

**Catering:**

**A & I Fraser** - Model Farm, Leighton Buzzard  
Hog & lamb roasts for all occasions.  
Supply staff, spit for roasting, & rolls.  
Available to customers within 15 miles of LB.  
01525 3736476

**Need a coffee break...?**

The following Leighton Coffee Shops use local food when available and prepare fresh food on the premises:

**Barringtons** - 44B-D High St

**Barrista Bay** - 14 Market Square

**Latte Heaven** - 25 Waterbourne Walk

**Room No.9** - 5A High St



**Did you know...?**

**Food sold locally needs less preservatives**

That's less chemicals going into your body

**95% of fruit and 50% of vegetables eaten in the UK are imported**

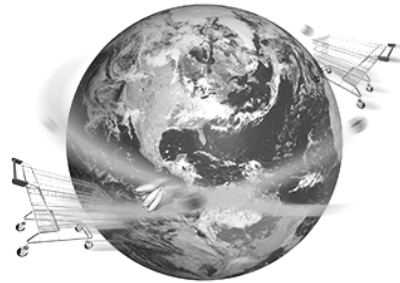
If all foods were sourced from within 20km of where they were consumed, environmental and congestion costs would fall by £2.1 billion annually

**Buying locally will boost your community**

A pound spent in a local shop circulates some 16 times in the local economy. A pound spent in a supermarket goes into the back of a Securicor van and out to faceless shareholders

**Local food is miles better . . . go local first!**

**Did you know...?**



The average meal travels 1,500 miles to reach your plate

eat **Responsibly**  
eat **Sustainably**  
eat **Locally**

Local food is **miles better!**



**South Bedfordshire Friends of the Earth**

[www.southbedsfoe.org.uk](http://www.southbedsfoe.org.uk)

Researched and produced by Annie Taylor and Stella Goddard, South Bedfordshire Friends of the Earth.  
Information correct to our knowledge at the time of printing.

© Revised October 2010

Supported by 'I love LB' Group



**A Leighton / Linslade guide to buying**

**LOCAL FOOD**



R Harris & Sons, Leighton Buzzard Market. Photo: Stella Goddard



**South Bedfordshire Friends of the Earth**

*Go local first*

## You won't need the car...

### Leighton Buzzard Farmers' Market

Every 3rd Saturday of each month  
Produce direct from farms within 30 miles of Leighton, including vegetables, honey, jams, meat, apples & a selection of baked goods

### Nature's Harvest

19 North Street, LB  
A small selection of local and English made foods & products  
01525 371378



### R Harris & Sons

Greengrocers Stall, LB Market – Tues & Sat  
A selection of seasonal fruit and vegetables from Bedfordshire and English farms  
Outside Dillamore's furniture shop

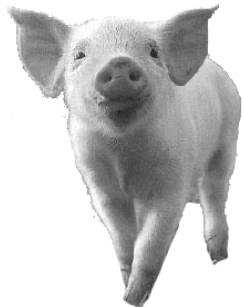


### Stratton Butcher

15 Market Square, LB  
British meat and free-range chicken. Sausages made on the premises  
01525 372183

### William Yirrell Ltd

7 Old Road, LB  
Locally sourced meat & free-range chickens  
01525 373489



## Did you know...?



... the amount of food air-freighted around the world has risen by 140% since 1992

... food transport accounts for one quarter of all HGV miles in the UK



## Box schemes and useful sites...

### Local's Best - Box Scheme

Direct from local farms, most vegetables travel less than 15 miles from field to fork. Seasonal fruit, eggs, honey and cakes  
Delivery to LB Thursdays, free within 10 miles of Woburn.  
01525 288252  
[www.localsbest.co.uk](http://www.localsbest.co.uk)



### BigBarn

The UK's no.1 local food website helping people to find good, safe, accountable food from local sources. [www.bigbarn.co.uk/](http://www.bigbarn.co.uk/)

### Tastes of Bedfordshire

This is where you will find details of local food in Bedfordshire. [www.tastesofbedfordshire.co.uk/](http://www.tastesofbedfordshire.co.uk/)

Online directories and searches  
<http://uktv.co.uk/food/localfoodhero>

## For those willing to go a bit further...

### Aylesbury Farmers' Market

Every 4th Tuesday of each month

### Bedfordshire Honey

25 Copperfields Close, Houghton Regis  
Beekeeper selling Bedfordshire honey  
01582 866504



### Best Butchers - Unit 5, Great Brickhill

Quality butcher sourcing local meats. Produce their own bacon, sausages, hams and smoked meats, air dried ham & venison  
01908 375275

### Flitton Hill Organic Farm Shop

Church Farm, Flitton  
A good range of organic vegetables in season. Soil association certified.  
01525 860277  
[www.flittonhill.co.uk](http://www.flittonhill.co.uk)

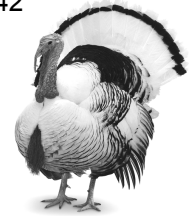


### Frowey Farm Shop - Little Brickhill

Traditional local butchers and vegetables from local producers. 01525 261642

### Icknield Way Farm

Tring Road, Dunstable  
Turkeys  
01525 220074



### Parrotts Brothers

Farm Shop, Cublington Road, Whitchurch  
Cheese, noted for farm-reared beef, pork and lamb, and seasonal local vegetables & fruit  
01296 641207

### Peck's Open Farm Shop

Stockwell Farm, Egginton  
Local fresh vegetables, fruit direct from Kent and fresh baked bread daily  
Shop: 01525 211859 / Office: 01525 210281

### Priestly Farm Shop - Church Road, Flitwick

Quality local vegetables, salads and plants  
01525 712397  
[www.scott474.com](http://www.scott474.com)

### Rumblers Farm

Potten End Hill, Water End, Hemel Hempstead  
Eggs year round, meat from tri-county region, honey from four local beekeepers, locally baked bread, seasonal local vegetables whenever possible, plants, jams. 01442 256788



### Seabrook Farm

Bennetts Lane, Aylesbury  
Naturally reared home bred, grass-fed lamb. 01296 681336

### The Littlecote Soap Company & Shop

Littlecote Farm, Dunton  
Honey and free range eggs  
01525 240206

### Woburn Farmers' Market

3rd Saturday every month 11-3