

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.



This guide includes contributions by people and groups from across the town and Planet Shaftesbury's environmental network (planetshaftesbury.org) and has been produced with encouragement from the Feeding Dorset Partnership and support from Shaftesbury Town Council. Spring 2026.

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-ranging 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 and is also online, including a map, planetshaftesbury.org/eatwell.

EGGS & DAIRY

BV Dairy, based in Shaftesbury, is part of First Milk, the regenerative farmer-owned co-operative. It produces dairy products for the manufacturing, food service and hospitality sectors using milk from regeneratively managed dairy herds.

Local cheesemakers using milk from the area's dairy herds include The Book & Bucket, Wimborne; Woodbridge Farm (Dorset Blue Vinny), Sturminster Newton; Open Air Dairy, Littlebredy; Godminster, Bruton; Montgomery, North Cadbury; Somerset Brie, Cricket St Thomas; White Lake Cheeses, Shepton Mallet.

Produce	Local producer	Outlet
Milk (incl. refill option), butter, double cream	Meggy Moo, Shroton; Crook & Churn, Blandford	The Shaftesbury Deli, 37 High Street
Large variety of local cheeses	Some supplied through locally-based cheese wholesalers, others from the cheesemaker	
Free range eggs	R Jeans (as below)	
Regional cheeses & accompaniments	Some local as above - also selected producers from further afield	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
Free range eggs	R Jeans, Donhead St Andrew	Country Market, Town Hall, Thursday morning, & some independent shops

BREAD & SAVOURIES

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 – now converted to generate electricity 24/7 - 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. They also offer a non-commodity population wheat flour called True South West in both wholemeal and white flour. By paying the farmer what they say they need to make growing these alternative grains sustainable, Stoate's production of this flour is supporting the local farming industry. See more, including details of mid-May Open Day, at stoatesflour.co.uk

Produce	Local producer	Outlet
Artisan, organic, ancient grains bread	Bakerinabeanie, bakes from home in Batcombe (nr. Bruton) using Stoate's flours	Stall outside Town Hall during monthly Farmers Market, First Saturday
Traditional breads incl. sourdough, savoury pastries, 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	Reeve Bakery, Wilton local ingredients where possible, see reevethetbaker.co.uk	Reeve the Baker, 16b High Street
Craft breads, Gluten free quiches, pies, sausage rolls	Panary Bread, Cann Mills, Shaftesbury (also run craft baking courses); Taylors, Bruton; Grumpies Kitchen, Devon; Little Jack's, Somerset	The Shaftesbury Deli, 37 High Street
Sourdough starter, pizza balls, range of sourdough loaves	Gold Hill Bread, Shaftesbury Craft-baked to order Tuesday & Saturday by 10am	Micro bakery at Ye Olde Two Brewers pub, 24 St James's Street
Artisan breads, savoury pastries	At The Chapel bakery, Bruton shop.atthechapel.co.uk	Pop Up Bakery in The Grosvenor Arms, 7a High St. Mon, Thurs & Sat morning
Range of savouries incl. vegetarian & some Syrian specialities	Homemade by various locals, incl. by Samar Massoud	Country Market, Town Hall, Thursday morning

Want a taste of our area's local convenience stores?

Southern Co-op run the convenience store east of the town centre, on Beaufoy Close, SP7 8PT. The 'Local Flavours' range promotes local food producers and the rural economy, and the shop is also a source of Fairtrade produce.

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. Tel: 01747 828227 Ludwellstores.co.uk

Motcombe Community Shop, SP7 9PF, is a friendly village hub that provides fresh, quality food from local suppliers at competitive prices. Tel: 01747 859822

Semley Village Stores, SP7 9AU, also run by villagers, aims to provide locals with the best of Dorset, Somerset & Wiltshire produce. Tel: 01747 830832 Semlevillagestores.co.uk

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 far right)	
Trout terrine, smoked trout, roulades, freshly canned Dorset seafood	Mere Trout (as below); Sea Sisters Conservas	The Shaftesbury Deli, 37 High Street
Wide range charcuterie, cooked ham, pastrami, wild venison	The Real Cure, Dorset; Cornish Charcuterie; Wessex Country Gammons, Wimborne; Dorset Game Larder	
Pork and some vegan products, plus organic chicken 1st Thurs monthly	Farm Girl Sausages, Forest Edge Farm, Holt, nr Wimborne	Stall, Thursday Market & by order farmgirlsausages@gmail.com
Organic chicken, pork, sausages, lamb & also Christmas geese & turkeys	Angel Cottage Organics, Haddon Copse Farm, Fifehead Neville	Monthly stall (3rd week) Thursday Market & by order 07810 628504
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 <i>Find additional stalls on a seasonal basis.</i>
Fresh and smoked trout, trout terrine	Mere Trout farm, meretrout.com	
Ready meals incl. meat, fish, veggie & gluten free traditional pies & quiches	Simply Cooking, Shop in Unit 8 Spirehill Farm, Stalbridge (open 9-4 not Weds, use local ingredients)	
Crab and lobster, line caught bass	Dorset Shellfish, see sustainability info. dorset-shellfish.co.uk	Stall outside Town Hall during monthly Farmers Market

T Buttlings, 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. tbuttlingsbutchers.co.uk

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.



FRUIT & VEGETABLES

Produce	Local producer	Outlet
Organically grown veg in season include carrots, onions, kale, peas, beans, chard, potatoes, cauliflower, broccoli, tomatoes, squash, salad leaves. Also fruit & flowers	Kensons Farm, Sutton Mandeville Kensonsfarm.co.uk <i>Sometimes exchange produce with other organic growers to increase season/range</i>	Stall, Thursday Market also Salisbury (Tue/Sat) & from farm shop, The Veg Shed, Wed /Fri
Soft fruit & asparagus. Other local seasonal fruit, salads & veg; some additional fruit & veg from further afield	New Forest Fruit Company, Hampshire; Paget's - commercial growers, Devizes; rest sourced by Nick's weekly trip to Spitalfields Market.	Harvest Hill, 8 Bell Street <i>Nick Else is also a wholesaler supplying local eateries, care homes & more</i>
Good range of homegrown veg in season – esp. summer	Various local	Country market, Town Hall, Thursday morning

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 an award-winning company working with British farmers to increase the supply of British beans, peas and quinoa. Holland & Barratt, including at 11 High Street, sell some of their dried produce.

Want to get closer to the source of your food? Visit & buy direct from local area growers, or grow your own

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

Primrose Organic Produce, Marnhull DT10 1HN. Lymburghs Farm is managed regeneratively with onsite farm shop and café, Thurs 2-6pm, Fri/Sat 10-4pm. Sell organic home-produced fresh no-dig vegetables, fruit and flowers, eggs, pasture-fed Red Ruby Devon beef and Dorset mutton. Also promote other local food producers and some premium dry goods. Get 5% discount if you walk, cycle or come on a horse! 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

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 flowers, and keep hens (for eggs). No artificial fertilisers or chemicals, no-dig where practicable. Volunteers are considering how the farm can play a larger part in this community over the coming years. To arrange a visit or enquire about joining in, call Helen 07789 845498. planetshaftesbury.org/homegrown

STORE CUPBOARD INGREDIENTS

Produce	Local producer	Outlet
Jams, honey	Various local	Country Market, Town Hall, Thursday morning
Flours	Stoate's, Cann Mills, Shaftesbury	The Shaftesbury Deli, 37 High Street <i>Alex & Niki have owned the business since the end of 2024. They say: Our mission is simple: back local producers, keep food miles low, like making sure the only air miles in our honey come from the bees themselves.</i>
Rolled oats, cereals, herbs & spices	Wilton Wholefoods, Wiltshire	
Olives, dressings, sauces, tomato pestos	Olives et Al, Sturminster Newton-based importers; Isle of Wight Tomatoes (iowtomatoes.co.uk)	
Dorset honey (with honeycomb option), jams, chutneys & condiments, sea salts	Apiaries in Iwerne Minster & Donhead St Mary; Dorset With Love, Blandford; Tracklements, Wiltshire; Cherry Tree, Somerset; Dorset Sea Salt Co, Portland	
Various crackers, cheese biscuits, crispbreads	The Fine Cheese Co, Bath; Peters Yard, Shropshire	
Spices, herbs, global condiments, Bold Beans & other pulses, pasta, preserves	Carefully selected importers include several 'B Corps' & Great Taste Award winner thekitchentabledorset.co.uk	The Kitchen Table, 1a Bell Street

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 Their medical herbalist, Julie Wood, offers workshops on plant remedies for health and healing throughout the season, www.wildhealinggarden.co.uk

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.

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 Food Festival, early May Bank Holiday weekend, is (from 2026) run by the Chamber and volunteers. Find regional food and drink stalls stretching from High Street to Park Walk, chef demonstrations, local entertainment and the world-famous Gold Hill Cheese Run. Shaftesbury-food-festival.co.uk

FORAGING AND FOOD FOR ALL

Shaftesbury Orchard Town is about developing an orchard which weaves around and up, over the whole of Shaftesbury and all its neighbourhoods; a continuous tapestry of edible trees on street corners, public open spaces, in schools, churches, private gardens, workplaces; large collections, small groups, individuals and hedges. Shaftesbury Orchard Town is at the wildlife-friendly intersection of future food security, community, culture, social connection, knowledge and skill sharing, and conservation. We plant, grow, support, advise, advocate. Across generations, beyond creed or status, we're Shastonians, incomers, the naturalised, the mainstream and the marginalised. All are welcome.

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 and this reduces food waste. 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. See more online at openhouseshaftesbury.co.uk/openfridge
Open M/W/F 10-11.30am; M/F 2-3.30pm; & Sat 10.30-11.30am.

Feeding Dorset Partnership (feedingdorset@helpandkindness.co.uk) promotes collaboration across interested people, great local projects & food businesses.

Printed by Blackmore Limited, Longmead, Shaftesbury, Dorset SP7 8PX