

Sustainable Food Guide

Northern Ireland



Contents

-  ***Introduction***
-  ***Farmers Markets***
-  ***Farm Shops***
-  ***Organic Produce***
-  ***Organic Box Schemes***
-  ***Community Gardens & Allotments***
-  ***Training & Advice***
-  ***Map & Index Key***

Know of someone we've missed?

If we have missed anyone, please let us know so we can include them in the next edition.

Where a supplier provides more than one service, this is indicated by a square of the appropriate colour.



For a directory of local producers and a calendar of seasonal produce, see www.ufuni.org

Food is one of the biggest components of our ecological footprint. Growing, processing, transporting, packaging and disposal of waste account for one third of all consumption related greenhouse gas emissions in the UK. While Northern Ireland has a 'three planet' lifestyle, the UK has a 'six planet' food system. 95% of all food production is oil dependent, and with the rocketing price of oil the era of 'cheap food' is past. New attitudes, behaviours and pricing mechanisms are already developing and will continue to evolve in response to this new reality. Public health considerations, and the increasing problem of obesity, also have major implications on the way our diet needs to change. We must move beyond making decisions solely

on the basis of price, or even just on the basis of price and health, to bring in considerations on how the food has been produced and the ecological costs associated with it. The many conflicting considerations in selecting our food mean shopping is not a simple exercise, and consumers need the guidance of government and the support of retailers to be able to make informed decisions.

This directory provides information on places where you can obtain food from suppliers who are addressing some of these issues. There are no simple rules as to what is 'the best' – but tending to buy local, seasonal and organic food will have local economic, health and environmental



benefits. When you are buying from abroad, Fair Trade products provide assurances that those involved in growing and processing are receiving a fair wage and have decent working conditions. Independent certification schemes, such as The Marine Stewardship Councils' Fisheries Certification Programme, provide independent verification that certain sustainability criteria are met.

Food packaging can be a major contributor to the overall 'footprint' of food and is a major component of our household waste. Choosing products with no or minimal packaging is best, but those with compostable or reusable packaging can also help reduce your footprint. Incredibly,

almost one third of the food we purchase in the UK is wasted and most of this goes to landfill, where it produces harmful greenhouse gasses. Most of this waste could have been avoided through better management and much of the rest could have alternative uses (for example anaerobic digestion to produce energy). Food waste costs on average over £400 per household every year. As both the price and value of food increases, our level of wastage will become increasingly untenable.

We hope you find this Directory useful. Many of the providers fit in several categories but we have put each in a single category and provided a cross-referencing system on the listing and in the index.



Food Waste

Almost one third of the food we buy is wasted and supermarkets in the UK have to throw out up to 100,000 tonnes of food past its 'sell by date' each day, to a value of £2.3 billion each year. The average British household pays £420 per year on avoidable food waste.

Much of the packaging used for food is currently non-recyclable in Northern Ireland, and goes directly to landfill sites. When food shopping, it is important to minimise wastage.

- ❖ Only buy the food you need.
- ❖ Minimise the packaging waste – buy products without excess packaging.
- ❖ Take your own bags.
- ❖ Buy fresh, local produce without packaging.
- ❖ Compost any food waste you produce at home.

These simple steps will make a big difference if we all make them part of our routine. We, as consumers, can influence what supermarkets supply and it is up to us to ensure that they offer us the choices we truly want.



Healthy Eating

Food is essential for life - but our modern diet is often doing both us and our environment harm. A healthy diet can also be more sustainable. Your food should:

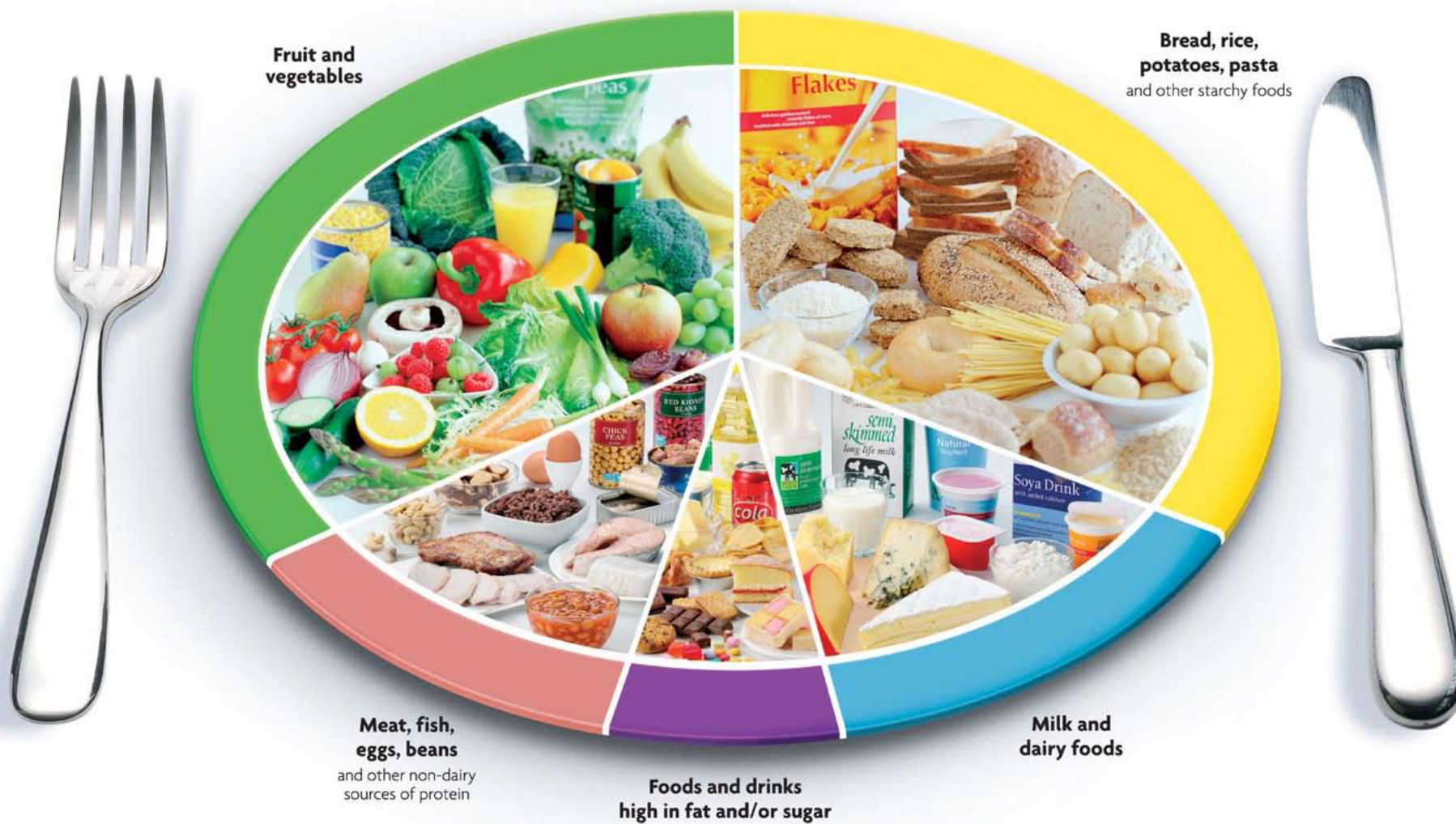
- ❖ be wholesome,
- ❖ contain minimal sugar, fat and salt,
- ❖ be balanced,
- ❖ include a full range of vitamins and minerals,
- ❖ have a high fibre content,
- ❖ not exceed your nutritional needs.

Eating more fruit and vegetables and less meat could reduce your food footprint by up to 40%. Meat and dairy products have much higher ecological costs per calorie than fruit and vegetables, as well as being major contributors to cardiovascular disease. Reducing the amounts of these in your diet can have dramatic health and environmental benefits. But how animals are reared is also relevant - the carbon footprint of Northern Ireland beef reared on grass is only one third that of beef raised on grain.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Organic Food

Organic food is grown without using fertilisers and pesticides. The largest single component of the ecological footprint of most food is the chemical inputs used in its production.

Organic production:

- ❖ consumes up to 20% less fossil fuel than conventional farming,
- ❖ reduces the threat of contamination of watersheds and drinking water,
- ❖ usually supports higher levels of wildlife,
- ❖ improves the quality of soil,
- ❖ provides other environmental benefits.

Eating organic foods may also provide health benefits, plus the flavour is often better. Most supermarkets and shops supply some organic products:

- ❖ start by switching to a few organic products - it makes a real difference,
- ❖ there is an organic version of almost every food you can think of, from coffee to baked beans, pizzas to eggs,
- ❖ purchase local organic produce where possible to reduce food miles associated with imported organic foods.



Locally Produced Foods

Large quantities of food are moved between countries. Often our export levels are similar to our import levels. For example, in the UK we import up to 17,200t of chocolate covered waffles each year, yet at the same time we export over 17,600t.

- ❖ For many foods, more energy is used in packaging or transport than is actually gained from the food itself.
- ❖ Air freighting fresh produce has more than trebled in the past 20 years.
- ❖ Although we could meet over 70% of our eating needs locally, half of the food consumed in the UK is imported.

- ❖ Since 1995 self-sufficiency in all foods has decreased by 21.2%.
- ❖ Each tonne of strawberries we fly in to the UK releases more than 4.5 tonnes of CO₂—the principal cause of climate change. The same amount of strawberries produced and delivered locally in season will release just 17 kg of CO₂ - one 300th of that amount.
- ❖ Buy local produce where possible from your nearest farmers market. This will help to support local jobs and create a sense of local community.



Seasonal Produce

Local seasonal food:

- ❖ is fresher and tends to be tastier and more nutritious,
- ❖ requires less energy (and associated CO₂ emissions) in production and transport,
- ❖ may be less expensive as transport costs are avoided,
- ❖ supports the local economy,
- ❖ helps us reconnect with nature's cycles.

Consider the total carbon and environmental cost of production and transport - the amount of energy and water used to grow the food as well as transport it. It can be more efficient to transport seasonal food than to grow it in heated greenhouses locally.

Seasons can be extended through using greenhouses; this is especially beneficial if they are heated using waste heat from electricity production.



Fairtrade

The FAIRTRADE Mark is a consumer label which is an independent guarantee that producers in the developing world are getting a better deal.

Fairtrade promotes:

- ❖ social equity,
- ❖ justice,
- ❖ local economic development,
- ❖ fair prices for people's labour.



Buying FAIRTRADE Certified TM products encourages environmentally friendly cultivation, which protects land, wildlife, and human communities.

Small scale farms use land more efficiently and use fewer agrochemicals. Small scale coffee farms host a rich array of wildlife.

Today, Fairtrade sales in the UK are growing rapidly and the accent is on quality.



Castlewellan Farmers' Market (7)

The Castlewellan Farmers' Market started in July 2006 and now has 10 to 12 regular stalls selling bread, fruit juice, jams, rare breed pork and beef, organic chicken, locally produced fruits, organic fruit and veg, soups, plants, and cheese. The produce comes primarily from a 30 mile radius of Castlewellan, is of the highest quality and is available at good prices. You can even talk directly to the person who grew, reared, smoked or caught the food. The market is held every 1st and 3rd Saturday from 10.00am to 1.00pm.

Market Site: Upper Square, Castlewellan.

Facilities: Toilets and car parking. Some markets will be themed, for example Halloween and Christmas, and will have extra activities related to the theme.

Tel: 028 4377 8655

Email: tara@secondnature.ie

Web: www.castlewellan.fm

Causeway Speciality Market (8)



This is the largest regular outdoor market in Northern Ireland boasting a wide variety of stalls including fabulous cheeses, home baked speciality breads, olives, spices, coffees, organic meats, fruits and vegetables from all over the world and a superb range of quality crafts including handmade jewellery, wood crafts, candles and soaps.

Open: Second Saturday of every month from 9 am - 2.30pm.

Market site: Old Town Hall, The Diamond, Town Centre, Coleraine.

Facilities: Close to public toilets, shops and parking.

Tel: 07914670539

Email: neilcree@btinternet.com

Web: www.colerainebc.gov.uk

Coleman's Garden Centre Farmer's Market (10)



A small group of approximately 10 local food producers stage this market in the unusual setting at one of the province's top garden centers, Coleman's. It takes place on the last Sunday of every month, providing organic fruit, vegetables and meat, home baked ham and roast beef, specialist sausages, award winning bakery, soups, chutneys, meringues and a bagpipe busker!

Market Site: 6 Old Ballyclare Road.

Contact: Mr. Fry, Templepatrick, County Antrim BT39 OBJ.

Facilities: Parking, toilets, coffee shop, live entertainment.

Tel: 028 9443 2513

Email: sales@colemansgardencentre.co.uk

St. George's Food Market (44)

Enjoy the tastes and smells of food brought by local producers, including beef from Limavady, venison, pheasant in season and local organic vegetables from Culdrum Farm. In addition to these local delicacies, there is also a fusion of tempting continental and speciality foods from around the world.

Open Friday and Saturday year round, a free market shuttle-bus departs from St George's Market every 30 minutes from 8am to 1.28pm on Fridays and 9am to 3.28pm on Saturdays making a total of 10 stops.

Market site: St. George's Market, Oxford Street, Belfast. BT1 3NZ.

Facilities: Live music, face-painting, toilets, restaurant, telephone facilities.

Tel: 028 9032 0202

Email: marketsa@belfastcity.gov.uk

Web: www.belfastcity.gov.uk/stgeorgesmarket

Strabane Farmer's Food and Craft Market (45)



The Strabane Farmer's Market occurs on the last Saturday of every month from 10am to 2pm. The market has more than 25 stalls of local fresh produce, including fresh vegetables, meat, home cooked foods, breads, tray bakes and speciality foods with live traditional music also part of the monthly event.

Market site: Score Site, Dock Street, Strabane (Canal Basin).

Facilities: Live traditional music, face painting, local and specialised produce, easy parking, toilets nearby and seated area.

Tel: 028 7188 0680

Email: strabanefarmersforum@yahoo.co.uk

Tyrone Farmers' Market (49)



The Tyrone Farmers' Market is the first local market in Northern Ireland to be recognised for its excellence in customer care. Stall holders completed a "Welcome to Excellence" customer care training program. The market takes place on 1st Saturday of the month at Tesco's car park, Dungannon and 3rd Saturday of the month at Curley's car park, Oaks Centre, Dungannon. The market hosts vegetable stalls (some organic), bakery goods, pork, beef and lamb (farm quality), jam and even some craft goods over approximately 15 stalls.

Market site: Tesco's car park and Curley's car park, Dungannon.

Facilities: parking, live music, face painting occasionally.

Tel: 07788925213 / 028 3752 3752

Email: info@tyronefarmersmarket.com

Web: www.flavourofityrone.com

Walled City Market (52)



The Walled City Market takes place in Guildhall Square Derry on the first Saturday of every month. The market's open from 9am until 4pm, offering a wide range of variety stalls and specialty shops.



Market Site: Guildhall Square, Derry.

Facilities: Access to local shops and restaurant.

Tel: 028 7137 6506

Email: terence.okane@derrycity.gov.uk

Web: www.derrycity.gov.uk



Ballylagan Organic Farm (3)



Ballylagan Farm sells a variety of organic fruit and vegetables, meat and eggs, including their own home-grown seasonal produce. Also on sale are varieties of cheese, salamis, pasta, ice cream, dried fruit and a range of groceries, organically certified soaps, shampoos and cosmetics.

Shop opening hours:

Wednesday - 9.30am to 5pm

Thursday - 9.30am to 6.30pm

Friday - 9.30am to 6.30pm

Saturday - 9.30am to 5pm

Contact: 12 Ballylagan Road, Straid, Ballyclare, Co. Antrim BT39 9NF.

Tel: 028 9332 2867

Fax: 028 9332 2129

Email: info@ballylagan.com

Web: www.ballylagan.com

Camowen Green Organic Farm Shop (5)



Homegrown organic potatoes and vegetables, fruit, meat, dairy and grocery products.

Open: Monday, Tuesday, Thursday, Friday and Saturday 9am-6pm.

Deliveries: Omagh area.

Contact: Camowen Green Organic Farm, 42 Camowen Road, Omagh BT79 0HA.

Tel: 028 8224 2171

Email: greenkee@talk21.com



Churchtown Farm Organic Produce Ltd (9)



Churchtown Organic Farm Produce is an organic farm shop specialising in organic beef and lamb. Using traditional breeds of cattle and sheep and traditional butchery techniques, Churchtown Farm has earned a good reputation for high quality succulent meat, which has been recommended by The Bridgestone Food Lover's Guide to Northern Ireland as being "fantastic". Winners of a Bronze Award in the 2007 Taste of Britain Awards for "absolutely divine meat".

The shop also sells a wide range of local and organic produce including fruit and vegetables, gluten free foods, jams, biscuits, beverages, dairy products, pasta sauces and much more!

Open: Thursday, Friday and Saturday 9am-6pm.

Deliveries: Greater Belfast area, Co. Down, Glengormley and Mallusk.

Contact: Churchtown Farm, 30 Churchtown Road, Strangford BT30 7AT.

Tel: 028 4488 1128 / 07816141223

Email: sales@churchtownfarmorganicproduce.com

Web: www.churchtownfarmorganicproduce.com

Fresh Fields (18)



At Fresh Fields you will find fresh organic, predominantly local and ethical foods. We have a large range of speciality ethnic foods - Thai Gold, Govenders Indian Chutneys and Del Gusto. Our butchery department offers some of the finest products around – we cure our own pork on-site, our beef is from our farm at Narrow Water and all of our poultry and fowl are free range. Only 5 minutes from Newry.

Open: Monday to Saturday 9am to 6pm and Sunday 1pm to 6pm.

Contact: 55 Newry Road, Warrenpoint BT34 3LD.

Tel: 028 4175 2520

Mob: 07711857389

Email: info@freshfieldsfarmshop.eu

Web: www.freshfieldsfarmshop.eu



Kilcreggan Urban Farm (22)



Opened in 1998 next to Kilcreggan Homes, Kilcreggan Urban Farm (KUF) provides a beautiful, tranquil space for visitors and is a source of organically produced fresh eggs, vegetables and herbs. With rare breed pigs and poultry, pygmy goats and small animals on site, KUF is a wonderful experience for children and adults alike.

Facilities: Toilets, disabled access, own organically produced fruit and vegetables and eggs for sale on site.

Open: Daily 10.30am-6.30pm.

Tel: 028 9336 4294

Contact: Elizabeth Avenue, Carrickfergus BT38 7UY.

Email: pauline@kilcreggan.org.uk

McKee's Produce (25)

If you are looking for healthy, succulent cuts of meat, then look no further. McKee's stock is fed on a totally natural grain diet, which excludes harmful hormones and growth promoters. Meat is matured for the correct traditional hanging times to allow the meat to mature and become tender and full of flavour. McKee's offers a range of meats including beef, poultry, pork, and lamb. Or for something a bit different, why not try the venison steak, duck fillets or wild boar roasts. With sumptuous fresh fruit and vegetables eating healthy has never tasted so good.

Facilities: Restaurant and toilets.

Open: Monday-Saturday 8.30am-5.30pm.

Deliveries: Free to Newtownards, Holywood, and Dundonald on orders over £20.

Contact: 28 Holywood Road, Newtownards BT23 4TQ.

Tel: 028 9182 1304

Web: www.mckeesproduce.com
(online ordering)

Mill View Farm (26)



Farm shop sales – soft fruit, vegetables, potatoes, eggs.

Contact: 33 Ballydrain Road, Comber, BT23 5SS.

Tel: 028 9187 2337



Mulkeeragh (27)



Good selection of fresh fruit and vegetables, free range eggs, home made jams, fresh flowers and its own locally grown potatoes.

Open: Monday-Saturday 9am-6pm.

Deliveries: Dungiven area.

Contact: 120 Main Street, Dungiven, Londonderry BT47 4LG.

Tel: 028 7774 2206



Pheasants' Hill Farm (38)



We grow fruit using natural methods and breed traditional farm animals. We rear and breed organically fed and free range traditional breed hens and produce our own eggs and table birds. Our animals are reared naturally without the use of chemicals, hormones or antibiotics and are totally free range. We produce rare breed meat, old fashioned dry cured hams and bacon and additive free sausages which we serve to our guests at the breakfast table as well as selling from our farm shops.

Open: Monday-Saturday 9am-6pm.

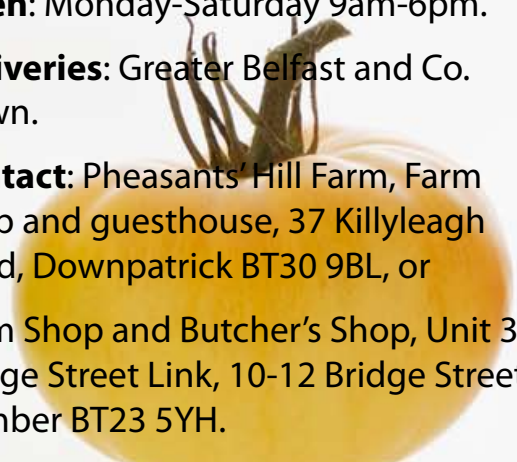
Deliveries: Greater Belfast and Co. Down.

Contact: Pheasants' Hill Farm, Farm shop and guesthouse, 37 Killyleagh Road, Downpatrick BT30 9BL, or Farm Shop and Butcher's Shop, Unit 3 Bridge Street Link, 10-12 Bridge Street, Comber BT23 5YH.

Tel: 028 4483 8707 / 028 9187 8470

Email: info@pheasanthill.com

Web: www.pheasanthill.com



Camphill - Hollywood - Organic Foods (6)

Set in the lovely town of Hollywood on the shores of the Belfast Lough, Camphill Hollywood operates an organic bakery, café and general food store. The bakery produces organic breads and sweets of various kinds which are particularly popular with gluten-free and dairy-free customers. We are a well-known name throughout the province for special organic dietary breads, as well as the ordinary brown and white loaves.

Contact: Camphill Hollywood,
8 Shore Road Hollywood Co. Down
BT18 9HX.

Tel: 028 9042 3203 (shop hours)

Tel: 028 9039 3764 (after shop hours)

Fax: 028 9039 7818

Email: camphillhollywood@btconnect.com

Web: www.camphillhollywood.co.uk

Dundermotte Farmhouse Ice-Cream (14)



Produces uniquely different luxury tastes which are locally produced from the best natural ingredients. Dundermotte has over 400 recipes and 100 flavours of ice-cream. All ice-cream is manufactured on the farm to the highest environmental and hygienic standards, using organic milk and cream from our own dairy herd.

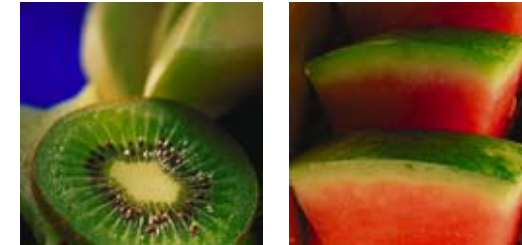
Contact: Dundermotte Farmhouse
Ice-cream, 30 Station Road, Glarryford,
Ballymena BT44 9RA.

Tel: 07720464669

Email: info@dundermotte.co.uk

Web: www.dundermotte.co.uk

Farlow's Fruit Centre (16)



Farlow's Fruit Centre has been in business for over 35 years. It delivers its organic fruit and vegetables to shops, hotels, restaurants and other local businesses.

Contact: 4 Brook Street, Coleraine,
BT52 1PW.

Tel: 028 7034 3129



Farmlay Eggs (17)

Farmlay Eggs is a leading independent force in the egg production, packaging and processing marketplace. The company has an 80-year history of quality and experience and services a wide range of retail and food manufacturing customers throughout Great Britain and Ireland. Our free-range hens roam pastures that are free of harmful chemicals and pesticides and each is fed a wholesome, GM free nutrient enriched diet.

Contact: R. Thompson & Son (Armagh) Ltd. Egg Producers, Packers and Processors 58A Hamiltonsbawn Road Armagh. Northern Ireland BT60 1HW.

Phone: 028 3752 2707

Fax: 028 3752 7987

Email: mail@farmlayeggs.co.uk

Web: www.farmlayeggs.co.uk

Irish Seed Saver Association

(20)

The ISSA is a voluntary organisation dedicated to the location and preservation of traditional varieties of fruit and vegetables. It maintains a seed bank which distributes seed of these non-commercially available vegetables to members so that they can learn to save them and in this way ensure a living agricultural legacy. It also maintains a network of heritage potatoes.

A primary goal of the ISSA is to bring Ireland's cultural and genetic heritage into the hands of ordinary people. One of the unique aspects of seed saving networks, which exist all over the world, is the opportunity to share in the responsibility and joy of conserving the planet's diminishing genetic resources in a real and practical manner.

Contact: ISSA, Capparoe, Scariff, Co. Clare, Ireland.

Tel: 00 353 61 921 866 / 921 856

Email: info@irishseedsavers.ie

Web: www.irishseedsavers.ie

Linwoods (23)

Combining traditional qualities and modern technology, Linwoods has been a household name in Northern Ireland, supplying bread and milk to convenient stores, symbol groups and independent retailers for nearly a quarter of a century. Our products include 800g bread, bakery and confectionery lines and a full range of milk products. Linwoods now has a range of health foods available - these include Flaxseed Bread and 5 Seed Bread baked in our bakery and available in Northern Ireland. Organic Milled Flaxseed, Goji Berries and a new range of Organic Mixed Seeds are also available in Health Food Stores & Chemists throughout the UK, Ireland and online.

Contact: John Woods (L) Ltd. 190 Monaghan Road, Armagh BT60 4EZ Northern Ireland.

Tel: 028 3756 8477

Fax: 028 3756 8865

Email: info@linwoods.co.uk or flax@linwoods.co.uk

Web: www.linwoods.co.uk

Lurganconary Organic Farms (24)



At Lurganconary Farms our conversion to organic includes the ongoing research to achieve top quality, naturally produced vegetables, fruit and herbs.

By growing our produce in chemical-free soil, we limit your exposure to harmful levels of toxins and ensure the highest quality natural produce available.

Contact: 15 Lurganconary Road, Kilkeel BT34 4LL.

Tel: 028 3025 4595

Email: gardens@docgarran.com

Web: www.lurganconaryfarms.com

Mullan's Organic Farm (29)

Mullan's Organic Farm is a family run business, which has been in operation since 1992. It is situated on Keady Mountain, part of the Sperrins, three miles outside Limavady town in an area of outstanding natural beauty. The land overlooks Lough Foyle, Donegal and the Sperrins.

The farm has operated under full organic status since December 2000 with a traditional beef and sheep hill farm. In 2001, the farm diversified into organic egg production with direct sales at St. George's Farmers Market in Belfast, farm gate and several small retailers. Market demand led to chicken & lamb sales in addition to a seasonal demand for turkeys, ducks and geese.

Contact: 84 Ringsend Road, Limavady BT49 0QJ.

Tel: 028 7776 4940 / 07730065111

Email: info@mullansorganicfarm.com

Web: www.mullansorganicfarm.com

Northern Salmon Co Ltd (33)



Northern Salmon Co Ltd is the sole producer of "Glenarm" Organic Salmon. The fully integrated operation encompasses a fresh water hatchery and 2 sea sites at Glenarm Co. Antrim on the Irish Sea Coastline. Glenarm Salmon is supplied worldwide and is renowned for its outstanding quality derived from clean water, unusually strong tides and natural rearing. Northern Salmon uses no chemicals or antibiotics and has full organic status certified by the Organic Food Federation.

Contact: Mr. Richard McCrea, General Manager, Castle Lane, Glenarm, Co. Antrim BT44 0BQ.

Tel: 028 2884 1691

Fax: 028 2884 1637

Email: northern.salmon@btclick.com

Orchard Organics (34)

Orchard Organics is a family-run business, based in Co. Armagh. Orchard Organics is run by the McArdle Family has been certified by the Soil Association from the year 2000 and offers a large selection of organic products. It supplies different markets throughout Ireland and Great Britain and operates from a pack house and offices located in County Armagh. It had been operating for over 30 years as mushroom growers. In recent years it began to realise the demand for all things 'Organic' and as a result, diversified its product range to include; fresh organic meat, fruit & vegetables, organic hampers and box schemes, all delivered right to your door.

Orchard Organics will deliver the items ordered either by next day couriers or by its own vehicles depending on the area. Delivery within Northern Ireland ranges from £2 - £4 and delivery within the Republic of Ireland is £7 and delivery elsewhere throughout the UK is £25.



Contact: Knockaconey, Allistragh, County Armagh BT61 8DT.

Tel: 028 3889 1506

Fax: 028 3889 1529

Email: info@orchardorganics.com

Web: www.orchardorganics.com



Select (40)



Organic fruit and vegetables.

Contact: 3 Railway Place, Coleraine, BT52 1PQ.

Tel: 028 7032 7600

Skea Egg Farms Ltd (NI) (41)



Skea brand organic eggs are available in Newell Stores (Cookstown & Dungannon) and Mr. Longs (Londonderry).

They also provide own brand organic eggs in Tesco, Sainsbury's, Marks & Spencer, Asda and Co-op.

Contact: 146 Pomeroy Road, Donaghmore, Dungannon, Co Tyrone BT70 2TY.

Tel: 028 8776 1252

Fax: 028 8776 7049

Email: info@skeaeggs.com

The Secret Garden (48)

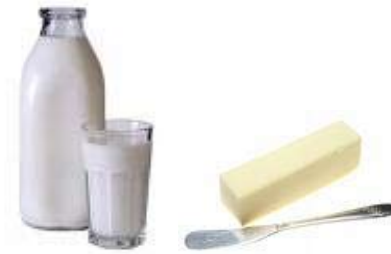
A five acre walled garden where plants and vegetables are grown. Trained staff provide a local landscaping service. Vegetables are sold to some of the top restaurants in Northern Ireland. The garden features a bee keeping facility and there are a number of nature aspects - pond, wildlife etc.

Contact: 22 Moira Road, Hillsborough, Co Down BT26 6DU.

Tel: 028 9268 8886

Fax: 028 9268 8886

United Irish Organics (NI) (50)



Dale Farm's fresh organic milk and "Organic Life" milk in Tesco, Sainsbury's, Marks & Spencer in Northern Ireland is produced by United Irish Organics. They also produce butter, cream and cheese from cows reared and maintained in accordance with organic standards.

Contact: 189 Castleroe Road, Coleraine BT51 3RP.

Tel: 028 7086 8733



Burrenwood Produce (4)

At the northern foot of the Mourne Mountains - midway between Tollymore and Castlewellan forest parks - Burrenwood Produce is an organic vegetable farm, growing all sorts of food on twelve acres for weekly delivery to over a hundred households, and for free to our guests! Situated between the Irish Sea and two scenic lakes, the Burren River flows by these five fields...next to a 60 acre woodland.

Facilities: Accommodation

Number of Home Deliveries: 200

Cost: £7-£15

Contact: 38 Burrenbridge Road, Castlewellan, Co. Down BT31 9HT.

Tel: 028 4377 1844 (box scheme)/ 028 4377 0241 (accommodation)

Web: www.burrenwood.com

Ballylagan Organic Farm (3)

See pg 15 - **Farm Shops & City Farms** for further details.

Camowen Green Organic Farm Shop (5)

See pg 15 - **Farm Shops & City Farms** for further details.

Churchtown Farm Organic Produce Ltd (9)

See pg 16 - **Farm Shops & City Farms** for further details.

Culdrum Organic Farm (12)

Culdrum Organic Farm is a mixed organic small holding, which uses biodynamic methods to keep pigs, chickens and grow a range of vegetables. The pigs are rare breed British Saddlebacks and this ensures a supply of pork products throughout the year. Vegetables grown include ten different types of potatoes, salad vegetables, carrots and onions amongst others. Culdrum runs an organic box scheme and has stalls at markets throughout the province.

Number of home deliveries: 20-30

Cost: £10 upwards

Contact: 31A Ballylintagh Road, Coleraine BT51 3SP

Area: Coleraine

Tel: 07764638356

Email: culdrum@fsmail.net



Helens Bay Organic Gardens

(19)



A large range of fruit and vegetables are grown in the fields at Helen's Bay. These are combined with produce from other organic farms in Northern Ireland, and certified imports when necessary, to provide a complete range of seasonal vegetables delivered to your door. There are three sizes of mixed vegetable packs combining roots and greens. A mixed fruit pack, eggs and bread are optional extras. There are various combinations to suit most households and deliveries are weekly or fortnightly, normally in the afternoon or evenings.

Number of home deliveries: 350-500

Cost: £7 upwards.

Contact: 13 Seaview Terrace, Hollywood, Co Down.

Tel: 028 9185 3122

Email: organics2u@fs2.com

Web:
www.helensbayorganicgardens.com



North West Organic (31)



North West Organic, established in 1999, is a cross border, producer-owned co-operative composed of organic farmers and growers working together to develop the organic sector. In September 2006 it opened a distribution hub to supply locally sourced organic produce fresh to the consumer. The Co-op has a shop, an e-commerce site and a home delivery service to meet the needs of consumers in the North West.

Number of home deliveries: 300

Contact: 2 Foreglen Road, Killaloo, Co Londonderry BT47 3TP.

Cost: £10 upwards

Tel: 028 7133 7950

Email: info@nworganic.com

Web: www.northwestorganic.org



Orchard Organics (34)

See pg 22 - **Organic Produce** for further details.



Organic Doorstep (36)



Organic Doorstep delivers food produced 'as nature intended it' directly to your doorstep. All its produce is fair traded and carefully packed by a dedicated team of packers. Its transport is refrigerated to ensure optimum freshness and longevity of your delivery. Organic Doorstep specializes in milk as it produces and processes this on site at Castlederg, but also supplies yoghurt, eggs, fruit and vegetable juices and some meat produce.

Area: Belfast and Londonderry.

Contact: 125 Strabane Road, Castlederg, Co Tyrone BT81 7JD.

Cost: £1 per week delivery charge if order is under £7.50. No delivery charge for orders over £7.50.

Tel: 0800 783 5656/ Info 028 8167 9989

Email: info@organicdoorstep.co.uk

Web: www.organicdoorstep.net



Rockvale Farm (39)



This grower and supplier of organic vegetables and salads is in its tenth year. A weekly box scheme with fresh organic produce is available. Rockvale Farm also supplies produce to local restaurants.

Number of home deliveries: 30

Area: Newtownards to Portaferry.

Cost: £6.50 upwards.

Contact: 4 Tullykevan Road,
Greyabbey BT22 2QE.

Tel: 028 4275 8750

Email: shyoung@btinternet.com

Sperrin Organic Wholefoods (43)



Sperrin Organic Wholefoods offers a box delivery scheme for organic soft fruit and vegetables. It supplies its farmgrown produce to local residents.

Contact: 24 Gorse Road, Claudy BT47 4HY.

Area: Claudy, Londonderry.

Tel: 028 7133 8462



Ards Allotments (1)



If you are concerned about the amount of chemicals in your fruit and vegetables or even just wish to take up a new hobby then there is an exciting opportunity for you in Newtownards. Using these allotments people can grow their own vegetables and fruit free from chemicals, develop an interest in gardening and horticulture or maybe just have their own bit of space to enjoy the peace and quiet.

Cost: £275 start up cost, £200 per year thereafter.

Facilities: water taps.

Open: 24 hours.

Contact: 100 Comber Road, Newtownards BT23 4QS.

Tel: 028 9181 2635/ 07803127377

Email: info@ardsallotments.com

Web: www.ardsallotments.com

Eglantine Community Garden (15)

The Eglantine Community Garden (also called the “Anarchist Plot”) began life in February 2004 at a visioning day in Belfast for community, peace, social justice and environmental activists. We now have a number of vegetable beds, a beautiful array of flowers, about 20 willow trees and some soft fruit. Many new friends have been made. The garden has a community atmosphere, and the residents who live in the nearby streets use the garden as a relaxing place to sit. All are equally welcome.

Facilities: Compost bin.

Open: 24 hrs.

Site: Between Eglantine Avenue and Malone Avenue, Belfast.

Tel: 07796068206

Email: turley_miriam@hotmail.com

Web: www.eglantine-community-garden.blogspot.com/

Kilcranny House (21)

This scheme enables identified disadvantaged and New TSN groups in the local community to have their own space to grow organic fruit and vegetables and to manage it themselves. The aim is to provide allotments in a peaceful, healing environment where people build up their self esteem and work together in a project in which they are actively involved and included.

Self-confidence is developed through sharing knowledge, practise of existing social and work skills and acquiring new skills in gardening. Employing organic principles also encourages an appreciation of the environment and our place in it.

Facilities: Water taps and toilets.

Open: Dawn till dusk (until everyone leaves).

Contact: 21 Cranagh Road, Coleraine BT51 3NN.

Tel: 028 7032 1816

Email: info@kilcrannyhouse.org

Web: www.kilcrannyhouse.org

**Mullaghmore and Castlevew
Community Association
(MACCA) Community Garden**
(28)

The community garden which is run by volunteers has four polytunnels spread over approximately one acre. All types of fruit and vegetables are grown there, for example strawberries, peas, marrows and tomatoes. One of the polytunnels is rented by a group with special needs to grow their own flowers and vegetables which is an integral part of their rehabilitation programme.

Facilities: Toilets and kitchen facilities.

Open: Monday and Tuesday 10am-3pm and by appointment.

Site: 21A Knockshee Park, Mullaghmore, Omagh BT79 7PH.

Tel: 028 8224 8422/ 07833776972

Email: info@macca-omagh.com

Web: www.macca-omagh.com



NICEworks (30)



NICEworks (Northern Ireland Community Environment Works) is a community environmental business. We have three main areas of business: Organic Gardening for People with Learning Disabilities, Commercial Wormery and Consultancy Service. NICEworks operates on strict principles of sustainability, through organic gardening principles, recycling waste and promoting sustainable practices through its environmental activities. We are an emerging social enterprise. All profits are reinvested in social and community projects.

Site: Erne House, 14 Roscor Bridge Road, Magherameenagh, Belleek, Co Fermanagh, BT93 3GN.

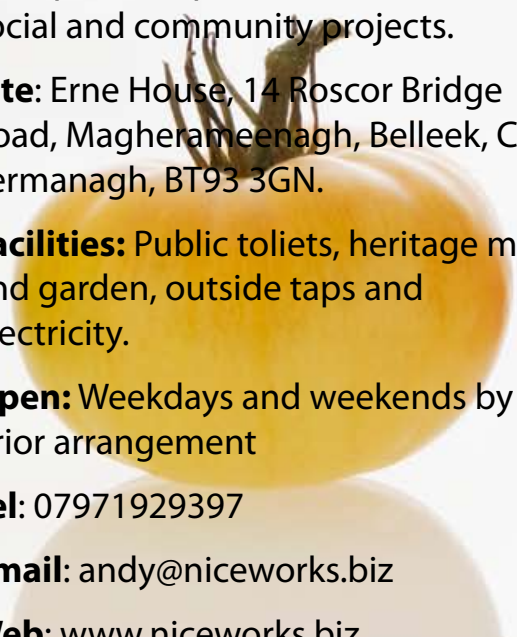
Facilities: Public toilets, heritage mill and garden, outside taps and electricity.

Open: Weekdays and weekends by prior arrangement

Tel: 07971929397

Email: andy@niceworks.biz

Web: www.niceworks.biz



Parkanaur Walled Garden (37)



Parkanaur College is Northern Ireland's only residential college for young people with disabilities. Set in a beautiful forest park, the college offers students a range of accredited vocational and educational courses, plus life skills training and an extensive range of leisure activities. The Walled Garden Project is an integral part of the students' training and is currently part of South Tyrone's Community and School Food Gardens Project. The Walled Garden is open to the public and refreshments are available at Parkanaur Manor House. Bus tours are welcome to view both the Walled Garden and the Manor House.

Facilities: Catering facilities for large bus tours.

Open: Weekdays 9am-4.30pm or by appointment.

Contact: Parkanaur College, 57 Parkanaur Road, Dungannon, Co. Tyrone BT70 3AA.

Tel: 028 8776 1272

Email: enquiries@parkanaurcollege.org



The Prince of Wales Garden

(47)

This Community Feature Garden was developed by the local community and is maintained by volunteers. "The Prince of Wales Garden" was officially opened by His Royal Highness, The Prince of Wales on 5th May, 1999. The garden is now open to the public.

Broughshane itself, having won numerous environmental awards, hopes this community garden will further encourage people of all ages to take pride in their environment.

Facilities: water taps, toilets, summer seats.

Open: 24 hrs.

Contact: the Library, Main Street, Broughshane, Co. Antrim BT42 4JW.

Tel: 028 2586 2777

Email: broughshane@nacn.org

Web: www.antrim.net/broughshane

Vista Allotments (51)

Vista allotments is one of Northern Ireland's first private allotment sites. We're only 20 minutes from Belfast City Centre in the hills above Gilnahirk. The allotments are a horticultural haven and an opportunity to develop your own plot on the landscape - for tasty produce, leisure, or just for a bit of peace and quiet... it's up to you.

Choose your own plot size - as large or small as you want. Grow whatever you want, keep whatever you want... free range chickens? We can supply sheds, polytunnels, cloches, compost boxes etc. at competitive rates.

Cost: £2 per m² per year.

Facilities: Water taps, toilets, BBQ areas. On-site car parking and secure storage are available.

Open: Dawn till dusk.

Contact: Ben Vista, 54 Ballyhanwood Road, Belfast BT5 7SN.

Tel: 028 9048 5455

Email: mail@wrmorrowandsonsltd.com

Web: www.vistaallotments.com

Some local councils offer allotment schemes - contact yours for details.



Arkhill Farm Centre (2)

Arkhill Farm Centre offers curriculum-linked teaching and its two and a half hour guided tour can be suitably tailored to your group's needs. The centre offers visiting groups full use of an education room, eating area, hand wash facilities, adequate toilet arrangements and full liability insurance. Children should be reminded that wellies and a rainproof coat are essential.

Contact: 25 Drumcroone Road,
Garvagh BT51 4EB.

Cost: Minimum charge is £58 for a group or for groups over 20, £3 per child. Teachers and assistants are free.

Tel: 028 2955 7920

Email: info@arkhillfarm.co.uk

Web: www.arkhillfarm.co.uk



Cook it! (11)

Cook it! is a community-based nutrition education programme which enables important messages regarding healthy eating and food safety to be delivered to local people by local people. For example, trained tutors deliver a six week nutrition education programme within their own communities. Causeway Cook it! have launched a Cook it! allotment. Working in partnership with Kilcranny House, Coleraine, volunteers have created an allotment site with potatoes, onions, leeks, peas, beans, lettuce and other seasonal produce. Cook it! tutors can go along and pick some of the ingredients to use when cooking together.

Cook it! is a programme which teaches healthy eating and allows participants to enhance their cooking skills. The course, which was produced by the Health Promotion Agency specially for use in Northern Ireland, lasts for six sessions and covers basic principles of healthy eating, food hygiene at home and practical cooking.

A team comprising of Dietitian, Development Officer and Admin Assistant is employed to train and support tutors who are recruited from community groups and voluntary organisations and who then deliver the Cook it! course.

Contact: Community Nutrition and Dietetic Service, Admin Building, Forster Green Hospital, Saintfield Rd, Belfast BT8 4HD

Tel: 028 9032 7103

Email: cookit@nwb.n-i.nhs.uk

Western Cook it!

Contact: Western Health Action Zone, Unit 13 Strabane Enterprise Agency, Orchard Road Industrial Estate, Orchard Road, Strabane BT82 9FR.

Tel: 028 7188 0221

Email: claire@westernhaz.org / shauna@westernhaz.org

Web: www.westernhaz.org

Eastern area Cook it!

Contact: Community Nutrition and Dietetic Service, Admin Building, Forster Green Hospital, Saintfield Rd, Belfast BT8 4HD.

Tel: 028 9094 4500

Email: cookit@belfasttrust.nscni.net

Dig It and Eat It! (13)

By teaching participants about fruit and vegetable growing, and about improving one's diet, Dig It and Eat It! will hopefully bring a lasting change in lifestyle to the people involved. This new initiative focuses on a combination of diet and physical health as the key for well-being and fitness. The project involves four groups from four health trusts around Belfast for three years. The combination of physical activity, horticultural training and nutritional know how will hopefully motivate these groups to continue cultivating their gardens even when the funding ends. All of the gardens and groups welcome visitors by arrangement (see contact details below).

Contact: Green Gym Project Officer, Conservation Volunteers Northern Ireland, Beech House, 159 Ravenhill Road, Belfast BT6 0BP.

Tel: 028 9064 5169 /07764655646

Email: J.McGetrick@btcv.org.uk

Web: www.cvni.org/greengym/fruitandveg



NICEworks (30)

See pg 30 - **Community Gardens & Allotments** for further details.



North West Organic (31)

See pg 26 - **Organic Box Schemes** for further details.



Northern Ireland Organic Gardening Society (32)

The Northern Ireland Organic Gardening Society (NIOGS) is the local support group of the Soil Association and the HDRA - the organic organisation, which is the UK's National Organic Gardening Centre. NIOGS is for people who share an interest in organic gardening and related areas. There are monthly meetings with a mixture of indoor and outdoor events. New members are always welcome.

Contact: Ms Sandra Munro, Secretary, 54B Templepatrick Road, Ballyclare BT39 9TX.

Tel: 028 9332 3421

Email: niogs@tiscali.co.uk

Web: www.niogs.utvinternet.com



Organic Development Advisers (35)

Organic Development Advisers from Greenmount Campus, College of Agriculture, Food and Rural Enterprise (CAFRE) provide information and advice on organic production to prospective and existing producers.

Contact: College of Agriculture, Food & Rural Enterprise, Greenmount Campus, Antrim BT41 4PU.

Tel: 028 9442 6765

Email: adrian.saunders@dardni.gov.uk

Web: www.ruralni.gov.uk/organic

South Tyrone's Community & Schools Food Gardens Project

(42)

The six gardens are all based on environmentally friendly production, community ownership and partnership working.

Contact: Agenda 21 Coordinator, Dungannon & South Tyrone Borough Council, Circular Road, Dungannon BT71 6DT.

Tel: 028 8772 0366

Email: yvonne.zellmann@dungannon.gov.uk

Web: www.dungannon.gov.uk



The Organic Centre (46)

The Organic Centre is at the forefront of using gardening as a tool for peace and reconciliation in Ireland. With funding from the EU, we manage a cross-border community gardening project where people from both religious traditions work together, growing their own fruit and vegetables. A community garden provides a non-threatening setting to develop cooperation and mutual understanding.

A team of Organic Centre garden mentors support 12 community gardens within the border counties of Leitrim, Donegal and Fermanagh. They also work with local primary schools, taking pupils through all the stages of seed sowing, planting out, maintenance, harvesting and cooking of produce. Cooking together also provides an important context in which to build peace. The Organic Centre re-launched its 'Growing in Confidence' Community Food Project in March 2007, with funding support

from HSE West and the Department of Agriculture and Food.

The project has now established 6 organic community gardens: In Sligo, at St. Michaels Family Life Centre and the Forthill Men's Group at the Northside Community Centre; in Bundoran at Glor na Mora; in Riverstown at the Sligo Folk Park; in Rathcormac beside the old National School; and in Rossinver, at the Organic Centre.

Participants, under the guidance of an experienced organic gardening mentor, learn to grow their own organic vegetables, and with the help of trained tutors, also learn to prepare and cook healthy, fresh produce.

Contact: The Organic Centre, Rossinver, Co. Leitrim.

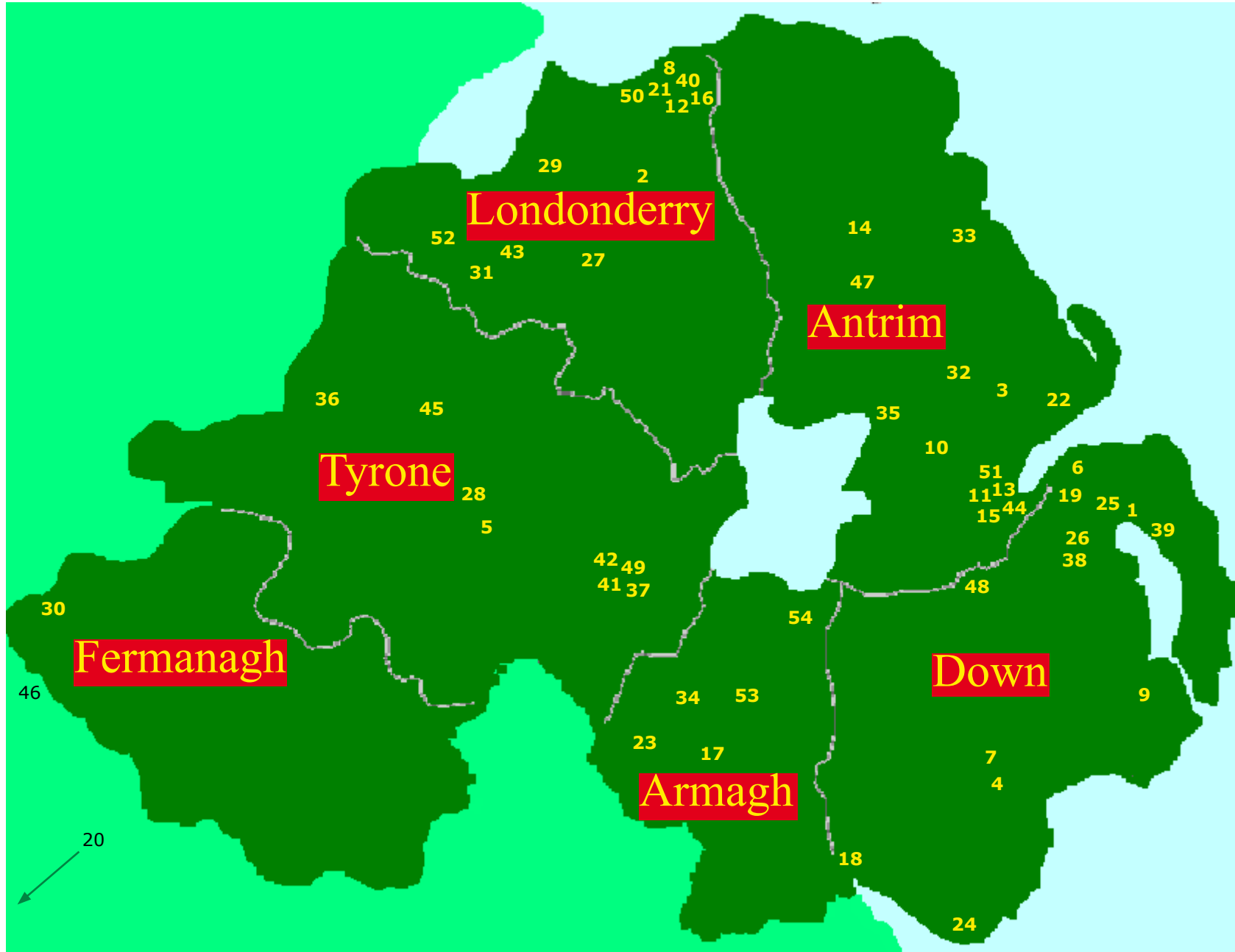
Tel: 00353-71-9854338

Email: info@theorganiccentre.ie

Fax: 00353 71 985 4343

Web: www.theorganiccentre.ie





		Pg No	Farmers' Markets	Farm Shops	Organic Produce	Organic Box Schemes	Community Gardens & Allotments	Training & Advice
1	Ards Allotments	29						
2	Arkill Farm Centre	32						
3	Ballylagan Organic Farm	15						
4	Burrenwood Produce	25						
5	Camowen Green Organic Farm Shop	15						
6	Camphill Holywood	19						
7	Castlewellan Farmers' Market	12						
8	Causeway Speciality Market	12						
9	Churchtown Organic Farm	16						
10	Coleman's Garden Centre Farmers' Market	12						
11	Cook It!	33						
12	Culdrum Organic Farm	25						
13	Dig It and Eat It!	34						
14	Dundermotte Farmhouse Ice-Cream	19						
15	Eglantine Community Garden	29						
16	Farlow's Fruit Centre	19						
17	Farmlay Eggs	20						
18	Fresh Fields	16						
19	Helens Bay Organic Gardens	26						
20	Irish Seed Saver Association	20						
21	Kilcranny House	29						
22	Kilcreggan Urban Farm	17						
23	Linwoods	20						
24	Lurganconary Organic Farm	21						
25	McKee's Produce	17						
26	Mill View Farm	17						
27	Mulkeeragh Farm Shop	18						

		Pg No	Farmers' Markets	Farm Shops	Organic Produce	Organic Box Schemes	Community Gardens & Allotments	Training & Advice
28	Mullaghmore and Castlevew Community Association (MACCA) Community Garden	30						
29	Mullan's Organic Farm	21						
30	NICEworks	30						
31	North West Organic	26						
32	Northern Ireland Organic Gardening Society	34						
33	Northern Salmon Co Ltd	21						
34	Orchard Organics	22						
35	Organic Development Advisers	35						
36	Organic Doorstep	27						
37	Parkanaur Walled Garden	30						
38	Pheasant's Hill Farm	18						
39	Rockvale Farm	28						
40	Select	22						
41	Skea Egg Farms Ltd (NI)	23						
42	South Tyrone's Community & Schools Food Gardens Project	35						
43	Sperrin Organic Wholefoods	28						
44	St George's Food Market	13						
45	Strabane Farmer's Food and Craft Market	13						
46	The Organic Centre	36						
47	The Prince of Wales Garden	31						
48	The Secret Garden	23						
49	Tyrone Farmers' Market	13						
50	United Irish Organics (NI)	23						
51	Vista Allotment	31						
52	Walled City Market	14						
53	Whites Speedicook (NI)	24						
54	Wilson's Country Ltd	24						

Sustainable Food Guide

Northern Ireland

Produced by



89 Loopland Drive
BELFAST
BT6 9DW

T 028 9045 5770
F 028 9094 2151

info@nienvironmentlink.org
www.nienvironmentlink.org

Supported by



**Environment &
Heritage Service**
www.ehsni.gov.uk



An Agency within the Department of the
Environment
www.doeni.gov.uk



**Esmée
Fairbairn**
FOUNDATION