

This booklet has been superseded by our new website www.blackislelarder.org

donation
£1 to TBI



Our Local Larder

directory of producers
and suppliers of
local food on the
Black Isle



INTRODUCTION

Foreword *by Jo Hunt – Knockfarrel Produce*

In the lee of the mountains and surrounded by fertile rth we have – here on the Black Isle – some of the best food growing conditions anywhere in the Highlands. The area’s farms are key suppliers of barley for the malt whisky industry and prime beef for sale across the UK and abroad.

So how on earth did we all end up shopping in Inverness, eating food from a distribution depot near Glasgow and beyond?

The recent resurgence of locally made food in the area has two drivers: consumers looking for fresh and tasty food from near where they live, and independent producers keen to keep-on farming and share what they produce. When these two groups work together we all benefit – just try the great beer; fresh sh; free range chickens; crunchy apples and varied veg, that have become available on the Black Isle in the last few years, and you’ll see (and taste) what I mean.

Using this guide you can now buy more than half of what you eat, right on your doorstep, every week of the year – much of it direct from the person who made it. And if you can’t nd what you are looking for on the shelves of local shops or on menus in local restaurants, then make sure you ask them for it. There are still plenty more good food products that could be made locally.

This guide is all about connecting consumers who care with producers who dare – so please ll up your plate and help make more local food available right on your doorstep.

And some good news... you no longer have to go to Inverness to buy your food!

This directory has been produced by Transition Black Isle. We are a voluntary community organisation with the aim of making the Black Isle more sustainable in the face of threats from climate change and peak oil. It has been compiled as part of a local food programme the ‘Highland Food Challenge’, which encourages participants to eat as locally, seasonably and organically as possible and to eat less meat. We have decided to promote all our food projects under the ‘local larder’ symbol. Some people are already displaying this sticker.

In the two years since we started, we have tried to nd practical solutions to helping people to ‘re-localise’, creating community gardens and an allotment so that people can grow their own food. We are also organising and promoting community markets so that people can buy direct from local producers. In researching this guide, we have discovered a wealth of local food producers, retailers and restaurants selling local food. The vast majority are based on the Black Isle itself, but we have included a few key businesses from further a eld. We hope that this resource will help you to enjoy them.

Please let us know if we have left anybody out and we will include them in the next edition. We will also attempt to keep information up to date on our website. www.transitionblackisle.org



DIRECTORY LIST

Business	Fruit & Veg	Fish	Meat	Dairy	Eggs	Baked Goods	Other	Drinks
1	Avoch Bakery							
2	Beaully Co-op							
3	Black Isle Berries and Rye eld Farm Shop							
4	Black Isle Brewery							
5	Bogallan Highland Beef							
6	Buckie Fresh Fish							
7	Comfort Foods							
8	Corner on the Square							
9	Coulmore Farm							
10	Cromarty Bakery, Cromarty							
11	Cromarty Bakery, Fortrose							
12	Cromarty Stores							
13	Culbokie Stores and PO							
14	Easter Balmungie							
15	Eat Mair Fish							
16	Ferintosh Community Market							
17	Fortrose Co-op							
18	Geddes Free Range							
19	Glachbeg Croft Education Centre							
20	Glen Ord Distillery							
21	Glenurquhart Farm							
22	Highland Good Food Company							
23	House of Beaully							
24	Jemimaville Post Office							
25	Loch na Mhoid							
26	Munlochy Spar							
27	Munro's M of Ord							
28	Munro's Beaully							
29	Munro's Fortrose							
30	North Kessock Community Market							
31	North Kessock Spar							

Business	Fruit & Veg	Fish	Meat	Dairy	Eggs	Baked Goods	Other	Drinks
32	Ord Filling Station							
33	Poyntz eld Herbs							
34	Robertson's the Larder							
35	Rosemarkie Spar							
36	Scotmid Avoch							
37	Spud Hut							
38	Story Belgian Caledonian Chocolate Line							
39	Struan Apiaries							
40	Sylvia MacDonald							
41	Tarradale Game Ltd							
42	Veg Shop, Newhall Crossroads							
Businesses further a eld								
43	Brackla Pork							
44	Connage Highland Dairy							
45	Highland Wholefoods							
46	Killara Chickens Ltd							
47	Knockfarrel Produce							
48	MacLeod Organics							
49	Natveg box scheme							
50	Riverdale Centre							
51	Scotgro							
52	Storehouse of Foulis							
53	Strathpe er Artisan Bread							
54	West Highland Dairy							

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EAT LOCAL

Why?

- t By buying local produce you **MFTTFO UIF OFFE GPS ZPVS GPPE UP CF USBOTQPSUFE BOE UIFSFGPSF UIF PJM VTFF BOE DBSCPO FNJTJJPOT QSPEVDFE**. The transportation of food consumed in the UK is accountable for 2.3% of all UK green house gas (GHG) emissions.
- t Buying local food is a **HSFBU XBZ PG TVQQPSUJOH MPDBM QSPEVDFST BOE SFUBJMFST BOE XIFO ZPV EP Q JO FWFSZ QPVOE TUBZT JO UIF BSFB XIFSFBT XIFO ZPV TIPQ JO TPNF TVQFSNBSLFUT POMZ Q CFOFÖUT UIF MPDBM FDPONZ**.
- t Going shopping in your local area whether it's at the shops or one of the markets is a **HPPE XBZ UP LFFQ VQ XJUI XIBU T HPJOH PO JO UIF BSFB BOE NFFU UIF QFPQMF XIP NBLF ZPVS GPPE**.

How?

- t Try **TIPQQJOH BU DPNNVOJUZ NBSLFUT BOE MPDBM TIPQT PS TJHO VQ UP B MPDBM WFHFUBCMF CPY TDIFNF**. You'll find lots of these listed in the **-PDBM 'PPE %JSFDUPSZ**.
- t **&BU NPSF XJME GPPE**, but be sure not to eat anything if you're not 100% certain it's edible and try to avoid foraging along roadsides or taking too much from one site. It's a good idea to take along a comprehensive foraging book.
- t **(SPX ZPVS PXO** whether it's in your own back garden, on a windowsill or at one of the community gardens.



Why not try...?

- t If you have kids who do the shopping with you, why not keep them entertained by asking them to pick an item from your shopping list and then try to find the most local version of it they can.
- t If there's a food that you love or eat a lot of and don't want to give up that just won't grow in the UK, why not challenge yourself to find the nearest source.

Why?

- t Organic food production often reuses animal and plant manures and as a result **EPFTO U EFQFOE BT IFBWJMZ PO PJM CBTFE GFSUJMJTFST BOE QFTUJDJEFT.**
- t Organic agriculture also **BWPJET UIF FOWJSPONFOUBM JNQBDUT PG USBOTQPSUJOH BOE QSPEVDJOH PJM CBTFE GFSUJMJTFST BOE QFTUJDJEFT.**
- t Organic agriculture **FOTVSFT TPJM IFBMUI BOE CJPEJWFSTJUZ GPS GVUVSF HFOFSBUJPOT.**
- t It also **MPDLT VQ MBSHFS BNPVOUT PG DBSCPO EJPHYEF JO UIF TPJM SFEVDJOH JUT JNQBDU PO UIF DMJNBUF.**
- t The Soil Association recently reported that **B TBWJOH PG NJMMJPO UPOOFT PG DBSCPO B ZFBS DPVME CF NBEF JG BMM 6, GBSNT** converted to organic practices. That's the **FRVJWBMFUO PG UBLJOH BMNPTU POF NJMMJPO DBST Pò UIF SPBE.**



How?

- t By signing up to an **PSHBOJD MPDBM WFHFUBCMF CPY TDFINF.**
- t Look out for the **TZNCPMT BU UIF UPQ PG UIJT QBHF XIFO ZPV SF TIPQQJOH.** They all represent organic produce in the EU or UK.
- t **(SPXJOH ZPVS PXO** fruit, vegetables and herbs **XJUIPVU DIFNJBMT.**

If you'd like to learn more about organic food and gardening the following websites may worth a browse:

- t www.soilassociation.org
- t www.organicgarden.org.uk

and for help and advice on growing organically.



Why not try...?

- t Switching a few staples (tea, eggs, milk, potatoes, carrots etc.) each week, slowly making the transition to more organics.
- t If you're concerned about the cost of organic produce try comparing prices on some of the basics the next time you're out shopping. You might be surprised.

EAT SEASONAL

Why?

- t Food that's in season in our climate requires **MFTT USBOTQPSU BOE SFGSJHFSBUJPO EVSJOH USBWFM** therefore has less of an impact on the climate.
- t Food produced naturally and in-season **EPFTO U SFMZ PO BSUJödJBM MJHIUJOH BOE IFBUJOH** as out of season produce does and therefore **VTFT MFTT FOFSHZ**.
- t Eating seasonally allows us to **FOKPZ UIF DIBOHJOH PG UIF TFBTPOT** and experience **GPPE BU JUT CFTU**.

How?

- t **'PPE GSPN MPDBM HBSEFOT BMMPUNFOUT BOE GBSNT** is likely to be in season, so shopping locally and growing your own is a good way to make sure that most of what you're eating is in season.
- t **8JME BOE GPSBHFE GPPE** are the ultimate seasonal food, but please follow the guidelines given in the local food section before eating anything.
- t **1SFTFSWJOH** is a great way to capture the flavours of seasonal produce to enjoy later in the year.

For information on what's in season in the UK and when visit:

- t www.eatseasonably.co.uk
- t www.eattheseasons.co.uk



Why not try...?

- t Why not ask your local shopkeeper or market stallholders to recommend what they feel is the best of what's available that season when shopping.
- t Go on a nature walk, but take along a wild food book instead of a wild life guide.
- t If you're unsure where to start with preserving, why not ask friends and neighbours if they have experience.

EAT VEGETABLE

Why?

- t In the UK population growth and demand could **EPVCMF NFBU BOE EBJSZ DPOTVNQUJPO CZ**
- t A plant based diet uses **B UIJSE PG UIF MBOE BOE XBUFS** required to produce a conventional Western diet.
- t You don't have to go vegetarian or vegan to make a difference. (**JWJOH VQ NFBU BOE EBJSZ POF FYUSB EBZ B XFFL SFEVDFT DBSCPO FNJTTPOT CZ UPOOFT QFS QFSTPO BOOVBMZ**).



How?

- t Try having a **NFBU BOE PS EBJSZ GSFF EBZ** once a week.
- t If you're a confirmed carnivore try **SFEVDJOH ZPVS NFBU QPSUJPO TJ[F**, bulking up on **WFHFUBCMFT BOE HSBJOT BOE TXJUDIJOH UP PSHBOJD**.
- t You may **BMSFBEZ FBU B MPU PG WFHFUBSJBO PS WFHBO GPPE** without thinking about it. Do you have favourite vegetable soup, stew, pasta or pizza recipes?
- t **-PPL PVU GPS UIF TZNCPTM PO UIF SJHIU IBOE TJEF PG UIJT QBHF** that indicate vegetarian and vegan food in the shops.

For recipes and nutritional advice on eating a more plant-based diet try visiting:

- t www.vegsoc.org
- t www.vegansociety.com



Why not try...?

- t Why not ask friends, family and neighbours for their vegetarian or vegan recipes. If you like them, we'd love you to share them with everyone else on our forum.
- t If you're more comfortable cooking meals based around meat and dairy, why not try ordering the vegetarian option the next time you're out for a meal

MYTH BUSTING

We've given you lots of good reasons to get involved, but understand that there are a few common concerns about eating this way. So, here come the TBI Myth Busters to put your mind at rest.

***U T FYQFOTJWF**

Expense depends mostly on what you eat. Seasonal local produce is often less expensive than produce which has been imported. As meat is often one of the most expensive foods we buy, eating less and making it go further may reduce shopping bills.

*** EPO U IBWF UIF UJNF UP DPPL FWFSZUIJOH GSPN TDSBUDI**

We welcome submissions of quick recipes to the TBI recipe forum. You could try batch cooking things like soups and sauces and using them for a couple of meals and some local businesses now offer quality, local ready meals.

***U T OPU BT DPOWFOJFOU BT QPQQJOH UP UIF TVQFSNBSLFU**

The community markets are a good solution to this as a one-stop shop where you can pick up most produce and many box schemes provide more than just veg. Shopping locally also provides a great chance to socialise.

*** DBO U MJWF XJUIPVU**

If you can't live without a favourite food then don't deprive yourself! Why not challenge yourself to find the most locally produced version or set yourself a realistic target (for example 70% local and 30% other).

*** EPO U IBWF UIF UJNF PS TQBDF UP HSPX NZ PXO GPPE**

You'd be surprised how much can be grown on windowsills and in hanging baskets. The TBI Grow North forum is a great place to find out what might work for you. You don't need to grow your own with so many great local producers, but if you want to, why not join a community garden.



" MPDBM BOE NBJOMZ WFHFUBSJBO EJFU NBZ OPU NFFU BMM NZ OVUSJUIPOBM OFFET

Fresh, local food often has more nutrients and is likely to have less salt and saturated fat than many processed foods. However, if you have significant concerns it may be worth visiting the Vegetarian Society nutritional advice webpage (www.vegsoc.org) and learning more about vitamin D at www.bbc.co.uk/news/uk-scotland.

SUPPLIERS

"WPDI #BLFSZ

Local bakery producing a range of breads, pies and pastries. Available in local shops.

"EESFTT George Street, Avoch, IV9 8PU

5FM 01381 620951

&NBJM avochbakery@gmail.com



#FBVMZ \$P PQ

General store with produce from the Highlands and Scotland, and some organic items.

"EESFTT 7 High Street, Beauly, IV4 7BY

5FM 01463 782245

#MBDL *TMF #FSSJFT BOE 3ZFöFME 'BSN 4IPQ

Local and seasonal fruit, veg and fruit juices – all grown on site. Farm shop also sells locally produced meat, dairy produce, preserves and baked goods.

\$POUBDU Torquil Fraser

"EESFTT Rye eld Farm, Tore, IV6 7SB

5FM 01463 811276 or 07812 753950

&NBJM enquiries@blackisleberries.co.uk 8FC www.blackisleberries.co.uk

#MBDL *TMF #SFXFSZ

An award winning independent brewery producing a range of organic beers – available at the brewery, in shops or on-line. Use recycled materials for packaging.

\$POUBDU David Gladwin

"EESFTT Old Allangrange, Munloch, Ross-Shire, IV8 8NZ

5FM 01463 811871 or Fax: 01463 811875

&NBJM greatbeers@blackislebrewery.com

8FC www.blackislebrewery.com

#PHBMMBO)JHIMBOE #FFG

Quality beef from prize winning Highland cattle. Buy direct from the producer at local markets.

\$POUBDU R and J Tilford

"EESFTT Tigh-na-innis, Bogallan Croft, Kessock

5FM 01463 731869

&NBJM rstilford@btinternet.com



#VDLJF 'SFTI 'JTI

Wide range of fresh fish including haddock and other pelagic fish from Peterhead and Buckie. Salmon from Shetland. Herring from Orkney. Scallops from the west coast. Also Buckie smoked kippers and salmon. Eggs and potatoes.

\$POUBDU Lackie Macrae

Call Lackie if you would like him to stop by 07989 436447

Weekly van Tues: Cromarty (9am); Jemimaville (12.30pm); Rosemarkie (1.30pm); Fortrose (3pm); Munloch (5pm) and North Kessock (6-8pm).
Weds: Conon Bridge (8am) and Dingwall (2.30 to 8pm).



\$PNGPSU 'PPET

Butchers, greengrocers and delicatessen providing groceries and speciality food – with many local products. Can also provide outside catering.

\$POUBDU Richard Comfort

"EESFTT 18 High Street, Rosemarkie, IV10 8UF

5FM 01381 620814

\$PSOFS PO UIF 4RVBSF

A delicatessen with cafe offering a wide range of cheese, meat, antipasti, coffee – with some local lines.

\$POUBDU Gary Williamson

"EESFTT 1 High Street, Beauly, IV4 7BY

5FM 01463 783000

&NBJM info@corneronthesquare.co.uk **8FC** www.corneronthesquare.co.uk

\$PVMNPSF 'BSN

One of Scotland's first organic farms, offering organically reared Highland lamb and Aberdeen Angus beef. All animals are reared on twin farms near Ullapool and North Kessock. Contact direct for bulk packs of beef and lamb.

\$POUBDU Maddie Scobie

"EESFTT Coulmore, North Kessock, IV1 3XB

5FM 01463 731360

&NBJM maddy@rhidorrochlodge.co.uk

8FC www.rhidorrochlodge.co.uk



\$\$\$PNBSUZ #BLFSZ \$\$\$PNBSUZ

Local bakery producing breads, cakes, pies and pastries as well as filled rolls and hot drinks. Buy in Cromarty or Fortrose, and other shops. Open Mon to Fri 8.30am – 5.30pm; Sat 8.30am – 4pm.

\$POUBDU Donna and Dave Henderson

"EESFTT 8 Bank Street, Cromarty, IV11 8UY

5FM 01381 600388



\$\$\$PNBSUZ #BLFSZ 'PSUSPTF

Now also available in Fortrose

"EESFTT 49 High Street, Fortrose, IV19 8SU

5FM 01381 620055

\$\$\$PNBSUZ 4UPSFT

Licensed convenience store with produce from the Highlands and Scotland, as well as seasonal items such as Cromarty apples and Black Isle potatoes. Open 9am – 5.30pm every weekday, except Wed 9am – 1pm and Fri 9am – 7pm; Sat 9am – 3pm.

\$POUBDU Fiona

"EESFTT 15 Bank Street, Cromarty, IV11 8UY

5FM 01381 600550

\$\$VMCPLJF 4UPSFT BOE 10

Newsagent and general store, including locally grown fruit and veg, organic eggs and Cromarty Bakery bread. Open 6.30am – 7pm, except Sun 8.30am – 2pm.

"EESFTT Culbokie, Dingwall IV7 8JH

5FM 01349 877201

&BTUFS #BMNVOHJF

A family-run mixed farm with a focus on rearing rare breeds in an environmentally sensitive way. Free range chicken, duck, geese, pork and lamb. Contact the farm or buy at local markets.

\$POUBDU Anne Chance

"EESFTT Easter Balmungie Farm, Eathie Road, Fortrose, IV10 8SL

5FM 01381 621006

&NBJM anne.chance@ukonline.co.uk



&BU .BJS 'JTl

Friendly local sh van – travelling round the Black Isle. Buys fresh every morning from Buckie sh market.

Fortrose Tues am – Comarty Tues pm – Beauly + Butcher Muir of Ord Wed pm – Munloch and Avoch Thurs am – N Kessock Fri pm.

\$POUBDU Eric Mair

5FM 01542 832680

&NBJM eric@eatmair sh.co.uk **8FC** www.eatmair sh.co.uk

'FSJOUPTI \$PNNVOJUZ .BSLFU

Monthly market providing the public with the opportunity to buy great local produce directly from producers and suppliers. Food, crafts and household wares as well as refreshments. 3rd Saturday in the month 10 – 12 noon.

\$POUBDU Kirsty Shaw (manager)

"EESFTT Findon Hall, near Culbokie, Dingwall, IV7 8JX

5FM 01349 863407

&NBJM kirstyshaw5@googlemail.com

'PSUSPTF \$P PQ

Mini supermarket stocking some produce from the Highlands and Scotland, and some organic items.

Open 7am – 10pm; except Sun 8am – 10pm.

\$POUBDU Trina (manager)

"EESFTT 69 – 73 High Street, Fortrose, IV10 8TF

5FM 01381 621768

(FEEFT 'SFF 3BOHF

Free range pork, bacon, chicken and eggs from family farm. Also supply neighbours' beef, lamb, cheese and salmon. Order on line for delivery to your door, or meet them at local markets.

\$POUBDU Lorne and Sadie Watson

"EESFTT Geddes Home Farm, Geddes, Nairn, IV12 5QX

5FM 01667 455889

&NBJM orders@geddesfreerange.com



(MBDICFH \$SPGU &EVDBUJPO \$FOUSF

Small croft producing freezer packs of beef from Shetland cattle and lamb. Also run education courses for public, schools and adults with support needs. See website for information.

\$POUBDU Bob Bull

"EESFTT Allanglach Wood, North Kessock IV1 3XD

5FM 01463 811923

&NBJM info@glachbeg.org.uk **8FC** www.glachbeg.org.uk

(MFO 0SE %JTUJMMFSZ

Aged single malt whisky distilled in Muir of Ord. Available at distillery visitor centre and o -licences. Use locally produced barley.

"EESFTT Muir of Ord, IV6 7UJ

5FM 01463 872004 **'BY** 01463 872008

(MFOVSRVIBSU 'BSN

Seasonal vegetables, free-range turkey and chickens, lamb including Hebridean rarebreed. Also Aberdeen Angus and rarebreed Hereford beef. Call to order.

\$POUBDU Angela Smith

"EESFTT Glenurquhart farm, Cromarty, IV11 8XX

5FM 01381 620332 or 07743 552705

&NBJM aird@glenurquhartfarm.co.uk **8FC** www.glenurquhartfarm.co.uk

)JHIMBOE (PPE 'PPE \$PNQBOZ

Delivery to your door of high quality local sh, meat and eggs.

\$POUBDU Gavin Newlands

"EESFTT 8 Lochlann Road, Culloden, Inverness, IV2 7HB

5FM 01463 793526 or 07949 835228

)PVTF PG #FBVMZ

House of Beaully has a food hall showcasing quality local and Highland produce. Also local crafts, art, knitwear and a café.

"EESFTT Station Road, Beaully, IV4 7EH

5FM 01463 782821

&NBJM info@houseofbeaully.com

8FC www.houseofbeaully.com

+FNJNBWJMMF 1PTU 06DF

Sells local eggs.

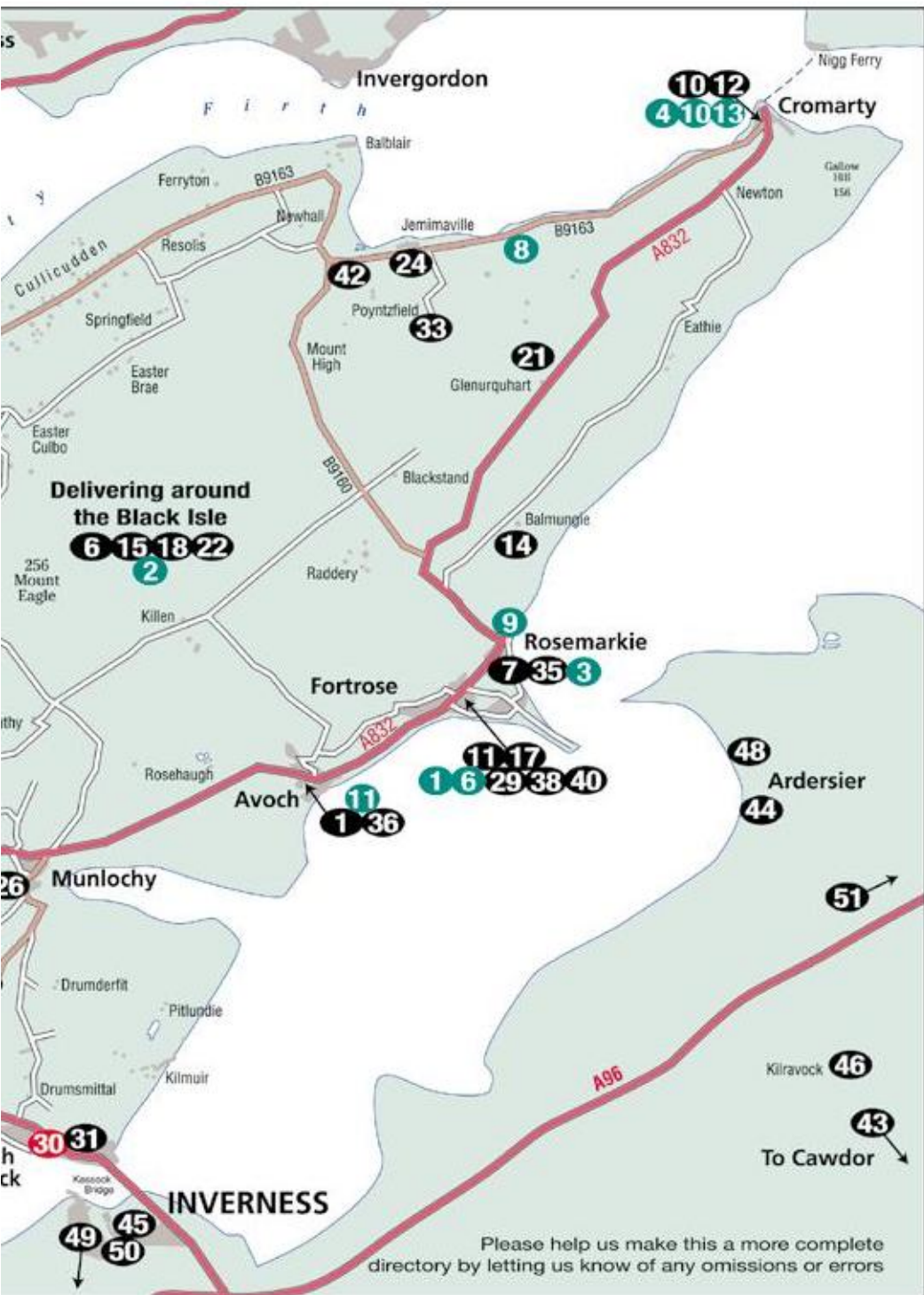
"EESFTT Jemimaville, IV7 8LU **5FM** 01381 610289



Local Food Directory

- 13** Community market
- 1** Food supplier
- 7** Restaurant/pub/cafe





-PDI OB .IPJE

Offers a small box scheme from the croft providing customers with quality, in-season fruit, vegetables, eggs and meat. Also beef from Dexter cattle. Contact direct.

\$POUBDU Toni Clark

"EESFTT Loch na Mhoid, Muir of Tarradale,
Muir of Ord IV6 7QZ

5FM 01463 871544

&NBJM tonic_mary@yahoo.co.uk



.VOMPDIZ 4QBS

General store, with free range eggs and Avoch and Cromarty Bakery products.

\$POUBDU A Taylor & son

"EESFTT 27 Millbank Road, Munlochry

5FM 01463 811229

.VOSP T #VUDIFST .VJS PG 0SE

Local butchers who source prime animals from across the Highlands at Dingwall Auction Mart and then butcher them at their abattoir in Dingwall. Available in their own local shops.

"EESFTT Great North Road, Muir of Ord, IV6 7TP

5FM 01463 870238

&NBJM scotchbeef@munrodingwall.co.uk **8FC** www.munrodingwall.co.uk

.VOSP T #VUDIFST #FBVMZ

Butchers supplying local meat.

"EESFTT 3 The Square, Beauly, IV4 7BX

5FM 01463 782238

&NBJM scotchbeef@munrodingwall.co.uk

.VOSP T #VUDIFST 'PSUSPTF

Butchers supplying local meat.

\$POUBDU Ian MacClaugh (Manager)

"EESFTT 61 High Street, Fortrose, IV10 8SU

&NBJM scotchbeef@munrodingwall.co.uk





/PSUI ,FTTPDL \$PNNVOJUZ .BSLFU

Monthly market providing the public with the opportunity to buy great local produce directly from producers and suppliers. Food, crafts and household wares as well as refreshments. Last Saturday in month 10am – 12 noon.
"EESFTT North Kessock Village Hall
5FM 01463 731303



/PSUI ,FTTPDL 4QBS

General store, selling Cromarty Bakery products.
"EESFTT Whitehouse, North Kessock, IV1 3XN
5FM 01463 731207

0SE 'JMMJOH 4UBUJPO

Petrol station and general store – with some local produce including Golspie Mill and Avoch Bakery products.
"EESFTT Great North Road, Muir of Ord, IV6 7XR
5FM 01463 870197

1PZOU[öFME)FSCT

Culinary, aromatic and medicinal organically grown herbs. Over 400 varieties, either available at the nursery or by mail order. Open March to Sept, Mon – Sat 1pm – 5pm. From May to August, open Sun 1pm – 5pm
\$POUBDU Duncan Ross



"EESFTT Poyntz eld Herb Nursery, Black Isle, By Dingwall IV7 8LX
5FM 01381 610352
&NBJM info@poyntz eldherbs.co.uk 8FC www.poyntz eldherbs.co.uk

3PCFSUTPO T UIF -BSEFS

Also known as Tomich Farm Shop. Produce their own raspberries, strawberries, eggs and more – right next to the shop. Also stock a wide range of other local and seasonal foods and gifts.
\$POUBDU Karen Robertson
"EESFTT Beauly, Inverness-Shire, IV4 7AS
5FM 01463 782181



3PTFNBSLJF 4QBS

General store – with some local produce including Golspie Mill and Avoch Bakery products. Open 7.30am – 8pm weekdays; Saturday 8am – 8pm; Sunday 9am – 6pm.

"EESFTT 17 High Street, Rosemarkie, IV10 8UF

5FM 01381 620206

&NBJM gwyn@ecosse.net

4DPUNJE "WPDI

General store – with some local produce including Avoch Bakery produce. Open 7am – 10pm; except Sun 8am – 10pm.

"EESFTT 37 High Street, Avoch, IV9 8PT

5FM 01381 620278

4QVE JVU

Seasonal local vegetables sold direct from the farm.

\$POUBDU Ali Martin

"EESFTT Garguston, on the right going from Tore roundabout to Muir of Ord, just opposite the turn o to Redcastle and North Kessock

5FM 01463 870206 07710 678393

&NBJM garguston@btconnect.com



4UPSZ #FMHJBO \$BMFEPOJBO \$IPDPMBUF -JOF

Belgian Chocolates and confectionery hand made on the Black Isle.

\$POUBDU Ingrid and Lucas Storey

"EESFTT 65 High Street, Fortrose, IV10 8SU

5FM 01381 622302



4USVBO "QJBSJFT

Produce local heather honey and a range of marmalades, preserves, mustard and fruit with liquers.

"EESFTT Burnside Lane, Conon Bridge, Dingwall, Ross-Shire, IV7 8EX

5FM 01349 861427



4ZMWJB .BD%POBME

Home grown soft fruit and homemade preserves.

"EESFTT Pol-ma-Chree, Killen Road, Fortrose

5FM 01381 620878

5BSSBEBMF (BNF -UE)

Wild venison and other game, when in season. Plus local beef, lamb and other meats.

Butchered locally and sold at markets or direct.

"EESFTT Muir of Ord Industrial Estate, Great North Road, Muir of Ord, IV6 7UA

5FM 01463 871145

7FH 4IPQ /FXIBMM \$SPTTSPBET

Seasonal veg grown on Ballicherry and free range eggs, fresh flowers and plants at times. Ballicherry Farm is Scotland's first 'Care Farm', providing a route for people with long term illness to improve their health and return to work.

\$POUBDU Caroline & Brian Matheson

"EESFTT Ballicherry Farm, Balblair IV7 8LH

5FM 01381 610355



BUSINESSES further afield

#SBDLMB 1PSL

Produce their own free range pork, bacon, sausages and pork pies. Available in their on-line shops and at local shows and markets.

\$POUBDU Alistair Mackay

"EESFTT Brackla Farm, Cawdor, Nairn, IV12 5QY

5FM 01667 404223

&NBJM pork@bracklafarm.co.uk **8FC** www.bracklafarm.co.uk

\$POOBHF)JHIMBOE %BJSZ

Dairy farmers making a wide range of Highland cheeses – come and see it being made. All cheeses are organic. Available at the farm and at markets and shops.

\$POUBDU Jill Clark

"EESFTT Milton of Connage, Ardersier, Inverness IV2 7QU

5FM 01667 462000

&NBJM jill@connage.co.uk **8FC** www.connage.co.uk

)JHIMBOE 8IPMFGPPET

Wholefood co-operative with wide range of products – including local bread, dairy produce, cheese, eggs, beer, soap and candles. Wide range of organic products.

\$POUBDU Pam Bochel

"EESFTT Unit 6, 13 Harbour Rd, Inverness IV1 1SY

5FM 01463 712393

&NBJM sales@highlandwholefoods.co.uk

8FC www.highlandwholefoods.co.uk

,JMMBSB \$IJDLFOT -JE

Producer of organic and free range chickens, available in supermarkets and at local markets.

\$POUBDU Willie Lean

"EESFTT Parkhead Mains, Kilravock, Croy IV2 7PJ

5FM 07717 847105

&NBJM willielean@btinternet.com



OPDLGBSSFM 1SPEVDF

Fresh seasonal vegetables and fruit grown on the croft specialising in cut salads and herbs, tender veg and preserves. For sale at local markets or direct from website.

\$POUBDU Jo Hunt

"EESFTT Ian Mhor, Knockfarrel, Dingwall, IV15 9TQ

5FM 01349 862273 Mob 07990 524280

&NBJM info@knockfarrel.com **8FC** www.knockfarrel.com

.BD-FPE 0SHBOJDT

Producer and distributor of wide range of organic fruit, vegetables and other goods. Available at local markets or fortnightly vegetable box delivery.

\$POUBDU Donnie McLeod

"EESFTT Kyclerona Farm, 8 Hillhead, Ardersier, IV2 7QZ

5FM 01667 462555

&NBJM macleod.organics@virgin.net

/BUWFH CPY TDIFNF

Smallholding producing wide range of organic salads and vegetables, all year round. Available at local markets and also a seasonal vegetable box delivery.

\$POUBDU Maggie Sutherland

"EESFTT Clachandreggy, Torbreck, Inverness, IV2 6DJ;

5FM 01463 250440 or 07890 189676

&NBJM maggie.natveg@btinternet.com

8FC www.natvegco.limewebs.com



3JWFSEBMF \$FOUSF

Organic vegetables and fruit, eggs and bread.

\$POUBDU Judith Marten

"EESFTT 105-107 Church Street, Inverness IV1 1EY

5FM 01463 250589

&NBJM info@therapies-inverness.co.uk **8FC** www.therapies-inverness.co.uk

4DPUHSP

Fresh local and seasonal vegetables from Broombank Farm delivered to your door weekly or fortnightly. Delivery area from Evanton to Elgin. Online ordering at www.scotgro.com.

\$POUBDU Jock Scott

5FM 07580 231030

"EESFTT Broombank Farm, Auldearn, Nairn, IV12 5JY

&NBJM vegbox@scotgro.com

8FC Online ordering at www.scotgro.com



4UPSIFPVTF PG 'PVMJT

Restaurant, farm shop and visitor centre – with a wide range of local and organic foods. Also excellent restaurant using local ingredients where possible.

\$POUBDU Quintin Stevens

"EESFTT Storehouse of Foulis Foulis Ferry
Evanton, Ross-shire IV16 9UX

5FM 01349 830038

&NBJM mail@storehouse.co.uk **8FC** www.storehouseofoulis.co.uk



4USBUIQFòFS "SUJTBO #SFBE

Locally made artisan bread available at N Kessock Market and Strathpeffer market. Also bake to order – delivery Wed. Dingwall and Strathpeffer.

\$POUBDU Gordon Gallacher

"EESFTT Cruachan, Heights of Fodderty, Strathpeffer, IV14 9AF

5FM 01997 421171

&NBJM Gordon@highlandbread.co.uk

8FTU)JHIMBOE %BJSZ

Locally produced cheeses, dairy products and ice cream, sold in several places on the Black Isle.

\$POUBDU Kathy Biss

"EESFTT West Highland Dairy, Achmore, by Kyle of Lochalsh

5FM 01599 577203

&NBJM info@westhighlanddairy.co.uk

8FC www.westhighlanddairies.co.uk



RESTAURANTS CAFES

"OEFSTPO

Award winning restaurant and pub using beef, venison, potatoes, veg, eggs and seasonal fruit from the Black Isle. Also local shell sh, beer and cheeses.

\$POUBDU Jim Anderson

"EESFTT Union Street, Fortrose, IV10 8TD

5FM 01381 620236

&NBJM info@theanderson.co.uk **8FC** www.theanderson.co.uk



#VòFUT 6

Outside caterer based on the Black Isle using Highland sh and meat, veg from Rye eld and locally produced chutneys.

\$POUBDU Caroline Macleman

"EESFTT 22 Ormand Terrace, Avoch

5FM 01381 600217

&NBJM caroline@bu ets4U.co.uk

\$SPGUFST #JTUSP

Bistro serving an eclectic array of dishes using local produce from Comfort Foods Butcher, Eat Mair Fish, Swansons fruit & veg also Black Isle Brewery. Open every day from 11am.

\$POUBDU Glenn Coombs

"EESFTT 11 Marine Terrace, Rosemarkie, IV10 8UL

5FM 01381 620844

&NBJM info@croftersbistro.co.uk **8FC** www.croftersbistro.co.uk/

\$SPNBSUZ "SNT *OO

Family run pub using shell sh from Cromarty shing boats, with other sh from Buckie, local meat, potatoes and some vegetables.

"EESFTT Church St, Cromarty, IV11 8XA

5FM 01381 600230

&NBJM info@cromartyarms.com



\$VMCPLJF *OO

Charming pub sourcing all meat, sh and as much veg as possible locally. Some local beer also sold.

"EESFTT Culbokie, IV7 8JH

5FM 01349 877280

&JMFBO %VCI 3FTUBVBOU

Restaurant in the heart of Fortrose using lamb, eggs, soft fruit, apples and veg from own farm. Other locally sourced: beer, potatoes and sh.

\$POUBDU Graham and Anne Law

"EESFTT 18 High St, Fortrose, IV10 8SX

5FM 01381 620690

8FC www.eileandubhrestaurant.co.uk

Monday 10am – 5pm

Tuesday Closed

Wednesday 10am – 5pm (evening by prior booking)

Thursday 10am – 5pm (evening by prior booking)

Friday 10am – 9pm

Saturday 10am – 9pm

Sunday 10am – 5pm



,JOLFMM)PUFM

Fine Hotel serving seasonal local produce, fresh seafood, meats (inc. 28-day mature beef) herbs and salads, bread and cheeses. Open every day for lunch 12pm – 2pm and dinners 6 – 9pm. No Sunday dinners.

\$POUBDU Jamie MacLennan

"EESFTT Easter Kinkell, Kinkell, Conon Bridge, IV7 8HY

5FM 01349 861270

&NBJM info@kinkellhousehotel.com 8FC www.kinkellhousehotel.co.uk

1BOUSZ DBGF

Summertime café serving soups, sandwiches, salads and cakes all made on the premises using as much local produce as possible. Open Easter to end October.

\$POUBDU Jenny Henderson

"EESFTT Udale Farm Poyntz eld IV7 8LU

5FM 01381 600217





1MPVHI *OO

Charming 17th Century drover's inn using Black Isle meat and seasonal veg from local farmer in daily menu. Open 11am – 11pm throughout the summer months.

Lunch – 12pm – 2:30pm; Dinner – 6pm – 9pm;

Sunday Lunch – 12pm – 4pm.

Bar snacks always available.

"EESFTT 48 High Street, Rosemarkie, IV10 8TF

5FM 01381 620164



3PZBM)PUFM \$SPNBSUZ

The only pub on the Black Isle with Black Isle beer on tap. Other locally sourced: shell sh from Cromarty boats, meat, potatoes and seasonal vegetables.

"EESFTT The Royal Hotel, Marine Terrace, Cromarty, IV11 8YN

5FM 01381 600217

&NBJM info@royalhotel_cromarty.co.uk

4UBUJPO)PUFM "WPDI

Proposed re-opening during 2011 with local food on menu.

"EESFTT Bridge Street, Avoch, IV9 8PP

5FM 01381 620246

4UPSF)PVTF

Very popular restaurant with all meat, sh and most cheeses from the Highlands together with apple juice, beer and local wine.

\$POUBDU Quintin Stevens

"EESFTT Foulis Ferry, Evanton, Ross-shire, IV16 9UX

5FM 01349 830038

&NBJM quintin@thestorehouseathome.com

4VUPS \$SFFL \$BGF

Small friendly restaurant using food sourced locally whenever possible. All wines and beers organic including Black Isle beer. Open Wed to Sunday 11am till late – last booking 8pm.

\$POUBDU Graham and Phoebe Fox

"EESFTT 21 Bank Street, Cromarty, IV11 8YE

5FM 01381 600855

&NBJM info@sutorcreek.co.uk

8FC www.sutorcreek.co.uk



COMMUNITY MARKETS

Community markets are growing in popularity all over the country. People are realising it is a refreshingly relaxing way to shop and the produce can taste better and fresher. They also bring local communities together helping people realise what is available on their doorstep and enabling artisans to have an outlet for their products. They provide a practical way of reducing food miles.

The community markets on the Black Isle include a 'swap your stuff' stall for all those things for which you no longer have a use or for that glut of courgettes or apples at harvest time – swap for vegetables you aren't growing.



Ferintosh Community Market, Findon Hall, Culbokie

Third Saturday of the month from 10 am till 12 noon.

Come along to sample local bread, fruit and vegetables, meat, fish, arts and crafts and sample refreshments in aid of local charities.

For details email kirstyshaw5@googlemail.com or Tel 01349 863407

North Kessock Community Market, North Kessock Village Hall

Last Saturday of the month from 10am till 12 noon.

Featuring a wide variety of local produce including poultry, beef, vegetables, eggs, fish, fresh artisan bread, preserves and a range of local art and craft work. Refreshments are run by different charities each month. This market is a joint Transition Black Isle and Friends of the Earth Inverness and Ross venture.

Cromarty Community Market, Victoria Hall, Cromarty

Times to be decided. Due to start in May.

See the Transition Black Isle website for details of these markets.

www.transitionblackisle.org/north-kessock-community-market.asp

For more information on North Kessock or Cromarty markets email food@transitionblackisle.org or ring 01463 731303

Cromarty Brewery

A brand new brewery operational latter half of 2011 using wood fuel as its energy source.

\$POUBDU Craig Middleton

5FM 01381 600519 or 07927037736

&NBJM craig@cromartybrewery.co.uk

Cookery Demonstrations

1SFTFSWFT DPSEJBMT BOE XJOF NBLJOH

\$POUBDU Sheila Wickens

&NBJM sheilawickens77@yahoo.co.uk

.BSJF 'BVMLF \$PPLFSZ All sorts of cooking demonstrations (and sells Asian cookery and preserves at markets) –

&NBJM thefaulkes@aol.com

5FM 01381 621460

\$PPLJOH XJUI MPDBM JOHSFEJFOUT

\$POUBDU Laura Brickell

&NBJM avasbar@googlemail.com,

5FM 01349 883725

Poultry

Fancy your own chickens?

\$POUBDU Rhona Annand

5FM 07709 262 345

8FC www.blackislebirds.co.uk/

Also free range eggs.

Community Gardens

Transition Black Isle has assisted two 'community gardens' to set up. If you want to develop your knowledge and expertise of growing, there's no better way than working alongside other local people who are keen on growing their own fruit and vegetables. As well as providing delicious local, fresh food, getting stuck into the garden is a great way to keep fit and healthy too. Both gardens have polytunnels for growing young seedlings and less hardy plants, as well as bringing on crops quickly in our cooler climate.

-PDI OB .IPJE \$PNNVOJUJ (BSEFO is situated on a beautifully located croft just outside Muir of Ord. To arrange a visit to Loch na Mhoid, or find out more, please contact Toni Clark 01463 871544 lochnamhoid@transitionblackisle.org

\$VMCPLJF \$PNNVOJUJ (BSEFO is located below Culbokie village - just a short detour from the A9, and with stunning views of Ben Wyvis. The garden stocks over 52 varieties of potato. Volunteers attend every Thursday afternoon from 2 'til 5pm. Phone Tommy Keyes on 07870 215 712, or email nethernton@transitionblackisle.org to find out more.



Useful websites

www.transitionblackisle.org

www.transition-town-inverness.org.uk

www.fediet.co.uk

www.localfoodadvisor.com

www.ttforres.org

www.transitiontownalness.org.uk



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