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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 firths 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 fish; 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 find 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 fill 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 find 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 afield. 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 Beauly Co-op	✓					✓	✓	
3 Black Isle Berries and Ryefield 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 Beauly		✓	✓	✓	✓		✓	
24 Jemimaville Post Office					✓			
25 Loch na Mhoid	✓		✓		✓			
26 Munlochy Spar						✓		
27 Munro's M of Ord		✓	✓		✓		✓	
28 Munro's Beauly		✓	✓		✓		✓	
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 Poyntzfield 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 afield								
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 Strathpeffer Artisan Bread						✓		
54 West Highland Dairy				✓				

CONTENTS

EAT LOCAL	4
EAT ORGANIC.....	5
EAT SEASONAL	6
EAT VEGETABLE	7
MYTH BUSTING	8
DIRECTORY OF SUPPLIERS	9
BUSINESSES FURTHER AFIELD	20
RESTAURANTS / CAFES	23
COMMUNITY MARKETS	26
OTHER SUPPLIERS	27

EAT LOCAL

Why?

- By buying local produce you **lessen the need for your food to be transported and therefore the oil used and carbon emissions produced**. The transportation of food consumed in the UK is accountable for 2.3% of all UK green house gas (GHG) emissions.
- Buying local food is a **great way of supporting local producers and retailers and when you do 80p in every pound stays in the area whereas when you shop in some supermarkets only 20p benefits the local economy**.
- Going shopping in your local area whether it's at the shops or one of the markets is a **good way to keep up with what's going on in the area and meet the people who make your food**.

How?

- Try **shopping at community markets and local shops or sign up to a local vegetable box scheme**. You'll find lots of these listed in the **Local Food Directory**.
- **Eat more wild food**, 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.
- **Grow your own** whether it's in your own back garden, on a windowsill or at one of the community gardens.



Why not try...?

- 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.
- 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?

- Organic food production often reuses animal and plant manures and as a result **doesn't depend as heavily on oil-based fertilisers and pesticides.**
- Organic agriculture also **avoids the environmental impacts of transporting and producing oil-based fertilisers and pesticides.**
- Organic agriculture **ensures soil health and biodiversity for future generations.**
- It also **locks up larger amounts of carbon dioxide in the soil, reducing its impact on the climate.**
- The Soil Association recently reported that **a saving of 3.2 million tonnes of carbon a year could be made if all UK farms** converted to organic practices. That's the **equivalent of taking almost one million cars off the road.**



How?

- By signing up to an **organic, local vegetable box scheme.**
- Look out for the **symbols at the top of this page when you're shopping.** They all represent organic produce in the EU or UK.
- **Growing your own** fruit, vegetables and herbs **without chemicals.**

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

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

and for help and advice on growing organically.



Why not try...?

- Switching a few staples (tea, eggs, milk, potatoes, carrots etc.) each week, slowly making the transition to more organics.
- 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?

- Food that's in season in our climate requires **less transport and refrigeration during travel** therefore has less of an impact on the climate.
- Food produced naturally and in-season **doesn't rely on artificial lighting and heating** as out of season produce does and therefore **uses less energy**.
- Eating seasonally allows us to **enjoy the changing of the seasons** and experience **food at its best**.

How?

- **Food from local gardens, allotments and farms** 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.
- **Wild and foraged food** are the ultimate seasonal food, but please follow the guidelines given in the local food section before eating anything.
- **Preserving** 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:

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



Why not try...?

- 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.
- Go on a nature walk, but take along a wild food book instead of a wild life guide.
- If you're unsure where to start with preserving, why not ask friends and neighbours if they have experience.

EAT VEGETABLE

Why?

- In the UK population growth and demand could **double meat and dairy consumption by 2050**.
- A plant based diet uses **a third of the land and water** required to produce a conventional Western diet.
- You don't have to go vegetarian or vegan to make a difference. **Giving up meat and dairy one extra day a week reduces carbon emissions by 0.18 tonnes per person annually.**



How?

- Try having a **meat and/or dairy free day** once a week.
- If you're a confirmed carnivore try **reducing your meat portion size**, bulking up on **vegetables and grains and switching to organic**.
- You may **already eat a lot of vegetarian or vegan food** without thinking about it. Do you have favourite vegetable soup, stew, pasta or pizza recipes?
- **Look out for the symbols on the right hand side of this page** that indicate vegetarian and vegan food in the shops.

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

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



Why not try...?

- 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.
- 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.

1. It's expensive.

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.

2. I don't have the time to cook everything from scratch.

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.

3. It's not as convenient as popping to the supermarket.

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.

4. I can't live without...

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).

5. I don't have the time or space to grow my own food.

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.



6. A local and mainly vegetarian diet may not meet all my nutritional needs.

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



1 Avoch Bakery

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

Address: George Street, Avoch, IV9 8PU

Tel: 01381 620951

Email: avochbakery@gmail.com



2 Beauly Co-op

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

Address: 7 High Street, Beauly, IV4 7BY

Tel: 01463 782245

3 Black Isle Berries and Ryefield Farm Shop

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.

Contact: Torquil Fraser

Address: Ryefield Farm, Tore, IV6 7SB

Tel: 01463 811276 or 07812 753950

Email: enquiries@blackisleberries.co.uk **Web:** www.blackisleberries.co.uk

4 Black Isle Brewery

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.

Contact: David Gladwin

Address: Old Allangrange, Munloch, Ross-Shire, IV8 8NZ

Tel: 01463 811871 or Fax: 01463 811875

Email: greatbeers@blackislebrewery.com

Web: www.blackislebrewery.com

5 Bogallan Highland Beef

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

Contact: R and J Tilford

Address: Tigh-na-innis, Bogallan Croft, Kessock

Tel: 01463 731869

Email: rstilford@btinternet.com





6 **Buckie Fresh Fish**

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.

Contact: 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).



7 **Comfort Foods**

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

Contact: Richard Comfort

Address: 18 High Street, Rosemarkie, IV10 8UF

Tel: 01381 620814

8 **Corner on the Square**

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

Contact: Gary Williamson

Address: 1 High Street, Beauly, IV4 7BY

Tel: 01463 783000

Email: info@corneronthesquare.co.uk **Web:** www.corneronthesquare.co.uk

9 **Coulmore Farm**

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.

Contact: Maddie Scobie

Address: Coulmore, North Kessock, IV1 3XB

Tel: 01463 731360

Email: maddy@rhidorrochlodge.co.uk

Web: www.rhidorrochlodge.co.uk



10 Cromarty Bakery, Cromarty

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.

Contact: Donna and Dave Henderson

Address: 8 Bank Street, Cromarty, IV11 8UY

Tel: 01381 600388



11 Cromarty Bakery, Fortrose

Now also available in Fortrose

Address: 49 High Street, Fortrose, IV19 8SU

Tel: 01381 620055

12 Cromarty Stores

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.

Contact: Fiona

Address: 15 Bank Street, Cromarty, IV11 8UY

Tel: 01381 600550

13 Culbokie Stores and PO

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.

Address: Culbokie, Dingwall IV7 8JH

Tel: 01349 877201

14 Easter Balmungie

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.

Contact: Anne Chance

Address: Easter Balmungie Farm, Eathie Road, Fortrose, IV10 8SL

Tel: 01381 621006

Email: anne.chance@ukonline.co.uk



15 Eat Mair Fish

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

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

Contact: Eric Mair

Tel: 01542 832680

Email: eric@eatmairfish.co.uk **Web:** www.eatmairfish.co.uk

16 Ferintosh Community Market

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.

Contact: Kirsty Shaw (manager)

Address: Findon Hall, near Culbokie, Dingwall, IV7 8JX

Tel: 01349 863407

Email: kirstyshaw5@googlemail.com

17 Fortrose Co-op

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

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

Contact: Trina (manager)

Address: 69 – 73 High Street, Fortrose, IV10 8TF

Tel: 01381 621768

18 Geddes Free Range

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.

Contact: Lorne and Sadie Watson

Address: Geddes Home Farm, Geddes, Nairn, IV12 5QX

Tel: 01667 455889

Email: orders@geddesfreerange.com





19 Glachbeg Croft Education Centre

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.

Contact: Bob Bull

Address: Allanglach Wood, North Kessock IV1 3XD

Tel: 01463 811923

Email: info@glachbeg.org.uk **Web:** www.glachbeg.org.uk

20 Glen Ord Distillery

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

Address: Muir of Ord, IV6 7UJ

Tel: 01463 872004 **Fax:** 01463 872008

21 Glenurquhart Farm

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

Contact: Angela Smith

Address: Glenurquhart farm, Cromarty, IV11 8XX

Tel: 01381 620332 or 07743 552705

Email: aird@glenurquhartfarm.co.uk **Web:** www.glenurquhartfarm.co.uk

22 Highland Good Food Company

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

Contact: Gavin Newlands

Address: 8 Lochlann Road, Culloden, Inverness, IV2 7HB

Tel: 01463 793526 or 07949 835228

23 House of Beaully

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

Address: Station Road, Beaully, IV4 7EH

Tel: 01463 782821

Email: info@houseofbeaully.com

Web: www.houseofbeaully.com

24 Jemimaville Post Office

Sells local eggs.

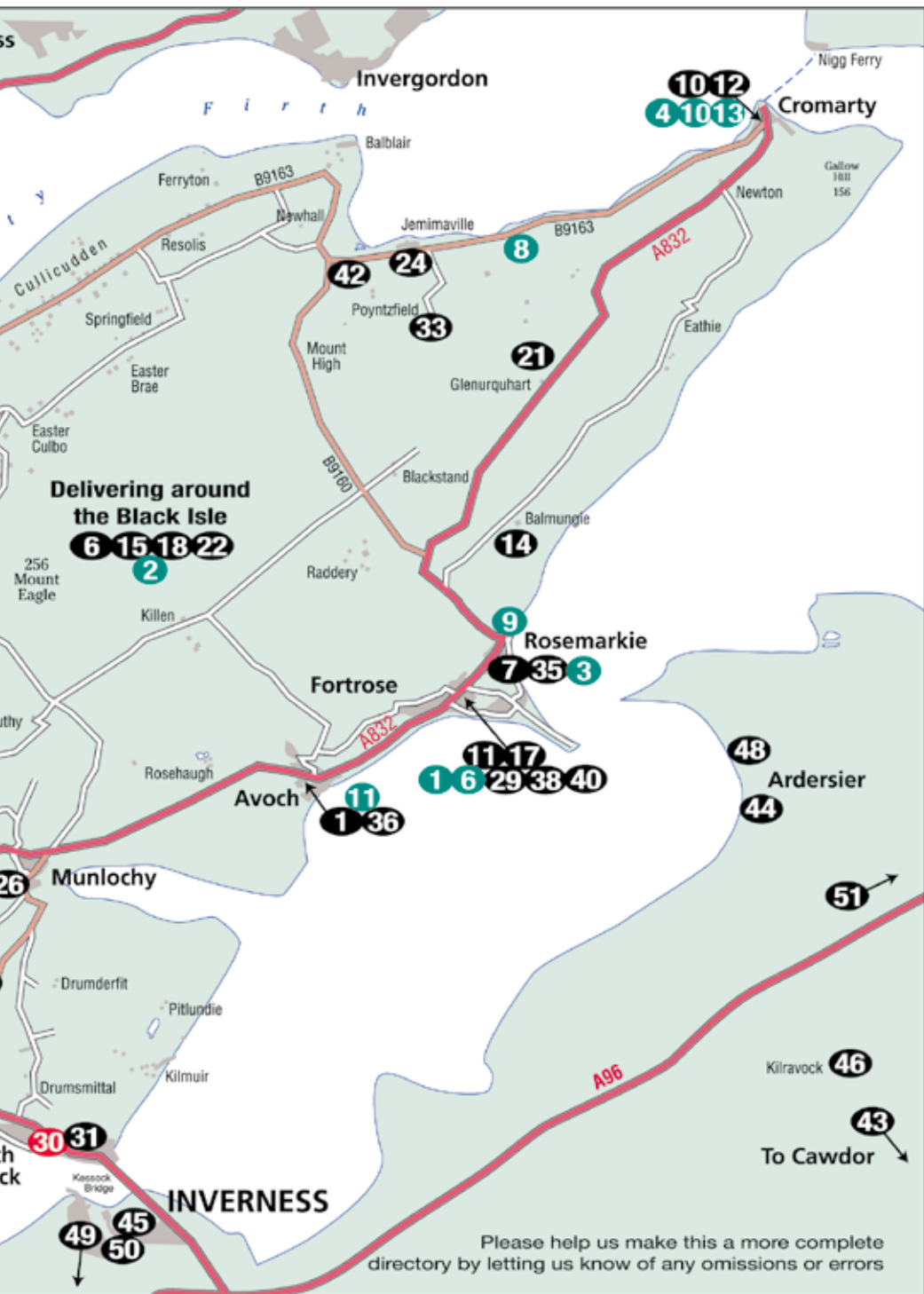
Address: Jemimaville, IV7 8LU **Tel:** 01381 610289



Local Food Directory

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





25 Loch na Mhoid

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.

Contact: Toni Clark

Address: Loch na Mhoid, Muir of Tarradale, Muir of Ord IV6 7QZ

Tel: 01463 871544

Email: tonic_mary@yahoo.co.uk



26 Munlochy Spar

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

Contact: A Taylor & son

Address: 27 Millbank Road, Munlochy

Tel: 01463 811229

27 Munro's Butchers, Muir of Ord

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.

Address: Great North Road, Muir of Ord, IV6 7TP

Tel: 01463 870238

Email: scotchbeef@munrodingwall.co.uk **Web:** www.munrodingwall.co.uk

28 Munro's Butchers, Beauly

Butchers supplying local meat.

Address: 3 The Square, Beauly, IV4 7BX

Tel: 01463 782238

Email: scotchbeef@munrodingwall.co.uk

29 Munro's Butchers, Fortrose

Butchers supplying local meat.

Contact: Ian MacClough (Manager)

Address: 61 High Street, Fortrose, IV10 8SU

Email: scotchbeef@munrodingwall.co.uk





30 North Kessock Community Market

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.

Address: North Kessock Village Hall

Tel: 01463 731303



31 North Kessock Spar

General store, selling Cromarty Bakery products.

Address: Whitehouse, North Kessock, IV1 3XN

Tel: 01463 731207

32 Ord Filling Station

Petrol station and general store – with some local produce including Golspie Mill and Avoch Bakery products.

Address: Great North Road, Muir of Ord, IV6 7XR

Tel: 01463 870197

33 Poyntzfield Herbs

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

Contact: Duncan Ross

Address: Poyntzfield Herb Nursery, Black Isle, By Dingwall IV7 8LX

Tel: 01381 610352

Email: info@poyntzfieldherbs.co.uk **Web:** www.poyntzfieldherbs.co.uk



34 Robertson's the Larder

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.

Contact: Karen Robertson

Address: Beauly, Inverness-Shire, IV4 7AS

Tel: 01463 782181



35 Rosemarkie Spar

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

Address: 17 High Street, Rosemarkie, IV10 8UF

Tel: 01381 620206

Email: gwyn@ecosse.net

36 Scotmid Avoch

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

Address: 37 High Street, Avoch, IV9 8PT

Tel: 01381 620278

37 Spud Hut

Seasonal local vegetables sold direct from the farm.

Contact: Ali Martin

Address: Garguston, on the right going from Tore roundabout to Muir of Ord, just opposite the turn off to Redcastle and North Kessock

Tel: 01463 870206 07710 678393

Email: garguston@btconnect.com



38 Story Belgian Caledonian Chocolate Line

Belgian Chocolates and confectionery hand made on the Black Isle.

Contact: Ingrid and Lucas Storey

Address: 65 High Street, Fortrose, IV10 8SU

Tel: 01381 622302



39 Struan Apiaries

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

Address: Burnside Lane, Conon Bridge, Dingwall, Ross-Shire, IV7 8EX

Tel: 01349 861427



40 Sylvia MacDonald

Home grown soft fruit and homemade preserves.

Address: Pol-ma-Chree, Killen Road, Fortrose

Tel: 01381 620878

41 Tarradale Game Ltd

Wild venison and other game, when in season. Plus local beef, lamb and other meats. Butchered locally and sold at markets or direct.

Address: Muir of Ord Industrial Estate, Great North Road, Muir of Ord, IV6 7UA

Tel: 01463 871145

42 Veg Shop, Newhall Crossroads

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

Contact: Caroline & Brian Matheson

Address: Ballicherry Farm, Balblair IV7 8LH

Tel: 01381 610355



BUSINESSES further afield

43 Brackla Pork

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

Contact: Alistair Mackay

Address: Brackla Farm, Cawdor, Nairn, IV12 5QY

Tel: 01667 404223

Email: pork@bracklafarm.co.uk **Web:** www.bracklafarm.co.uk

44 Connage Highland Dairy

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.

Contact: Jill Clark

Address: Milton of Connage, Ardersier, Inverness IV2 7QU

Tel: 01667 462000

Email: jill@connage.co.uk **Web:** www.connage.co.uk

45 Highland Wholefoods

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

Contact: Pam Bochel

Address: Unit 6, 13 Harbour Rd, Inverness IV1 1SY

Tel: 01463 712393

Email: sales@highlandwholefoods.co.uk

Web: www.highlandwholefoods.co.uk

46 Killara Chickens Ltd,

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

Contact: Willie Lean

Address: Parkhead Mains, Kilravock, Croy IV2 7PJ

Tel: 07717 847105

Email: willielean@btinternet.com



47 Knockfarrel Produce

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.

Contact: Jo Hunt

Address: Ian Mhor, Knockfarrel, Dingwall, IV15 9TQ

Tel: 01349 862273 Mob 07990 524280

Email: info@knockfarrel.com **Web:** www.knockfarrel.com

48 MacLeod Organics

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

Contact: Donnie McLeod

Address: Kylerona Farm, 8 Hillhead, Ardersier, IV2 7QZ

Tel: 01667 462555

Email: macleod.organics@virgin.net

49 Natveg box scheme

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

Contact: Maggie Sutherland

Address: Clachandreggy, Torbreck, Inverness, IV2 6DJ;

Tel: 01463 250440 or 07890 189676

Email: maggie.natveg@btinternet.com

Web: www.natvegco.limewebs.com



50 Riverdale Centre

Organic vegetables and fruit, eggs and bread.

Contact: Judith Marten

Address: 105-107 Church Street, Inverness IV1 1EY

Tel: 01463 250589

Email: info@therapies-inverness.co.uk **Web:** www.therapies-inverness.co.uk

51 Scotgro

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.

Contact: Jock Scott

Tel: 07580 231030

Address: Broombank Farm, Auldearn, Nairn, IV12 5JY

Email: vegbox@scotgro.com

Web: Online ordering at www.scotgro.com



52 Storehouse of Foulis

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

Contact: Quintin Stevens

Address: Storehouse of Foulis Foulis Ferry
Evanton, Ross-shire IV16 9UX

Tel: 01349 830038

Email: mail@storehouse.co.uk **Web:** www.storehouseoffoulis.co.uk



53 Strathpeffer Artisan Bread

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

Contact: Gordon Gallacher

Address: Cruachan, Heights of Fodderty, Strathpeffer, IV14 9AF

Tel: 01997 421171

Email: Gordon@highlandbread.co.uk

54 West Highland Dairy

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

Contact: Kathy Biss

Address: West Highland Dairy, Achmore, by Kyle of
Lochalsh

Tel: 01599 577203

Email: info@westhighlanddairy.co.uk

Web: www.westhighlanddairies.co.uk



RESTAURANTS / CAFES

1 Anderson

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

Contact: Jim Anderson

Address: Union Street, Fortrose, IV10 8TD

Tel: 01381 620236

Email: info@theanderson.co.uk **Web:** www.theanderson.co.uk



2 Buffets 4U

Outside caterer based on the Black Isle using Highland fish and meat, veg from Ryefield and locally produced chutneys.

Contact: Caroline Macleman

Address: 22 Ormand Terrace, Avoch

Tel: 01381 600217

Email: caroline@buffets4U.co.uk

3 Crofters Bistro

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.

Contact: Glenn Coombs

Address: 11 Marine Terrace, Rosemarkie, IV10 8UL

Tel: 01381 620844

Email: info@croftersbistro.co.uk **Web:** www.croftersbistro.co.uk/

4 Cromarty Arms Inn

Family run pub using shellfish from Cromarty fishing boats, with other fish from Buckie, local meat, potatoes and some vegetables.

Address: Church St, Cromarty, IV11 8XA

Tel: 01381 600230

Email: info@cromartyarms.com



5 Culbokie Inn

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

Address: Culbokie, IV7 8JH

Tel: 01349 877280

6 Eilean Dubh Restaurant

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

Contact: Graham and Anne Law

Address: 18 High St, Fortrose, IV10 8SX

Tel: 01381 620690

Web: 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



7 Kinkell Hotel

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.

Contact: Jamie MacLennan

Address: Easter Kinkell, Kinkell, Conon Bridge, IV7 8HY

Tel: 01349 861270

Email: info@kinkellhousehotel.com **Web:** www.kinkellhousehotel.co.uk

8 Pantry café

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.

Contact: Jenny Henderson

Address: Udale Farm Poyntzfield IV7 8LU

Tel: 01381 600217





9 Plough Inn

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.

Address: 48 High Street, Rosemarkie, IV10 8TF

Tel: 01381 620164



10 Royal Hotel, Cromarty

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

Address: The Royal Hotel, Marine Terrace, Cromarty, IV11 8YN

Tel: 01381 600217

Email: info@royalhotel_cromarty.co.uk

11 Station Hotel, Avoch

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

Address: Bridge Street, Avoch, IV9 8PP

Tel: 01381 620246

12 Store House

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

Contact: Quintin Stevens

Address: Foulis Ferry, Evanton, Ross-shire, IV16 9UX

Tel: 01349 830038

Email: quintin@thestorehouseathome.com

13 Sutor Creek Cafe

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.

Contact: Graham and Phoebe Fox

Address: 21 Bank Street, Cromarty, IV11 8YE

Tel: 01381 600855

Email: info@sutorcreek.co.uk

Web: 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.

Contact: Craig Middleton

Tel: 01381 600519 or 07927037736

Email: craig@cromartybrewery.co.uk

Cookery Demonstrations

Preserves, cordials and wine making.

Contact: Sheila Wickens

Email: sheilawickens77@yahoo.co.uk

Marie Faulke Cookery All sorts of cooking demonstrations (and sells Asian cookery and preserves at markets) –

Email: thefaulkes@aol.com

Tel: 01381 621460

Cooking with local ingredients

Contact: Laura Brickell

Email: avasbar@googlemail.com,

Tel: 01349 883725

Poultry

Fancy your own chickens?

Contact: Rhona Annand

Tel: 07709 262 345

Web: 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.

Loch na Mhoid Community Garden 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

Culbokie Community Garden 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 netherton@transitionblackisle.org to find out more.

Useful websites

www.transitionblackisle.org

www.transition-town-inverness.org.uk

www.ffediet.co.uk

www.localfoodadvisor.com

www.ttforres.org

www.transitiontownalness.org.uk



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