

Up!

MAY 2023

FOOD & DRINK



Making the world a better
place - one page at a time

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Photo from Rustic Cup, p. 2

Up Front!

Hi everyone, and a warm welcome to Cafe Up! As we write this, we're looking out at the world on a beautiful early summer's day.

We've lots of lovely dishes on the menu for your delectation, but first a quick word about the underlying theme of this month's issue. What we've found as we researched and edited the edition is that, although we went for a theme of food and drink, underlying that was something deeper and more fundamental. And it's this - the more we explore what we eat and drink, the more we realise just how inter-dependent we all are. The more we share with each other, the more we talk and listen, the better we understand one another. This, of course, was the whole reason we founded the magazine almost three years ago. And it's also why we founded, and continue to run, regular Feeding Folk evenings (*if you want to know more about these, or would like to run your own, just get in touch*).

Right, enough of the hors d'oeuvres, let's get down to the main course. Get those napkins ready, pour yourself a drink and tuck in!

Bridget & Harry x

Dream Up!

RUSTIC CUP

Up! meets Veronika and Lee, two bikers who followed their dream

You mention on your website about you being 'two adventurer bikers/travellers'. Tell us about the road that took you from Western Australia to Whitley Bay?

We lived and worked very hard in Australia for 5 years before we decided to leave our lives behind and sell everything we had, only fitting what we needed on two GSA 800's motorbikes to travel the world a little. We rode through 31 countries, wore out 4 sets of tires each and passed through over 25,000 miles before we returned to Lee's hometown Newcastle.



Throughout our journey on the road, we met many amazing people, enjoyed their hospitality, shelters and endless conversations. We have never forgotten what we experienced and saw.

It was a mind-blowing and eye-opening experience. A taste of freedom, of not being tied to the system and we were surprised by how little you really need to be happy and content.



Tell us a bit about the ethos behind Rustic Cup. We seem to remember seeing something about you donating to a local foodbank?

The Rustic family is built from genuinely nice, caring and hardworking people serving the beautiful people of Whitley Bay. After a few particularly difficult years, we feel blessed to still have an open business serving the community.

We strongly believe that a small act of kindness can go a long way and that there are many, many people worse off than ourselves. The profits donation to The Food Bank Whitley Bay is one of many donations that we give throughout the year.

Your food menu seems quirky and different to many coffee shop-style places. What's your reasoning and how do you decide what to offer?

It's simple - clean, cooked, fresh, honest food all made from scratch on the premises. We get inspiration from our favourite cafes when we lived in Australia and places we travelled and passed through.

Rustic Cup is a dream, a dream of two bikers and adventure travellers to create a unique, chilled and welcoming place with fresh, clean, cooked, delicious food, amazing coffee and exceptional

Dream Up!

RUSTIC CUP



genuine hospitality, just like we experienced when living the dream on our two motorbikes.

You're throwing an afternoon tea party and can invite anyone, living or dead. Who's coming and why, and what's on the menu?

Adventure is in our souls. We often find ourselves attracted to like-minded people. We would love to meet Ted Simon, one of the pioneers to start globe trotting around the world on the motorbike. It would be an informal garden barbeque where we will serve foraged, naturally grown food within the local vicinity.

What's coming up next for you?

A lot actually. Our small family business is growing - we are expecting a baby boy in September!

With two key roles recently filled, Head Chef Kevin and Head Barista Fraser, our customers can expect new, exciting and vibrant ideas on the menu and higher levels of coffee experience. More coffee workshops and events coming soon and on first Sundays of the month, free drop in coffee cupping (tasting) sections.



<https://www.facebook.com/rusticcup.uk>

<https://rusticcup.co.uk/>



20 years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

Word Up!

YOUR POEMS ON THE THEME OF FOOD AND DRINK

Marzipan

The pastry held no visual memory.
Round, flat, sugar-iced,
upheld on a crystal platform,
cut into rustic triangles,
dessert after literary repast.

After the first taste, memories melted
as a moist dense almond filling
from the flaky butter shell broke,
sugar coating cracked,
mixed together, like old photographs
in a newly unstuck drawer.

After the third sneaky slice,
I was lost in grandmother's kitchen,
at my old vinyl upholstered chair,
coffee time in late afternoon,
sharing of conversation,
of rich almond pastry,
of childhood upheld,
sugar-coated after fifty years.

I ate dessert first

Diane Funston

Pot Luck

In my orderly Dublin home by the sea
not even a tidal wave could topple my mother's rota.
Meat, potatoes, vegetables, fruit, summer salads.

Friday fish except for the allergic ones like me -
my fluffy omelette a palate cleanser
after well-cooked liver on Thursday.

I longed for pot luck.

Any disruption meant you were ill
boiled chicken, soft white bread
and thick rice pudding.

When pasta came to Ireland I rejoiced.
The sensuous spooling of rigatoni, aubergine
in tomato sauce on my tongue, blew my tastebuds open.

No more mashed potatoes, ever.
Pasta, tomato sauces
and deep veined wine!

Rona Fitzgerald

If Earth Were an Orange

*(In New Zealand, a giant squid was found with
eyes the size of oranges, the largest eyes on earth)*

if earth were an orange,
it would stare up at a strawberry moon,
reflecting light from the sun, a hot air balloon.

and we, backyard gardeners
or connoisseurs sniffing corks,
would appear to merely vibrate

like charmed quarks.

Cynthia Gallaheer

Up Market!

HARRY GALLAGHER

Nation shall speak unto nation ... through the medium of food!

I write this whilst sipping a chocolatey cappuccino and looking out at the trees and fields of Northumberland on a beautiful late Spring day. The summer sun is already here and very soon the



temperature will take the hint and persuade us all to do the British thing and think about removing our jackets. Well you can't be too hasty, you know!

Now I don't know about you, dear reader, but with the advent of summer around these parts comes trailing one of my very favourite things – street food, sold from outdoor stalls. Just last weekend at our local Tynemouth market, as we strolled along we were led by our noses to one corner of the market where in about a 50-metre stretch we saw – and smelled – delicious foods from Italy, Greece, France, Germany, the Middle East and Africa.



Acropolis



Frank-un-Tynes

And if we wander a little further afield, to Newcastle's Quayside market, the street food stalls stretch a whole lot longer, with food and drink from literally all over the world.



Photo credit [here](#)

It's interesting to think a little more about this cultural act of sharing. Because it speaks of who we are and what we are here for – and yes, I am now wandering off into the somewhat weighty field of existentialism!



But bear with me and think back for just a moment to the heavy, heavy days of Covid lockdown. Forbidden by law from mixing with anyone,

including family and closest friends, we were anchored indoors. And what did we do on one night every week? We stood on our doorsteps and applauded the people we couldn't see: the folk who kept us alive and kept us fed.

I bring this up having recently heard an esteemed professor on the radio who remarked that all that clapping and banging of pots and pans was the brief sound of a people remembering who we are. In short, we need each other – it's the very reason we founded this magazine.

Up Market!

HARRY GALLAGHER



And the more we can experience and share each other's cultures, the better we understand and appreciate each other.

So why not start with the basics? Next time the sun peeps its shy head from behind clouds, take yourself outdoors, use all of your senses but especially the sense of smell and follow your nose to the nearest street food market.

You know it makes sense!



Write Up!

Come and join Bridget and Harry for a quick chat followed by a precious hour of your own creative time. There's nothing like being able to set aside a little time in the company of other creative people and seeing what you come up with!

These regular zoom sessions take place on the 3rd Thursday of the month, so the next one is **Thursday 15th June, 7pm - 8pm (GMT)** with joining instructions [here](#) and on the Up! facebook group page.



*I can shake off everything as I write;
my sorrows disappear, my courage is reborn.*

Anne Frank

I kept always two books in my pocket, one to read, one to write in.

Robert Louis Stevenson

Word Up!

YOUR POEMS ON THE THEME OF FOOD AND DRINK

Spring Greens

The first time I ate steamed spring greens
was in Buxton, after a bus ride,
fresh, clean, and starkers,
apart from the dark pepper flecks,
they were shocking with their piquant zest,
no butter, no gravy, but plenty of sauce.

I read a DH Lawrence poem once
about the power of green,
so intense it seemed to flame.
He must have seen and tasted
half a plate of bright spring cabbage,
like an earthbound cloud
standing proud on cool ceramic glaze,
all frilled and cocked for tastebud action.

A mushroom pie took the half
past the hour on the plate's clock face,
and filled that space with nourishment, but
it didn't excite, didn't set the world alight,
it was a pie upstaged by sinister cabbage,
all chlorophyll confidence, grabbing the limelight
and springing with green.

Janet Philo

in my freezer
one scoop of vanilla left
just enough heat relief

Joan Leotta

The Birth of Whole Grain Bread

Venus on a half-size cutting board,
effigy of knead,
she rises from a slew of yeast,
miniature clouds cascade with bubbles,
chase stormy flecks of bran and germ.

Venus becomes still life,
loafing in my oven,
warm and giving
she falls from her pan,
but not from our graces.

between her pauses and special places,
is what defines fresh, fragrant bread,
where butter or olive oil rush hungrily,
like waves to shore.

Cynthia Gallahe



Bottoms Up!

ROB WYLIE

Thought you knew about beer? Our man in the pub gives you the lowdown ...

'Beer is proof that God loves us and wants us to be happy'

This quote was attributed to Benjamin Franklin and, as a guy who loves beer and has an interest in spirituality, it made me chuckle. It turns out that the quote is wrong, but that's for another day! I mention it as it reminds me of my teens and twenties, being with friends. Spending lots of time in pubs talking/arguing about politics, football, music, spirituality and just about everything else!

I was probably 18 the first time I supped a beer - I was a good lad! I started life as a lager drinker, but it didn't take long for me to find my way to real ale. That led me to become more interested in beer, breweries, and good pubs.

From digging around, it seems that from medieval times English pubs can be split into broadly three types: inns, taverns and alehouses. Inns were all about the grub and beds for weary travelers. Taverns were about drinking wine and were often found in more affluent areas. Alehouses were, as the



The 14th century George Inn, Laycock, Wiltshire



name suggests, places to drink ale and beer, and usually it was brewed on the premises, a bit like a brewery tap today. It wasn't until the 17th century that the phrase 'public house' was used as a catch-all.

Over the years pubs have diversified, depending on culture at the time. In recent years we have seen a rise of the micro-pub and micro-brewery; the number of these has grown since licensing laws changed, allowing individuals rather than premises to hold licenses.



Micro-pubs and micro-breweries have flourished since The Butchers Arms was established in 2005 (it is supposed to be the first micro-pub). It was a new kind of boozier - no frills, no food, no music and less than a handful of beers in what was formerly a butcher's shop. By July 2016 there were believed to be around 350 in the country. Micro-pubs are unique spaces and as the owner of The Butchers Arms says, 'if the pub is empty by nine, I close up, because it's my pub'.

Bottoms Up!

ROB WYLIE

The success of the micro-pub has continued, with new ones opening all the time, and there are now around 850 across the UK. They are often small premises. They don't usually have music and if they do it's in the background. It would be rare to see a TV, although if you do it would tell you what beers they had on and it could be linked to the beer rating app 'Untapped' (Pokemon go for beer snobs)! The main emphasis is on chatting to your friends, and social interaction. They don't sell mass produced beer or lager; rather there will be hand pulled real ale or craft beer, some of which will be locally sourced from the brewery along the road.

Many micro-pubs also sell beer that you can take home, usually in growlers ... which brings us to another growth industry, the Bottle Shop. This is a new breed of micro-pub that predominantly sells craft beer, bottles and cans, but will also have two or three draft pumps so you can drink it in the venue or take it away.

Micro-breweries have also increased in number over the last few years. In 2020 there were around 3,020 UK breweries registered. Much of this growth was before the pandemic, the stats now are difficult to calculate but the pandemic and the cost-of-living crisis has hit the brewery trade hard and some well known micro-breweries have had to call time at the bar.

One of the early developers and major players in the micro-brewery scene are Brew Dog. They aren't so small anymore, boasting pubs in multiple places worldwide. They gave me my first experience of craft beer. When Punk IPA was released, it was revolutionary at the time, and still



is an iconic beer. It's a fruity, hoppy, sweet beer, and it marked the start of my journey to get to know beer better. Brew Dog beers can be found in mainstream pubs and clubs these days. They began in 2007 and their co-founder James Watt talks about the company being built on the punk mentality; in some senses it feels as if they hacked the brewing industry. Watt says that they had 'one very big mission: to revolutionise the beer industry in the UK and completely redefine British beer-drinking culture'.

Brew Dog are unique in the way that they operate, they share their recipes for home brew enthusiasts to try out for themselves. I have had a go with mates to try it out... let's just say it tasted nothing like it! The other unique thing about them is that they generally only sell their own beer. In recent years they have collaborated with other breweries to brew small batch beers and have allowed guest breweries to sell in their pubs, but their DNA is very much Brew Dog.

So what is it about this whole scene that makes me smile so much? Well, first of all it's the beer itself - there is nothing quite like sitting with a pint of good beer. My favourite beers are

Bottoms Up!

ROB WYLIE



generally IPA's (India Pale Ales). The draft versions (electric pump) are colder and can be incredibly refreshing. The cask versions (hand pulled) are served at room temperature. Both will have different flavour notes, depending on the hops used and the brewing process but they pack a flavour punch. They are often hoppy and fruity, with strong citrus notes. In the winter you can't beat a stout or porter - these are dark in colour and often have a coffee-chocolate-caramel flavour. Stouts tend to have more of a coffee, roasted flavour.

There are though, a couple of styles of beer that I have to say I don't really like: I can't do sours... they are just wrong! Saisons are similar, although if it hasn't got too much of sour kick I can get by. Some fruit beers are also a bit weird.

Of course it's not just the beer that I love! I also love the atmosphere and the feel of being in a pub. They have become safe spaces for me over the years and I love nothing more than going out with my wife or with friends to a pub. I also love the spontaneity and the opportunity to meet strangers and get into a good old chat. And in the



last year I have really enjoyed developing a community with a bunch of lush folks who sing together in the pub (*for the uninitiated, Rob's referring to 'Mariners & Marras', the shanty group he co-founded with us!* - Ed). This has added to my experience of pub life.

So back to that starting quote, '*beer is proof that God loves us and wants us to be happy*'. That's not just a quote! I can honestly say that having a good pint in a good pub is one of my significant happy places.

Chin chin!



Word Up!

YOUR POEMS ON THE THEME OF FOOD AND DRINK

first tomato slice of summer
a welcome bullseye
on my open-face sandwich

Joan Leotta

Love Curry

Love curry, spice, rice
Every day not once but twice
Succulent meat, creamy delicious
Sauces to beat, filling, nutritious
Balti and Bhuna, Masala with Tuna
Kashmiri Korma, each one a stormer
Curry for brekkie, curry for lunch
Curry on the settee, curry with punch
Dhansak, Dopiaza never with pasta
Pasanda and Sag, it's all in the bag
You may think I'm a total curry obsessive
Touch my naan matey I'll get so possessive
But It's chapati and I'll cry If I want to
and your tandoori based puns won't curry no favour with me
Filling up with curry can make you so lazy
Whilst tucking right into a hot jalfrezi
Curry for Christmas, Curry in the sun
If life had no curry, it wouldn't be fun
Curry in the car, curry up a tree
I think you'll find that I love curry me

Aaron Wright

Biscuit

Once bitten, twice baked, my full,
dark sided moon, my final score,
my Shipping Forecast, BBC,
my British Forces Posted Overseas,
my Betty's afternoon-tea-time
of the soul. My winsome, wholemeal
cornfield coin, without your crunch,
tea is too thin, coffee too wet and ginger beer
simply a lashing. Don't mind if I do
have another, a little of what you
fancy. All these digestive years
we've always turned you
turtle, your marpled underbelly
uppermost and solid shoulders
to the plate, only a host for chocolate's
stippled decadence. Picnic me,
check-tableclothed, Morris-travelling,
frocked in vintage prints, you real,
you wheatear-stamped McVitie,
indulge me, treat me happy, you little
permissible sweet-ration. Save me
from austerity. We've never had it
so, so good.

Judi Sutherland

Next month's theme is: **RADIO** and
TELEVISION

Feel free to interpret the theme as you see fit
and send up to 3 poems
(no more than 20 lines each please) to:
admin@positivelyup.co.uk

Full submission details can be found on our
website: [https://positivelyup.co.uk/poetry-
submissions](https://positivelyup.co.uk/poetry-submissions)

Brew Up!

BARISTOCRACY

Lessons in latte from Kate and Alex, a couple who know their beans

We'd love to hear how the two of you first started Baristocracy - we understand a trip to Australia was involved?!

My friend and I went to travel the East Coast of Australia after finishing our degrees and realising we weren't quite ready for 9-5 life. We had grand plans to travel for around 8 months taking in as much of Australia and New Zealand as possible. Wanting to escape the cold and wet of Sydney in July, we headed straight for Brisbane and not long afterwards I met Alex.

I was working as a waitress in a brunch cafe and Alex was one of the baristas. At that point, if I drank coffee it was a skim latte with hazelnut syrup bought from a high street chain, drunk while wondering why I hadn't just got a hot chocolate instead. As soon as I started working in hospitality in Australia it became clear to me that coffee could be more than hot and unpleasant. Customers clearly expected high quality coffee and highly skilled baristas. I still didn't understand at that point, what made the coffee I was serving in Brisbane different from the towering cappuccinos



I'd knocked up when I worked at a Tynemouth cafe. Getting to know Alex, whose whole life had centred around speciality coffee, I soon found out.



At that point Alex was competing in coffee competitions, going on to judge at various World Barista Championships (WBC)

along with his dad, Rob. Alex grew up with his parents running their own roastery and busy cafe in Sydney. Speciality coffee has been part of his entire life. Not only did he grow up working in the cafe but also in their roastery, learning from his dad. He's had the opportunity to travel a lot both in a WBC judging capacity but also to visit coffee plantations, so grew up immersed in the industry. He did, briefly, try to follow a different path as a mining engineer but he just couldn't stay away from coffee.

Our story began there in Brisbane. Alex asked me out and after various hurdles and MANY visa applications, we're now a family of four with two very proud half-Aussie kids. Our son, Cooper, was born in Sydney and Tessa in Newcastle. We moved to the UK as we could see that the coffee market was changing and more people were looking for quality, exciting flavour profiles and skilled baristas. We knew there was a need and desire for more good quality coffee in the North East, so we made the move.

So, what makes Australian coffee different from others?

It's driven by quality and flavour. While there are coffee chains and \$1 cups of coffee on sale in Australia, most cafes use independent roasters

Brew Up!

BARISTOCRACY

and sell speciality grade coffee.

All coffee is graded for quality on a scale of 1-100. Speciality grade coffee achieves scores of 80 and above. It's not only quality that's important but also the fact that many speciality coffees are grown by small-holders and farmers contributing to co-operatives. In Ethiopia, for instance, Arabica coffee can be found in people's gardens.

Speciality coffee is also grown at higher altitudes, needing mild, fairly constant temperatures and a certain amount of rain. It's very labour-intensive. The green coffee we buy is harvested by hand and requires skilled care at all stages.



One of the things that continues to surprise me about coffee is the huge range of flavours and sensory experiences available. There are lots of varieties of the arabica plant, lending themselves to different growing techniques and climates. Each of these coffees have their own flavour profiles which can be enhanced further with

different processing methods (how the coffee bean is removed from the cherry). For a long time now Australia and New Zealand have been instrumental in bringing better quality with more complex, interesting flavours into the mainstream.

We understand that as well as selling a range of single origin and blended coffee, you also offer barista training. What skills does a good barista need to have?

An understanding of what they are doing and why. For instance, tamping coffee before it is brewed in an espresso machine. The point of this is to make a



nice, flat, even bed of coffee but also to compress it to the right degree so water is forced through each particle of coffee at the same rate. If the coffee is too loose water will flow through it too quickly, leaving you with an under-extracted coffee which can taste unpleasantly sour.

If you make it too compact, water will struggle to filter through the bed of coffee, leaving you with over-extracted espresso which can taste burnt. It's important to understand why elements are important and what will happen if you don't do them or do them incorrectly.

I also think it makes a big difference when

Brew Up!

BARISTOCRACY

baristas are genuinely interested in coffee. It's definitely a bit of a hobby/obsession for lots of people and there's always more to learn, but if you care enough to learn from mistakes and figure out why something works or doesn't then you're on the right track.

A strange question perhaps, but are coffee beans affected by the weather in the same way that grapes grown for wine are? Is there such a thing as a good or bad 'vintage'?

The coffee beans you pop in your grinder start life as the centre of a red fruit on a white flowering tree. Arabica coffee and, particularly, higher quality coffee is very susceptible to changes in climate while growing.



Speciality grade coffee is typically grown at a minimum of 1000 metres above sea level. Too much rain can easily wipe out a crop. Robusta, as the name suggests, is a hardier plant and easier to

cultivate on lower lying land but it doesn't, typically, offer the range and depth of complex flavours that Arabica varieties do.

You might see the word 'Process' on a coffee bag. This refers to how the green coffee bean is removed from the cherry and other layers surrounding it. The oldest form of processing is 'Natural'; this involves whole cherries being laid out in the sun to ferment and dry on the green coffee bean before being removed. This adds a layer of funky, sweet, fruit flavour to the coffee which is very desirable, but a whole crop can be ruined if it rains.

Brazil is the world's biggest producer of coffee but after struggling with frost and drought for the past few years they've had severely reduced crops. This has driven up prices and put pressure on the rest of the coffee-growing world and must be terrifying for coffee growers.

Given the plethora of coffees available nowadays, what are your personal favourites? Are you straightforward espresso types, or is a cappuccino more your thing?

Both of us really enjoy filter coffee. Alex always drinks black coffee, whether it's espresso or a pour over. At home we have a drip filter machine which is perfect for making a quick brew on busy mornings. At work we always try new coffees by cupping them. This is a very simple brewing method



where the coffee is brewed in the cup for around 4 minutes. The idea is to do as little to the coffee as possible so you can taste the true flavour which

Brew Up!

BARISTOCRACY

will be intensified by other brewing methods. This is how we decide which green coffees we want to buy, and test our own roasts. Filter methods of brewing really let bright, fruit-driven or delicate coffees shine whereas in a latte, they won't stand up to the richness of milk.

Saying that, I absolutely love a flat white too. There's something so satisfying about beautifully creamy, perfectly textured milk with a lovely, balanced espresso. It feels like such a treat!

Can you offer any top tips for producing top-notch quality coffee at home?

Get into proper geek mode and start making notes! No matter how you brew at home, have a little notebook handy so you can write down what you're experiencing, good or bad. If you have an espresso machine, note down the coffee you're using, grind size and what the extraction was like.

Tasting coffee critically is just like tasting wine,

so make notes on the flavours you're experiencing. If you think it hasn't turned out right, make one change at a time e.g. change the grind size and make a note of how that affects the coffee.

There's no need to have expensive, fancy machines for home brewing. A simple V60 pour over kit can give you a beautiful, easy drinking coffee with an element of mindfulness. The whole pour can take 5 minutes but it does require a bit of concentration. It's a beautiful thing to dedicate a small amount of time to. Again, there are different ways to use any filter equipment, so make notes on what you do and the outcome.

One of my favourite ways to brew is using a cafetiere. They're found in most supermarkets, easy to use and clean. Just make sure you pre-heat the cafetiere with boiling water, emptied out before you add the coffee grounds. To brew, use water that has boiled then been left to cool for 3 minutes or so and push the plunger down after 4 minutes. Again, there's a lovely element of mindfulness to making coffee this way.

<https://baristocracycoffee.com/>

<https://www.facebook.com/baristocracycoffee>



Coffee, the favorite drink of the civilized world.

Thomas Jefferson

I judge a restaurant by the bread and by the coffee.

Burt Lancaster

May your coffee kick in before reality does.

Anonymous

Fold Up!

CREPERIE NATHALIE

Meet the woman bringing a Continental touch to our tables

So, what brings a French woman like yourself to open up a crêperie in the north-east of England?

I came to the north-east while pregnant with my daughter. Her daddy is a Geordie! I moved here so she can stay close to him and her British family. After becoming a single mum when she was not yet 2 years old, I found myself in a difficult financial position and made a conscious choice to make a change. I started to learn about businesses and mindset. First I opened an online business and then a jewellery business which I ran for a few years. I only closed it when I decided to open a shop in Whitley Bay, as I was getting too busy!

It was nice but not enough to live on. Then I had a brilliant idea for a business, but realistically, in my position, no bank would ever lend me the funding I needed. So, after a short break in France visiting my family, I came back with the great idea of “Crêperie Nathalie”. My Dad planted the seed and it only took a few days for it to become a tree in my mind!

And then, 2 months later, the stall at Tynemouth Market was up and running!



You sell both crêpes and galettes. Can you explain the difference between the two?

Crêpes are sweet and galettes are savoury. The batter is different, and so are the toppings – and there are no limits to what we can add on top!

Galettes are traditional North of France buckwheat flour pancakes. They are naturally gluten-free and vegan - and dairy-free as well. I decided to make the sweet batter dairy and gluten-free too, so most people would be able to enjoy it.

For many people, crêpes bring back fond memories of holidays in France. What makes a really good crêpe?

Nothing can beat a good memory, so the best would always be to share it with your favourite people. I tried to make the batter delicious and flavoured, so that even plain it would be good, but if you add your favourite topping on top, it can be even better!

Fold Up!

CREPERIE NATHALIE



You offer an impressive range of fillings on your menu - including gluten free and vegan options - what's your current favourite?

This is a hard one haha! I have a new favourite quite regularly - I think I like the

salmon very much but also the cheesy ones... my special one is 3 cheeses and all the vegetables on top.

What do you think are the differences between how we English, and the French view food?

I used to love cooking, making new dishes very often. Since I lived here, I stopped cooking haha! The shops in England have so little variety of food. It gets boring quickly. I suppose this is why it's very



common here to eat out or to take away. I noticed as well a big difference when having family lunch or dinner. On a French table you would find a large variety of healthy choices like carrot, cucumber, tomatoes, cauliflower to dip into homemade sauces, or olives, petits fours, saucisson, cheeses and melon with parma ham etc. We even find little *verrine* which are a small glass in which we have prepared smoked salmon or Greek salad etc. While here, in my experience, we can barely find any healthy choice - there's a lot of pastry, sausage, cakes, scones etc...

I guess we really love good food - and good wine - and cheese! No it is not a myth! All that being said, I do love a good Sunday roast now!

Okay, you're going to have a celebratory meal that someone else is going to cook for you, and money is no object. What are you sitting down to?

Oh my... that's tricky... I love a good meal, so I have many, many favourites. In a French manner, if it's to celebrate something we would probably go for it and have it all, especially the champagne!

We generally start with appetisers, that could be any of the things I previously mentioned. We then have a starter: a little salad or smoked salmon, avocado with lemon.

Then the main course: I love salmon, so I would probably go for a salmon in a creamy lemon sauce with mushrooms and green beans. We then have the cheese platter with a large variety of cheese to pick from. And bread - we eat bread all along the meal.

Then it's time for dessert, before ending with a coffee or hot drink.

Bon appetit!

Word Up!

YOUR POEMS ON THE THEME OF FOOD AND DRINK

Learning to prepare the evening meal

While you stand at the worktop, we talk about your day;
I have gathered vegetables from the garage fridge
because there may have once been mice,
and you hover by the door, and do not enter;
ingredients lie still, green and purple, fleshy and spindly,
orange and creamy white; your father's gift to me, a German knife,
is in your hand, with my coordination sound enough to peel and wash,
we joke, and you remind me about haste and patience;
still we chatter and you do not see that I am watching, learning.
First the carrot, cut with precision, into tiny perfect cubes, is plated
ready for the pan; a courgette is quickly halved along its length,
gashing white into deep green, the seeds are deftly stripped and crescents chopped;
mushrooms follow carrot, each piece, a quarter of the size I make, a mix of brown and white;
an aubergine defies the knife with its spongy flesh, but is fast subdued, adds purple to the plate;
when broccoli is tenderstem, the leaves which mar the floret texture
must be snipped, and the stems require a careful scalpel to ready them for olive oil;
the plate is now a mosaic of the future meal and each constituent part
is gently and sequentially edged into the heated pan;
well-chosen seasoning is sown and milled and stirred; we talk on,
and you do not see that I am reflecting and resolving.

Philip Hood



Sup Up!

STEVE LOWE

Up!'s outdoors man goes in search of holy water

It's a lovely day on the way to my latest session of "falling in" whilst I am working on one of our local watercourses (my middle name is Bob!) and, for once, I have tuned the radio away from the usual sports channel to a bit of "culture" on Radio 4.

The newsreader announces that "Water companies have *put up their hands* to disposing of sewage into rivers and seas", "Man City have wiped the floor with Real Madrid to reach the Champions League Final", and "a new butterfly has been named after Sauron".

Its "another day at the office" for me, working with the most important element to life - water.



Despite the seemingly negative news about the water industry, I remain struck by quite how lucky I am to have easy access to water for cleaning and drinking. In fact, my first act of the day was to have a shower, whilst boiling my kettle for a cuppa and burning my toast. Cleaning my teeth, flushing the loo, washing the dishes or my laundry. We take it for granted really and everybody moans when the lack of rain leads to water shortages across areas of the UK.

It's probably no surprise, because I spend so much time trying to improve our rivers, that I try to practise what I preach, because I know the impact my actions can have. So I limit my water use to what I consider essential, I time my shower (with an egg timer), reuse my "grey water" on the garden, harvest rainwater in my garden butt and numerous other small, but helpful, things. But I could do better, I'm sure. My inherent environmental passion drives me, because I know that the water I use will have come from one of our local rivers and those rivers need a lot of help in order to be in good ecological health.

That means looking at what we call a Catchment Based Approach (CaBA) involving looking at the entire river - from the source to the sea, across towns, cities, countryside and coasts, because a healthy water environment is essential to us all.

It provides us with the water that we need to live and to run our businesses efficiently, reduces the risk to our homes and livelihoods of flooding and a healthy water environment means better places to live, where people and wildlife flourish.

In the past, management of the water environment has fallen to Government, to private companies and to landowners, often operating in isolation. However, the CaBA has enabled collaborative working at a river catchment scale, protecting our precious water environments for the benefit of us all.

It aims (often successfully) to bring local knowledge and expertise to bear on local issues and encourages individuals, organisations and communities to take ownership. One excellent example of this is the recent resolution from Women's Institute members to campaign on "Clean Water". I was personally privileged to discuss this with the NE regional committee and delighted to hear back from members wanting to monitor their own rivers because they feel so passionate about

Sup Up!

STEVE LOWE

the issue. This also reflects on a growing awareness of the vital importance water plays to every bit of our daily lives and the scarcity in parts of the world where water doesn't simply arrive by turning a tap. Brilliant! Let's get to work.

Speaking of which, you'll be pleased to know I had a plodge today - not a swim - during the arduous and horrible task of removing Giant Hogweed from a streamside. Thirsty work too, so frequent glugs



from the carefully packed and re-useable water bottle! Now there's something we can all do to avoid using the dreadfully wasteful single use plastic bottles of water.

As I walked back, I passed a Victorian water fountain by the roadside. Unfortunately, it had fallen out of use but I reflected on the fact that it was there at all. Such a shame that this little gem wasn't functioning for a "top up". On further inspection, I noted that it had been installed by a member of the Baker-Cresswell family, and by coincidence that chimed with me because I had recently worked as part of a volunteer group reinstating the public water supply from the "Crease Well" (the well where the cress grows), in

Cresswell Village, the former family seat for the Baker-Cresswells.

This uncanny day continued. Radio 4 were interviewing the founder of Pukka Teas (other



brands are available), Sebastian Pole. He outlined his fascination with plants, conservation, and herbalism over many years, and felt the existing herbal tea offer was poor, with a "mouthful of

dusty flavourings". He wanted to give people a delicious cup of herbal tea that symbolised everything he believed in and supported people's health, promoted conservation, and showed off the true brilliance of herbs.

It was an interesting discussion and topped by another coincidence because I was going to Morpeth, home of William Turner. Not the painter (although he spent a lot of time in the north-east) but the William Turner born in or around 1508, under the reign of Henry VIII. The son of a tanner, not much is known about his early years or education, although it was assumed that he was schooled at the Chantry in Morpeth.

1551 saw the publication of 'A New Herball', a hugely important book that gave Turner the accolade as the "father of British botany". Most of the plants, their uses and virtues in healing were studied in local woodland and other sites. He was also first to give names to many English plants. Importantly he also said "nowhere takes any doubtful plants upon trust", thereby outlining the dangers inherent in some types, such as Monkshood and Foxglove. It was also the first printed herbal document in English. In fact, there is a lot more to his story than space allows, so he is

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well worth a bit of googling (or visit the physic garden in Morpeth/have a trip to the Hancock Museum Library in Newcastle for a peep at a first edition). Later “herbals”, such as Culpeper’s Herbal, owe a great debt to him.



He went on to become Chaplain & Physician to the Duke of Somerset at Syon House, where he was responsible for planting the first Mulberry tree in the UK, having imported it from Persia as part of the physic gardens there, where it still grows. In 1548 he also published his “Names of Herbes” there, less than ten years after the dissolution of the Abbey by good ‘ole ‘enery the 8th.

Ironically, Henry VIII’s coffin had rested overnight at Syon on its way to Windsor for burial the year before. The discovery, next morning, of canines licking up seepage from the coffin, is claimed to have been the origin of the derogatory “Dog’s Breakfast.”

Henry might well have been very grateful of some mulberries for their medicinal qualities in his later years, as outlined in the Names of Herbes - “The Virtues of the Mulberry tree”; “The fruit of the Mulberry tree looseth the belly and it is good for the stomach, but it is easily corrupt or rotten. The juice of Mulberries doth the same.”

My final slightly unsettling moment arose when I dropped into Cresswell, where I am helping restore a walled garden. Our five beehives had arrived. They will be installed soon – next to the mulberry!

They will be part of our medieval orchard, outlining the range of fruit and nuts such as medlar, greengage, filberts, almond, damsons and walnut which formed part of the available diet at the time of the construction of the nearby Pele Tower in 1380. This new harvest, once established, will be available for community consumption, as will the honey and other veggies. The Elizabethan herb garden we are planning will add even more flavour and let’s remember that this period also saw the first arrival of the humble spud into Britain. We’ve even got goji berries growing now, the current superfood, also known as the Duke of Argyll’s Tea Plant as it was brought to the country by the 3rd Duke. By happy coincidence, this is also a member of the Solanaceae, a group that include tomatoes and potatoes, as well as the very poisonous deadly nightshade. In fact, many of the plants in this family are poisonous, including spuds, toms and goji’s – depending upon their stage of growth or quantities consumed. Turner might have thought of them as “doubtful plants”.



Personally, I’m going to risk it with a bag of chips (with tomato sauce) and a glass of water.

An experienced wildlife professional, Steve currently works freelance with Northumberland Rivers Trust as well as undertaking work with volunteers on local heritage and archaeology projects.

His hope is to leave the world a better place.



Word Up!

YOUR POEMS ON THE THEME OF FOOD AND DRINK

MIRACLE

My Universal Credit's been delayed
the future's looking bleak,
left with just a fiver for the week.
But yesterday I had a lucky break -
five loaves for 10p each - got in there quick.

Bread is filling, even if it's stale -
toast, croutons, bread and butter pudding,
had enough to make a lot of different dishes.
Almost like that bible story, but without the fishes.

Liz McPherson

Chippy tea by the sea

Fish and chips on a summer's day at South Shields promenade,
what could be better?
People bustle on by, a friend stops to say hi
Some might call it common or uncouth.

They don't like what they see
Well they can move on, and leave us be
When you're sitting by the sea with the sun on your face ...
What could be better?

Ross Punton

Life is for Living

In front of me in the Sainsburys' queue
I read what I can of his tats.
One says 'life is for living so live it'.
In his basket a 2 litre Frosty Jacks
and an economy scotch egg.

Colin Hodgson

Sharing platter

No matter the source of your food
we're the same,
from a bank, an allotment, a stall.
Be it Waitrose or Harrods,
bin-diving or Spar,
window box, test tube, or jar.
We are all hopeful dreamers
beneath the same sky, vast galaxies
over our heads.
Lift your eyes from the ground
let the moon be your guide,
we hunger for all the same things.
However you dine, you are still on a par
With those who count Michelin stars.

Gerda Pickin

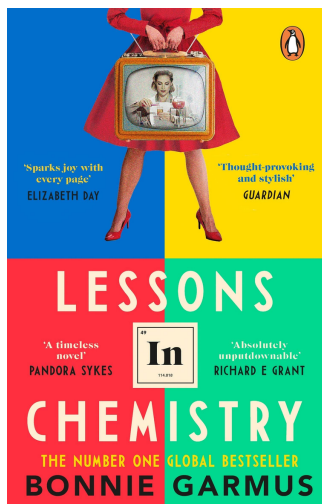
Read Up!

JENNA WARREN

Our resident book reviewer selects some personal favourites



We're almost halfway through the year (how did that happen?!), so I thought I'd use this month's column to recommend some of my favourite reads of early 2023.



My first recommendation this month is *Lessons in Chemistry* by Bonnie Garmus. Elizabeth Zott is a brilliant chemist working in a laboratory in 1950s California. Her (mostly male) colleagues don't take her seriously and are often openly hostile towards her. When Calvin, fellow scientist and love of her life, is killed in a freak accident, Elizabeth finds herself alone. Pregnant with Calvin's child, she's forced to leave her job.

Several years later, following a confrontation with the television producer father of a child who keeps stealing her daughter's lunch at school, Elizabeth is offered a new job. She becomes the host of 'Supper at Six', a cookery show. Elizabeth hates everything such shows stand for, so she decides to use her knowledge of chemistry to subvert the format. She insists on using chemical names for the various foodstuffs. She never patronises her audience and is soon admired by housewives across America. However, not everyone enjoys her feminist approach to daytime television...

I had resisted reading this book for a while, as it seemed to be everywhere, and I was afraid it wouldn't live up to the hype. But I'm so glad I finally read it! It's sad, funny and quirky, with some great observational humour (particularly from the perspective of Six-Thirty, the family dog). A TV adaptation is due later this year, and I can see it working very well on the small screen.

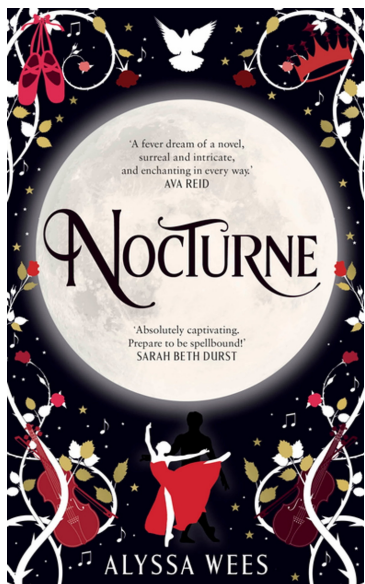
The Thorns Remain by JJA Harwood is one of my favourite recent fantasy novels. Set in a tiny Highland village still reeling from the effects of the First World War and the Spanish Flu pandemic, it follows the adventures of Moira Jean, who is grieving the loss of her fiancé. She wishes to leave the village and start a new life in the city, but she feels torn about leaving her home and mother behind.

One evening, Moira Jean and her friends have a spontaneous party in the nearby forest. Their activities offend the Lord of the Fae, known as The Dreamer, and his supernatural subjects, who feel neglected and ignored by humans. In anger, The Dreamer steals away Moira Jean's friends and makes her bargain for their safe return by setting her a series of seemingly impossible tasks.

Read Up!

JENNA WARREN

The novel draws much inspiration from Scottish folklore. I particularly loved the addition of Kelpies: beautiful, terrifying, shape-shifting water horses that lurk in lochs. I also admired the author's evocation of a tiny community recovering from such a dreadful and turbulent period in history. The book captures the feelings of isolation and loss with real power, underpinning the fantasy with very realistic human concerns.



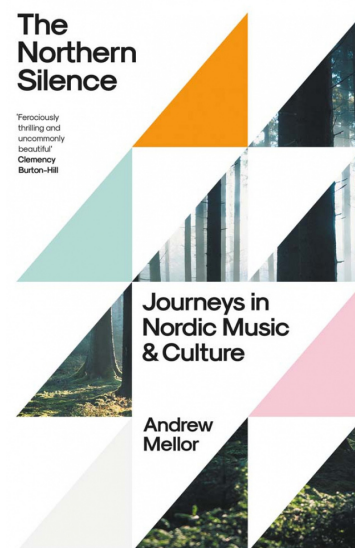
Continuing the fantasy theme, I very much enjoyed *Nocturne* by Alyssa Wees. This short fantasy novel is set in 1930s Chicago. The heroine is Grace, the new prima ballerina with the Near North Ballet company, who is also a talented violinist. When Grace is given the lead in a new ballet, she is over the moon. But then she learns that the patron who secured her the role is not what he seems.

The story is part *Beauty and the Beast*, and part an adaptation of the Hades and Persephone myth. It's far from being a romance, and it doesn't sugar coat the darker aspects of these tales, but it's certainly a heady, opulent ride filled with creepy manor houses, ghostly (possibly cursed) violins, roses, and basically every Gothic fairy tale trope you can think of. But the author combines these elements in such an interesting way that the book feels fresh and original.

I don't read much non-fiction, and I'm currently on a mission to read more. I've recently finished *The Northern Silence: Journeys in Nordic Music and Culture* by Andrew Mellor. This beautiful book explores the music of the Nordic countries, covering Scandinavia, Finland, Iceland and the Faroe Islands. It's about how music relates to place, and how it both emerges from and develops a country's identity.

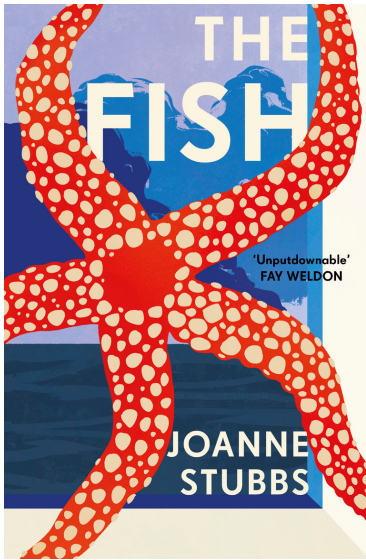
Part travel book and part musical and cultural history, it covers everything from Finnish metal bands, to traditional musical instruments, to the Eurovision Song Contest. It explores how classical composers like Grieg and particularly Sibelius drew inspiration from nature, Nordic landscapes and folklore. Mellor also talks to contemporary musicians, including conductors, opera singers, and concert pianists, to discover what makes the music of this part of the world so unique, and what it's like making music in modern Nordic countries.

I knew nothing about any of these subjects before I read this book, and I found it hugely accessible and entertaining. The author also writes about music beautifully, describing it in terms of colour, shape, and natural forms. It has made me want to read more non-fiction about music.



Read Up!

JENNA WARREN



My final recommendation this month is *The Fish* by Joanne Stubbs. This literary 'cli-fi' novel is set in the near future and moves across continents. It asks the question: what if fish, due to an environmental disaster or imbalance, started to crawl out of the sea and take up residence on land? Starfish start appearing stuck to the windows of Cathy's house in Cornwall. Margaret struggles to adjust to her new life in Kuala Lumpur, now a coastal city due to rising sea levels, and becomes terrified of encountering fish on the streets. And in New Zealand, two teenagers witness extreme weather conditions and a nasty attack on the land-dwelling fish.

This fascinating novel makes these events feel chillingly plausible. It explores the uneasy relationship between humans and the natural world, and what could happen if a natural habitat (in this case the sea) became uninhabitable. The book handles its subject with a lightness of touch. It asks some serious and interesting questions, while not offering any easy answers. A thought-provoking read.

*Jenna Warren is a bookseller and writer from Teesside. She studied Theatre and later Creative Writing at university. She runs Book Corner, an independent bookshop in Saltburn-by-the-Sea. Her debut novel, *The Moon and Stars*, was published in 2022 by Fairlight Books.*



Well who knew ... !

- *Hamburgers (which don't actually contain any ham) are, in fact, named after the city of Hamburg.*
- *No one seems to know where the name Spam originated. There are guesses of Spiced Ham (except it contains no spices) and Specially Processed American Meat. However no authoritative information as to the origin of its name exists.*
- *Baby carrots are just regular carrots trimmed down!*
- *Honey never goes 'off' and has a longer lifespan than we do.*
- *Tomato ketchup was originally sold as a 'tonic' - a medicine.*

Coming Up!

Are you full up yet, or is there room for a 'final wafer thin mint'?! Actually, reading back over this issue, perhaps it's more appropriate to use another familiar quote, 'when you have more than you need, build a longer table, not a higher fence'.

Coming up next month is a 'Radio and Television' themed issue. Not that we'll be spending much time indoors, watching and listening. No, we'll be out and about organising and performing at a myriad of events, not least of which is an evening of poetry and song at one of our favourite places, Lovaine Community Garden (check it out on our picture below and in the very first issue of Up! - October 2020).

As suggested in this month's street food article, do take every opportunity to step outside your front door, get the sun on your back, soak up some culture and turn strangers into friends. Keep looking up!

Love
Bridget & Harry xx



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