Act Global Eat Local

A Food Directory for Oxford



2016 Edition

Welcome to the 2016 edition of Act Global - Eat Local:

A Food Directory for Oxford

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We welcome corrections and suggestions for the online & next edition. Email: food@lcon.org.uk

It's easy to shop local!

Looking for a one-stop-shop? If you want to get all your food shopping in one place, here's how...

Box Schemes on page 10

If you're short of time, join a box scheme to get fresh veg and other produce delivered weekly to your door or a nearby drop-off point.

Farmers' Markets on page 18

Buy a wide range of local goods direct from the producer at one of Oxford's weekly community markets. Most have a café.

Farm Shops on page 20

Go direct to the farm for fruit and veg, preserves and jams, and farm-fresh meat. Depending on the season, pick your own fruit straight from the fields.

Grocery Stores on page 22

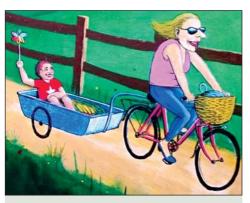
These shops have standard opening hours and stock a range of local, organic and ethical fresh foods and store cupboard items.



Online Sales and Home Deliveries



Order online from these producers to get deliveries to your home or nearby collection point. Spot the icons throughout the directory.



Entries are shown in order of their distance from Oxford City Centre so that you can choose to shop on foot or by bike.

Researched and written by Benedict Vanheems, a kitchen gardening writer with degrees in Horticulture, Climate Change and Sustainable Development.

Updated in 2016 by Martha Wiltshire, a Geography graduate and food campaigner.

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Icons used in this booklet:

Type of business

Producer: at least some produce is grown, raised or gathered on site



Processor: some processing involved, usually using some local ingredients



Retailer: buys, stores and distributes local foods



Sales method

On-site sales available from the seller's address



Off-site sales via other outlets such as shops and farmers' markets



Online sales are available from the seller's website



Deliveries to your home or nearby collection point are available from this seller



Organic certification

At least some produce is **certified organic**



The carbon footprint of food

What Oxford eats accounts for around a fifth of its total carbon emissions. The food system of the city is responsible for the equivalent of 380,000 tonnes of carbon dioxide every year. To put that into context, this is twice the emissions arising from all of the cars in the city.

The carbon footprint of our food system is complex because it is made up of many processes - from the production of food and drink, to its transport, packaging and storage, through to the way it is cooked and how much of it we waste.

In addition, our dietary choices, red meat in particular, strongly influence the carbon footprint of food. ^{1,2,3}

Agriculture

Food production generates a lot of emissions due to the manufacture and use of fertilisers, and the upkeep of livestock. Although the overall environmental impact of organic food may not

differ markedly from conventional produce, there is some evidence suggesting that organic farming uses less energy and has lower greenhouse gas emissions than conventional farming.^{1,4}

Food Transport

Transporting food contributes to the overall carbon footprint by moderately increasing the overall energy use and greenhouse gas emissions. Our demand for out-of-season produce has driven food imports, which travel long distances to reach the end consumer, further increasing the carbon footprint.

While one percent of food is airfreighted, it commands a 16% share of carbon emissions associated with food transport. Just 53% of food consumed in

the UK is produced here and less than one percent of that is local. Less than one percent of the food consumed in Oxford comes directly from local sources. Most of the rest is sourced from within the UK, while 48% comes from overseas.

Oxford food facts 1

- Less than one percent of the food consumed in Oxford comes direct from local sources.
 51% is sourced from within the UK, while 48% comes from overseas.
- Oxford spends approximately £450 million on food each year.
- If Oxford's avoidable food and drink waste was eliminated the equivalent of around 57,000 tonnes of carbon dioxide would be saved.

Wasted Food

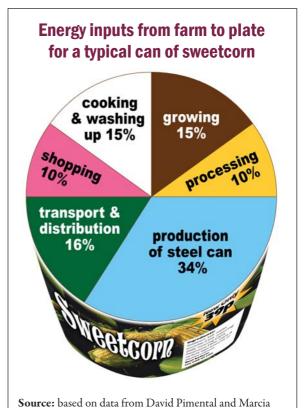
Food waste is a major contributor to the overall carbon foodprint

of food.¹ It has been estimated that an incredible 22%⁵ of the food and drink we purchase is wasted - the equivalent of each household throwing out £470 worth of perfectly edible food.

Meat & Dairy

The production of animal-based food is associated with higher greenhouse gas emissions than plant-based foods.² Meat production requires considerably more land compared to that required for other food types. For example, an area of land equivalent to one football pitch can produce 0.25 tonnes of beef, one tonne of poultry, or 15 tonnes of fruit and vegetables. Ruminants such as beef and lamb also emit significant levels of methane, a gas with 21 times the climate change-causing potential of carbon dioxide.

Shifting our diets from meat, particularly red meats such as beef and lamb, would free up land currently used for growing animal feed for other purposes, including carbon-absorbing forestry.



Pimental, Eds. Food, Energy and Society (1996)

University Press of Colorado

References

- 1 Food printing Oxford: How to feed a city. Report into Oxford's food system, including detailed calculations of its impact and an alternative scenario to reduce that impact. Low Carbon Oxford. 2013. www.oxfordmartin.ox.ac.uk/publications/view/1004
- 2 Scarborough P, et al. 2014. Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK. Climate change 125:179-192.
- 3 UNEP. 2010. Assessing the environmental impacts of consumption and production: priority products and materials. A working group report on the environmental impacts of products and materials to the International Panel for Sustainable Resource Management. Hertwich E, et al.
- 4 Pimentel D, Hepperly P, Hanson J, Douds D & Seidel R. 2005. Environmental, energetic, and economic comparisons of organic and conventional farming systems. BioScience 55:573-582.
- 5 Waste Resources Action Plan. 2012. Household food and drink waste in the United Kingdom 2012.

How to reduce the carbon footprint of your food

We have a

As consumers the power is in our shopping baskets to reduce the carbon arising from our food. Simple choices include eating more seasonally and locally, reducing meat consumption, especially of red meats, and opting for organic foods. These choices can help to lower the impact of food on our environment - not just carbon emissions, but energy and water map of all the local consumption and its food entries in this booklet: strain on natural www.lcon.org.uk/food ecosystems.

- /local-food-suppliers/ 1. Food miles - In the vast majority of cases, Please have a look and the fewer the food miles share the link. (the distance food has travelled from the point it is produced to the point it is sold or consumed), the lower the carbon footprint of food. In addition, sourcing more of our food locally may stimulate the local economy while improving the diversity and seasonality of the food we
- 2. Food waste Meal planning, correct storage, getting portion sizes right and creative use of leftovers can all go a long way to minimising the amount of food you throw out, saving you money and helping the environment.
- **3. Meat consumption** Reducing meat consumption is one of the most effective ways of reducing the proportion of our carbon footprint derived from food.

4. Cooking efficiently - While we can do a lot to reduce the carbon footprint of the food we eat through careful purchasing decisions, much of the energy used in the story of food falls to the way we cook it once we get it home. A few simple tips can dramatically cut the energy used in cooking:

- Always use a lid on a pan to minimise heat loss.
 - Ovens lose heat slowly, so make use of this momentum by turning the oven off a few minutes before cooking time is up.
- Many quick or easy-tocook foods can be heated up in the microwave. Microwaves are very efficient because they only heat up the food or drink itself, and not the air
- Slow cookers may take longer to cook food, but they do it at a far lower temperature, reducing overall energy consumption.
- Conversely, pressure cookers dramatically speed up cooking time, cooking food in as little as a third of the time.
- Cooking a lot of food at once makes the best use of heat.

surrounding it.

Further reading

Want to explore the impacts of the food system in more detail? The following links offer an accessible way to further your understanding.

Food printing Oxford: How to feed a city. Report into Oxford's food system, including detailed calculations of its impact and an alternative scenario to reduce that impact.

www.oxfordmartin.ox.ac.uk/
publications/view/1004

Food Carbon Footprint Calculator:

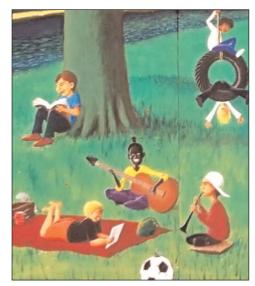
Calculate your personal food carbon footprint and receive carbon-saving tips specific to you. www.foodcarbon.co.uk

Food Statistics Pocketbook 2015:

Government statistics on food production and consumption within the UK, including carbon emissions, the supply chain and expenditure on food. www.gov.uk/government/statistics/food-statistics-pocketbook-2015

Carbon Conversations: Tackle your carbon footprint with the help and support of a community of likeminded people. www.carbonconversations.org

Soil Association: Explore the benefits of organic and sustainable food production with the industry's leading champion of the organic movement. www.soilassociation.org/whatisorganic



Part of a mural at Larkrise Primary School

Good Food Oxford: Good Food Oxford is a network working towards a fair, healthy, ethical and sustainable food system for Oxford and Oxfordshire. Membership is open to any individual or organisation supporting the network's aims. www.goodfoodoxford.org

Agile-Ox: Agile-Ox is a new project, based at the Environmental Change Institute at the University of Oxford, working to increase the use and usefulness of the University's environmental research in Oxon and beyond. www.agileox.org

Future of Food: The Oxford Martin Programme on the Future of Food is an interdisciplinary programme of research and policy engagement concerning all aspects of the food system, based at the University of Oxford. www.futureoffood.ox.ac.uk

Further reading 7

Icons used in this booklet:



Type of business

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Retailer: buys, stores and distributes local foods



Sales method

On-site sales available from the seller's address



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Online sales are available through the seller's website



Deliveries to your home or nearby collection point are available from this seller



Organic certification

At least some produce is **certified organic**

Allotments

For an up-to-date list of allotments in Oxford, including current availability of plots, please visit:

Oxford City Council allotments site:

www.oxford.gov.uk/directory/11/allotments

Oxford and District Federation of Allotment Associations site:

www.odfaa.com/members

Daily Info

...has a great guide to allotments here: dailyinfo.co.uk/oxford/guide/allotments



"To plant a garden is to believe in tomorrow." Audrey Hepburn

Baked Goods

Aston's Bakehouse

Grown, milled and baked at Sheepdrove Organic Farm. 100% organic and handmade. Mon - Sat 8.30am - 5.30pm

01488 679717 www.astonsbread.co.uk Avenue 2, Covered Market, Oxford, OX1 3DZ 0.2 miles from Oxford City Centre harriet@astonsbread.co.uk











The Oxford Bakery & Café Ltd

Artisanal breads from locally milled flour. Specialists in wild yeast breads made over a period of days using traditional, slow fermentation techniques. Their cafés all cater for breakfast, brunch and lunch and serve delicious, top quality single estate coffees and teas.

Mon - Sat 7.30am - 5pm Sun 9am - 4pm





01865 302996 www.naturalbreadcompany.co.uk 29 Little Clarendon St, Jericho, Oxford OX12HU 1 mile from Oxford City Centre

claire.naturalbread@gmail.com

Modern Baker

Bakery specialising in healthy sourdough breads. Modern Baker uses organic, stoneground ancient grains to bake their nutritious, contemporary loaves (also sells other organic produce).

Mon - Sat 8.30am - 5pm Sun 9am - 4pm

01865 554679 www.modernbaker.com 214a Banbury Road, Summertown, Oxford OX2 7BY 2 miles from Oxford City Centre bread@modernbaker.com





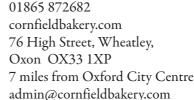




Cornfield Bakery

Traditional, craft-made bread from locally milled flour including rustic specialities and long ferment sourdoughs as well as a delicious selection of baked goods and celebration cakes.

Mon - Fri 7am - 4pm Sat 7am - 3pm















Degustibus Artisan Master Bakers

Handmade artisan breads, specialising in sourdoughs. Loaves are mixed in small batches and long fermented for flavour, keeping qualities and health benefits. No artificial baking aids used. At North Parade Market on 2nd & 4th Saturday each month 10am – 2pm

01235 555777 www.degustibus.uk Unit 10, Fitzharris Trading Estate, 70 Wootton Road, Abingdon, Oxon OX14 1LD 8.5 miles from Oxford City Centre greatbreads@degustibus.uk





Old Farmhouse Bakery

Bread hand-made from scratch in small batches to traditional recipes. No added chemicals, preservatives or additives. Where possible ingredients are **locally sourced.** Wed - Fri 9am - 5pm Sat 8.30am - 1pm

01235 831230 www.theoldfarmhousebakery.co.uk By The Meadow Farm, Steventon, Oxon OX13 6RP 14.6 miles from Oxford City Centre oldfarmhousebakery@ bythemeadowfarm.co.uk







Box Schemes

OxCo-op

A student volunteer-run co-op making environmentally and socially sustainable food more affordable and accessible to Oxford's student population. Place your veg box order on a Sunday evening (oxcoop.com) and collect it from the pop-up shop (which also sells larder provisions) on the 1st floor of the TSK on Friday afternoon (during term time). Friday 3.30pm - 5.30pm

www.oxcoop.com Oxford Hub, Turl St Kitchen, OX1 3DH 0.25 miles from Oxford City Centre oxfordfoodcoop@gmail.com

Veg in Clover

Organic box scheme based at Sandy Lane Farm where a large selection of vegetables are grown. Additional veg sourced from local farms and wholesalers. Deliveries in most parts of Oxford are made by pedal van.



www.veginclover.co.uk Sandy Lane, Tiddington, Oxon OX9 2LA

11 miles from Oxford City Centre veginclover@hotmail.com























If you have little time to shop, joining a box scheme is a great way to get your veg as fresh and as seasonal as possible. Boxes may be delivered to your door or to a nearby drop-off point. Box schemes often re-use boxes and use very little disposable packaging.

The Old Farm Shop

Farm box scheme supplying its own seasonal fruit, vegetables and eggs. Extras such as meat, cheese and bread can also be added.

01235 831247 www.theoldfarmshop.co.uk Harwell, Abingdon, Oxon OX144DP 15 miles from Oxford City Centre theoldfarmshop@aol.com

North Aston Organics

Established organic vegetable growers, growing over 70% of the produce that goes into their Soil Association (SA) certified veg boxes with some veg being harvested on day of delivery. SA certified organic fruit and local eggs also available. Wide coverage of Oxford with local collection points & doorstep bicycle delivery service (Pedal & Post).

01869 347702 www.northastonorganics.co.uk The Bakery Office, Somerton Road, North Aston, Oxon OX25 6HX 16 miles from Oxford City Centre northastonorganics@gmail.com



Tolhurst Organic

Organic vegetables produced without the use of animal by-products such as manure. The farm boasts an exceptionally low carbon footprint. Veg stall open 9am - 9pm in Summer.









www.tolhurstorganic.co.uk West Lodge, Hardwick, Whitchurch on Thames, Pangbourne, Reading RG8 7RA 24 miles from Oxford City Centre



Westmill Organics

Freshly picked organic produce delivered weekly to your door. Flexible ordering, including the addition of local organic eggs and bread.

info@tolhurstorganic.co.uk













07821 403739 www.westmillorganics.co.uk 1 Westmill Cottages, Watchfield, Swindon SN68TH 25 miles from Oxford City Centre info@westmillorganics.co.uk

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Conserves & Honey

Jillicious

Home-made preserves made with seasonal, local fruits and vegetables.

07932 622832 www.jillicious.co.uk Mulcaster Avenue, Kidlington, Oxon OX5 2HQ 5.4 miles from Oxford City Centre jill.mceachern @ntlworld.com

Brynmoor Conserves

Award-winning conserves made from locally collected fruit, including wild cherry plums. Available at local farmers' markets.

01235 521869 32 Welford Gardens, Abingdon, Oxon OX14 2BW 8 miles from Oxford City Centre sarah@fjdoidge.plus.com

Waterperry Gardens



Honey produced by bees foraging locally and within the gardens and orchards of Waterperry. 10am - 5pm





01844 339254 waterperrygardens.co.uk Near Wheatley, Oxon OX33 1JZ 10 miles from Oxford City Centre shop@waterperry gardens.co.uk

Chillies 2 U



Chilli farmer and processor growing in an organic way, producing chilli sauces, oils and dried chillies.









01993 881338 chillies2u.co.uk 3 The Blowings, Freeland, Oxon OX29 8HY 10 miles from Oxford City Centre sales@chillies2u.co.uk

Well Preserved

Jams, chutneys, pickles, curds and marmalades made, where available, from garden-grown and local produce.



07771 967633 www.well-preserved.co.uk Treetops, Ashfield Lane, East Hanney, Wantage, Oxon OX12 0HN 13 miles from Oxford City Centre jeanette@well-preserved.co.uk

"Being a Locavore,

or one who chooses
whenever possible to
incorporate locally grown
or locally produced food
into one's nutrition plan,
is of great importance."

Tyler Florence

Shaken Oak Products

Hand-made mustards and preserves. All products additive free. Environmental policy for sourcing of ingredients, manufacture and wastage. Minimal pollution involved.







01993 868043 www.shakenoak.co.uk Shaken Oak Farm, Old North Leigh Lane, Hailey, Witney, Oxon OX29 9UX 14 miles from Oxford City Centre mustard@shakenoak.co.uk

Brightwell Bees

Local Oxfordshire and Berkshire honeys, plus beeswax products such as candles and polish.

01491 824679
www.brightwellbees.co.uk
Magnolia House, Sotwell Street,
Brightwell cum Sotwell, Wallingford,
Oxon OX10 0RG
15.5 miles from Oxford City Centre
brightwellbees@hotmail.co.uk

Dairy & Eggs

Oxford Cheese Company

Producers of the classic Oxford Blue, soft Oxford Isis and College White cheeses. Gift boxes and hampers available. Mon - Sat 9am - 5pm

01844 338055 www.oxfordcheese.co.uk 17 Covered Market, Oxford OX1 3DU 0.2 miles from Oxford City Centre sales@oxfordfinefood.com

Medley Manor Farm

Small, family-run farm in Oxford city selling its own strawberry and raspberry ice cream when in season. May - Sept: 12pm - 6.30pm

01865 241251 / 07887 701011 www.medleymanorfarm.co.uk Binsey Lane, Binsey, Oxford OX2 0NJ 3 miles from Oxford City Centre ctggee@aol.com

FAI Farms Ltd

01865 790880 www.faifarms.com

A mixed farm in Wytham, situated on the edge of the world famous Wytham Woods, producing organic eggs, beef and lamb.

















Willowbrook Farm

01865 849957

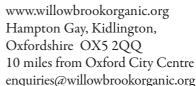
admin@faifarms.com

The Field Station, Wytham

Oxfordshire OX2 8QJ

Free-range, organic chicken and goose eggs from birds raised on naturally grown feed.

5 miles from Oxford City Centre









The Old Farm Shop

Free-range eggs from the farm's chickens, plus homemade cakes made using the eggs.

Mon - Sat 8.30 - 6pm Sun 8.30am - 5.30pm

01235 831247 www.theoldfarmshop.co.uk Harwell, Abingdon, Oxfordshire OX14 4DP 14 miles from Oxford City Centre









theoldfarmshop@aol.com

Q Gardens

Ice cream and sorbets manufactured on site, using homegrown fruit.

Mon - Fri 9am - 6pm Sat - Sun 9am - 5pm

01235 820988 www.qgardensfarmshop.co.uk Milton Hill, Steventon, Abingdon OX13 6AB 14 miles from Oxford City Centre info@qgardensfarmshop.co.uk

North Aston Dairy

Small dairy delivering fresh, organic unhomogenised milk to 250 local customers. Weekly milk round available in Wolvercote, or buy at the East Oxford Farmers' Market. Also delivers FAI eggs.

01869 347702 northastondairy.blogspot.co.uk The Bakery Office, Somerton Road, North Aston, Oxon OX25 6HX 15.6 miles from Oxford City Centre northastondairy@phonecoop.coop

Crudges Cheese



Range of artisan hard and soft cheeses made with vegetarian rennet using locally sourced Channel Island cow, goat and sheep milks.







01608 658125



07962 272193



http://thelocalproductcompany.co.uk/ cheese/crudges-cheese-bc-1437-125.html Haddon House, The Green, Kingham, Oxon OX7 6YD 25 miles from Oxford City Centre crudges@btinternet.com



Simon Weaver Cotswold Organic Dairy



Cheeses include Cotswold bries produced with milk from the farm's closed organic herd fed on a forage-based diet.









Dairy & Eggs 15

Drinks

Tiddly Pommes

Very local apple juice. Sold at East Oxford and Wolvercote Farmers' Markets.







Waterperry Gardens

The Shotover Brewing Company Craft-brewed cask ale, polypins and bottled beers. All made and bottled on site in Horspath and sold locally. Traditional brewing methods and

ingredients. Visit their brewery shop.





Demijohn

The family run liquid deli from Scotland selling unique, handmade, locally sourced British food and drink. Tasting is encouraged before your choice is bottled in store. Demijohn bottles are refillable.

Mon - Sun 10am - 6pm





Apple juice grown, picked, pressed and bottled in Waterperry's five acres of orchards and fruit sheds. Juice made from up to 22 different varieties. 10am - 5pm



01844 339254 www.waterperrygardens.co.uk Nr Wheatley, Oxon OX33 1JZ 10 miles from Oxford City Centre shop@waterperrygardens.co.uk





LAM Brewing Ltd

A tiny craft brewer making a mark on the local artisan beer scene.





Bothy Vineyard continues an ancient tradition of wine-making in the Vale of the White Horse. Its still and sparkling wines are produced with minimal environmental impact. Sat 11am - 6pm



www.bothyvineyard.co.uk Frilford Heath, Oxon OX13 6QW 9.6 miles from Oxford City Centre office@bothyvineyard.co.uk





Brightwell Vineyard

Award winning English wines from the Thames Valley - red, rosé, white and sparkling. Summer vineyard tours and wine tasting available.

Fri - Sun 12noon - 6pm

01491 832354

O Gardens

www.brightwellvineyard.co.uk Rush Court, Shillingford Road, Wallingford, Oxon OX10 8LJ 13 miles from Oxford City Centre info@brightwellvineyard.co.uk



Apple juice and cider pressed from the farm's own orchard fruits. Promoting biodiversity.



07729 823644

www.drovershillfarm.co.uk Upper Icknield Way, Saunderton, Buckinghamshire HP27 9NJ 24 miles from Oxford City Centre hello@drovershillfarm.co.uk





Juices naturally made from Q Gardens' own apples. The apples are pressed, juiced, bottled and pasteurised on site.

Mon - Fri 9am - 6pm Sat - Sun 9am - 5pm



01235 820988 www.ggardensfarmshop.co.uk Milton Hill, Steventon, Abingdon, Oxon OX13 6AB 14 miles from Oxford City Centre info@qgardensfarmshop.co.uk

The Cotswold Cider Company

Heritage apple varieties from the local area are used to make a range of natural ciders with personality and character.

07979 957136 www.cotswoldciderco.com 54 Coleshill, Oxon SN6 7PT 24 miles from Oxford City Centre info@cotswoldciderco.com





Gibson's Organic Liqueurs

Farm and winery using organic fruit grown and pressed on the farm to produce liqueurs bottled in the on-site winery.

07968 102230 www.gibsonsorganic.co.uk Manor Farm Yard, Westwell. Oxon OX184IT 22 miles from Oxford City Centre organicliqueurs@gmail.com



Cotswold Distillery

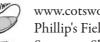
The Cotswold Distillery is the first full-scale distillery in the Cotswolds, making Cotswolds Malt Whisky, Cotswolds Dry Gin and other spirits and liqueurs. Award winning distillery with tours twice a day.



Mon - Sat 9am - 5pm Sun 11am - 4pm



01608 238533



www.cotswoldsdistillery.com Phillip's Field, Whichford Road, Stourton, Shipston-on-Stour, Warwickshire CV36 5HG



27 miles from Oxford City Centre info@cotswoldsdistillery.com



Drinks 17

Farmers' Markets

Oxford is lucky to have several community-run markets where local food businesses can sell their produce. Going to a market is also a nice way to socialise and meet up with fellow shoppers.

Most of the markets listed here have a wide range of stalls including vegetables, bread and snacks.

Oxford Farmers' Market at Gloucester Green

1st Thursday of the month, 9am - 2pm 3rd Thursday of the month, 9am - 3pm

A farmers' market in the heart of Oxford, running alongside the weekly antiques and craft market. All produce grown within 30 miles of Oxford.

Gloucester Green, George Street Oxford OX1 2BU 0.5 miles from Oxford City Centre

North Parade Market

Every 2nd & 4th Saturday, 10am - 2pm

Street market with an emphasis on locally produced, artisan foods.

www.northparademarket.com Church Walk and North Parade Avenue, Oxford OX2 6LX 1.2 miles from Oxford City Centre office@northparademarket.com

East Oxford Farmers' and Community Market

Every Saturday, 10am - 1pm

Community-run, friendly market selling staples from sources within 30 miles of Oxford, plus a range of other products such as jewellery, clothing and secondhand books.

www.eastoxfordmarket.org.uk
East Oxford Primary School, behind
Union Street, off Cowley Road,
Oxford OX4 1JP
2 miles from Oxford City Centre
eastoxfordmarket@gmail.com

Summertown Farmers' Market

Every Sunday, 10am - 2pm Stalls selling local produce.

07413 662838 www.facebook.com/ summertown.farmersmarket Banbury Road, Summertown, Oxford OX2 7DE 2 miles from Oxford City Centre

South Oxford Farmers' and Community Market

Every Sunday, 9.30am - 12noon

Weekly market selling ethically produced, local (within 30 miles) seasonal and/or organic food and non-food goods.

www.southoxfordfarmersmarket.org.uk South Oxford Community Centre, Lake Street, Oxford OX1 4RP 3 miles from Oxford City Centre southoxfordfarmersmarket@gmail.com

Wolvercote Farmers' Market

Every Sunday, 10am - 1pm

Oxford's longest-running farmers' market providing locally-produced food. Regular bike repair clinic.

www.wolvercotefarmersmarket.co.uk Wolvercote Primary School, First Turn, Wolvercote, Oxford OX2 8AQ 3 miles from Oxford City Centre wolvercotefarmersmarket@gmail.com

Headington Farmers' Market

Every Saturday, 10am - 2.30pm

Market organised by Headington Action, which uses the stall fees for community activities.

07413 662 838 www.headington.org.uk/market Top of New High Street (by Headington Shark), Headington, Oxford OX3 9AJ 3 miles from Oxford City Centre

Talking Shop

Every Saturday, 9am - 12noon

Talking Shop is a local group of volunteers working to provide opportunities for the community to get together and to bring valuable resources back to the village. The Saturday market sells a delicious range of local produce, with a café.

talkingshopsandford.wordpress.com The Village Hall, Henley Rd, Sandfordon-Thames, Oxon, OX4 4YN 4 miles from Oxford City Centre contacts.talkingshop@gmail.com

Cultivate Veg Van

Buy from the Cultivate VegVan:

Thu: East Oxford 3pm - 8pm
Fri: Jericho 12noon - 6pm
Sat: Headington 9.30am - 3pm
Sun: Summertown 10am - 2.30pm
Every 2nd & 4th Saturday at
North Parade Avenue 10am - 2.30pm
and also at some farmers' markets.

Local food cooperative bringing fresh, local, sustainably-grown fruit and veg direct from producers to you.

www.cultivateoxford.org Locations across Oxford info@cultivateoxford.org

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Farm Shops / Pick-Your-Own (PYO)

Make food shopping a fun day out by going to your nearest PYO farm to pick summer fruits straight from the fields - much better than the supermarket! Many of these farms also have farm shops where you can buy ready-picked fruit, local preserves and jam, meat (often raised on the farm itself) and vegetables.

Medley Manor Farm

Small, family-run farm in Oxford city selling its fruit, vegetables (including asparagus) and fruit ice cream during the growing season. Summer PYO also available. Early April - late Sept

12noon - 6.30pm

01865 241251 / 07887 701011 www.medleymanorfarm.co.uk Binsey Lane, Binsey, Oxford OX2 0NJ 3 miles from Oxford City Centre ctggee@aol.com

Rectory Farm

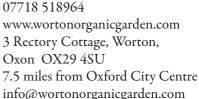
Wide range of ready-picked and PYO soft fruits, vegetables and potatoes, including PYO asparagus. Farmshop: May - Sept 9.30am - 6pm PYO: from May

01865 351677 www.rectoryfarmpyo.co.uk Pound Lane, Stanton St John, Oxon OX33 1HF 7 miles from Oxford City Centre rectoryfarm@rectoryfarmpyo.co.uk

Worton Organic Garden

Seven acre market garden producing seasonal, organic vegetables, fruit, herbs, cut flowers and eggs sold through its farm shop.

Fri - Sat 10am - 4pm Sun 11am - 4pm





Willowbrook Farm

Free-range, naturally raised meat, plus organic chicken and goose eggs.

Sun 10am - 3pm

01865 849957 www.willowbrookorganic.org Hampton Gay, Kidlington, Oxfordshire OX5 2QQ 10 miles from Oxford City Centre enquiries@willowbrookorganic.org













Dews Meadow Farm

Farmers producing additive-free pork, dry-cured, unsmoked and oak smoked bacon, their own gammons, cooked ham, black and Devonshire hog puddings, pâté, sausage rolls, pasties and pork pies.

Mon - Thurs 8.30am - 7pm Fri 8.30am - 6pm Sat 8.30am - 5pm Sun 10am - 4pm

01235 868634

www.dewsmeadowfarm.co.uk Dews Meadow Farm, Oxford Road, East Hanney, Wantage, Oxon OX12 0HP 12 miles from Oxford City Centre shop@dewsmeadowfarm.co.uk

Sandy Lane Farm

Selling a range of the farm's organic vegetables, free-range pork and lamb, and other local produce.

Farm shop every Thursday 2pm - 6.30pm Harvest market every Saturday 11am - 3pm Sep to Dec

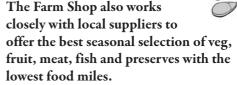
01844 279269 www.sandylanefarm.net Sandy Lane, Tiddington, Oxon OX9 2LA 11 miles from Oxford City Centre enquiries@sandylanefarm.net

Millets Farm Centre

From June to September Millets Farm has over 50 acres of crops exclusively for Pick-Your-Own harvesting. A choice of over 30 different fruits and vegetables can be picked throughout the warmer months.







Nov - March: Mon - Sun 9am - 5.30pm Apr - Oct: Mon - Sun 9am - 6pm

01865 391311

events@milletsfarmcentre.com Kingston Road, Frilford, Nr Abingdon, Oxfordshire, OX13 5HB 11 miles from Oxford City Centre www.milletsfarmcentre.com







Q Gardens

Farm shop selling an array of its own fruit and veg, meats and apple juice, plus local and regional produce from the deli counter.

Mon - Fri 9am - 6pm Sat - Sun 9am - 5pm Summer PYO 10am - 5pm



01235 820988

www.qgardensfarmshop.co.uk Milton Hill, Steventon, Abingdon, Oxon OX13 6AB

14 miles from Oxford City Centre info@ggardensfarmshop.co.uk

The Old Farm Shop

Farm shop selling farmproduced vegetables, fruit, preserves, meat and eggs. Soft fruit PYO of many types of berry and currant.

Mon - Sat 8.30am - 6pm Sun 8.30am - 5.30pm

01235 831247 www.theoldfarmshop.co.uk Harwell, Abingdon, Oxon OX14 4DP 14.5 miles from Oxford City Centre theoldfarmshop@aol.com

Sotwell Manor Fruit Farm

PYO and ready-to-buy strawberries (May to August), raspberries (May to October), plus blackberries, redcurrants and gooseberries.

May - Oct 10am - 5pm

01491 836375 (only in growing season) Sotwell Manor Fruit Farm, Brightwellcum-Sotwell, Wallingford, Oxon OX10 0PX 15.4 miles from Oxford City Centre rlgalay@hotmail.com

North Aston Organics

Established organic vegetable growers. Veg stall on farm in North Aston and monthly at Deddington.



01869 347702 www.northastonorganics.co.uk The Bakery Office, Somerton Road, North Aston, Oxon OX25 6HX 16 miles from Oxford City Centre northastonorganics@gmail.com







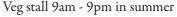






Tolhurst Organic

Organic vegetables produced without the use of animal byproducts such as manure. The farm boasts an exceptionally low carbon footprint.















Grocery Stores

OxCo-op

A student volunteer-run co-op making sustainable food more affordable and accessible to Oxford's student population.
Place your veg box order on a Sunday evening (oxcoop.com) and collect it from the pop-up shop (which also sells larder provisions) on the 1st floor of the TSK on Friday afternoon (during term time).
Friday 3.30pm - 5.30pm

www.oxcoop.com Oxford Hub, Turl St Kitchen, OX1 3DH 0.25 miles from Oxford City Centre oxfordfoodcoop@gmail.com

Organic Deli & Wholefoods Store

Independent family-run organic deli café and wholefoods shop specialising in gluten and dairy-free products. Dine in or take away. Also event catering services. Mon - Thu & Sat 7.30am - 8pm Fri 7.30am - 10pm Sun 8am - 6pm

www.organicwholefoods.co.uk
24 Friars Entry, Oxford, OX1 2DB
just off Magdalen Street
And 61 Botley Rd, Oxford, OX2 0BP
0.3 & 1.4 miles from Oxford City Centre
info@oxfordorganic.co.uk

There is a growing selection of wholefood and fairtrade grocery stores in Oxford that stock local, organic and ethical foods, many with standard opening hours.

Demijohn

The family run liquid deli from Scotland selling unique, handmade, locally sourced British food and drink. Tasting is encouraged before your choice is bottled in store. Demijohn bottles are refillable.

Mon - Sun 10am - 6pm

01865 552179 www.demijohn.co.uk 20 Little Clarendon Street, Oxford, OX1 2HP 1 mile from Oxford City Centre info@demijohn.co.uk



Monday Shop

Monday Shop is a food co-op selling surplus food from producers around Oxford. Mostly organic, the food is sold by donation. Free tea & biscuits and a space to talk food.

Monday 4pm - 7pm



07970 780514
www.facebook.com/
mondayshopoxford
East Oxford Community Centre,
Princes Street, Oxford, OX4 1DD
1 miles from Oxford City Centre
eastoxfordmondayshop@gmail.com



SESI

SESI Food and Household Refill. They refill your food containers with yummy foods and your empty bottles with SESI's own brand of sustainable and affordable household detergents. Home delivery refills: Wed 7pm - 10pm Refill stations: East Oxford Farmers' Market (food and detergents); South Oxford Farmers' Market (detergents); Talking Shop (detergents).

07758 218602 www.sesi.org.uk East Oxford Methodist Church, Jeune Street, Oxford OX4 1BN 2 miles from Oxford City Centre inbox@sesi.org.uk

The Windmill

An independent shop selling certified fairtrade and organic packaged food products, run as a community co-operative by local volunteers.

Mon - Sat 9.30am - 5.30pm

01865 236944 www.headingtonfairtrade.org.uk 104 London Road, Headington, Oxford, OX3 9AJ 2 miles from Oxford City Centre mail@headingtonfairtrade.org.uk

2 North Parade

Supply the finest local produce, working with farmers, producers and suppliers who focus on quality. They give you the fresh taste of every season and the best artisan foods for your table. Tues, Wed, Sat 8.30am - 5pm Thu, Fri 8.30am - 6pm, Sun 10am - 1pm

01865 552311 www.2northparade.com 2 North Parade Ave, Oxford, OX2 6LX 2 miles from Oxford City Centre northparade2@btinternet.com





Wild Honey

An independent, organic health food shop, stocking local, organic and ethically produced food, beauty, household and health products. Mon - Thurs 9am - 7pm, Fri - Sat 9am - 6pm, Sun 10am - 5pm

01865803724 www.wildhoneylove.com 111 Magdalen Road, OX41RQ 2.5 miles from Oxford City Centre matt@wildhoneylove.com





Talking Shop

The community-run shop and café sells a range of locally-made preserves, drinks and snacks as well as other staple foods.

Also drop in for a coffee and delicious home-baked cakes, with lunch served on Fridays. Mon & Fri 9.30am - 4.30pm

talkingshopsandford.wordpress.com
The Village Hall, Henley Road,
Sandford-on-Thames, Oxon, OX4 4YN
4 miles from Oxford City Centre
contacts.talkingshop@gmail.com





Meat & Fish

Willowbrook Farm

Free-range meat fed on quality non-GM feed. Chickens, grass-fed lamb and beef are naturally raised, without the use of chemicals or antibiotics.

Farm shop: Sun 10am - 3pm

01865 849957 www.willowbrookorganic.org Hampton Gay, Kidlington, Oxon OX5 2QQ 10 miles from Oxford City Centre enquiries@willowbrookorganic.org



Dews Meadow Farm

Mon - Thu 8.30am - 7pm

Farmers producing additive free pork, dry-cured unsmoked and oak-smoked bacon, their own gammons, cooked ham, black and Devonshire hog puddings, pâté, sausage rolls, pasties and pork pies.













Sun 10am - 4pm 01235 868634

Fri 8.30am - 6pm

Sat 8.30am - 5pm

www.dewsmeadowfarm.co.uk
Dews Meadow Farm, Oxford Road, East
Hanney, Wantage, Oxon OX12 0HP
12 miles from Oxford City Centre
shop@dewsmeadowfarm.co.uk



Coopers Oxford Pork

Free range, traditionally reared, rare-breed Oxford Sandy and Black pork. Pig feed is supplemented with gardengrown fruit and vegetables.









01235 859262 www.coopersoxfordpork.co.uk North Farm, Shillingford, Oxon OX10 8LZ 12.6 miles from Oxford City Centre mcandjcooper@btinternet.com

Sandy Lane Farm

Pork and lamb raised on non-GM feed grown locally or on the farm itself. The pigs are predominantly fed reject vegetables, thereby reducing their environmental impact.

01844 279269 www.sandylanefarm.net Sandy Lane, Tiddington, Oxon OX9 2LA 11 miles from Oxford City Centre enquiries@sandylanefarm.net

Meat & Fish 25

The Old Farm Shop

Lamb, beef and pork raised on quality feed, including the farm's own silage, hay, fruit and vegetables. Also sells awardwinning sausages and Christmas meats.

Mon - Sat 8.30am - 6pm Sun 8.30am - 5.30pm

01235 831247 www.theoldfarmshop.co.uk Harwell, Abingdon, Oxon OX14 4DP 14.5 miles from Oxford City Centre theoldfarmshop@aol.com

The Meat Joint

Sheep raised on clover-rich leys, plus Gloucester Old Spot pigs and tradionally reared beef. The butchery sells award-winning sausages, hams, home-cured bacon and pies.

Mon - Fri 8am - 3pm

01869 338115 www.themeatjoint.co.uk Iron Down Farm, Deddington, Oxon OX15 0PJ 20 miles from Oxford City Centre mail@themeatjoint.co.uk

Drovers Hill Farm

Rare breed lamb and pork raised to high animal welfare and Soil Association standards. The farm places an emphasis on promoting biodiversity on site.















Bibury Trout Farm

One of Britain's oldest trout farms. selling rainbow and brown trout fillets, smoked trout, trout pâté and quiches.



April - Sept 8am - 5.30pm Mar & Oct 8am - 5pm Nov - Feb 8am - 4pm



01285 740215 / 740212 biburytroutfarm.co.uk Bibury GL7 5NL 29.4 miles from Oxford City Centre biburytroutfarm@btconnect.com



Store Cupboard

Plantation Chocolates

Award-winning fine chocolates created using traditional artisan methods. No soya, colourings or preservatives.

07900 261517 www.plantationchocolates.co.uk Plantation Road, Jericho, Oxford OX2 6JD 1.3 miles from Oxford City Centre vivienshelton@mac.com

SESI

SESI Food and Household Refill. They refill your food containers with yummy foods and your empty bottles with SESI's own brand of sustainable and affordable household detergents. Home delivery refills: Wed 7pm - 10pm Refill stations: East Oxford Farmers' Market (food and detergents); South Oxford Farmers' Market (detergents); Talking Shop (detergents).

07758 218602 www.sesi.org.uk East Oxford Methodist Church, Jeune Street, Oxford OX4 1BN 2 miles from Oxford City Centre inbox@sesi.org.uk



Chocsford

Handmade luxury fairtrade chocolates free of additives and preservatives and including local and seasonal produce where possible.











07703 607796 www.chocsford.co.uk Elmthorpe Road, Wolvercote, Oxford OX2 8PA 4 miles from Oxford City Centre info@chocsford.co.uk

Wessex Mill

01235 768991

www.wessexmill.co.uk

Wantage OX12 9AB

sales@wessexmill.co.uk

Wessex Mill, Mill Street,

Flour for home baking. Milled using wheat from around the mill. Mon - Fri 8am - 4pm

17 miles from Oxford City Centre



















Heath Farm

Walnuts, hazelnuts, chestnuts and occasional nut oils sold through local farmers' markets during the autumn.

01608 683270 Swerford, Chipping Norton, Oxon OX7 4BN 20 miles from Oxford City Centre db@swerfordheath.com





Store Cupboard 27

Hempen

Hempen is a local, not-forprofit, organic, hemp producing cooperative. They farm, process and sell hemp seed products. A collective of young people harnessing the environmental, social, and economic benefits of hemp.

07804 254164 www.hempen.co.uk The Old Dairy, Path Hill Farm, Path Hill, Goring Heath RG8 7RE 22 miles from Oxford City Centre info@hempen.co.uk

FWP Matthews Ltd

Independent flour millers supplying a range of conventional and organic Cotswold flours. As much wheat as possible is sourced locally.

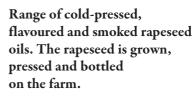
Mon - Fri 9am - 5pm Sat 9am - 1pm

01993 830342 www.fwpmatthews.co.uk Station Road, Shipton-Under-Wychwood, Chipping Norton, Oxfon OX7 6BH 25 miles from Oxford City Centre sales@fwpmatthews.co.uk

Stainswick Farm



















www.stainswickfarm.co.uk Shrivenham, Oxon SN6 8LD 28 miles from Oxford City Centre stainswickfarm@farming.co.uk

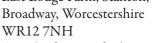
Cotswold Gold

Extra virgin cold-pressed oil made on the family farm. Great for frying, roasting, marinades and dressings.



















Bulk deliveries

Form a neighbourhood buying group to order bulk foods and household consumables from:

infinityfoodswholesale.co.uk or essential-trading.co.uk

Vegetables, Salad & Fruit

Cultivate Oxford

Local food cooperative bringing fresh, local, sustainably-grown fruit and veg direct from producers to you.

www.cultivateoxford.org At locations across Oxford info@cultivateoxford.org Buy from the Cultivate **VegVan**:
Thu: East Oxford 3pm - 8pm
Fri: Jericho 12noon - 6pm
Sat: Headington 9.30am - 3pm
Sun: Summertown 10am - 2.30pm
Every 2nd & 4th Saturday at
North Parade Avenue 10am - 2.30pm
and also at some farmers' markets.









Medley Manor Farm

Small, family-run farm in Oxford city selling asparagus, strawberries, sweetcorn and honey, when in season. See website for opening times

01865 241251 / 07887 701011 www.medleymanorfarm.co.uk Binsey Lane, Binsey, Oxford OX2 0NJ 3 miles from Oxford City Centre ctggee@aol.com



Seven acre market garden producing seasonal, organic vegetables, fruit, herbs and cut flowers sold through its farm shop. Fri & Sat 10am - 4pm Sun 11am - 4pm

www.wortonorganicgarden.com

7.5 miles from Oxford City Centre

info@wortonorganicgarden.com

3 Rectory Cottage, Worton,

Worton Organic Garden







Rectory Farm

Wide range of ready-picked and PYO soft fruits, vegetables and potatoes, including PYO asparagus. Farm shop: May - Sept PYO: from May 9.30am - 6pm

01865 351677
www.rectoryfarmpyo.co.uk
Pound Lane, Stanton St John,
Oxon OX33 1HF
7.2 miles from Oxford City Centre
rectoryfarm@rectoryfarmpyo.co.uk



Waterperry Gardens

07718 518964

Oxon OX29 4SU

Large selection of apples, pears and plums, including many heritage varieties, grown and sold through the garden shop. 10am - 5pm







01844 339254

www.waterperrygardens.co.uk Near Wheatley, Oxon OX33 1JZ 9.5 miles from Oxford City Centre shop@waterperrygardens.co.uk

Sandy Lane Farm

Organic fruit and vegetables grown on long crop rotations to maximise diversity. Sold at the farm shop (Thurs 2pm - 6.30pm) & through local farmers' markets.

01844 279269
www.sandylanefarm.net
Sandy Lane, Tiddington, Oxon OX9 2LA
11 miles from Oxford City Centre
enquiries@sandylanefarm.net

The Little Salad Company

Over 40 different seasonal salad leaves grown without herbicides or pesticides on a market garden at the Earth Trust. Sold via East Oxford Farmers' Market and local pubs and restaurants.

07976 923580 www.thelittlesaladcompany.co.uk Earth Trust, Little Wittenham, Abingdon, Oxon OX14 4QZ 12 miles from Oxford City Centre info@thelittlesaladcompany.co.uk

The Clays Organic Market Garden

Organic fruit and vegetables grown for sale through local farmers' markets.

07983 660884 Warborough, Oxon OX10 7HA 12 miles from Oxford City Centre markcs59@yahoo.co.uk

O Gardens

Wide range of fruits on sale in the farm shop.

Mon - Fri 9am - 6pm Weekends 9am - 5pm



www.qgardensfarmshop.co.uk Milton Hill, Steventon, Oxon OX13 6AB 14 miles from Oxford City info@qgardensfarmshop.co.uk

The Old Farm Shop

Vegetables and fruit, plus a range of soft fruits, including jostaberry, tayberry and damson.

Mon - Sat 8.30am - 6pm Sun 8.30am - 5.30pm

01235 831247

www.theoldfarmshop.co.uk Harwell, Oxon OX144DP 14.5 miles from Oxford City Centre theoldfarmshop@aol.com



Sotwell Manor Fruit Farm

PYO and ready-to-buy strawberries (May to August), raspberries (May to October), plus blackberries, redcurrants and gooseberries.

10am - 5pm during opening season



01491 836375 Sotwell Manor Fruit Farm, Brightwell-cum-Sotwell, Wallingford, Oxon OX10 0PX 15.4 miles from Oxford City Centre rlgalay@hotmail.com









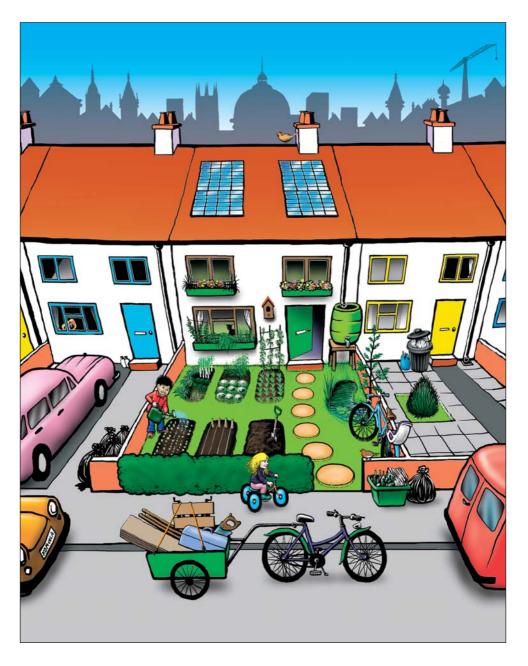












"One cannot think well, love well, sleep well, if one has not dined well."

Virginia Woolf

Act Global - Eat Local: A Food Directory for Oxford



Oxford's food consumption generates twice the amount of CO_2 as all the cars driven in our city. Many factors, from transport, packaging, storage, cooking methods and food waste, influence the carbon footprint of the food and drink we all enjoy.

This handy directory lists dozens of places to get

good local food.
It can help us eat
more sustainably
– to eat to respect
the climate and to
benefit both our
community and
our health.



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Icons in this booklet:



Producer: food grown, raised or gathered on site



Processor: some processing usually using local goods



Retailer: buys, stores and distributes

local foods



On-site sales
available from
the seller's
address



Off-site sales via other outlets such as shops and markets



Online sales are available through the seller's website



Deliveries to your home or to a nearby collect point



Some produce is organic