

North Berwick local food directory



SUSTAINING
North Berwick

A local food directory for North Berwick

Welcome to our guide to where you can shop sustainably in and around North Berwick. This is a work in progress. We don't claim to have included all outlets for local produce! Please let us know if you think we are missing some important information.

We have written this to celebrate the great opportunities we have here to buy a wide range of food produced in East Lothian and further afield in Scotland, whilst supporting our local businesses, becoming more resilient as a community threatened by the climate and nature crises and cutting our use of plastic.

Please note the information contained in the directory was as accurate as possible when we compiled it but is subject to change. Inclusion in the directory does not imply any verification or certification.

If you are a local food business and would like to be added to our website, do contact us at sustainingnb@gmail.com

Why shop local?

It's good for the local economy.

Buy local food direct from a local producer, or through an independent local shop, and you help keep money circulating in the local economy. Every £1 spent with a local supplier is worth £1.76 to the local economy, but only 36p if it is spent out of the local area. That makes local spending worth almost 400 percent more to the local economy. (Source: www.lm3online.com/about)

You are also helping to preserve all the local facilities needed by these small businesses, such as post offices and local bank branches. Supermarkets do not need these local services, and most of the money spent in them quickly leaves the local area.

It can reduce pollution and carbon emissions.

If you walk or cycle to the High Street you reduce your impact on the planet. You may also meet new people.

It can help cut plastic and other waste.

You will find paper bags for your fresh fruit and veg and wholefoods (or you can bring your own bags or containers), you can re-use egg boxes and re-fill your own bottles with laundry and cleaning products.

Why buy local produce?

It helps cut Food Miles.

Eating locally-produced food helps to cut food miles, the distance food travels from its source to your plate. It cuts the need for road and air transport, and with it the CO2 emissions and pollution that add to global warming.

It's healthier!

As local food has not travelled far, it can often be fresher and healthier, as nutrient levels start to fall as soon as fruit and veg are harvested. It also uses a lot less packaging.

It can increase food security.

Global food supply chains are vulnerable to unexpected threats such as the war. If we can demonstrate there is a market for local food with short supply chains, we make our community more resilient in an uncertain world.

Why choose organic?

Choose organic, and you support a way of farming that is better for the planet, has higher animal welfare standards, is better for wildlife and for people. Read more at:

www.soilassociation.org/take-action/organic-living/why-organic/

Where to buy local food in North Berwick's town centre?

Anderson's, the Butcher

36 High Street

www.andersonsnb.co.uk/introduction

“Anderson's is a traditional family butcher based in North Berwick. We pride ourselves in providing the finest locally sourced produce, exceptional service and take our environmental responsibilities seriously. We were selected for the Scotsman's 'Best of the Best Butchers' list and confirmation of ongoing excellence continues with the regular addition of more new accolades.”

Bostock Bakery

42 High Street www.bostockbakery.co.uk

“Prepared by hand by a talented and skilled team, our products are baked fresh each morning and presented on our traditional bakery counters.

“At Bostock we specialise in slow fermentation, high hydration breads, French style pastries, cakes and tarts, as well as savoury items. Every element is made from scratch, using local suppliers for meat, fruit, and veg”, says a representative of the bakery.

Whynot?

91 High Street www.whynotscotland.com

“Since we opened in 2013, we have championed local produce, as close as possible to our North Berwick and Galashiels stores, within 50 miles,” says Adam Elder.

Local produce from East Lothian includes:

Bread from **Company Baker**, Musselburgh. (Tue-Thu)

Chocolate Tree artisan chocolate from East Linton.

www.choctree.co.uk

Locally produced honey from various small producers.

Fresh produce from **George Andersons & Son**, Macmerry, who is committed to supplying local produce whenever possible. www.georgeanderson.co.uk

Flour from **Mungoswells**, www.mungoswells.co.uk

We often have garden produce on an informal basis from individuals who have a glut.

And from further afield in Scotland...

Seasonal soft fruits from **Blacketyside Farm**, Fife.

<https://blacketysidefarm.co.uk>

Cheese from various makers. Organic Eggs from Penicuik.

Wilsons Fresh Farm Produce

9 Market Place [www.facebook.com/
wilsonsfreshfarmproduce](http://www.facebook.com/wilsonsfreshfarmproduce)

“We always try to use, promote, and sell local produce. We support local producers and hope the community supports our quest to use local when possible,” says Neil Wilson.

Local produce includes:

Organic seasonal vegetables from **Chapel Farm** at nearby Kingston. www.chapelfarmorganics.co.uk

Brose Oat drink in returnable glass bottles from www.broseoats.com

Yoghurt and other dairy produce from **Yester** www.yesterfarmdairies.co.uk/products

Goat and cow’s milk butter from **John Muir Country Store** <https://johnmuircountrystore.com>

Apples, plums and pears from Tynningame.

Flours from **Mungoswells Malt and Milling** www.mungoswells.co.uk

Chesterhall Honey from Longniddry [www.facebook.com/
chesterhallhoney](http://www.facebook.com/chesterhallhoney)

Chocolate Tree artisan chocolate from East Linton www.choctree.co.uk

And from further afield in Scotland...

Free range organic eggs from Dalkeith

Organic cow's milk in returnable glass bottles from
McQueens Dairies.

Cheeses from **Arran's Cheese Shop** [http://
arranscheeseshop.co.uk](http://arranscheeseshop.co.uk) and the Ethical Dairy
www.theethicaldairy.co.uk

Seasonal soft fruit from **Fife Fruits** www.fifefruits.co.uk

Tomatoes are from **Standhill Farm** www.standhillfarm.co.uk

Bread from **Herbie of Edinburgh** [www.facebook.com/
herbieofedinburgh](http://www.facebook.com/herbieofedinburgh)

You can also serve yourself from a range of loose whole-
foods including **Eden Valley** organic oats from the Borders
<https://edenvallyoats.co.uk>

Why not keep the paper bags from there for future visits to
reduce waste.

Other places to shop sustainably

Peppermint Beach

103 High Street www.facebook.com/peppermintbeach/

"We have tried to create a friendly neighbourhood space where you can pick up wholefoods, groceries, refillable and earth-friendly household products, body care and gifts."

says owner Glyn Gormley. "Our emphasis is on vegetarian, vegan, dairy-free and gluten-free foods, and on a wide range of products that help reduce single-use packaging".

Peppermint Beach stocks over 60 loose wholefoods, including dried fruit, nuts, beans, pulses, all kinds of lentils, rice, grains and pasta. Stored in recycled sweet jars, these loose foods are weighed out into paper bags or straight into your own container.

A range of laundry and cleaning products is also stocked, with refills available for laundry liquid, fabric softener, washing-up liquid and loo cleaner. New lines include laundry sheets and cleaners which are completely plastic-free, and home-compostable cloths, sponges and clingfilm.

Local produce from further afield

Farm shops

Brand farm Shop, East Fortune

www.brandeastfortune.co.uk/farm-shop

East Coast Organics, Tranent

www.eastcoastorganics.co.uk/farm

The Mart, East Linton <https://martfarmshop.co.uk>

The Veg Shed, Athelstaneford www.thevegshed.co.uk

Veg box delivery schemes

East Coast organics, Tranent

www.eastcoastorganics.co.uk/farm

Phantassie, East Linton

www.phantassie.co.uk/phantassie_organic.html

True Roots, Little Fenton www.trueroots.uk

Wilson's Fresh Farm Produce

www.facebook.com/wilsonsfreshfarmproduce/

More information....

East Lothian Food & Drink

<https://scotlandsfooddrinkcounty.com>

Farm for Scotland's Future

<https://farmforscotlandsfuture>

Food Farming and Countryside Commission

<https://ffcc.co.uk/what-we-do>

Land Workers Alliance

<https://landworkersalliance.org.uk/lwa-scotland>

Nature Friendly Farming Network

www.nffn.org.uk/steering-group-scotland

Nourish Scotland www.nourishscotland.org

Soil Association www.soilassociation.org/our-work-in-scotland/contact-the-scotland-office

Published May 2024 by Sustaining North Berwick.

Sustaining North Berwick is a community group interested in sustainability and biodiversity that:

- raises awareness about the challenges posed by climate change, resource depletion, loss of biodiversity and environmental degradation.
- encourages activities from all sectors of the local community to create a locally resilient and sustainable, zero-carbon, zero-waste future.
- collaborates with other organisations to develop sustainable thinking and action.

We run a Climate Café once a month where we welcome everyone to join us for a chat over a cuppa about local action we can take together.

To be added to our mailing list and be kept up to date with our activities, please contact us at sustainingnb@gmail.com

