



news

from the

food groups

available on-line: www.local-food.net

Autumn 2005

Dear Reader,

This is the Autumn issue of our Newsletter, which brings you news about local food events and champions, new Farmers' Markets, Slow Food, grant and training opportunities.

If you would like to become part of the Food Group in your county, you can join the free Food Forum. This is open to consumers, NGOs, community groups or public sector organisations. If you are a producer you can become a Full Member and benefit from our services offered to local food businesses. Please see our contact details at the back of this publication.

Tamara Schiopu, Co-ordinator of BBO Food Groups federation

Time to Show Our Best

BBO Food Groups attended several events in the summer – and the Great Cheese Festival is still to come on 21-23 October in Cheltenham.

We supported and promoted producer members at the following local and national shows:

Bucks County Show on 1 September

The Food Marquee was better than ever, with producers from across Buckinghamshire, Milton Keynes, Berkshire and Oxfordshire - Bensons Fruit Juices, Bookham Cheese & Pasta, Chiltern Brewery, Chiltern Farm Food, Ethical Foods, Just Biscuits, Rumsey's Chocolates, N. Bucks Beekeepers Association, Rowan Tree Goat Farm, Woburn Country Foods. Feedback from producers has been extremely positive, confirming our aim to "increase sales



Demonstration at Bucks Show



Chef Jason Woods at Bucks County Show

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at the farm and at farmers' markets", to meet "lots of Bucks farmers' markets customers and increase customer/producer relationships".

The cookery demonstrations also proved to be very popular, and gave us another great opportunity to promote local food to a wide audience. Chef Jason Woods has already booked himself in for next year.

Wychwood Forest Fair, Oxfordshire on 4 September

As last year, the Food Group supported Full Members by subsidising part of their stall fees. The weather was fantastic, too hot in fact, for a stand outside, nevertheless we survived the burning sun and met as many consumers as possible, explaining local food issues to them and how they can get involved. Thank you to all Food Group members attending the Show: Benson's Fruit Juices, Foxbury Farm, Shaken Oak, Callow Farm, Oxford Cheeses, Chipping Norton Organics, Neil's Ice Cream, Tasty Morsels. We hope you had a good experience and the Show brought many new customers to your business.



Shaken Oak at Wychwood Fair

Speciality Fine Food Fair in London on 4 – 6 September

As part of the South East Food Groups Partnership, we were there to promote foods from the South East and displayed Golden Taste Awards winners' samples. Our members were encouraged to share our stand and promote their businesses for a day at a symbolic price of £65.

The Henley Show on 10 September

Sponsored by the South Oxfordshire District Council, the Food Groups had a shared stand with Slow Food Oxon in the Countryside Marquee. Lucky winners of our free draws walked out with boxes of fresh organic vegetables and a selection of local preserves and beverages made by our members.



Winner at the Henley Show

The Royal County of Berkshire Show in Newbury on 17 – 18 September

For the first time, we shared a large stand in the Food Fare (supported by Newbury & District Agricultural Society) with our producer-members and Thames Valley Farmers' Market Co-operative.



The Royal County of Berkshire Show



David and Daniella Court hand out leaflets, Farms Direct



Local Food Group and Thames Valley Farmers' Market at The Berkshire Show

Visitors flocked to the stand to have a taste of David Court's faggots from Farms Direct, ham on the

bone from Penny Reid's Tamworth pigs at Down Barn Farm, gorgeous blue cheeses from Two Hoots Farmhouse Cheese, tasty cooked meats from Dews Meadow Farm, and delicious apples from Cross Lanes Fruit Farm.

Delighted with what they tasted, people were keen then to spend more time with us and learn about the produce available where they live. For producers, it was "useful to meet people, have their feedback and talk to other local producers..."

Wickcroft Farm Shop provided a large box of produce and Doves Farm Foods supplied tasty samples of cookies and flapjacks. We had a free draw for Thames Valley Farmers' Market vouchers and boxes of organic vegetables from Tolhurst Organic Produce and Ogg Valley Organics.



Free draw at the Newbury Show

Other Food Group members, including Susie's Preserves and Sheepdrove Organic Farm had their own stands at the show too.

I would like to thank all our volunteers and organisers attending the shows: Nancy Pound, Susie Ohlenschlager, Tom Pye, Sian Liwicki, Rachel Chilton, Ian Bird, Dorothy Cussens, Wendy Tobitt, George Nowacki, Richard and Amy Lipscombe, Sam Galvin, Dot McCloone and Emma Fenton. Thank you!

Good News!

Waitrose Reveals Small Producer of the Year



Elspeth & Colin Wainwright of Quince Products

And again our Members win!

Elspeth and Colin Wainwright of Quince Products, Aston Rowant, Oxfordshire were presented with the Waitrose Small Producer of the Year Award in the fruit and vegetable category for their Quince & Damson Cheese.

Delighted at their success, Elspeth said, "It was a great feeling to get through the finals and we were delighted and very surprised that we won. It is our reward for almost three years of no holidays, we shall use the prize (£5,000) for the new processing line that we are having installed in our new production site."

So, no holidays for Elspeth and Colin for another year or so, I guess...

Great Taste Awards of the Guild of Fine Food Retailers!

The South East Food Group Partnership had a stand at the Speciality and Fine Food Fair at Olympia this year (4-6 September), and we offered display and tasting of all 'GOLD' award winning products at our stand for free for the duration of the show.

BBO Food Groups were proud to present our winners:

Doves Farm Food (Berkshire) – GOLD for organic Nice & Nutty Cookies

Quince Products (Oxfordshire) – GOLD for Quince and Damson Fruit Cheese

Mary Berry (Buckinghamshire) – GOLD for Mary Berry Lemon & Thyme Sauce

2005 Cotswold Life Food and Drinks Best Farm Shop trophy!

Also, **Congratulations!** to Di and Colin Dawes from Foxbury Farm, for winning the 2005 Cotswold Life Food and Drinks Best Farm Shop trophy!

For the Harrods' Truly British promotional campaign

(September 5 – October 15), three of our members have been selected after a series of presentations – Doves Farm Foods, Shaken Oak and Benson's Fruit Juices. Harrods has committed to stocking at least half of the new regional food and drink products for six months after promotion, basing its choices on sales performances during the six weeks. The Food Group has helped organise Truly British by bringing producers and Harrods buyers together.

Henley Standard Business Award

As we went to press we found out that Quince Products have yet won another award – the Henley Standard Business Award in the "Best Newcomer of the Year" category.

Contact details of all winners can be found on our website www.local-food.net. You can search by their names or by product category.

Have you won an Award this year? **Promote your success in our next Newsletter!** Next issue is out in early January. Copy deadline 9 December.

Meet our Patrons – Copas Traditional Turkeys



*I don't want my customers to be satisfied.
I want them to be ecstatic!*

Tom Copas



We are proud to present our second Patron Members – Copas Traditional Turkeys from Berkshire. Ever since the Food Group started, we always had someone from Copas at our meetings and events. Jodie Cavaye sits on the South East Food Groups Partnership board which proves not only their commitment to support the Food Group, but also – to represent local producers in policy organizations at higher levels.

Copas Traditional Turkeys are a family-run specialist producer of Traditional Farmfresh Christmas Turkeys, with nearly 50 years experience producing luxury turkeys from their farm in Cookham Dean.

Tom Copas' passion for turkeys started when he left school in 1957 and his father bought him his first flock. That Christmas he sold 153 birds to local markets and families, some of whom are still customers today.

It didn't take long for word to spread and Copas Turkeys are now available from quality independent butchers, farm shops and delis throughout the UK, from Inverness to Jersey! Every December however, Tom and the rest of his family and team still open the farm-gate to local customers who are able to collect their pre-ordered turkey direct from the farm.

The Copas team maintain the highest welfare standards for all their turkeys. Their Free Range bronze turkeys roam in grass meadows and cherry orchards, whilst the barn-reared white turkeys are reared in spacious, open pole barns with natural light & ventilation. The birds are reared until fully mature on a natural, cereal-based diet, rich in oats, with no growth promoting additives.

Copas Christmas Turkeys are available from quality independent butchers, farm-shops and speciality food-stores nationwide, or direct from their farm. For further information, or to find your nearest Copas Turkey stockist, please call on 01628 474 678, or visit their website www.copasturkeys.co.uk

The Future of the Food Group – Social Enterprise?

Ever since we launched the three-county federation – BBO Food Groups – in 2004 we knew that by 2007 we will have to be a self-sufficient organisation, with limited reliance on public funds and with a loyal customer/membership base.

This is important because the Local Food Group is instrumental in helping consumers, retailers and public procurement sector establish relationships with producers, therefore it will be a great shame to dissolve the Food Group just because sponsors change their priorities. We are also vital for local food businesses to enhance their promotion and skills and if not more – to provide a friendly networking environment.

Of the various organisational models, "Social Enterprise" seems the best formula for us. In short, this is a specific organisation type whereby the business trades in the market to deliver its social aims. Trading is necessary to make the business viable, and social aims are defined purposes such as job creation, training and/or provision of local services and goods to the members. Social Enterprises are owned and run by their communities (members or clients) and eventual profits are either distributed to their members or used for the common benefits of the community.

Whereas this is fairly clear, there are a number of questions and issues that we shall need to settle by 2007:

- What legal form should the future Food Group adopt – company limited by guarantee (Ltd), co-operative, charity, Industrial and Provident Society (IPS) or Community Interest Company (CIC)? Each of these structures are acceptable for Social Enterprises, and each have advantages and disadvantages for a large membership organisation as our Food Groups federation has been.
- How much should the future Food Group rely on private funding versus public funding? Say, if we are to make our cash basket from membership fees, trading, investment, private sponsorship and public grants, what should be the share of each of these?
- What can we sell? Ideally we would like our members to make their contribution in form of Membership fees once a year and then benefit from it, with the other parts of the food supply chain buying related services

from/through us. So, what should those services be?

- Of the three main parts of the food supply chain- Production, Distribution, Consumption – which one should the Food Group focus on, if not all? In the last two years we have tried to promote local food across a wide market – end consumers, supermarkets, small independent retailers, hospitality industry, the public sector such as schools and local authorities, and we found ourselves at times too thinly spread to actually make a significant impact. Thus the questions above...

These are just a few questions... It is the beginning of a year-long discussion with you, our members, but also with other stakeholders in an attempt to define our objectives and opportunities for the future. In January we shall carry out a survey in order to get your views regarding the future, but if you have something to say right now, please don't hesitate to contact me (01865 484116, e-mail localfood@brookes.ac.uk.)

Local Food: Solving the Distribution Dilemma



Workshop Delegates, Solving the Distribution Problem

In July the Buckinghamshire & Milton Keynes Food Group organised a workshop to discuss how local food can be delivered more effectively to customers.

Producers, consumers and local businesses from Berks, Bucks and Oxon came together to hear from four speakers already involved in local food distribution: Dominic Shadbolt from *Only Organic* in Long Crendon, Iain Tolhurst from *Tolhurst Organic Produce* near Pangbourne, Geoff Cage, owner of *Local Tastes* shop in Thame, and Susie O'Kelly from *Right 2 Know* near Thornborough.

Delegates had the chance to question speakers and network informally. One main finding of the workshop was that there is a business opportunity for entrepreneurs who would like to set up a local produce hub, to serve individual customers, as well as local hospitality businesses. To build

up scale, it would have to operate at least in the three-county area if not further.

Feedback from the event was extremely positive, with many new contacts made and ideas exchanged. One attendee wrote back to say it was *a really interesting evening, and I think I may be working with someone interested in creating a supplier/buyer hub for local food in the Aylesbury / Buckingham area!*

Some advisory notes made during the workshop, for those who need to set up or improve their distribution system are posted on our website, www.local-food.net in Events. For more details on above insights and for additional advice from our speakers, please contact our office 01865 484116, or e-mail localfood@brookes.ac.uk

New Farmers' Markets

BBO Food Groups support the creation of at least one new Farmers' Market every year and work closely with the Thames Valley Farmers' Market Co-operative (TVFMC) and with other community organisations, helping to overcome organisational problems.

Windsor Farmers' Market



Windsor Farmers' Market made its debut on 5 March 2005 and the Food Group sponsored the publicity campaign. It is organised by TVFMC on behalf of Windsor and Eton Town Partnership. We are pleased to inform you that the market has survived its pilot stage until August 2005 and will run on the first Saturday of the month, supervised by Diane Harker and Helen Phillips, TVFMC.

Wendover Farmers' Market has been supported by the Food Groups in their publicity campaign.

Says Ann Hooton from the Wendover Parish Council "Thank you very much for your help and support in sponsoring the leaflet for the LP Market. The Parish Council and tradesmen are very pleased with the end result and it would not have been possible without your help. The market goes from strength to strength with 17 traders setting up stalls last Saturday. Thank you."

The market opened in April and happens on the third Saturday of the month, from 10 am to 1pm, off High Street. If you'd like to join the market, please contact the Wendover Parish Council, tel. 01296 623056.



Slow Food® Oxon

Slow Food? Local Food? Organic Food?

By Tamara Schiopu

Slow Food has been a buzz word around especially in the last 2 – 3 years and the very term sounds very attractive, implying an opposite from “fast foods”. So, no wonder people want to learn more about this and associate themselves with the movement. My own introduction to Slow Food happened back in 2004 in Scotland at the Soil Association conference and Slow Food lunch. The entire atmosphere with producers offering their produce for lunch and telling you their stories, the diversity of produce on offer, but first of all – the wonderful taste and flavours - made me understand in a second what Slow Food was about and right there I decided to launch the Slow Food Oxon Convivium.

To date, we have about 70 members (mostly – consumers) in Oxfordshire and we have implemented an impressive plan of activities in our first year of existence. Our focus has been on the origin of the produce and best ways to cook it.

Producers are as welcome to join Slow Food as any other consumer, however, my personal ambition is to grant local producers an “honorary” status if you will, and acknowledge their hard work and dedication to the preservation of local farming and processing traditions.

At our English Wines tasting in June we had 12 wines, all from Oxfordshire and Berkshire and professional wine traders were amazed at their own discovery of very fine quality wines (not without critics, of course). Participants were treated to a delicious seasonal lunch and to a vineyard walk at Brightwell.



Local Wine Tasting

In July we asked ourselves “What is organic and how is organic better for us than non-organic?” and we let organic producers to show their crops and animals before we devoured an all-local and organic dinner on the farm. The answers that people got from the producers should help them decide what to take back into their lifestyles – more care for local producers, more shopping at farmers’ markets, less waste into the environment, or maybe something else...



Meeting Local Growers

August started with the launch of a new neighbouring Convivium – North Wessex and with a “producer lunch” which would have left any chef and restaurateur salivating – we had organic rolled stuffed chicken from *Sheepdrove Organic Farm*, traditional sausages and dry cured bacon from *Kilvington’s*, cold sliced wild venison from *Eastbrook Farm* and pork loin from *Christmas Farm*, potatoes from *Tolhurst Organic Produce*, mixed salad leaves, organic baked beetroot salad and a selection of organic breads from Food Group Patrons - *Doves Farm* (who also hosted the event), a selection of mustards, relishes and chutneys from *Tracklements*, a selection of preserves from *Susie’s Preserves*, ewes milk cheese from *Abbeygold Cheese*, and soft cheese and cream from the *Prosperous Home Farm*! Who would not dream of such a menu?!



Local Producers Lunch



Slow Food Congress on Skye

End of August saw us at the first Slow Food UK Congress on Isle of Skye where the National UK Association was launched. At the Henley Show (10 September) Slow Food Oxon had their first presentation to the public in a shared stand with the Berks, Bucks, MK and Oxfordshire Food Groups. There is so much in common between Slow Food and Local Food and I am happy to be at the head of both groups, by this – making the link between producers and consumers shorter and stronger.

Thirty five Slow Food Convivia are currently active in the UK, embracing more than 2,000 members, a number which has doubled in the last year or so. If you are interested in Slow Food, please look up www.slowfood.com or call our office 01865 484116.

Chef's Table teams up



Chef Romain Alinat talking to his customers

At the Rural Social Exclusion Networking Event on 31 October organised by the Oxfordshire Rural Community Council with the Rural Health and Well Being Network and supported by BBO Food Groups, Romain Alinat of Chef's Table (personal chef and local catering services) will offer his lunch buffet, all ingredients bought at Farmers' Markets.

Says Romain, "My approach to catering is very different from most other local catering companies. Rather than sourcing food cheaply, producing en masse, and delivering a very ordinary product, I spend a lot of time selecting fine products from local food producers and even more time in the kitchen creating food that I really believe in and feel good about. It is very rewarding to know that I am cooking with ingredients that come from the land around my home,

to provide my clients with food that really satisfies them, and to know I have contributed to my local economy in the process. I may be French, but I believe in the potential of English products and I would like to inspire the same enthusiasm in native Brits"

We are looking forward to what promises to be a truly seasonal and local food lunch and 50 delegates from across the area will have a chance to taste our producers' foods and learn more about local foods from an information stand that we shall present. **Producers are invited to post their leaflets and samples for promotion.**

As a Food Group, we welcome catering businesses, who use local ingredients to become Members and we are always ready to promote them whenever we are asked by local organisations to help with a "local food" meal. **If you provide catering services, please let us know. To find local caterers, please use our on-line database and search for Caterer at www.local-food.net**

Westbury Gourmet Night – Local Food for Local People

The Food Groups co-sponsored the organisation of the first village food feast in Westbury, Buckinghamshire on 3 September.

The Chef from the Carriage House Restaurant at Claydon House prepared a sumptuous banquet for Westbury villagers, all made from local ingredients: Westbury lamb and beef, garden fresh local fruit & vegetables, village eggs, crayfish from the stream, pigeon & rabbit from the fields and herbs from the garden.

Steve Golden Smith from Westbury reports in his Thank you! letter:

"it was the best event ever in the village. People took menus and tickets for souvenirs of the night and ideas such as Westbury market have been put forward and expansion of the horticultural show to include wider local products is also being encouraged".

A lot of discussion on the night centred on where food came from and how surprising that such a wide range of produce could be found in such a small area. Food suppliers to the night were approached by villagers and encouraged to make their produce more widely available. The local farmers were very keen to exploit the new market opportunity the event presented.

"Huge thanks to the sponsors of the event – SAVE in Bucks and BBO Food Groups" organisers say.

Food Guide 2006

New and renewed Food Group members will be listed in our Food Guide 2006.

Application forms can be found on our website at:
www.local-food.net/content/documents/applicationform06.pdf

*Alternatively, call our office in Oxford
 01865 484116*

Bucks & MK Food Group Meeting

Read more about the last meeting in "Local Food: Solving the Distribution Dilemma".

Your local contact for Buckinghamshire and Milton Keynes Food Group matters is Nancy Pound from Bucks County Council, npound@buckscc.gov.uk

EFSIS Quality Assurance

EFSIS is an all-encompassing food safety audit. It is one of the leading quality assurance schemes for food producing businesses and is widely accepted by supermarkets, the hospitality industry and public sector (e.g. schools). Cost is £500 but BBO Food Groups Full Members are entitled for a £200 subsidy. Offer open until December 2005.

Contact Henriette Reinders from the South East Food Groups Partnership, 01730 893724, email: henriette@sefgp.co.uk

Berkshire Food Group

The Steering Group members met on 26 July and 27 September. Minutes of the meetings are available on-line at: www.local-food.net/berkshire/ Berkshire Food group members are strongly encouraged to join the Steering Group if they want to have a say in how the county supports local food producers.

The next SG meeting is scheduled for **January.**

Your local contact for the Berkshire Food Group is Elaine Cook, Community Council for Berkshire, Elaine.cook@ccberks.org.uk

Oxfordshire Steering Group meeting

Held in Thame on 7 September. Minutes of the meeting are available on-line at: www.local-food.net/oxfordshire/

At the end of the meeting Geoff Cage from Local Tastes offered a tour of his shop, renowned for stocking only foods from a 30 miles radius. Thank you, Geoff!

The Steering Group would like to invite producer-members to join our meetings and/or host a meeting in the future.

The next meeting is set for **7th December.**

Grants

Business Link for Oxfordshire and Bucks offer grants of up to £500 to help you pay for skills training at any level of your organisation. Companies from 5 to 1,000 employees based in the area are eligible to apply.

For more information contact BL Skills Advice Service on 0845 6064466.

Sustainable Development Fund grants available now

If you are located within North Wessex Downs Area of Outstanding Natural Beauty (AONB), Cotswolds AONB or Chilterns AONB, you may be eligible for a grant to launch/continue a sustainable development project. The scheme is open to voluntary and community groups, individuals, schools, businesses, local authorities and partnerships. Grants normally range from £ 250 – 10,000.

Application requirements and forms are posted on websites:

<http://www.chilternsaonb.org/caring/sustainabledevfund.html>

http://www.cotswoldsaonb.com/news_detail.asp?ID=1465

<http://www.northwessexdowns.org.uk>

If you're unsure where North Wessex Downs AONB is located visit www.northwessexdowns.org.uk, go to Introduction and then Map. For a map of the Chilterns AONB follow www.chilternsaonb.org/map3.html. For a map of Cotswolds AONB visit www.cotswoldsaonb.com/map.htm

Free advice service for farmers in the South East and London

The new, restructured Farm Business Advice Service (FBAS) offers free targeted advice to Single Payment Scheme claimants, identifying and exploring options for business change that may include changing the farm enterprise mix, considering collaboration with neighbours to share fixed costs, examination of farm diversification options and other alternative sources of income generation. The service will run from 4th Oct 2005 until 31st March 2007.

FBAS – “Knowing your options” is free and takes the form of confidential, one to one advice to address the farmer’s business aspirations. Farmers who have relatively straightforward enquiries may be helped via telephone advice from a trained adviser, whilst more complex cases may be examined at a clinic session at a venue relatively near the farmer’s business.

Potential takers of the service should phone the FBAS “Knowing Your Options” Enquiry Line on 0845 365 1257, Monday to Friday, 9am to 5pm.

Festivals - Cook in the Park

Do you want to tell your local schools about what you do?

Oxford Inspires, the cultural development agency for Oxfordshire, is collaborating with schools, the Food Group and other organisations in Oxfordshire to give children more opportunities to learn how to cook healthy, local and seasonal food.

We are linking schools with their local producers and local restaurants and we are looking for local producers who want to become involved. The project will lead to a large food festival for children, ‘Cook in the Park’ in 2007, where children can try out all kinds of cooking.

Please contact Eka Morgan, Food and Environment Coordinator at Oxford Inspires, if you are interested to hear more: Tel: 01865 278817, or email: eka.morgan@sbs.ox.ac.uk

Training

Don't miss out on your Members' benefits! As a Full Member, you can have up to 75% subsidies for your training if you find an interesting course in the South East.

The Campden Training Centre at Chipping Campden (Glos) offers a series of training in courses in bakery, food safety, product development, cheese making, confectionery, ice cream, just to name a few.

Campden Training, Chipping Campden, GL55 6LD. Tel 01386 842000 Fax 01386 842100 www.campden.co.uk

The Vale Training Centre (VTC) in Marsh near Aylesbury is also planning a series of training events which you may find relevant:

- Introduction to Meat Retailing – 21st November 2005
- Bacon Curing – 12th December 2005
- Basic Meat Processing – 3rd November 2005
- Sausage Making – 13th December 2005
- Butchery to Add Value – 4th November 2005
- Food Hygiene – 9th November 2005 or 15th February 2006

Please contact Kate Mason, The Vale Training Group, 01296 612201, kate.mason@valetraining.co.uk

Got the Urge to Speak Out??

NFU Regional Press and Campaigns Officer, Isobel Bretherton, has organized another series of FREE training in media interview technique.

Places on these one day courses are supported by Defra's Vocational Training Scheme and are limited so contact her at Isobel.bretherton@nfu.org.uk or on 01730 408002. They are being held on 15, 16 and 17 November and Eynsham, Liss and Detling respectively.

Free Promotion for your Business



www.buylocalfood.co.uk

www.regionalfoodanddrink.co.uk



To make it easier for retailers and consumers to find local producers, Food From Britain developed an online sourcing facility www.regionalfoodanddrink.co.uk. More than 3,500 producers are currently registered with the site, with numbers doubling each year. Another popular site is in the South East www.buylocalfood.co.uk. These are free promotional services to our members and you should use them!

Do not miss this excellent opportunity, check the websites and if you cannot find your business there, contact Sabine Everett from SEFGP and ask her for the form. Sabine's contact details: Tel: 01730 893708, E-mail: info@buylocalfood.co.uk

Apple Day

Apple Day on 21 October celebrated the diversity of English apples, supporting local varieties and orchards that have struggled against cheap supermarket imports. There are over 2,000 types of apples grown in the UK. A list of orchards and apple varieties is available from charity Common Ground which organises Apple Day (www.commonground.org.uk).



Local fruit for Children

A good example is the Cross Lanes Fruit Farm on Mapleduram estate near Reading where Gill Franklin grows 46 varieties of apples and proudly sells them at Farmers' Markets and from her own shop in the orchard.

Gill's Apple Day was on Sunday 9th October when hundreds of people from all over the three counties enjoyed a magnificent event with food stalls, cooking demonstrations, games and attractions.

Cross Lanes Fruit Farm can be contacted on 018 0723167 or by e-mail apples@crosslanesfruitfarm.co.uk. Visit the website www.crosslanesfruitfarm.co.uk to find out more, and place your apple order for Christmas.

We would like to welcome our new members:

Browns of Stagsden, Stagsden, Beds - producers of meat, poultry and hand made sausages and burgers
(Tel. 01234 822330, www.brownsfstagsden.co.uk)

Chiltern Valley Winery, Henley-on-Thames, Oxfordshire -
(Tel. 01491 638330, www.chilternvalley.co.uk),

Christmas Farm, near Newbury, Berks - farm shop and own meats, sausages and burgers
(Tel. 01635 569747, www.christmasfarm.co.uk)

Coldron Brook Meats in Spelsbury, Oxfordshire - producers of Dexter beef and home delivery service
(Tel. 01608 811118, www.coldbrookmeats.co.uk)

Coleshill Village Shop, near Swindon, selling local and fair trade produce, serving home made soups and cakes
(Tel. 01793 763619)

Down-to-Earth, Local Foods shop in Wallingford, Oxfordshire
(Tel. 01491 837711)

The Ethical Food Company, in Stewkley, Bucks, delivery service of local, organic and fair trade foods
(Tel. 01296 713332, www.ethicalfoods.co.uk)

Greens of Pangbourne, Berks, specialist craft butchers
(Tel. 0118 9842063, www.greensofpangbourne.com)

J. M. Walman, Family Butchers in Bicester, Oxon
(Tel. 01869 252619)

Meadowsweet Beef, near Banbury, Oxfordshire
(Tel. 01295 730668, thehamers@waitrose.com)

North Aston Organics, local fruit & vegetables box scheme in North Aston, Oxfordshire
(tel. 01869 347702)

The Oxford Cheese Company
(Tel. 01865 721420, www.oxfordfinefood.com)

Real Farm Foods in Letcombe Regis, Oxfordshire, home delivery service of organic foods
(Tel. 01235 762461, www.realfarmfoods.com)

R. F. J. Corington in Newport Pagnell, Bucks, PYO
(Tel. 01908 617016)

Sandy Lane Farm near Thame, Oxfordshire, producers of organic meats and vegetables
(Tel. 01844 279269, sandylanefarm@yahoo.co.uk)

Sinfully Sweet of Didcot, producer of home made confectionery
(Tel. 01235 811667, Richard.brant@sinfullysweet.demon.co.uk)

Woods Farm in Watlington, Oxfordshire, local meat delivery service for shops
(Tel. 01491 614949, www.woodsfarm.co.uk)

Peterly Manor Farm, in Prestwood, Bucks, Farm Shop with fresh local produce and PYO
(Tel. 01494 863566, jane@peterley.co.uk)

Cotswold Deli & Cheeses Shop, in Chipping Norton, Oxfordshire, shop featuring local produce and delicatessen. Tel 07973 613495, www.cotswoldfinefood.co.uk



The Oxford Cheese Company

Producer Member Profile

From their garden to your door...



Coleshill Organic Garden

Sonia Oliver and Pete Richardson are not new to the organic farming and local box schemes world. They started Coleshill Organics in 1995 on a friend's farm on two acres and they now have over 16 acres, operating a Box Scheme from the walled garden in Coleshill, west Oxfordshire. The business grew out of Sonia and Pete's passion to provide local people with the highest quality fresh produce. Their enthusiasm and joy for truly flavoursome "real" food is enforced every evening when they cook what they have grown and taste the difference.

At Coleshill Organics they grow over 70 traditional varieties selected for their flavour and taste. The vegetables are totally organic, regularly inspected by the Soil Association. The much heard-off phrase "organic farming supports more wildlife than industrial farming" is proven

right there when you visit the gardens and see and hear the buzz of bees and beetles around the flavoursome vegetables and decorative flowers grown among vegetables.

Coleshill Organic Shop



Besides the Box Scheme covering 25 miles radius, Coleshill sell in their own shop, located within the walled garden. They also sell at London Farmers' Market and deliver to two of their local schools.

Just as if this was not keeping Sonia

and Pete busy enough, this year they ran the second Local Food Fair in conjunction with the National Trust. The fair was on 10 September, having 2,000 visitors, producer stalls and featuring talks on butchery and school lunches, local wines tasting and cooking demonstrations.

Details on Coleshill Organics Box Scheme and services can be found at: www.coleshillorganics.co.uk, email: coleshillorganics@msn.com, Tel: 01793 861070 The Garden Cottage, Coleshill, SN6 7PT

Supporters & funders



For further information contact: Tamara Schioppa, BBO Food Groups, School of the Built Environment, Oxford Brookes University, Headington Campus, Gypsy Lane, Oxford, OX3 0BP T: 01865 484116 F: 01865 483559 E: localfood@brookes.ac.uk W: www.local-food.net