

Reducing food waste

It is estimated that in the UK about a third of the food we buy is thrown away. This is not just a waste of food, it is also a waste of money. Around 30% of global greenhouse gas emissions come from food production so wasting food is costing us the Earth, too.

When we waste food, all the fuel and energy used for growing, harvesting, processing, packaging, transporting and selling that food is wasted as well.

Go to lovefoodhatewaste.com for useful tips and advice on how to reduce the amount of food you throw away.

Respect the food you buy – remember the resources, effort and time that it has cost to produce.



How Transition Woodbridge is helping

Since 2013, we have been collecting unwanted fruit from local gardens & orchards and redistributing it to several church lunch clubs, to the Salvation Army in Woodbridge, to Helping Hands in Ipswich for meals for the homeless, and to FIND in Ipswich for their food banks.

If you have surplus fruit or vegetables, please let us know. We can arrange to come and harvest it before passing it on to those who can use it. If you are part of a local scheme that could use this food, please get in touch with us, too.

Surplus food can also be donated to local Little Free Pantries – see the Eateries page for more details.



Woodbridge Town Council
Climate and Ecological
Emergency Committee




Melton Parish
Council



transitionwoodbridge.org.uk

hello@transitionwoodbridge.org.uk

 Transition Woodbridge

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Your guide to local food
producers, retailers & eateries
around Woodbridge & Melton



Local Food Project 2022

Welcome to Transition Woodbridge's Local Food Project leaflet, revised for 2022.

We've been scouring the local area looking for more wonderful food and drink producers to expand our listings - you'll find new additions highlighted in green. We've also updated the retailers and eateries sections to reflect changes to the local business landscape and we're pleased to see so many opportunities to eat and buy regional produce within Woodbridge and Melton. We hope that you're inspired to offer your support.

The Local Food Project began in 2021. Concerned by the fragilities of our food supply system exposed during the Covid pandemic as well as the environmental damage caused by many aspects of modern food production, we set out with a simple aim: to encourage more people to eat more local food. So what is so special about local food?

Local food creates local jobs and shopping locally keeps money in our local economy

Local food is fresher, healthier and more seasonal. It may even be bought direct from the producer at a farm shop or online and delivered to your door

Local food travels a shorter distance from producer to consumer so less fuel is used, resulting in lower carbon emissions and pollution levels

Where a network of local food producers and retail outlets develops, an area becomes more resilient and has a higher level of food security in challenging times

Local farmers and growers care for our countryside and maintain high British standards of animal welfare

Local food shops and markets are good places to meet and chat and are at the heart of our town, helping to create its unique character

Local food needs less protective packaging and so generates less rubbish



The Bakehouse Bakery



The Galley



A Passion for Seafood



Melton Community Farm

If you have any comments, suggestions or questions about the Local Food Project, you can email us at localfoodip12@gmail.com.

Transition Woodbridge is a community organisation working at a local level to encourage a transition away from a fossil fuel-based economy and towards a more sustainable future. We aim to increase awareness of climate change, reduce waste, promote recycling and support the local economy and environment. Find out more about Transition Woodbridge's range of projects and join us at:

transitionwoodbridge.org.uk

Email: hello@transitionwoodbridge.org.uk

 Transition Woodbridge

 @ttwoodbridge

 @transition_woodbridge

Part of the Transition Towns network

Cover photos, top to bottom: Plant Café, Virginia Nurseries, Maple Farm Kelsale

Producers

From organic fruit and vegetables to quality meat, dairy and fish, our area is home to an exciting range of local food producers. Where we've included a postal address, the business has an on-site shop; otherwise go online or call to find out more about stockists.



1 Ash Smoked Fishes

Smoked local & UK fish
aldeburghsmokehouse@btconnect.com
 Crag Path, Aldeburgh, IP15 5BP

2 Hodmedod's

British-farmed pulses, grains & flours
hodmedods.co.uk 01986 467567

3 Suffolk Slice

Cakes, brownies, blondies, afternoon teas
suffolkslice@gmail.com 07712 410126

4 The Wild Meat Company

Game & local free range meat
wildmeat.co.uk 01728 687627

5 Fen Farm Dairy

Brie, butter, mascarpone, skyr, raw milk
fenfarmdairy.co.uk 01986 892350
 Flixton Road, Bungay, NR35 1PD

6 St Peter's Brewery

Beer inc. organic, alcohol-free & gluten-free
stpetersbrewery.co.uk 01986 782322
 St Peter's Hall, St Peter South Elmham, Bungay, NR35 1NQ

7 Red House Farm

Cox & Bramley apple juices
redhousecharsfield.co.uk 07771 676510

8 Dingley Dell Cured

Charcuterie, salami, air-dried meats
dingleydellcured.co.uk 01728 748097

9 Fairfields Farm Crisps BRGS

Potato crisps & pre-packed potatoes
fairfieldsfarmcrisps.co.uk 01206 241613

10 Alder Tree

Fruit cream ices from local fruit & cream
alder-tree.co.uk 01449 721220 Alder Carr Farm, Creeting St Mary, IP6 8LX

11 Calvors

Lagers & ales using locally sourced malt
calvors.co.uk 01449 711055

12 Suffolk Farmhouse Cheeses

Suffolk cheeses, cream, butter & ice cream
suffolkcheese.co.uk 01449 710458
 Whitegate Farm, Norwich Road, Creeting St Mary, IP6 8PG

13 Aspoll

Range of cyders & vinegars
aspall.co.uk 01728 860510

14 Havensfield Eggs

Free range chicken eggs, duck, quail & goose eggs / havensfieldeggs.co.uk 01379 669039

15 James Hunt Fisheries

Locally & UK-caught fish
jameshuntfisheries@gmail.com 01394 284582 The Ferry, Felixstowe, IP11 9RZ

16 Mr Bees Brewery

Real ale & beer using local malt, leafed hops & honey / mrbeesbrewery.co.uk 07503 773630 Unit D, Searsons Farm, Cordys Lane, Trimley St Mary, Felixstowe, IP11 0UD

17 Wakelyns/Wakelyns Bakery

Baked goods, jams, chutneys, cordials, veg boxes / wakelyns.co.uk info@wakelyns.co.uk Metfield Lane, Fressingfield, IP21 5SD

18 Grobros

'Living' microherbs grown to order
grobros.co.uk 01728 621502

19 Scarlett & Mustard

Sweet & savoury condiments
scarlettandmustard.co.uk 01728 685210 Unit C2, Charnwood Industrial Estate, Framlingham, IP13 9PT

20 Shawsgate

Red, white & rosé wines, cider & perry, white & rosé vermouth, teas / shawsgate.co.uk 01728 724060 Badingham Road, Framlingham, IP13 9HZ

21 Blythburgh Real Free Range Pork

Free range pork / freerangepork.co.uk 01986 873298

22 Truly Traceable Venison & Game Pies

Game pies & sausage rolls
trulytraceable.com 01986 835980

23 G & VAM Downing

Lamb, mutton, wild venison
info@grahamdowning.com 01986 873688 Bridge Farm, Chediston, Halesworth, IP19 0AE

24 George Thompson (Great Oakley) Ltd

Reliquum gin & bouse, Thompson's baijiu, niche crops – herbs, citrus, figs, Chinese veg
reliquum.uk britishbaijiu.uk 01255 880815

25 Hillfarm Oils

Cold-pressed rapeseed oils, mayonnaises, salad cream, rape seeds, honey
hillfarmoils.com 01986 798660

26 Yarn Hill Lincoln Reds

Prime Lincoln Red beef & Old Cow beef
yarnhill-lincolnred.co.uk 01728 688001

27 ActivLives

Naturally grown seasonal fruit & veg, honey, pickles & preserves

activlives.org.uk/activgardens 01473 345350 People's Community Garden, Maidenhall Allotments, Halifax Road, Ipswich, IP2 8RE

28 Briarbank Bar & Brewery

Range of craft ales brewed with locally sourced malt / briarbank.org 01473 284000 70 Fore St, Ipswich, IP4 1LB

29 Capel Mushrooms

Organic mushrooms & mushroom compost
capelmushrooms.co.uk 01473 310380 Mill Hill, Capel St Mary, Ipswich, IP9 2LA

30 Chocolate Wonder

Homemade chocolate & fudge
chocolate-wonder.co.uk 07553 951604

31 Home Farm Nacton

Potatoes, onions, herbs, brassicas, cereals
homefarmnacton.co.uk 01473 659280

32 Suffolk Sea Salt

Pure & flavoured sea salts
suffolkseasalt.com 07596 836856

33 Suffolk Sweet Tomatoes

Piccolo tomatoes
suffolksweettomatoes.co.uk 01473 875052

34 Peach and Pippin

Organic fruit, eggs, jams & juice
peachandpippin.com 07890 032475 83 Hungerdown Lane, Lawford, CO11 2LY

35 Peakhill Farm

Naturally reared beef & pork cuts
peakhillfarm.co.uk 07862 731999 Theberton, Leiston, IP16 4TG

36 Barn Farm Drinks/DC Williamson

Pressed fruit juice blends, frozen fruits
barnfarmdrinks.co.uk dcwilliamson.co.uk 01255 870228

37 Newbourne Farm

Home-grown salad & veg
penny@newbournefarm.co.uk 01473 736407



James Hunt Fisheries



38 Virginia Nurseries

Fresh fruit, vegetables & plants
virginia-nurseries.co.uk 01473 736145
Mill Road, Newbourne, IP12 4NP; 698
Foxhall Rd, Rushmere St Andrew, IP3 8NQ

39 Pinney's of Orford

Smoked & fresh fish, shellfish
pinneysoforford.co.uk 01394 459183
Quay Street, Orford, IP12 2NU

40 Pump Street Bakery & Chocolate

Bread, pastries, chocolate, drinking
chocolate / pumpstreetbakery.com
01394 459829 1 Pump Street, Orford,
IP12 2LZ

41 Simpers of Ramsholt

Fresh & smoked fish, fruit & veg
simplersoframsholt.co.uk 01394 411025

42 L.A. Brewery

Chilled & ambient kombucha ranges
labrewery.co.uk 01394 783000

43 Nonsuch Shrubs

Fruit & botanical syrups & sodas
nonsuchshrubs.com
hello@nonsuchshrubs.com

44 Stokes Sauces **BRCS**

Ketchup, sauces, mayonnaise, dressings,
jams, marmalade, relish & chutney
stokessauces.co.uk 01394 462150

45 Maple Farm Kelsale

Organic eggs, flour, fruit & veg, meat, honey
maplefarmkelsale.co.uk 01728 652000
Saxmundham, IP17 2PJ

46 Railway Farm Shop & Market Garden

Naturally grown vegetables, veg boxes
railwayfarmshop.co.uk 01728 605793 Main
Road, Benhall, Saxmundham, IP17 1NA

47 Suffolk Smokehouse & Deli

Oak- & chilli-smoked olives & cheeses
suffolksmokehouse.net 01728 768263

48 Stoke Farm Orchards & Appletree Hill

Apple, pear, quince & blackcurrant juices,
cyder, lemonade / stokefarmorchards.com
01449 616045 Battisford-Tye, Stowmarket,
IP14 2NA

49 High House Farm

Wide variety of fruit, apple juice, jams, PYO
fruit / high-house.co.uk 01394 450263 High
House Fruit Farm, Sudbourne, IP12 2BL

50 The Quince Tree Suffolk

Homemade preserves, granola & fudge
thequincetreesuffolk.com 07540 943001

51 Suffolk Meadow Ice Cream

Ice cream from local milk, dairy-free
sorbets / suffolkmeadow.co.uk 01986
899320

52 44 Bakeroom

Sourdough microbakery / 07443 489413



Grobros



Scarlett & Mustard

Why 21 miles?

As this project began in 2021, and due to the importance of the 21st century in our response to the climate and ecological emergencies, we decided to focus on producers within roughly 21 miles of Woodbridge & Melton.



Certification schemes

Red Tractor redtractor.org.uk

Soil Association soilassociation.org

LEAF leafuk.org

BRCGS brcgs.com

RSPCA rspcaassured.org.uk

SALSA salsafood.co.uk



53 A Passion for Seafood

Seasonal British fish & shellfish
apassionforseafood.com 07885 287160
Grange Farm, Grundisburgh Road,
Hasketon, Woodbridge, IP13 6HN

54 Deben Community Farm

Fruit & veg, hen & duck eggs
debencommunityfarm.co.uk 07732 681125
Saddlemakers Lane, Melton, IP12 1PP

55 Grange Farm Shop

Variety of local & own produce
grangefarmshop.co.uk 01473 735610
Grundisburgh Road, Hasketon,
Woodbridge, IP13 6HN

56 The Greek Olive Company/Black Dog Chili Company

Olives, chili jam, tapas, olive oil, nuts
greekolives.co.uk 01394 383843

57 James Foscett Farms

Organic & conventional veg & grain crops
jamesfoskettfarms.co.uk 01394 461130

58 Korean Kitchen

Kimchi / koreankitchen.co.uk 07415 065968

59 Lane Farm Foods/Suffolk Salami
Sausages, dry cured bacon, ham, charcuterie
lanefarm.co.uk suffolksalami.co.uk 01379 384593

60 Sarnivores

Sandwich & buffet catering
sarnivores.co.uk 07595 218278

61 Sutton Hoo Chicken

Slow grown, free range chicken
suttonhoochicken.co.uk 01394 386797

62 Uffa Brewery at The White Lion

Hand-brewed small batch ales
uffordwhitelion.co.uk 01394 460770
The White Lion Inn, Lower St, Lower Ufford,
Woodbridge, IP13 6DW



Community Supported Agriculture

Community Supported Agriculture (CSA) is a partnership between farmers and consumers in which the responsibilities, risks and rewards of farming are shared. Consumer involvement may include ownership or investment in the farm, sharing the costs of production, accepting a share in the harvest, or contributing labour. You can find out more at communitysupportedagriculture.org.uk. These are three local CSA schemes:

63 Brimwood Farm

Seasonal vegetables, cut flowers, eggs inc. chicken, quail, duck & goose
brimwoodfarm.com 07818 060876
Beetlebank Farm, Darsham Rd,
Bramfield, IP19 9AG

64 RealVeg CSA

Fresh, organic, weekly vegetable boxes
wakelyns.co.uk/realveg 07854 076735
Wakelyns, Metfield Lane, Fressingfield,
IP21 5SD

65 Oak Tree Community Farm

Vegetables, fruit, flowers & eggs
the-oak-tree.co.uk 07954 289490
Playford Lane, Rushmere St Andrew,
Ipswich, IP5 1DW

FOOD MUSEUM

Open Tuesday - Sunday,
10am - 5pm

www.foodmuseum.org.uk
01449 612229

In Stowmarket, Suffolk you'll find the UK's Food Museum. Our mission is to connect people with where our food comes from and the impact of our choices: past, present and future.

From cheese-making to brewing, historic breads to seasonal eating, we are here to engage audiences with the heritage of food and the communities who grow and make it. We aim to explore themes connected by food - social, historical, technological, industrial, environmental - and to give visitors hands-on experiences which bring processes alive, teach skills and share memories.



Retailers

Show your support for these local shops, all of which stock locally sourced food and/or drink. The listed addresses are in Woodbridge & Melton – phone, email or check online for opening hours.



Poppy's Pantry



Tide Mill

Adnams

adnams.co.uk 01394 386594

Station Road, Woodbridge, IP12 4AU

The Bakehouse Bakery

thebakehousebakery.co.uk 01394 384398

21 New Street, IP12 1DY

East of England Co-op Sourced Locally range

eastofengland.coop 01473 786000

3 Hamblin Walk, IP12 1AA;

1 Hasketon Road, IP12 4JT;

24 Old Barrack Road, IP12 4ET

Eco Refill Company

refill-eco.com 07973 389664

6A Thoroughfare, IP12 1AG

The Fish Box

01394 384939 10 Hamblin Walk, IP12 1DE



Foulgers Dairy

foulgersdairy.co.uk 01473 784999

J R Creasey's

jcreasey.co.uk 01394 386739 8 Hamblin

Walk, IP12 1DE

Market Garden Produce

01394 386298 10 Hamblin Walk, IP12 1DE

Melton Produce

jackiewoolven@hotmail.com 01394 387370

Melton Road, IP12 1NZ

Notcutts Garden Centre

notcutts.co.uk 01394 445400 Ipswich Road,

IP12 4AF

Poppy's Pantry

poppyspantryshop.co.uk 01394 389599

Unit 4, The Sidings, Wilford Bridge Road,

IP12 1TB

Salt peter Wines

saltpeterwines.co.uk 01394 447983

72 New Street, IP12 1DX

Sucoca

01394 517050 74 Thoroughfare, IP12 1AL

Tide Mill

woodbridgetidemill.org.uk 01394 388202

Tide Mill Way, IP12 1BY

Two Magpies Bakery

twomagpiesbakery.co.uk 01394 383085

60 Thoroughfare, IP12 1AL

Warwick Avenue Shop & Post Office

01394 382476 37-39 Warwick Avenue,

IP12 1JX

Woodbridge Country Market

Woodbridge Community Hall, Station Road,

IP12 4AU Thursdays 10.00-11.15 a.m.

Woodbridge Deli

01394 386620 2A New Street, IP12 1DT

Woodbridge Emporium

woodbridgeemporium.co.uk 01394 382382

66 Thoroughfare, IP12 1AL

Woodbridge Market

Thursdays from 8.00 a.m.
Market Hill, IP12 4LU



JR Creasey's



Cupboard Love

cupboardlove.shop

07960 924480

The Cheese and Pie Man

thecheeseandpieman.co.uk

07972 855396

Brown Bread

brownbreadonline.co.uk

01277 354396

The Quince Tree

thequincetreesuffolk.com

07540 943001

Newbourne Farm

penny@newbournefarm.co.uk

01473 736407

Jan Day Market Flowers

07901 561263

Eateries

Woodbridge and Melton are home to many well-loved restaurants, cafés and pubs. You'll find a range of locally sourced food and drink on the menus of the eateries listed here. Please call, email or check online for opening times and booking information.

A Listers

theriverside.co.uk/restaurant 01394 445172 The Riverside, Quay Side, IP12 1BH

The Anchor

theanchorwoodbridge.co.uk 01394 382649 19 Quay Street, IP12 1BX

The Angel

theangelwoodbridge.co.uk 01394 382660 2 Theatre Street, IP12 4NE

The Boathouse Kitchen & Bar

theboathousewoodbridge.co.uk 01394 385200 Whisstocks Place, Tide Mill Way, IP12 1FP

The Bull Inn

bullinnwoodbridge.co.uk 01394 382089 2 Market Hill, IP12 4LR

Caravan Café

07943 959530 Ferry Quay, IP12 1BW

The Cherry Tree Inn

thecherrytreepub.co.uk 01394 384627 73 Cumberland Street, IP12 4AG

Christine's Patisserie & Tearoom

christinescakeshop.com 01394 547210 74 Thoroughfare, IP12 1AL

The Coach and Horses

debeninns.co.uk/coachandhorses 01394 384851 Melton Road, IP12 1PD

The Crown Hotel & Restaurant

thecrownatwoodbridge.co.uk 01394 384242 Thoroughfare, IP12 1AD

Cumberland Street Fish Bar

01394 382608 2 Cumberland Street, IP12 4AB

Deben Café & Bar

debencafe.co.uk 01394 388643 HMS Vale, Melton Boatyard, Dock Lane, IP12 1PE

The Galley

galley.uk.com 01394 380055 21 Market Hill, IP12 4LX

The Galley Creamery & Deli

galley.uk.com 01394 380055 Market Hill, IP12 4LX

Honey + Harvey

honeyandharvey.co.uk 01394 447088 56 Thoroughfare, IP12 1AL; Unit 1 Riduna Park, Station Road, Melton, IP12 1QT

The Kings Head

adnams.co.uk 01394 387750 17 Market Hill, IP12 4LP

Mrs Pipers

01394 385633 65 Thoroughfare, IP12 1AH

New Street Canteen

newstreetmarket.com 01394 388668 New Street Market, 70 New Street, IP12 1DX

Pavilion Café

accessct.org/social-enterprises 01502 527200 Kingston Fields, The Avenue, IP12 4BA

Plant Café

plantcafe.co.uk 07798 738918 47A Thoroughfare, IP12 1AH

The Sandwich Shop

01394 384941 17 Thoroughfare, IP12 1AA

Spice Bar @ The Table

thetablewoodbridge.co.uk 01394 382007 3 Quay Street, IP12 1BX

Suffolk Coffee Pod

suffolkcoffee.com 07584 659662 Next to Woodbridge Tide Mill, Tide Mill Way, IP12 1BY

The Tea Hut

theteahut.co.uk 01394 384538 River Wall, IP12 4BB

Wild Strawberry Café

wildstrawberrycafe.co.uk 01394 388881 19A Market Hill, IP12 4LX

The Wilford Bridge

debeninns.co.uk/wilfordbridge 01394 386141 Wilford Bridge Road, IP12 2PA

Whistlestop Café

stationquesthouse.co.uk 01394 389320 Station Road, IP12 4AU



Pavilion Cafe



Christine's Patisserie



The Cherry Tree Inn



Suffolk Coffee Pod

Help is available in Woodbridge and Melton for anyone struggling to afford food for themselves and their family.

The Salvation Army operates a food bank which is open every Thursday morning in New Street, Woodbridge, IP12 1DT. Call Major Alan Hill on 01394 389591 or 07562 007125. Donations of tinned and dried food are always needed and can be made in The East of England Co-op, Hamblin Walk, Woodbridge, IP12 1AA as well as at Melton and Ufford Parish Churches in the labelled boxes.

There are also two Little Free Pantries in the local area where you can 'Give what you can, take what you need'. One is in the foyer of St Andrew's Church Hall, Station Rd, Melton, IP12 1PX which is open 10am - 5pm Monday to Wednesday. The second is located alongside St John's Church Hall, St John's Road, Woodbridge, IP12 1ED and is always open.



The Tea Hut