INTRODUCTION

Foreword by Jo Hunt – Knockfarrel Produce

In the lee of the mountains and surrounded by fertile shores 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
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Our Local Larder a resource guide for the Black Isle
EAT LOCAL

Why?

By buying local produce you MFTTFO UIF OFFE GPS ZPVS GPPE UP CF USBOTQPSUFE BOE UIFSGGPSF UIF PJM VTFE BOE DBSCPO FNJTTJPOT QSPEVDFE. 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 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 TVQFNSBSLFUT POMZ Q CFOFöUT UIF MPDBM FDPOPNZ.

Going shopping in your local area whether it's at the shops or one of the markets is a HPPPE XBZ UP LFFQ VQ XJUI XIBU T HPJOH PO JO UIF BSFB BOE NFFU UIF QFPQMF XIP NBLF ZPVS GPPE.

How?

Try TIPQQJOH BU DPNNVOJUZ NBSLFUT BOE MPDBM TIPQT PS TJHO VQ UP B MPDBM WFHFUBCMF CPY TDIFNF. You'll nd lots of these listed in the -PDBM 'PPE %JSFDUPSZ.

&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.

(SPX ZPVS PXO 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 nd 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 nd the nearest source.
Why?

- Organic food production often reuses animal and plant manures and as a result, it helps preserve the soil's health.

- Organic agriculture also utilizes elements that are naturally available in the environment.

- It also promotes biodiversity and supports local ecosystems.

- The Soil Association recently reported that many farms have converted to organic practices. That's the case with the B TBWJOH PG NJMMJPO UPOOFT PG DBSCPO B ZFBS DPVME CF NBEF JG BMM 6, GBSNT converted to organic practices. That’s the FRVJWBMFOU PG UBLJOH BMNPTU POF NJMMJPO DBST P6 UIF SPBE.

How?

- By signing up to a program like PSHBOJD MPDBM WFHFUBCMF CPY TDIFNF.

- 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.

- (SPXJOH ZPVS PXO fruit, vegetables and herbs XJUIPVU DIFNJDDBMT.

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 MFTT USBOTQPSU BOE SFGSJHFSBUJPO EVSJOH USBWF therefore has less of an impact on the climate.

Food produced naturally and in-season EPFTO USFMZ PO BSUJöDJBM MJHIUJOH BOE IFBUJOH as out of season produce does and therefore VTFT MFTT FOFSHZ.

Eating seasonally allows us to FOKPZ UIF DIBOHJOH PG UIF TFBTPOT and experience GPPE BU JUT CFTU.

How?

‘PPE GSPN MPDBM HBSEFOT BMMPUNFOU 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.

8JME BOE GPSBHFE GPPE are the ultimate seasonal food, but please follow the guidelines given in the local food section before eating anything.

1SFTFSWJOH is a great way to capture the avours 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 require a conventional Western diet.
- You don’t have to go vegetarian or vegan to make a difference.
- Try having a once a week.
- If you’re a confirmed carnivore try , bulking up on .
- You may without thinking about it. Do you have favourite vegetable soup, stew, pasta or pizza recipes?

How?

- 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.

Our Local Larder a resource guide for the Black Isle
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 TVQFSNBSLFIU
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 OVUSJUJPOBM 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, Munlochy, 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
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.

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); Munlochy (5pm) and North Kessock (6-8pm).

Weds: Conon Bridge (8am) and Dingwall (2.30 to 8pm).

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

"EESFTT 18 High Street, Rosemarkie, IV10 8UF
5FM 01381 620814

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

"EESFTT 1 High Street, Beauly, IV4 7BY
5FM 01463 783000

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.

"EESFTT Coulmore, North Kessock, IV1 3XB
5FM 01463 731360

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

Donna and Dave Henderson
8 Bank Street, Cromarty, IV11 8UY
01381 600388

Now also available in Fortrose
49 High Street, Fortrose, IV19 8SU
01381 620055

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.

Fiona
15 Bank Street, Cromarty, IV11 8UY
01381 600550

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.

Anne Chance
Easter Balmungie Farm, Eathie Road, Fortrose, IV10 8SL
01381 621006
anne.chance@ukonline.co.uk
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 – Munlochy and Avoch Thurs am – N Kessock Fri pm.

Eric Mair
5FM 01542 832680
eric@eatmair sh.co.uk
www.eatmair sh.co.uk

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.
Kirsty Shaw (manager)
Findon Hall, near Culbokie, Dingwall, IV7 8JX
01349 863407
kirstyshaw5@googlemail.com

Mini supermarket stocking some produce from the Highlands and Scotland, and some organic items. Open 7am – 10pm; except Sun 8am – 10pm.
Trina (manager)
69 – 73 High Street, Fortrose, IV10 8TF
01381 621768

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.
Lorne and Sadie Watson
Geddes Home Farm, Geddes, Nairn, IV12 5QX
01667 455889
orders@geddesfreerange.com
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

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

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

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

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

"EESFTT" Station Road, Beauly, IV4 7EH

5FM 01463 782821

&NBJM info@houseofbeauly.com

8FC www.houseofbeauly.com

Sells local eggs.

"EESFTT" Jemimaville, IV7 8LU 5FM 01381 610289
O ers 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.

"EESFTT  Loch na Mhoid, Muir of Tarradale, Muir of Ord IV6 7QZ
5FM  01463 871544
&NBJM  tonic_mary@yahoo.co.uk

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

"EESFTT  27 Millbank Road, Munlochy
5FM  01463 811229

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

Butchers supplying local meat.

"EESFTT  3 The Square, Beauly, IV4 7BX
5FM  01463 782238
&NBJM  scotchbeef@munrodingwall.co.uk

Butchers supplying local meat.

$POUBDU  Ian MacClaugh (Manager)
"EESFTT  61 High Street, Fortrose, IV10 8SU
&NBJM  scotchbeef@munrodingwall.co.uk

Our Local Larder  a resource guide for the Black Isle
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.

North Kessock Village Hall
5FM 01463 731303

General store, selling Cromarty Bakery products.

Whitehouse, North Kessock, IV1 3XN
5FM 01463 731207

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

Great North Road, Muir of Ord, IV6 7XR
5FM 01463 870197

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.

Duncan Ross
Poyntz eld Herb Nursery, Black Isle, By Dingwall IV7 8LX
5FM 01381 610352
info@poyntzeldherbs.co.uk 8FC www.poyntzeldherbs.co.uk

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.

Karen Robertson
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 )VU**

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 $BFMPOJBO $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
Home grown soft fruit and homemade preserves.

"EESFTT  Pol-ma-Chree, Killen Road, Fortrose  
5FM  01381 620878

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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

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Seasonal veg grown on Ballicherry and free range eggs, fresh owers and plants at times. Balicherry Farm is Scotland’s rst ‘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

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

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

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

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
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

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* Kylerona Farm, 8 Hillhead, Ardersier, IV2 7QZ

**5FM** 01667 462555

*NBJM* macleod.organics@virgin.net

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

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
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.

Jock Scott
07580 231030

Broombank Farm, Auldearn, Nairn, IV12 5JY
vegbox@scotgro.com
Online ordering at www.scotgro.com

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

Quintin Stevens
01349 830038
mail@storehouse.co.uk
www.storehouseofoulis.co.uk

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

Gordon Gallacher
01997 421171
Gordon@highlandbread.co.uk

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

Kathy Biss
01599 577203
info@westhighlanddairies.co.uk
www.westhighlanddairies.co.uk
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.

Jim Anderson
Union Street, Fortrose, IV10 8TD
01381 620236
info@theanderson.co.uk

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

Caroline Macleman
22 Ormand Terrace, Avoch
01381 600217
caroline@buets4U.co.uk

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.

Glenn Coombs
11 Marine Terrace, Rosemarkie, IV10 8UL
01381 620844
info@croftersbistro.co.uk

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

Church St, Cromarty, IV11 8XA
01381 600230
info@cromartyarms.com
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

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

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

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
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.

**1MPVHI *OO**

**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.

**4UBUJPO )PUFM "WPD1**

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

**4UPSF )PVTF**

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

**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.

Our Local Larder, a resource guide for the Black Isle
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 stu’ 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, sh, 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, sh, 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.

Craig Middleton
5FM 01381 600519 or 07927037736
&NBJM craig@cromartybrewery.co.uk

Cookery Demonstrations

Sheila Wickens
&NBJM sheilawickens77@yahoo.co.uk

Laura Brickell
&NBJM avasbar@googlemail.com, 5FM 01349 883725

Poultry
Fancy your own chickens?

Rhona Annand
5FM 07709 262 345

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
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

Netherton
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 nd 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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