

The Farmers' Market

1st & 3rd Saturday in each month: 9am-12.30pm

The Cattle Market, Great Knollys Street.

Locally produced vegetables, fruit, meat, fish, wines, plants, cheese and home produce. All the produce is of a high quality, fresh and at a fair price. The goods are sold directly by the people who produce them.

www.reading.gov.uk

2003 Dates

Jan 4th & 18th

Feb 1st & 15th

March 1st & 15th

April 5th & 19th

May 3rd & 17th

June 7th & 21st

July 5th & 19th

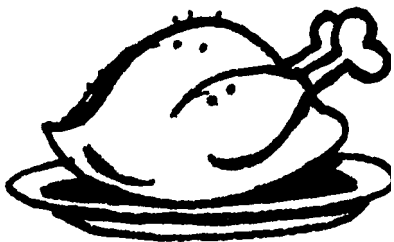
Aug 2nd & 16th

Sept 6th & 20th

Oct 4th & 18th

Nov 1st & 15th

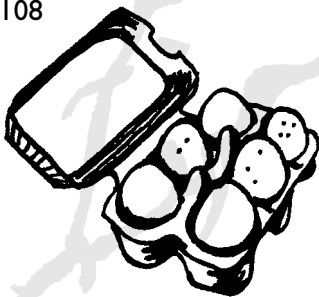
Dec 6th & 20th



WOMEN'S INSTITUTE MARKETS

WI markets sell fresh produce made locally and using some locally produced ingredients. They sell cakes, savouries, jams, honey, pickles, eggs, fruit, veg and lots more. Reading WI Market is held every Thursday 9am-12.30pm at Abbey Baptist Church Hall just off King's Road (near library).

For info about other WI markets in Berkshire contact Marilyn Rogers 01252 871108



LOCAL BEER

Reading is famous for its breweries and there are too many to mention here but you can find out about them at www.readingcamra.org.uk

A FAIR DEAL

When buying food products that can only be grown in hot countries like many fruits, tea and coffee, then it is equally important to make sure that the local producers overseas also reap the benefits of direct trade. Fair Trade guarantees producers are paid a decent wage, and that the product was produced in an environmentally sustainable way.

Pick up a Reading Fairtrade Directory from RISC, 35-39 London Street, Reading O118 958 6692.



Further information about local food

www.bigbarn.co.uk

www.farmersmarkets.net

www.localfood.org.uk

www.localfoodworks.org

www.risc.org.uk

Please contact us if you have any extra information or suggestions: Dave Bell ☎ 0118 959 6758 or Caroline Fernandez email food@wen.org.uk

Updated January 2003

READING LOCAL FOOD DIRECTORY



risc

LOCAL FOOD DIRECTORY

This directory has been produced by Reading Local Food Group, with support from Reading International Solidarity Centre (RISC) and Reading Borough Council, to identify Reading shops and delivery services that sell locally produced food. All of the produce listed has been produced within a 30 mile radius of Reading and is sold within 7 miles.

WHY BUY LOCAL FOOD?

Health

- fresh and nutritious
- less processed

Environment

- less packaging
- less 'food miles'

Economy

- strengthens the local economy
- directly benefits local producers

Community

- face to face trading
- direct information about the food you eat



CELEBRATE THE SEASONS!

Delight in fresh seasonal produce, and remember – when you eat with the seasons you can't expect strawberries and asparagus all year round. There are some products like wine and honey that are available all year.



LOCAL FOOD OUTLETS

True Food Club

www.truefood.freewire.co.uk

A non profit group selling all-organic local fresh foods and wholefoods. Meets twice a month and encourages members to bring surplus own-grown organic produce to meetings. Membership is free.

Garlands Organic Shop 0118 984 4770

6 Reading Rd. Pangbourne

- homegrown organic vegetables
- honey from Ufton Nerve
- meat from Church Farm, Child Beale Trust
- Waterloo cheese from Riseley

County Delicacies 0118 957 4653

35 St Mary's Butts, Reading

- cheeses from Village Maid in Riseley
- artisan bakery bread from Abingdon, South Oxon
- honey from Caversham, Reading
- ham on the bone from Beenham
- *biltong* (South African-style dried meat) from Reading

Vickers Butchers 0118 957 2904

20 West St. Reading

- local venison and game

Frosts Fish Mongers 0118 950 5393

11a Union St

- local trout

Bloomfield Hatch Farm Shop 0118 933 2540

Mortimer

- free range eggs from the farm
- potatoes from Hook, Hampshire
- local honey
- turkeys at Christmas
- home produce

Wellers Fruit Shop 0118 983 3434

Reading Rd. Burghfield Common

- free range eggs from Bloomfield Hatch Farm
- local honey



LOCAL CAFES

Global Café 0118 958 3555

35 London St. Reading

- WI cakes
- Englefield Organic vegetables
- Park Farm Organic Meat
- Frosts local trout

Iguana Café 0118 958 1357

11 St Mary's Butts, Reading

- Englefield Organic vegetables

DIRECT FARM SALES (phone first)

Cross Lanes Fruit Farm 0118 972 3167

Mapledurham, Reading

- local apples, pears and plums in season

Boze Down Vineyard 0118 984 4031

Hardwick Rd. Whitchurch on Thames

- local wines

Buckhold Hill Farm 0118 974 4388

Pangbourne, Reading open June, July and August

- pick-your-own and picked soft fruits and veg in season

Englefield Organic Growers 07718 760845

- seasonal vegetables and mixed salad bags sold from the farm and at the farmers' market.

DELIVERY SERVICES

Tolhurst Organic Produce 0118 984 3428

Hardwick Gdn. Whitchurch-on-Thames

- deliver organic vegetables grown on the estate as well as organic fruit that has been bought in.

Ellis Organics 01491 628889

Henley-on-Thames

www.eatorganic.co.uk

- produces own salad and buys in organic vegetables for home delivery

