



## Feel Heal Real Food

25<sup>th</sup> April 2026

Broadford Hall

### BIOGRAPHIES OF THE SPEAKERS



#### **Professor Jules Griffin**

Jules is the Director of the Rowett Institute, University of Aberdeen. His research applies analytical chemistry to study metabolism and nutrition in metabolic diseases, aiming to understand why fat metabolism can be so detrimental to the cell. His group focuses on the interactions between diet and chronic diseases including type 2 diabetes, fatty liver disease, cardiovascular disease and dementia. He is the chair of the Scottish Environmental Food and Agricultural Research Institutes (SEFARI) Gateway Scientific Advisory Group for Estimating Green House Gas Emissions for the Food and Drink Industry in Scotland and is a member of the Food, Drink and Agriculture Board for Opportunity North East.

Webpage: <https://www.abdn.ac.uk/people/jules.griffin>



#### **Professor Wendy Russell**

Wendy leads the 'Microbiome, Food Innovation and Security' theme for the University of Aberdeen Rowett Institute and 'Sustainable Food Security and Supply' for the Scottish Government's Strategic Research Programme and chairs the Scottish Food Coalition. Research includes understanding the role of diet in preventing non-communicable diseases and the potential of plant-based crops and underutilised species for food security and improving bio- and dietary diversity. Wendy works across the food supply chain to develop healthy and sustainable food solutions and as well as researching new opportunities for the sector, research has been translated to benefit small-scale producers in sub-Saharan Africa and South America.

Webpage: <https://www.abdn.ac.uk/people/w.russell>

#### **Helen O'Keefe**

Helen runs Middleton Croft in Sutherland in the Northwest Highlands. She is a winner of the Scottish Crofting Federation's *Young Crofter of the Year* award for her multi-faceted approach to crofting. She practices small-scale horticulture and sheep rearing using

regenerative approaches on seven acres of croft land, spanning ancient woodland, hills, wetlands and grasslands, with shares in 3,700 acres of common grazing. Helen launched The Green Bowl to sell online and deliver locally, creating an opportunity for crofters, growers and producers in nearby townships to access a local market and create viable agricultural businesses. Helen will share some practical considerations about setting up a food hub. Green Bowl is based around online ordering of fruit, veg, salads, meat, honey and eggs which are delivered locally or can be picked up, but Helen will discuss different ways of managing a hub to suit the local situation.

Webpage: <https://www.thegreenbowl.co.uk/>

### **Miesbeth Knottenbelt**

Miesbeth is Project Officer with Nourish Scotland. She joined Nourish in 2017 to manage the Making a Living from Local Food Programme. The main focus of her work is the Scottish Organic Stakeholders Group, the Right to Food and Cash First approaches around food insecurity, The Scottish Food Coalition's briefings for strengthening upcoming GFN Local Plans, and other bits and pieces.

Before joining Nourish, Miesbeth worked for more than 20 years in universities setting up, researching and running staff- and student- teaching support; worked for The Bike Station promoting cycling in lower-income areas of Edinburgh for a while, and did a lot of telephone counselling for Parentline (Children 1st). She has three grown children and a grandchild and she works for Nourish part-time, generally over five long mornings.

Webpage: <https://www.nourishscotland.org/>