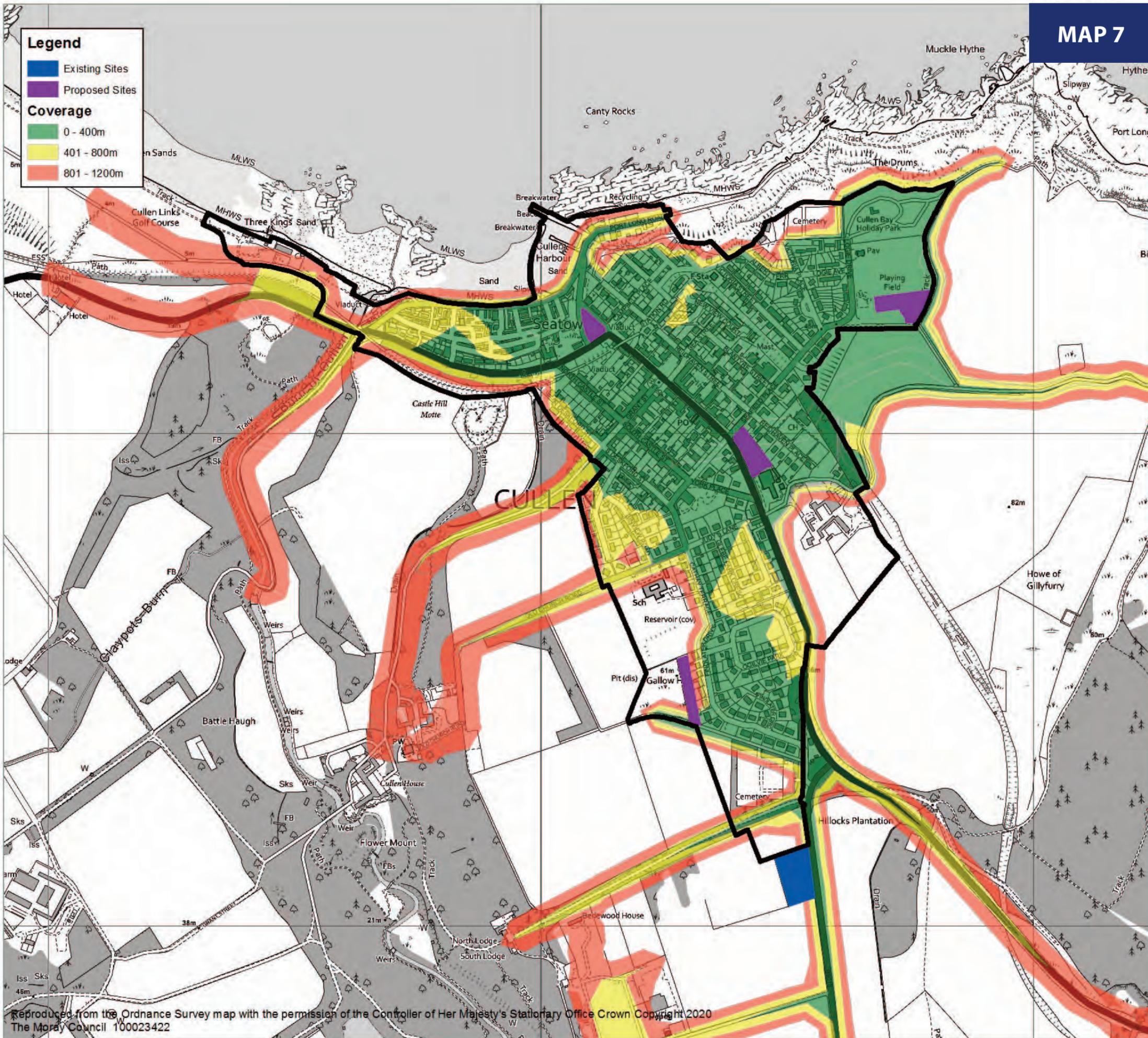
\* Delivery of food growing spaces as part of South West expansion of Buckie

**MAP 7**

**CULLEN  
POTENTIAL FOOD  
GROWING SITES**

**Legend**

- Existing Sites
  - Proposed Sites
- Coverage**
- 0 - 400m
  - 401 - 800m
  - 801 - 1200m



LOCATION	DESCRIPTION
Cullen Bayview Road	Raised beds or smaller food growing types
Cullen Playing Fields	Raised beds or smaller food growing types
Findlater Drive	Community garden/raised beds/veg patch
Cullen Community Centre	Community garden/raised beds/veg patch

# CRAIGELLACHIE POTENTIAL FOOD GROWING SITES

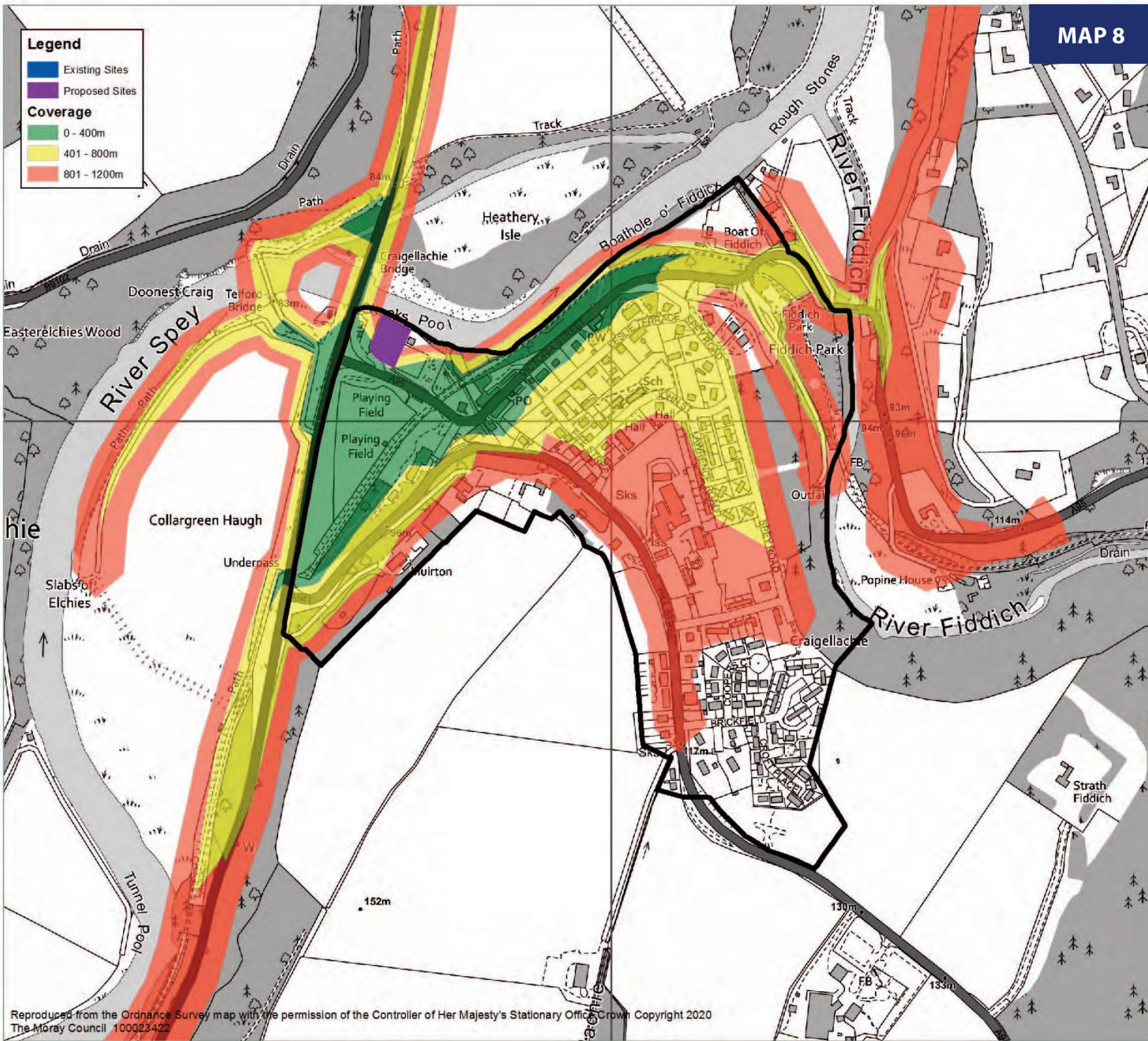
**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m

LOCATION	DESCRIPTION
Craigellachie Highlander Park	Multi use - community orchard; community garden; veg patch; raised beds. No buildings



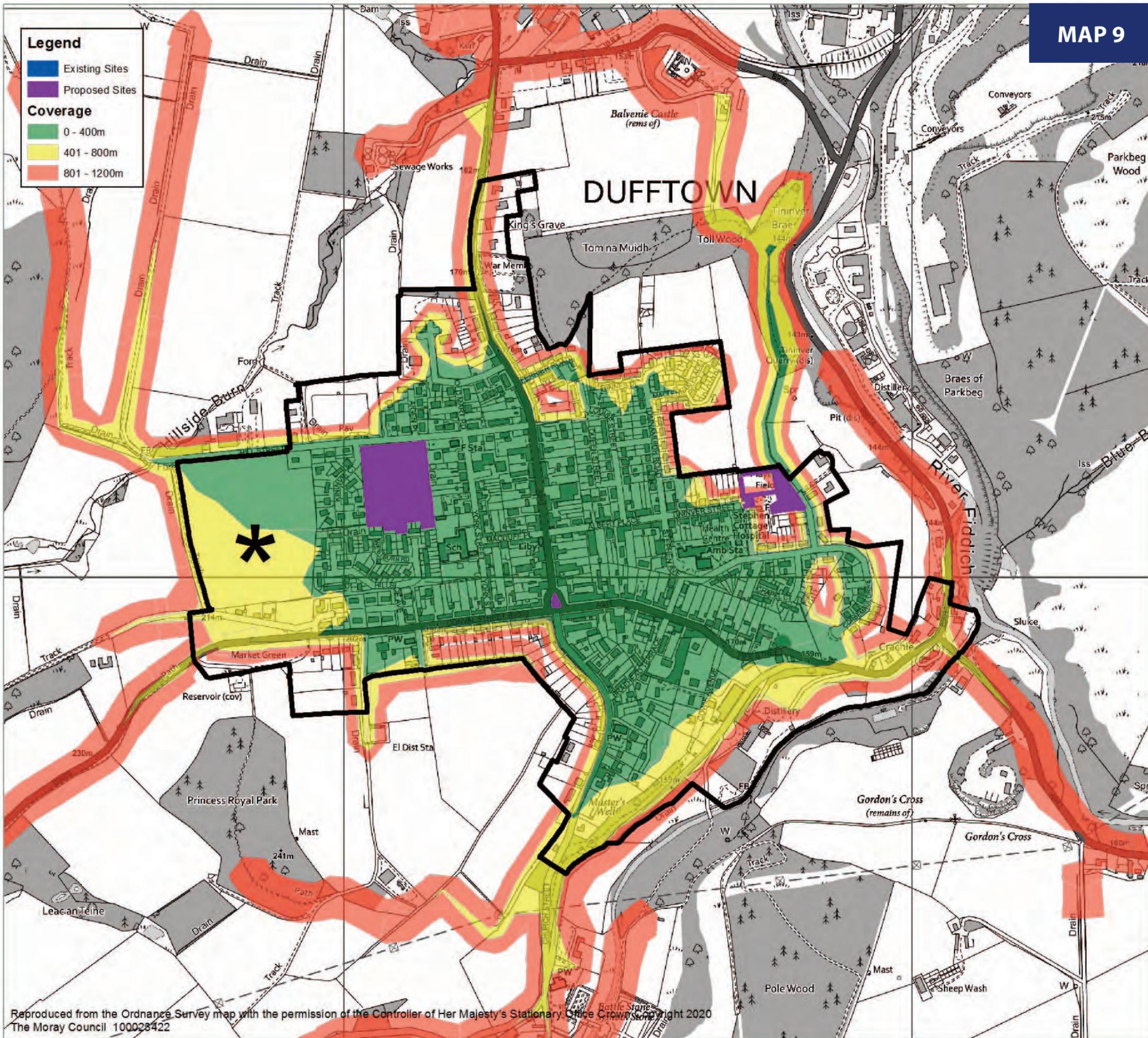
# DUFFTOWN POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



LOCATION	DESCRIPTION
Dufftown Hill Street Park	Multi use - community orchard; community garden; veg patch; raised beds
Dufftown The Square	Raised beds
Dufftown Tininver Park	Raised beds; veg patch

\* Food growing spaces to be delivered as part of development of Hillside Farm

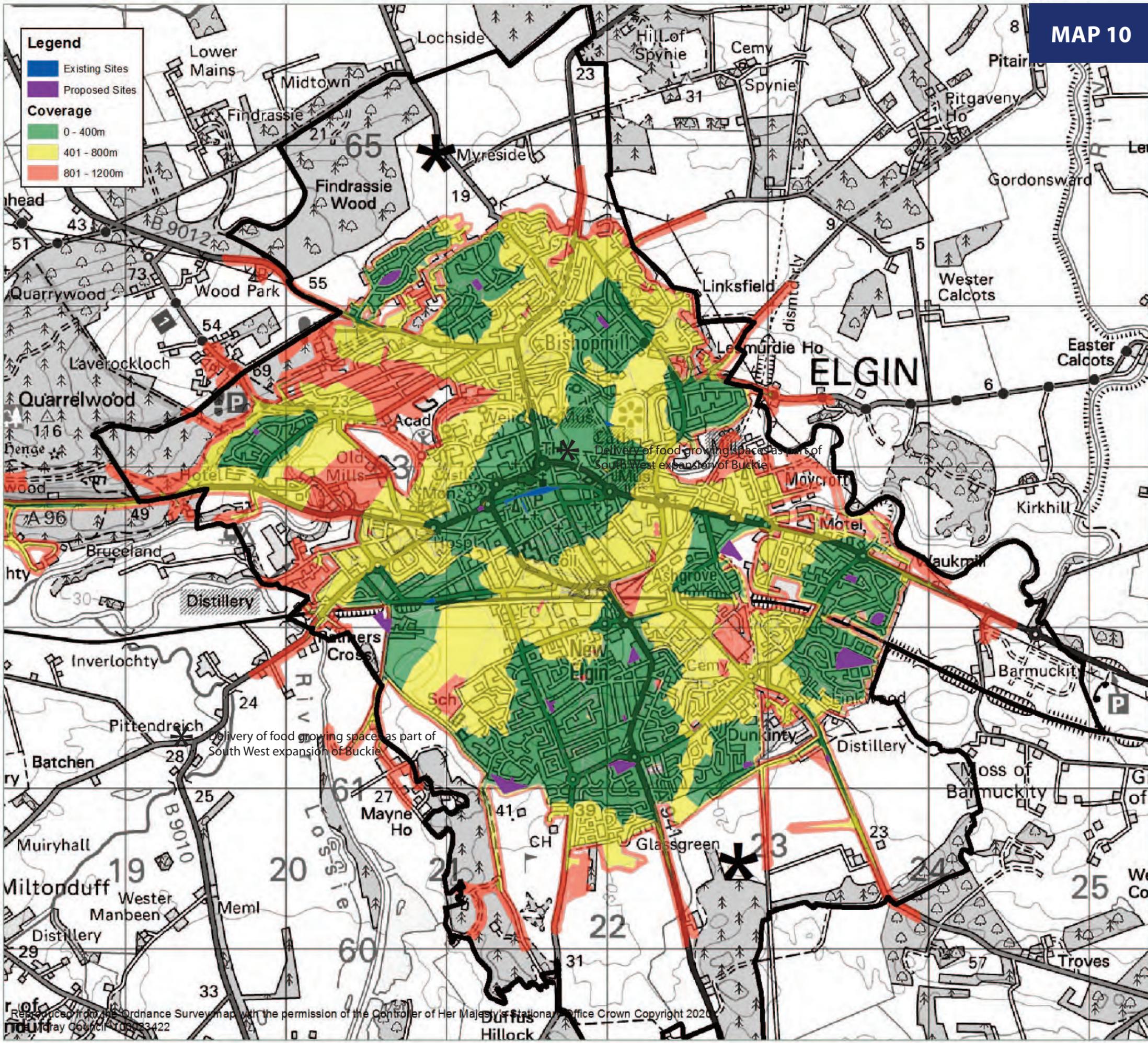
# ELGIN EXISTING & POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



## EXISTING

LOCATION	DESCRIPTION
• Elgin Cooper Park Crops (REAP)	Raised beds
• Elgin Cooper Park Orchard (REAP)	Community Orchard
• Elgin Kilmolymock Close Gardenshare	Raised beds
• Elgin Wards Road Gardenshare	Community Garden
• Elgin Holy Trinity Church Gardenshare	Community Garden
• Elgin Herbs On The High Street	Planters
• Elgin Calcots Court	Raised Beds
• Elgin Oakwood	Raised Beds

## POTENTIAL

• Elgin Pinefield Playing Fields	Allotment
• Elgin Bain Avenue	Community garden/orchard/raised beds
• Elgin Doocot Park	Raised beds/orchard/veg patch
• Elgin Fairway Avenue	Allotments/multi use. If unsuitable smaller food growing types would also be appropriate
• Elgin Glen Moray Drive	Raised beds
• Elgin Ladyhill Front	Raised beds
• Elgin MacKenzie Place	Raised beds
• Elgin McBeath Avenue	Raised beds/orchard
• Elgin New Elgin Hall	Multi-use areas - community garden/orchard/veg patch/raised beds
• Elgin Bilbohall Playpark	Raised beds/orchard
• Elgin Birnie Road Playpark	Raised beds only
• Elgin Teindland Court	Raised beds/orchard
• Elgin Waulkmill Grove	Raised beds/orchard
• Elgin West Covesea Road	Raised beds/orchard/veg patch
• Elgin Beech Brae	Multi use areas community garden/orchard/veg patch
• Elgin Moray Sports Centre	Community garden
• Elgin South Lesmurdie	Edible landscaping

\* Allotments & food growing spaces to be delivered through Elgin South & Findrassie Masterplan

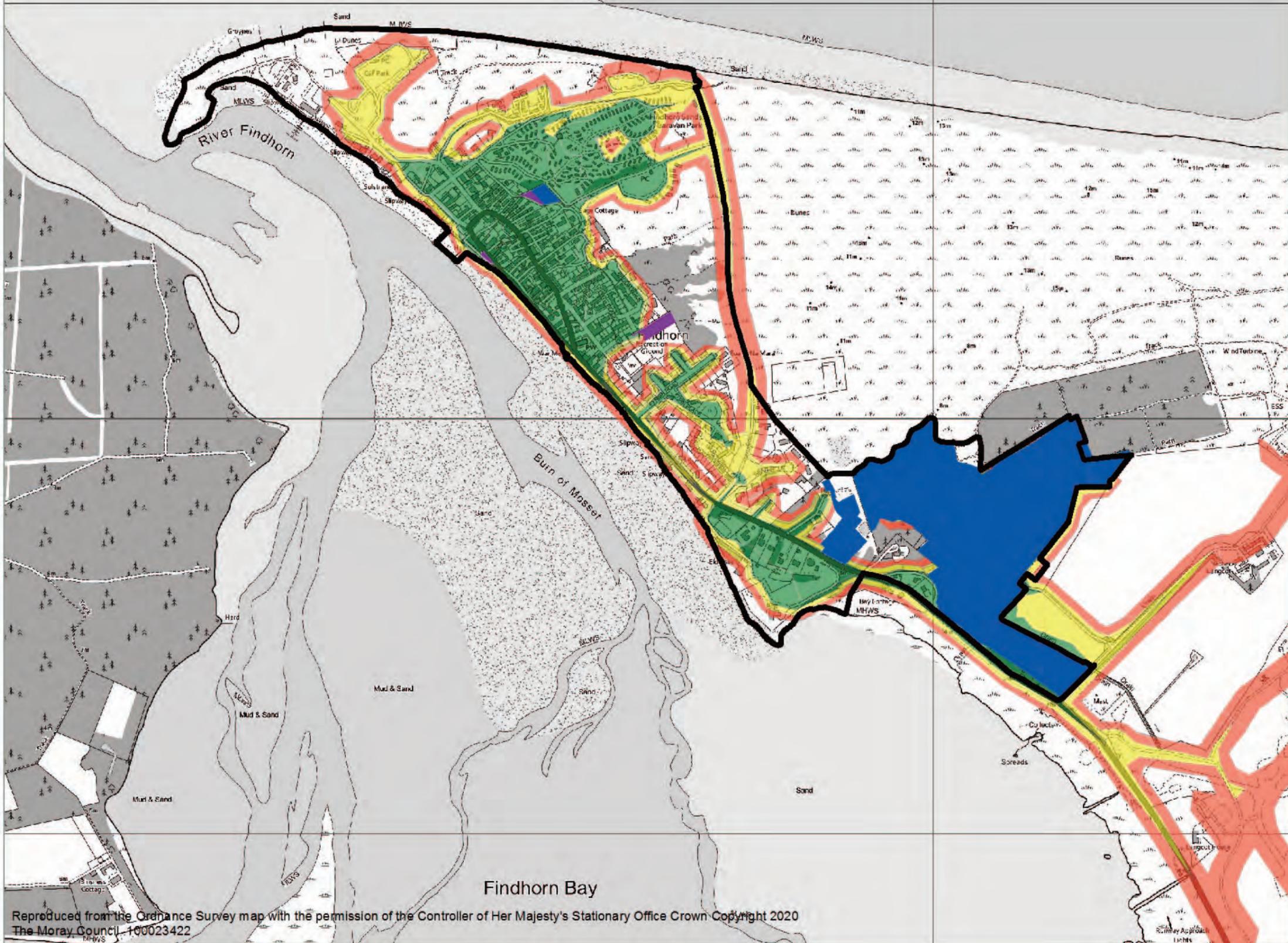
# FINDHORN POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



**EXISTING**

LOCATION	DESCRIPTION
Findhorn Cullerne Gardens	Community Garden
Findhorn Eco-Village	Edible Landscape
Findhorn Soillse Gardenshare	Community Garden
Findhorn Allotment	Allotment

**POTENTIAL**

Findhorn Playing Fields	Multi use - community garden; veg patch; raised beds. No structures on site.
Opposite Kimberley Inn	Herb/veg planters

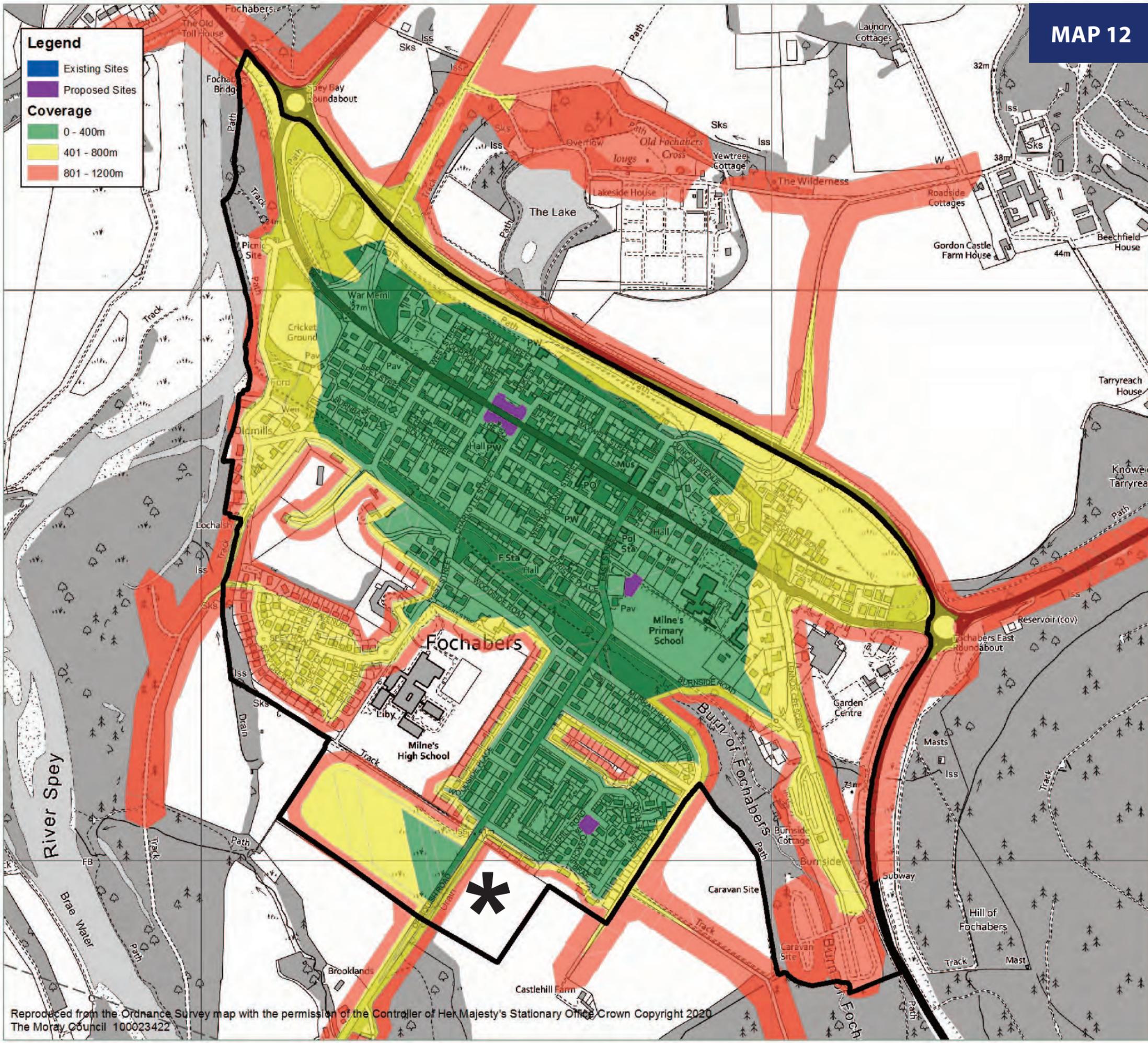
# FOCHABERS POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



LOCATION	DESCRIPTION
Fochabers Site by Tennis Court	Raised beds – No technical consultation undertaken
Fochabers Castle Gordon Court	Raised beds – No technical consultation undertaken
Fochabers Main Square	Raised beds/herbs

**\*** Food growing spaces to be delivered as part of the development of the LONG site.

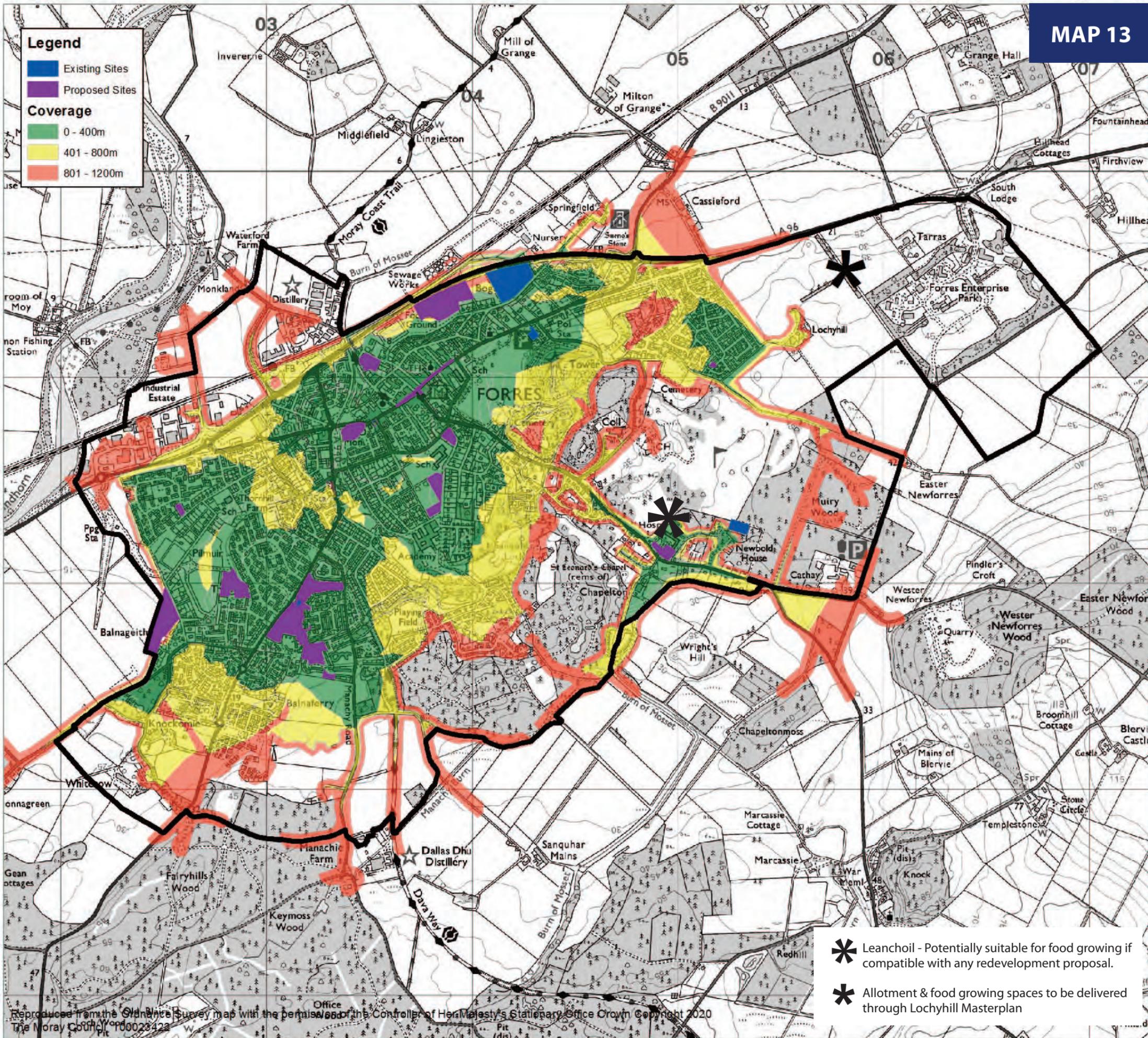
# FORRES EXISTING & POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



## EXISTING

LOCATION	DESCRIPTION
• Forres Community Garden (Transition Town)	Community Garden
• Forres Newbold House Community Garden	Community Garden
• Forres Community Orchard	Community Orchard
• Forres Castlehill Church Garden	Raised Beds and planters
• Forres Wee FIBbees	Community Garden

## POTENTIAL

• Forres Adjacent to 134 Forbeshill	Multi-use - community garden; raised beds; veg patch
• Forres Applegrove Gardens	Multi-use - community garden; raised beds; veg patch
• Forres Bogton Park	Allotments
• Forres Caroline Street	Farmer's Market
• Forres Drumduan Road	Edible verges / hedgerows
• Forres Grant Park	Multi-use - allotment; community bee keeping; community garden; community orchard; raised beds; veg patch
• Forres High Street	Farmer's Market; raised beds
• Forres Mannachie Brae	Community garden; raised beds; veg patch
• Forres Mannachie Park	Multi-use - community bee keeping; community garden; community orchard; raised beds; veg patch
• Forres Pilmuir (Twinning Link)	Multi-use - allotment; community garden; community orchard; veg patch; raised beds
• Forres Pilmuir Road West	Multi-use - community garden; community orchard; raised beds; veg patch
• Forres Roysvale Park	Multi-use - community bee keeping; community garden; raised beds; vegetable patch
• Forres South of 8 Califer Road	Community garden; raised beds; veg patch
• Forres Thomson Memorial (Castlehill)	Community orchard; community garden; raised beds

- \* Leanchoil - Potentially suitable for food growing if compatible with any redevelopment proposal.
- \* Allotment & food growing spaces to be delivered through Lochyhill Masterplan

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# HOPEMAN POTENTIAL FOOD GROWING SITES

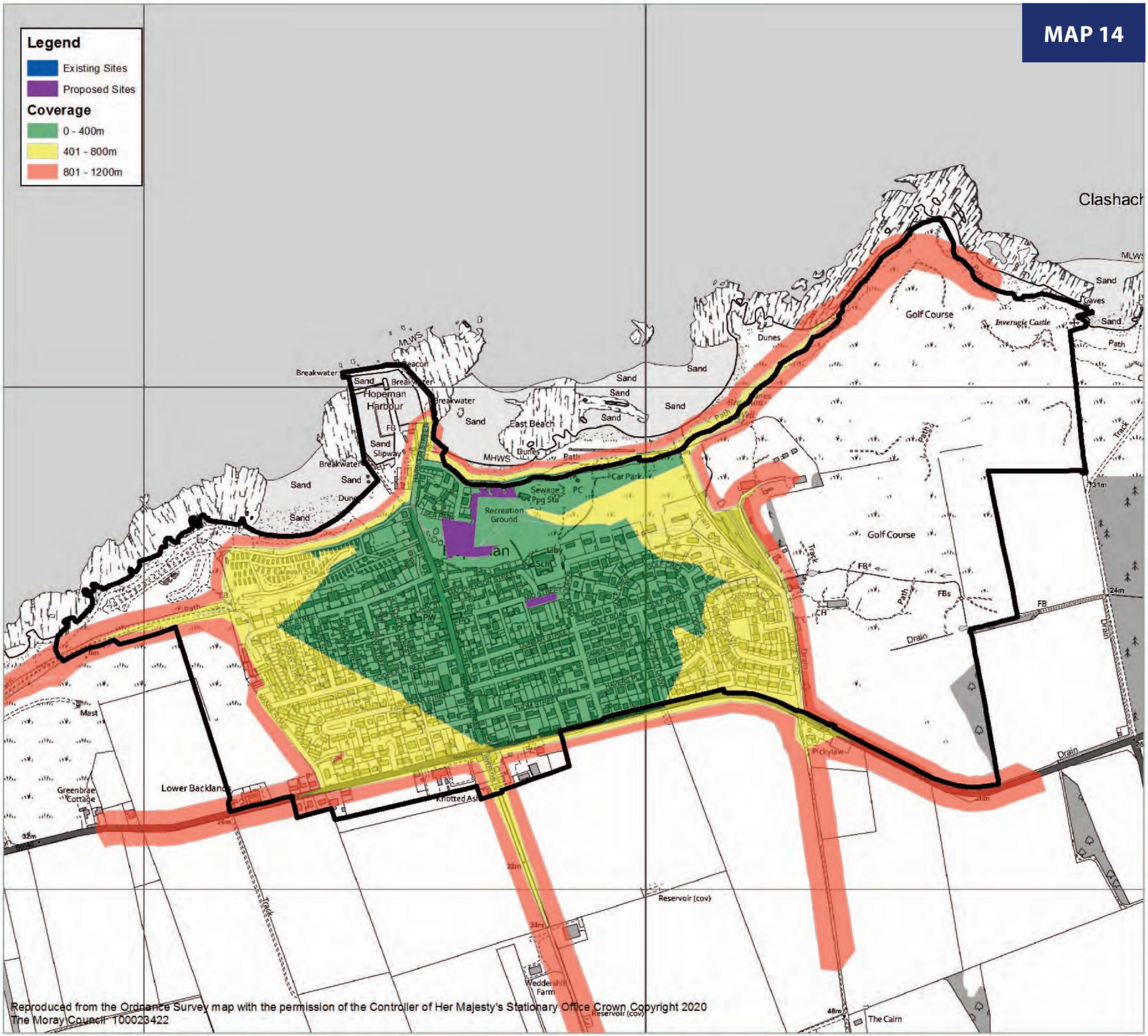
**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m

LOCATION	DESCRIPTION
Hopeman Cameron Park	Raised beds
Hopeman Mid Street	Raised beds; veg patch



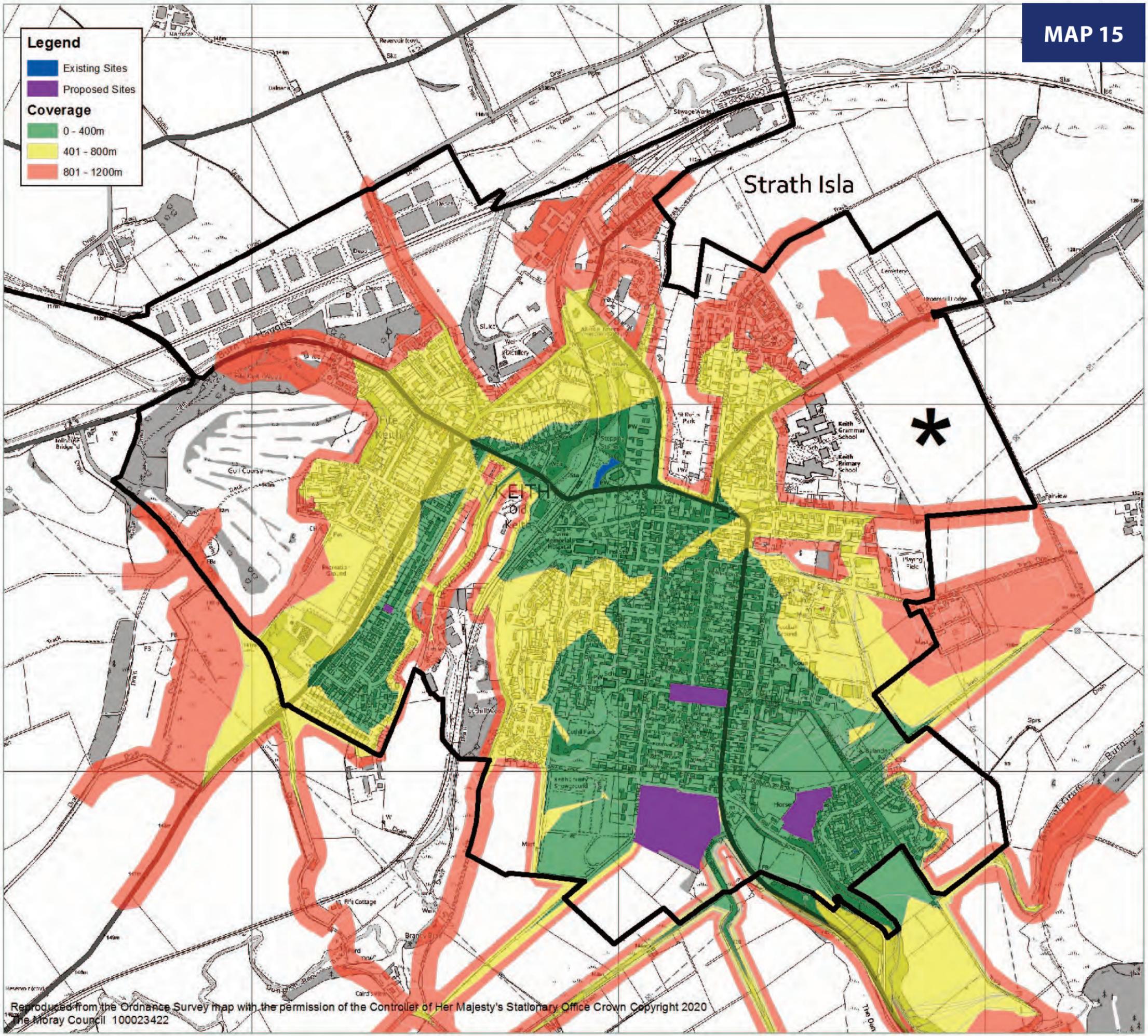
**KEITH  
POTENTIAL & EXISTING  
FOOD GROWING SITES**

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



**EXISTING**

LOCATION	DESCRIPTION
Keith Allotments	Allotment
Keith Den Crescent	Raised beds

**POTENTIAL**

Keith Reidhaven Square	Raised beds/herbs
Keith Seafield Park	Allotments/multiuse. If unsuitable smaller food types would be appropriate eg orchard/raised beds
Keith Dunnyduff Road	Allotments/multiuse. If not appropriate smaller food types would be appropriate eg orchard/raised beds
Keith Nelson Terrace	Raised beds

**\*** Food growing sites to be delivered as part of development of Banff Road South in relation to the new health centre

**Legend**

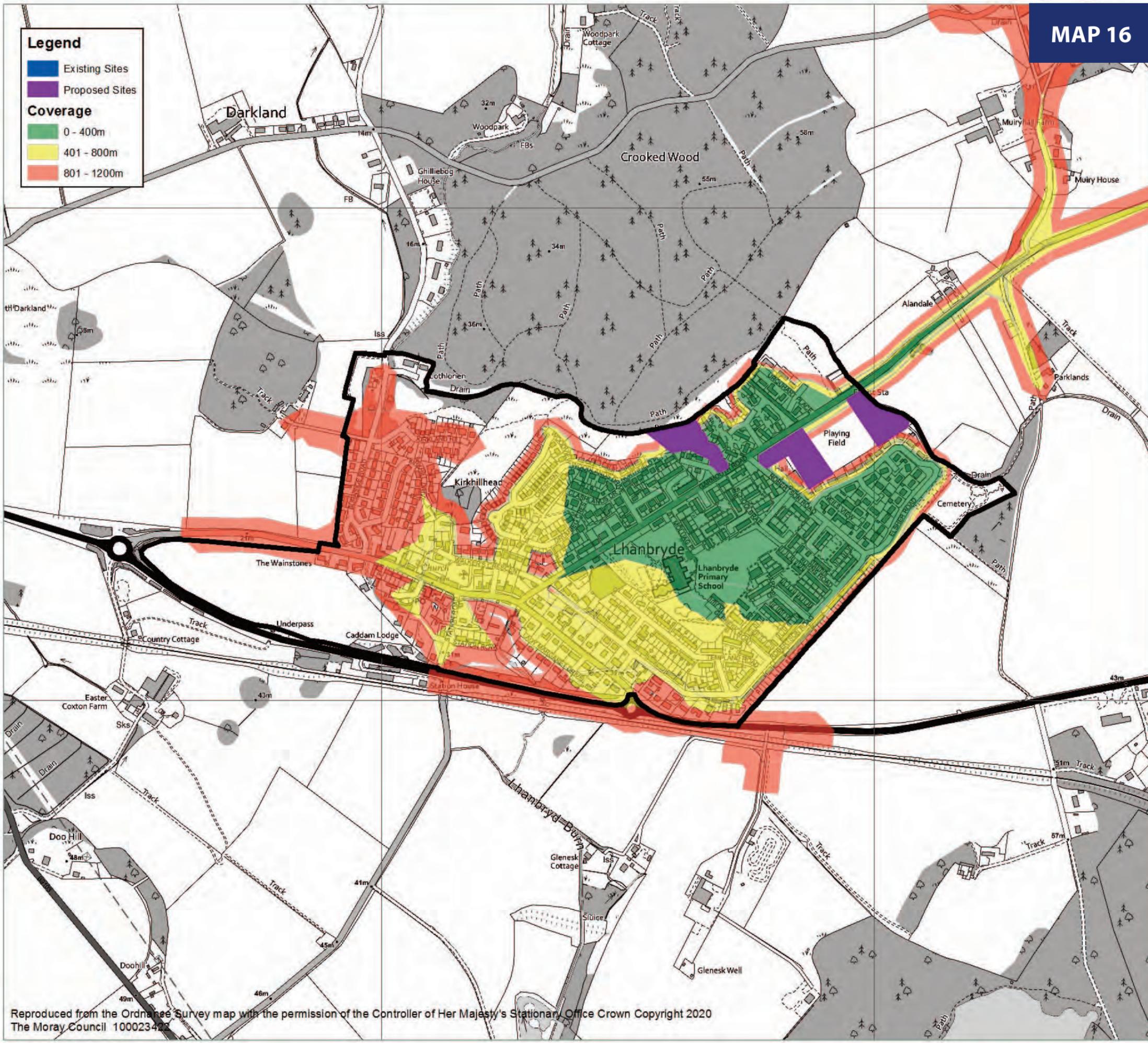
- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m

## LHANBRYDE POTENTIAL FOOD GROWING SITES

LOCATION	DESCRIPTION
Lhanbryde Blackshaw Court	Smaller food growing types at front of site eg raised beds and herb garden.
Lhanbryde Community Centre	Raised beds – No structures

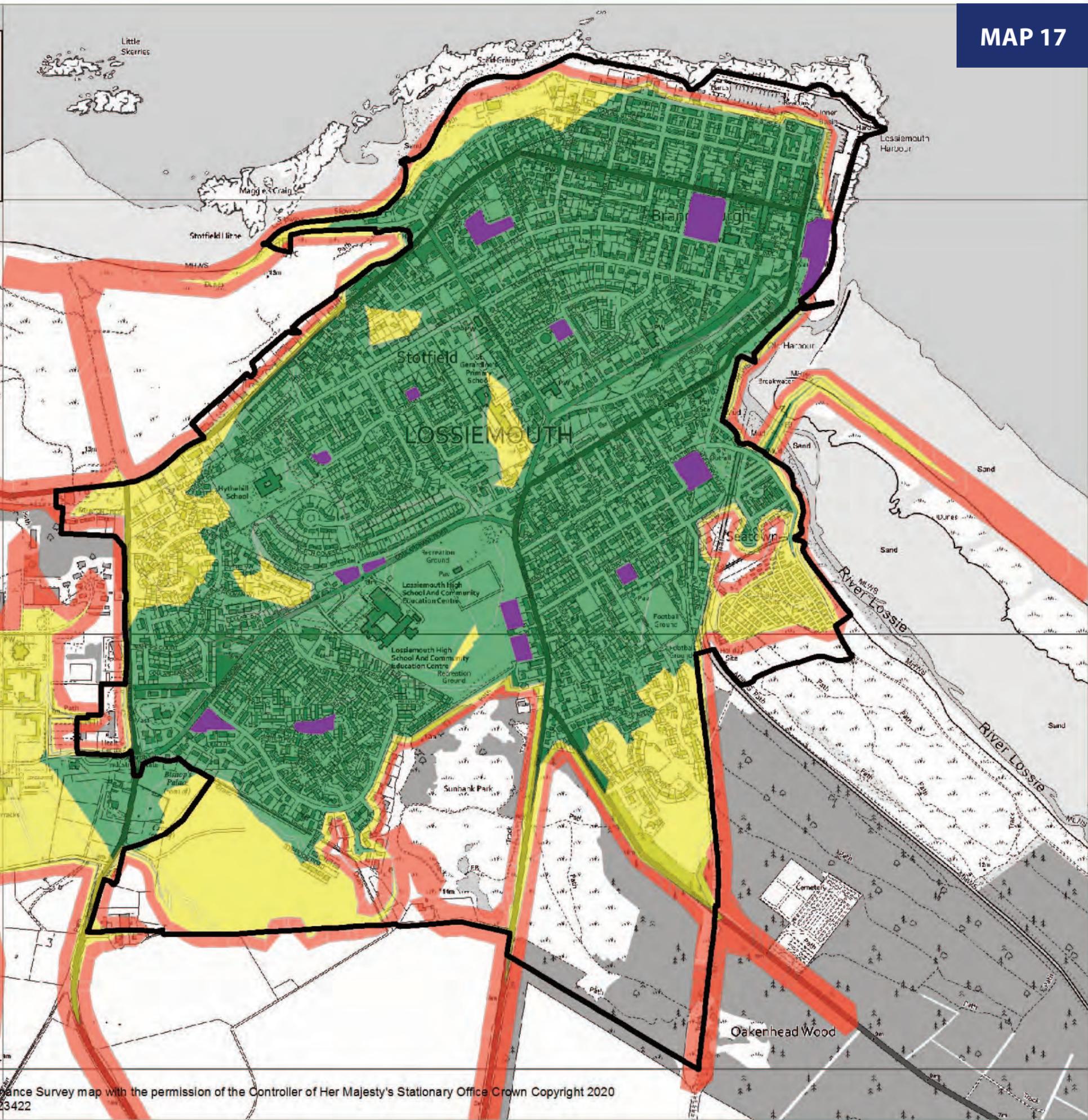


**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



## LOSSIEMOUTH POTENTIAL FOOD GROWING SITES

LOCATION	DESCRIPTION
Lossiemouth Coulardbank Road	Raised beds/herbs or other smaller types of food growing
Lossiemouth Coulardhill Terrace	Raised beds
Lossiemouth Coulardbank Terrace / Covesea Terrace	Raised beds
Lossiemouth Esplanade	Raised beds only
Lossiemouth James Square	Raised beds
Lossiemouth Marine Park	Raised beds
Lossiemouth Market Cross	Raised beds only
Lossiemouth Moray Street	Raised beds/community garden/orchard
Lossiemouth Scout Hut	Veg patch/raised beds
Lossiemouth Site near Cromarty Place	Potential multi use site. smaller food growing types eg raised beds/veg patch/orchard
Lossiemouth St Margarets Crescent	Raised beds
Lossiemouth Hythelhill	Raised beds

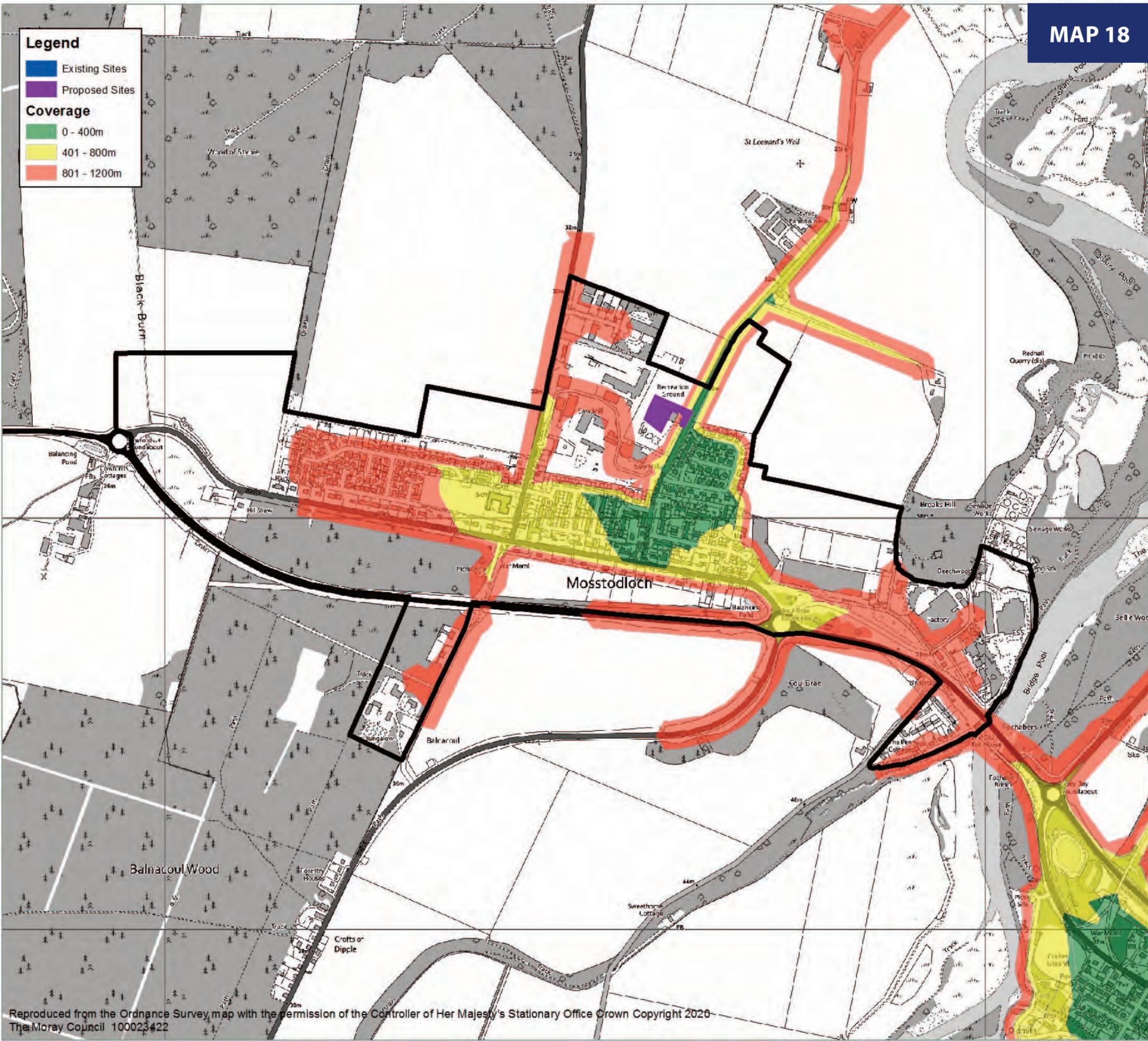
# MOSSTODLOCH POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



**LOCATION**  
Mosstodloch Stynie Road

**DESCRIPTION**  
Allotments/multi use.  
e.g. orchard/raised beds

# PORTGORDON POTENTIAL FOOD GROWING SITES

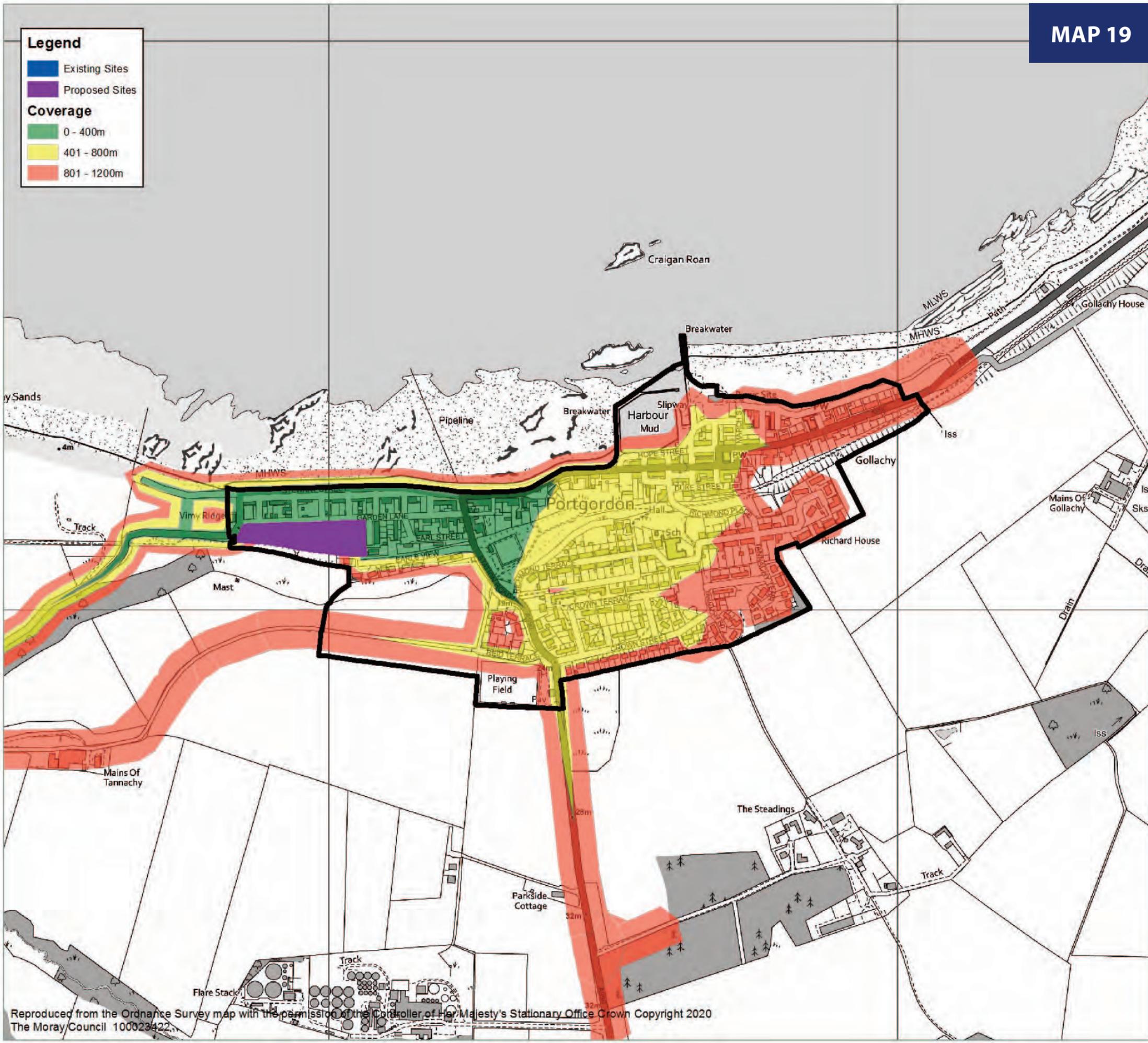
**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m

LOCATION	DESCRIPTION
Portgordon Stewart Street	Allotments/multi use. e.g. orchard/raised beds



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# PORTKNOCKIE POTENTIAL FOOD GROWING SITES

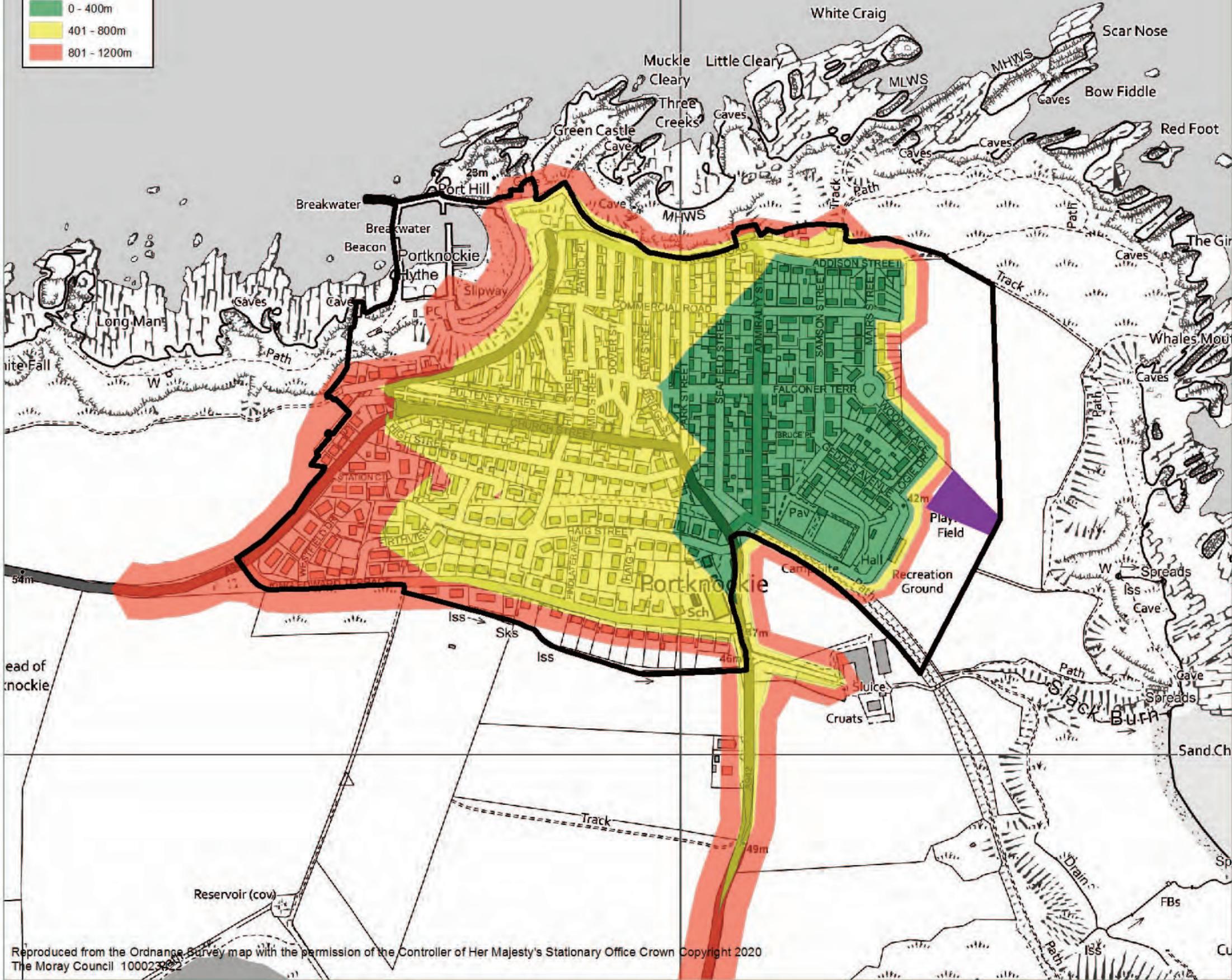
**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m

LOCATION	DESCRIPTION
Portknockie McLeod Park	Raised beds or smaller food growing types



**ROTHES  
POTENTIAL FOOD  
GROWING SITES**

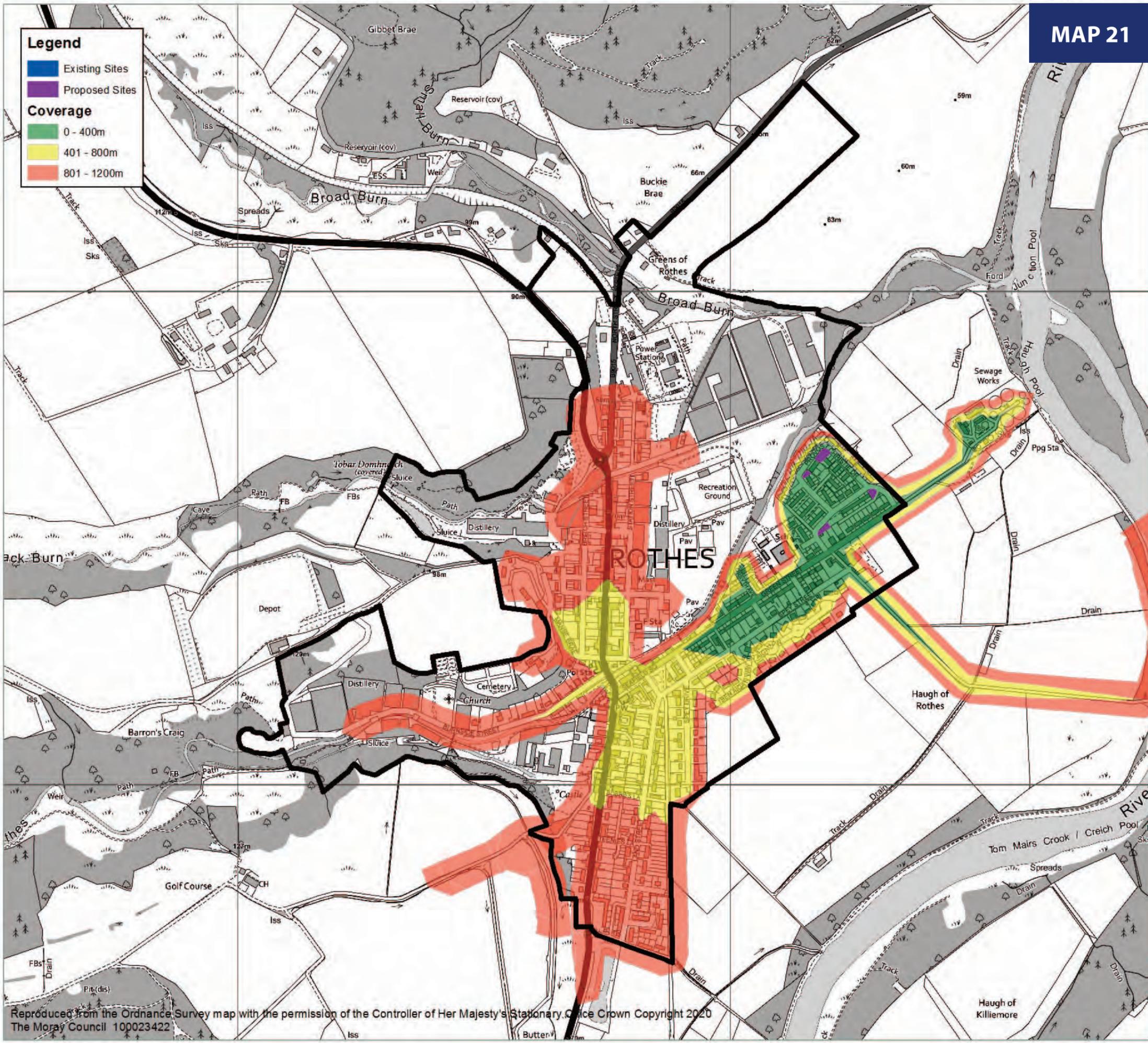
**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m

LOCATION	DESCRIPTION
Rothes Provost Christie Drive	Edible verges/hedgerows; raised beds



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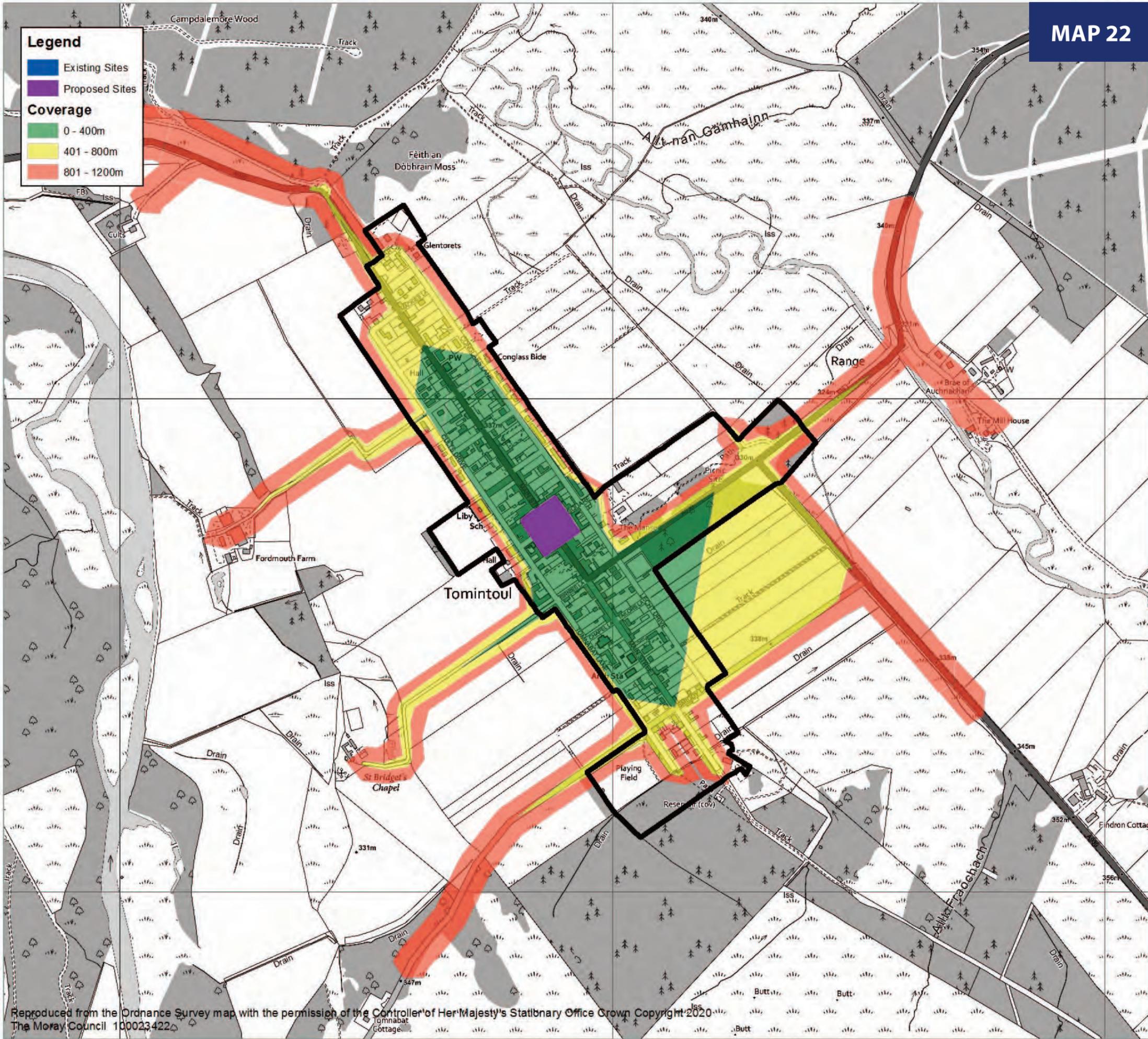
# TOMINTOUL POTENTIAL FOOD GROWING SITES

**Legend**

- Existing Sites
- Proposed Sites

**Coverage**

- 0 - 400m
- 401 - 800m
- 801 - 1200m



**LOCATION**  
Tomintoul.The Square

**DESCRIPTION**  
Edible verges/hedgerows;  
raised beds. No  
structures on site.





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[www.moray.gov.uk/foodgrowing](http://www.moray.gov.uk/foodgrowing)