

BAY LEAF REVIEW

Volume 1 - Freshly Sprouted - September 2025



A ZINE FROM EASTSIDE COMMUNITY
TRUST'S COMMUNITY CLIMATE ACTION
LEADERSHIP PROGRAMME 2024-2025



WELCOME TO THE BAY LEAF REVIEW



This zine showcases some of the activities carried out by Eastside Community Trust's Community Climate Action Leadership Group from summer 2024 to early 2025. These workshops were led by experts from our local area – writer/ researcher Dr Zakiya McKenzie, interdisciplinary artist Kayle Brandon and Ruth Nortey, Inclusive Communities Facilitator at Bristol City Council.

The workshops aimed to equip community members with knowledge, connections and hands-on experience to take action on climate and environmental issues in Easton, Lawrence Hill, Bristol, and beyond.

As we wandered the grounds of Felix Road Adventure Playground searching for edible and medicinal plants, we gathered around the bay tree. Everyone knew it, by different names, with different memories. As we shared those stories, the Bay Leaf became our common thread, and the name for this zine.

Together we explored how national and global issues (such as hotter summers, water scarcity and contamination, fast fashion and air pollution) affect our neighbourhoods, as well as our family homes and home countries and how we can respond as a community. The group learned about plants in the city, made seed balls to encourage native wildflower growth, used cyanotype for nature art, planted herb boxes, shared our visions for a just transition through collage and bunting and visited other community projects to learn, share and generate our own ideas.

The workshops were free to attend and a wholesome lunch was cooked for every session with love and care by Nirmal in the Felix Road kitchen. We share this zine as a memento of our continued learning. It is also an invitation to you to join in with other such activities happening in Easton and Lawrence Hill. Why? Because we found that shared meals, collaborative learning, creative activities and collective action are ways that people shape and grow healthy communities.

We hope you enjoy this iteration of the Bay Leaf!





HOW TO SAY 'BAY LEAF' IN OUR LANGUAGES

ARABIC — ورق الغار (*waraq alghar*)

NEPALI — तेजपात (*tējapāta*)

PORTUGUESE — folha de louro

SOMALI — xaaxiyo / bahar saaf

SPANISH — hoja de laurel

UKRAINIAN — лавровий лист (*lavrovyi lyst*)

WOLOF — xob loriye



SEEING LOCAL PLANTS IN NEW WAYS



In one session, Kayle Brandon led us in a hands-on exploration of local medicinal herbs and plants. We walked together, gathering and identifying different species, then enjoyed tea made from our finds. In a later workshop, Kayle returned to teach us about cyanotype — an 18th-century photographic process that uses sunlight to create striking blue prints from plants. These workshops helped us see the plants around us in new ways and strengthened our connection to the nature we can find in our local area.



HOW TO MAKE SEED BALLS

Materials Needed:

- Seeds (wildflowers, herbs, or native plants work best)
- Clay powder or clay soil
- Compost or potting soil
- Water
- Mixing bowl and spoon
- Tray or plate for drying



Steps:

1 Mix the dry ingredients: Combine 5 parts clay powder or clay soil, 1 part compost or potting soil, and 1 part seeds. Mix well.

2 Add water: Gradually add water to the dry mixture. Start with a small amount and mix thoroughly. Continue adding water until the mixture has a dough-like consistency that holds together when shaped into a ball.

3 Form seed balls: Take small amounts of the mixture and roll them into balls about the size of a marble or small grape. Place the seed balls on a tray or plate to dry.



4 Dry the seed balls: Leave them in a dry place for 24–48 hours. They should be hard and dry to the touch.

5 Store or use: Once dry, the seed balls are ready to use or store. Keep them in a cool, dry place until you're ready to plant them.

6 Planting seed balls: Toss the seed balls onto bare soil in your garden, a grassy verge, or any area that needs brightening up. They work especially well after rain. Make sure the area gets some sunlight and water to help the seeds germinate and grow.



This simple act of guerrilla gardening helps encourage native wildflowers to grow, bringing more colour and biodiversity into our streets!

FORAGING FINDS IN EASTON AND LAWRENCE HILL

1



2



3



4



5



6



1. Cleavers/Stickyweed - This herb has sticky stems that 'hook' to your clothes. Also known as 'sticky willy'. Rich in Vitamin C. Appears in Spring to Summer.

2. Dandelion - The young leaves are bitter and used in salads while dandelion flowers are used in hot meals such as rice dishes. The roots of the plant also make a coffee-like drink. Dandelion flowers are used to make syrups/cordials and wine.

3. Nettle - Known as 'stinging nettle' because of its sharp, tiny hairs. Often used in teas, soups and stews or used like spinach. Can be found year-round, January to December.

4. Elderflower - The small, delicate flowers of the elder plant appear in May and are often used in drinks, cordials and syrups.

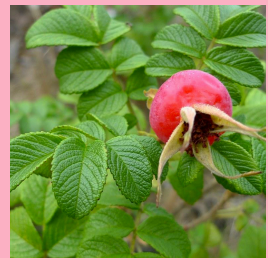
5. Wild Garlic - This plant has a strong garlicky smell and is often used in salads, stews, pestos and soups. Appears April to June in Bristol.

6. Elderberry ripens in late summer and autumn and are used to make elderberry syrups - a winter tonic.

7. Blackberry is called 'bramble' and has long, thorny stems. High in Vitamin C, the ripe fruit can be eaten raw or cooked in jams, preserves and pies. Look out for blackberries to begin ripening in July.

8. Rosehips - One of the most important sources of Vitamin C in the UK during World War 2.

FORAGING FINDS IN EASTON AND LAWRENCE HILL





**LEARNING
ABOUT LOCAL
PLANTS
AND SHARING
OUR TRADITIONS**



DO IT YOURSELF

These are recipes from
our group that you can
try at home.



Muna's Detoxifier

Blend ginger, lemon,
cucumber and parsley and
drink one hour before bed
for a fiery detoxifier that will
leave your skin looking as
good as Muna's.



The Easton Bay Brew

Steep three bay leaves,
a pinch of black pepper,
and the peel of an orange in
hot water. Sweeten to taste.
Drink cold or hot for a
flavourful drink that soothes
the body.



The Lawrence Hill Sip

Steep mint leaves, cloves,
and cinnamon in hot water.
Sweeten lightly, then enjoy
this aromatic pick-me-up.





WHAT'S POSSIBLE: LEARNING FROM OTHER COMMUNITIES

As part of our workshop series, we took trips to see how other communities in Bristol are tackling climate issues in ways that also bring jobs, nature, and wellbeing to local people. Every community is different, but visiting these projects showed us what's possible and sparked ideas we can bring back to Easton and Lawrence Hill.

At Ambition Lawrence Weston, we visited the Men in Sheds project, the community-owned allotment, Ambition House (a hub for local action) and the UK's tallest onshore wind turbine owned by the community itself. "It was really, really eye-opening hearing directly from the people doing the work, and their journey developing their community," said one of our Climate Action Leaders. "Seeing how big ambitions take shape through teamwork and local leadership gave us hope for what's possible here too."

At Heart of BS13 in Hartcliffe, we learned how food waste from local homes and businesses is turned into nutritious compost through their closed-loop composting system. This compost helps grow flowers on their social enterprise flower farm, creating training and jobs while keeping waste out of landfill. One participant said, "It's just nice getting out to visit a different community and seeing how other people are tackling the same issues."

These visits reminded us that climate action can mean local jobs, good food, green spaces, and strong community ties, and that practical steps, shared learning, and collective effort can open the door to bigger change.



**Community Climate Leadership group visit to Ambition
Lawrence Weston in October 2024**

WHAT THE CLIMATE ACTION LEADERS SAID



"So great to take time out to connect with nature and other people. Lovely to find out about medicinal uses of different plants and their different names in a broader number of cultures."



"I love that I had the time to share with people who also are interested in climate issues!"



"I liked how accessible all of the explanations were and loved that we were talking about the policy in simple words, from our own perspectives."

"It feels good to use creativity and to get to make something together. Even if we cover heavy topics in the session, I leave feeling really positive. That's what keeps me coming back -along with the people and food!"

"Today's session was very interesting yet again. I enjoyed the plant identification and picking. And again, the food was smashing!"

Next time you're outside — whether in your garden, walking down the street or even just looking out the window — see if you can spot and tick off these natural treasures:



- A seed or seed pod
- A plant with shiny leaves
- Something that reminds you of home
- A flower you've never seen before
- A green leaf
- Something that smells nice
- A wildflower
- A tree with rough bark
- A plant used in cooking
- Something growing in a crack in the pavement

A	R	O	S	E	F	A	E	L	Y	A	B	E	A	F
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G	L	O	B	A	L	P	L	A	N	T	S	L	T	E
C	L	I	M	A	T	E	C	D	Y	A	T	C	A	N
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CLIMATE
BRISTOL
LEARNING
POSSIBILITIES

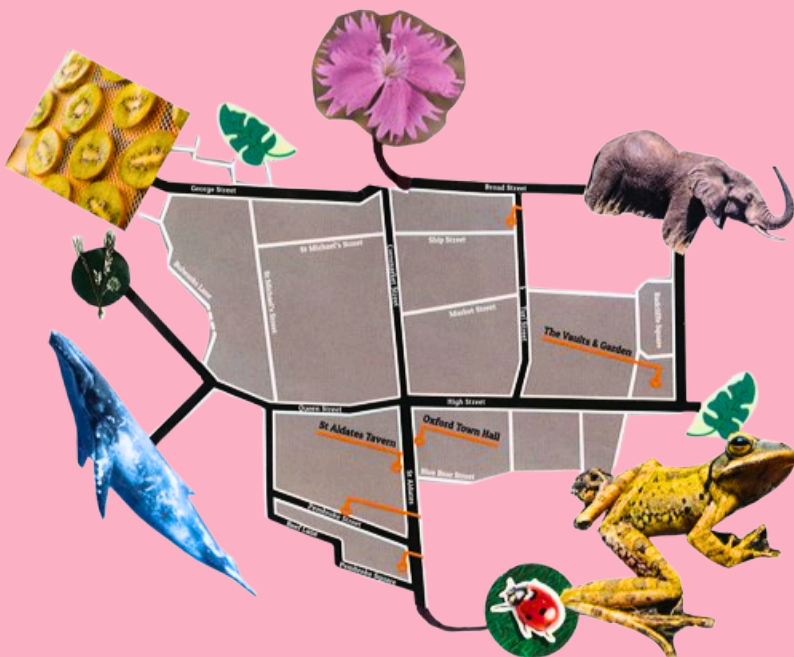
ACTION
FRIENDS
JUSTICE
GLOBAL

EASTON
FAMILY
NATURE
BAY LEAF

COMMUNITY
LEADERSHIP
CREATIVITY
PLANTS



BAY is a powerful herb that gives its essence to countless soups, stews, sauces and porridges across the world. Though often removed before serving, its lasting presence ties together recipes, bringing spice, warmth and depth. Across palates and generations, **BAY** reminds us that plants connect cultures and people over time.



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TRUST'S COMMUNITY CLIMATE
ACTION LEADERSHIP PROGRAMME
2024-2025



**EASTSIDE
COMMUNITY
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THE BAY LEAF REVIEW

The Climate Leadership Programme is part of the wider Community Climate Action Project, funded by the National Lottery and coordinated by Bristol Climate & Nature Partnership.

**Community
Climate Action**

