

Eat Well

Food that's healthy for you and healthy for the planet

*Make the most of Shaftesbury's
independent food producers, shops and markets.*

Find out what's available and where from.

Shaftesbury is a rural market town with a strong connection to food. Thursday's weekly market (closes 2pm) brings locally distinctive veg, meats, cheeses and bakery products onto the High Street. Sometimes we even buy our food direct from the farmer or producer. But it's not just about foods produced locally. Shaftesbury has been a Fairtrade town since 2008 and a group continues to promote Fairtrade here, ensuring local sale of produce which supports sustainable production of imported goods such as bananas, coffee and cocoa.

This guide is a local response to wide current concerns about our health, the food we eat, climate change and nature loss. Eating foods that are good for us, the planet and the local economy is key to a sustainable future. This isn't simple and there'll be trade-offs as we adapt our eating habits, farming practices and patterns of international trade. However, generally, eating a diet that is higher in plant protein (and lower in animal protein), with products sourced locally and from independent suppliers, will go a long way towards each of us doing our bit. We're promoting Shaftesbury's independent food outlets and we support growing, producing, buying and eating food that's healthy for people and the planet. Information is organised by food groups.

BREAD & SAVOURIES

Produce	Local producer	Outlet
Traditional breads incl. sourdough, pasties, sausage rolls	Oxfords Bakery - no GMs or preservatives Sherborne oxfordsbakery.co.uk	Stall, Thursday Market
Artisan bread incl. sourdough; sausage rolls	Lievito, Castle Cary; Abbie & Karen, instore bakers	Pamplemousse, 9 Bell Street
Breads incl. sourdough, savoury pastries & sandwiches (some vegan)	Reeve Bakery, Wilton local ingredients where possible, see reevethesbaker.co.uk	Reeve the Baker, 16b High Street
Sandwiches, quiches, pies	Instore; Kims, homemade locally.	The Shaftesbury Deli, 37 High Street
Breads incl. spelt & sourdough	Taylor's, craft bakers, see ethics on website, taylorsofbruton.co.uk	
Artisan breads, savoury pastries	At The Chapel bakery, Bruton atthechapel.co.uk	The Grosvenor Arms, 7a High Street, Saturday morning

Local flours? There's been a mill on the River Sturkel, just south of Shaftesbury, for over 1000 years. Since the 1950s, N R Stoate & Sons, SP7 0BL, have used Cann Mills waterwheel to power production of organic stoneground flours for the public and local artisan bakers. Much of the wheat comes from within 30 miles but some high-protein imported wheat is blended in. stoatesflour.co.uk describes how their energy use is changing.

STORE CUPBOARD INGREDIENTS

Produce	Local producer	Outlet
Jams, honey	Various local	Country Market, Town Hall, Thursday morning
Flour: various incl. gluten free	Stoates, Shaftesbury; Wessex Mill, Hungerford	The Shaftesbury Deli, 37 High Street
Rolled oats, muesli, granola, nuts, various rice, herbs & spices	Wilton Wholefoods	Founder Cherie, soon to hand over to new owners, says: "I've enjoyed working with suppliers who are on first name terms and just down the road".
Olives, dressings, sauces	Olives et Al, Sturminster Newton-based importers	
Jams, chutneys & condiments	Cherry Tree, Martock; From Dorset With Love, Blandford; Tracklements, Wiltshire	
Various crackers, crispbreads, crisps & cheese biscuits	West Country Legends, Avonmouth; The Fine Cheese Co, Bath; Millers, Derbyshire; Peters Yard, Shropshire	
Honey	Field Honey Farms - hives across Dorset & Wilts, fieldhoney.co.uk	Farmers market, Town Hall, first Saturday of the month
Spices, herbs, condiments, beans, pasta, preserves	Carefully selected importers include several 'B Corps' (see below) thekitchentabledorset.co.uk	The Kitchen Table, 59a High Street
Honey	Dorset honey, Donhead; Saxon Apiaries, Shaftesbury	Very widely available incl. Jean's Sweet Shop, 1 Bell Street

Southern Co-op run the convenience store on Beaufoy Close, SP7 8PT. They promote local ('in county') food producers and the rural economy and are a good source of Fairtrade produce.

The Shaftesbury Artisan Market: between 10am & 3pm on 2nd Sunday of the month (from April to October). Stalls from local artisans, craft and food producers line the High Street and Park Walk.

Want a taste of Shaftesbury's local villages?

Ludwell Stores, SP7 9ND, aim to stock the best local produce and they also venture a few more miles for really tasty items. Offer fruit and veg, bread, milk and eggs, with many organic and free-range options.

Motcombe Community Shop, SP7 9PF, is a friendly village hub that provides fresh, quality food from local suppliers at competitive prices.

Semley Village Stores, SP7 9AU, also run by villagers, aims to provide locals with the best of Dorset, Somerset & Wiltshire produce.

EGGS & DAIRY

Local cheesemakers who use milk from the area's dairy herds include Godminster, Bruton; Wookey Hole Cheddar; Dorset Cheese Company; Greens of Glastonbury; The Book and Bucket, Wimborne.

Produce	Local producer	Outlet
Large variety of local cheeses	Cheesemakers include those above: who supply to Leopard Dairy, wholesaler of Iwerne Minster	The Shaftesbury Deli, 37 High Street
Free range eggs	R Jeans, Donhead St Andrew	
Regional cheeses & accompaniments	As above and more	The Truckle Truck, Thursday Market
Organic eggs	Angel Cottage Organics, Haddon Copse Farm, Fifehead Neville	Monthly stall (3rd week) Thursday Market, & farm & online
Eggs	Foot's Eggs Ltd, Sherborne, wholesaler	Prime Cuts Butchers, 6a Salisbury Street

Want to know more about local farming and your eggs, dairy or meat?

Regenerative farming harnesses natural processes and aims to improve ecosystems - and provides more nutritious food. At local shops and markets ask how the food was produced - and which farm the product came from. Look out for labels such as pasture-reared, free-range and organic - they don't necessarily make the food regenerative, but they do mean that the animals and ecosystems the food comes from are likely to have been well treated.

Wholesalers help the region's smaller farms and producers to reach independent shops and restaurants. Retailers supplied may specify the quality required from the wholesaler. Local wholesalers used by Prime Cuts Butchers include Foot's Eggs, Sherborne; Blackmore Vale Butchery, Henstridge (which handles locally-reared meat); Towers-Thompson, Avonmouth (part of an international trading company); and Pocock's Poultry, Melksham.

Looking for alternatives to eggs, dairy, meat or fish?

Plant-based milks & cheese, meat/fish substitutes and ready meals using plant & myco-proteins for vegetarians and vegans are all available in the town but not produced locally. A growing number of food processors (and other companies) are using B Corp status to reassure shoppers about source and quality of ingredients, treatment of suppliers and staff, environmental impact and more. B Corps undergo a reassessment 3-yearly. If high standards matter to you, look out for the logo.



MEAT & FISH

Produce	Local producer	Outlet
Seasonal fish & shellfish, smoked trout & salmon	Local fishing fleet via Brixham Fish Market	Brixham Trawler Agents stall, Thursday Market
Wild rabbit/venison	Various (seasonal)	
Beef, lamb, pork, chicken (some organic)	Various producers (change week to week)	Country Market, Town Hall, Thursday morning
Organic beef/lamb	Cools Farm, East Knoyle coolsfarmorganics.com	Stall, Thursday Market, also from farm shop & online.
Outdoor reared pork	Prestige Pork, Orchard Farm, Taunton	Prime Cuts Butchers, 6a Salisbury Street
Lamb, pork, beef, chicken, bacon, ham	From wholesalers (see left)	
Trout terrine	Mere Trout (as below)	The Shaftesbury Deli, 37 High Street
Charcuterie	The Real Cure, Dorset	
Organic chicken, pork and some vegan products	Farm Girl Sausages, Forest Edge Farm, Holt, nr Wimborne	Stall, Thursday Market email farmgirlsausages@gmail.com
Organic chicken, also Christmas geese & turkeys	Angel Cottage Organics, Haddon Copse Farm, Woodrow, Fifehead Neville	Monthly stall (3rd week) Thursday Market & from farm & online at angelcottageorganics.co.uk
Beef, pork, lamb, chicken, duck, game, and meat products	Kimbers farm shop, Charlton Musgrove kimbersfarmshop.co.uk	Farmers Market, Town Hall, first Saturday of the month
Fresh and smoked trout, trout terrine	Mere Trout farm, meretrout.com	
Ready meals incl. meat, fish, veggie & gluten free traditional pies & quiches	Simply Cooking, Spirehill Farm, Stalbridge (use local ingredients)	
Crab and lobster, line caught bass	Dorset Shellfish, see sustainability info. dorset-shellfish.co.uk	

T Buttling, traditional butchers of Ludwell SP7 9ND, has won awards for their sausages & pies. Their fresh meat is free range and locally sourced. Also provide fish & cheeses. tbuttlingbutchers.co.uk

Celebrating local food and more

Shaftesbury Wines, 57 High Street, champions individual producers who make wine with a passion. Offerings include local wines, ciders, beers and spirits alongside friendly, expert advice. Cheers!

Shaftesbury's annual celebration of food includes a market with local artisan producers, growers and makers; chef demonstrations and talks; and the famous Gold Hill Cheese Race. shaftesburyfestival.com

FRUIT & VEGETABLES

Produce	Local producer	Outlet
Organically grown veg in season include carrots, onions, kale, peas, beans, chard, potato, cauliflower, broccoli, tomatoes, squash, salad leaves. Also fruit & flowers	Kensons Farm, Sutton Mandeville (Sometimes exchange produce with other organic growers to increase season/range) Kensonsfarm.co.uk	Stall, Thursday Market also Salisbury (Tue/Sat) & from farm shop, The Veg Shed, Wed /Fri
Locally grown microgreens & soft fruit. Other seasonal fruit, salad & vegetables	Hare's Microgreens, Shaftesbury; Strawberries, Sherborne; some other local, rest via Spitalfields Market.	Nick at Harvest Hill, corner Mustons Lane & High Street (Nick is also a wholesaler supplying local eateries, care-homes & more.)

Plant sources of protein recommended for many of us include pulses (lentils & chickpeas), beans, grains and nuts, whether fresh, canned, dried or frozen. Hodmedod is a company working with British farmers to increase the supply of British pulses, grains and seeds. Holland & Barratt, including at 11 High Street, sell some of their dried produce.

Visit & buy direct from local area growers

Gold Hill Organics, Child Okeford DT11 8HB, sell homegrown veg alongside local cheese, meats, milk, bread & other groceries. Great café too. goldhillorganics.co.uk

Primrose Organic Produce, Marnhull DT10 1HN. Lymburghs Farm is managed regeneratively and onsite farm shop sells organic home-produced fresh no-dig vegetables, fruit and flowers, eggs, pasture-fed Red Ruby Devon beef and Dorset mutton. primroseorganic.co.uk

Tokes Farm, Semley SP7 9BP. No-dig market garden, organically reared livestock and educational activities. Farm shop Fri 9am - 2pm offers veg, seasonal meat and fruit, organic refills and more. tokesfarm.org

Want to grow your own?

To rent an allotment: Shaftesbury Town Council oversees four allotment sites: to join a waiting list contact: 01747 852420 email office@shaftesbury-tc.gov.uk. There are two additional allotment sites: for Enmore Green the administrator is Jackie Hartung 07870 919522; for Bimport contact the Wrightson Allotments Trust email info@wrightsonallotments.org; 01747 853349.

Shaftesbury Homegrown, off Breach Lane SP7 8LF, is our community farm where volunteers grow fruit & veg and keep chickens (for eggs) and bees (mainly for pollination). No artificial fertilisers or chemicals, 'no dig' where practicable. To arrange a visit or enquire about joining in, call Helen 07789 845498. planetshaftesbury.org/homegrown

Growing wellbeing: Shaftesbury Abbey's walled garden has a medieval-inspired herb and fruit tree collection maintained by volunteers. To join in call 01747 852910 or email office@shaftesburyabbey.org.uk

REDUCE FOOD WASTE

Open Fridge Shaftesbury is a community fridge project managed by Open House. Food donated by the community is accessible to anyone who can use it. Visit their container in the car park of Father's House church in Christy's Lane, limiting what you take to one carrier bag per person. Leave a note of what you've taken in the book (no personal details required). See more online at openhouseshaftesbury.co.uk/openfridge Open M/W/F 10-11.30am and M/F 2-3.30pm.

Shaftesbury Fareshare Friday Pop-Up Larder redistributes good quality surplus food from across the food industry at Shaftesbury Primary School, Wincombe Lane. How can it be surplus? Could be in the wrong packaging or part of a seasonal glut. How can you get some? It's open to all. Join (free) and pay per visit according to household size, £2.50 / £3.50 / £5.00 per week for households of 1/2/3+ people. For that you get a box with fresh, chilled and store cupboard foods - enough for 3 meals per person per week and often a lot more. No choice, but customers make swaps with others and after seeing what's in their box they can 'top up' elsewhere. Every Friday, 9-9.45am.



This guide includes contributions by people and groups from across the town and Planet Shaftesbury's environmental network. Summer 2024.

