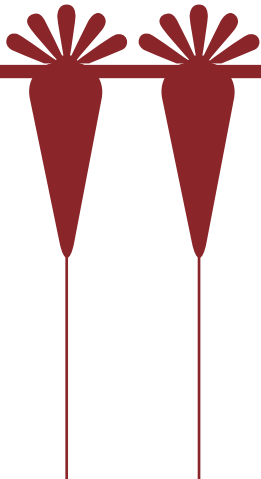
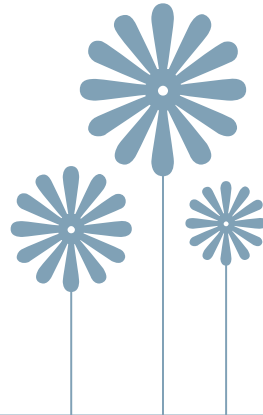
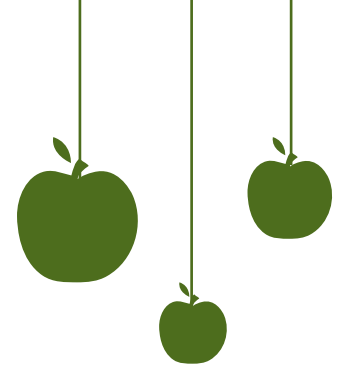


# Gwynedd on a plate

Buying and eating locally produced food



Partneriaeth Amgylcheddol Gwynedd  
Gwynedd Environmental Partnership

Nothing beats the experience of quality food produced on our door-step, so here is your directory of local food and where to buy produce from Gwynedd.

Due to concerns about climate change, more people are thinking about the effect buying food from abroad has on our environment. A lot of our food travels hundreds of miles before reaching the supermarkets, and much of it is sprayed with chemicals to keep it fresh during the journey. Food miles is a way of measuring this distance that food travels from field to plate.

Local produce means produce that is grown, harvested or processed in one area and by buying local food you can ensure that your food miles stays low. You will also be supporting local farmers and producers, as well as creating jobs and supporting the local economy.

Gwynedd has plenty of high quality produce on offer, so make an effort to buy local.



## Seasonal food

All the produce we eat is not available throughout the years. In order to stock this produce supermarkets have to import food from all over the world.

Here is some of the food that is available locally month by month:

**JANUARY** - Carrots, swede, leeks, cabbage, parsnip, shallots, rhubarb, celeriac, goose scallops, lobster, pheasant.

**FEBRUARY** - Cabbage, parsnip, chicory, leeks, shallots, rhubarb, celeriac, lobster, mussels halibut, guinea fowl, goose.

**MARCH** - Early rhubarb, radish, parsley, carrots, leeks, purple broccoli, beetroot, sorrel, mint, lobster, sardines.

**APRIL** - Orel mushrooms, wild garlic, radish, rhubarb, carrots, kale, watercress, spring lamb

**MAY** - Cauliflower, new potatoes, raspberries, parsley, mint, broad beans, new carrots, rhubarb, watercress, sea bass, sardines, lemon sole, spring lamb.

**JUNE** - Gooseberries, courgettes, broad beans, lettuce, strawberries, peppers, asparagus, redcurrants, blackcurrants, raspberries, cherries, aubergine, peas, crab, salmon, spring lamb.

**JULY** - Tomatoes, strawberries, loganberries, sage, cauliflower, raspberries, trout, pilchards.

**AUGUST** - Lettuce, fennel, peppers, courgettes, strawberries, john dory.

**SEPTEMBER** - Cucumber, spinach, figs, runner beans, blackberries, apples, pears, rhubarb, hazelnuts, onion, mussels, sea bass, duck, venison, grouse, oysters.

**OCTOBER** - Beetroot, mushrooms, apples, pumpkin, marrow, courgettes, kale, partridge, mussels.

**NOVEMBER** - Parsnip, chestnut, beetroot, cranberries, swede, cabbage, potatoes, pumpkin, leeks, apples, pears, quinces, grouse, pheasant.

**DECEMBER** - Red cabbage, celery, swede, celeriac, sprouts, pumpkin, beetroot, parsnip, apples, pears, goose, turkey, wild duck, pheasant.

**ALL YEAR LONG** - Local eggs, beef, lamb and pork.

## Grow your own food

Why not give growing your own produce a go to get the most fresh and local produce possible? You will save money and get a supply of healthy food.

There are a number of garden centres and nurseries in the area offering a wide range of seeds and plants. Experts there can advise you on when to sow what. There is plenty of information and advice on the following websites [www.rhs.org.uk/growyourown](http://www.rhs.org.uk/growyourown) and [www.bbc.co.uk/gardening](http://www.bbc.co.uk/gardening).

If you don't have a garden, contact the Council for information on allotments in your area.

## Growing flowers

Did you know that most of the flowers sold in supermarkets are also flown-in from all over the world, damaging the environment? So why not try growing your own flowers in the garden – some types like cornflower and marigolds are great for attracting wildlife as well. For more information visit [www.plantforwildlife.ccw.gov.uk](http://www.plantforwildlife.ccw.gov.uk) or [www.wildaboutgardens.org](http://www.wildaboutgardens.org).



## Plant Nurseries

... for those who want to grow their own

### Frongoch Garden Centre

Ffordd Pant, Llanfaglan,  
Caernarfon LL54 5RL  
Phone: 01286 672212  
E-mail: [info@frongoch-gardencentre.co.uk](mailto:info@frongoch-gardencentre.co.uk)

### Bron Eifion Nursery

Hugh Evans, Garden Cottage, Bron Eifion,  
Cricieth, Gwynedd LL52 0SA  
Phone: 01766 522890

### Glynllifon Tree Nursery

Glynllifon Site, Clynnog Road, Caernarfon,  
Gwynedd LL54 5DY  
Phone: 01286 831061  
E-mail: [meithrinfagoed@gwynedd.gov.uk](mailto:meithrinfagoed@gwynedd.gov.uk)

### Seiont Nursery

Pontrug, Caernarfon, LL55 2BB  
Phone: 01286 672113  
E-mail: [brenda@riversidecamping.co.uk](mailto:brenda@riversidecamping.co.uk)

### Perlysiu Meian

Meinir, Tanrallt, Llangian, Abersoch,  
Gwynedd LL53 7LN  
Phone: 01758 713527

### Crug Farm Plants

B Wynn-Jones, Griffith's Crossing,  
Caernarfon, Gwynedd LL55 1TU  
Phone: 01248 670232  
E-mail: [bleddyn&sue@crug-farm.co.uk](mailto:bleddyn&sue@crug-farm.co.uk)

### Tyddyn Sachau

Stuart Ferris, Y Ffôr, Pwllheli,  
Gwynedd, LL53 6UB  
Phone: 01758 612626  
E-mail: [tyddynsachau@freezone.co.uk](mailto:tyddynsachau@freezone.co.uk)  
*Offers a wide range of seeds and plants, also garden furniture and equipment.*

## Farmer's Markets

There are many farmers markets held throughout Gwynedd where you can buy fresh local produce direct from farmers. For more information visit [www.fmiw.co.uk](http://www.fmiw.co.uk) or call 08456 106496.

### Talysarn Market

At the Ganolfan every Friday 3.30-5.00  
Contact: Judy Harries, Trigonos  
Phone: 01286 882388

### Dolgellau Country Market

At Rydd Library every Thursday 9.30-11.30  
(except the first fortnight in January)  
Contact: Sue Beasley  
Phone: 01766 540364

### Dolgellau Farmers Market

Eldon Square, Dolgellau  
3rd Sunday each month 10.00-2.00  
(except January and February)  
Contact: Mo Ainscough  
Phone: 01341 450211

### Pwllheli Country Market

Canolfan Frondeg, Ala Uchaf  
every Wednesday 9.00-12.00  
(except January)  
Phone: 0845 108 3784

## Why buy organic?

Organic farmers avoid using chemical fertilisers and pesticides on their crops and the routine use of drugs in animals. Because organic farming is friendlier to the environment there is a much greater diversity of birds, butterflies and plants on organic farms.

Organic labelled produce are also guaranteed to be free-range, and genetically modified crops and ingredients are banned under organic standards. For more information visit the Soil Association's website at [www.soilassociation.org](http://www.soilassociation.org)



## Box Schemes

There are schemes available which deliver boxes of fresh local produce directly to your door. The content changes depending on the season. Contact the producers for further information.

### Llangybi Organics

Contact name: Liz Lavelle  
Mur Crusto, Llangybi, Pwllheli, LL53 6LX  
Phone: 01766 819109  
*Seasonal and organic fruit and vegetable boxes*

### Tŷ'n Lôn Uchaf

Contact name: Jill Jackson  
Ty'n Lôn Uchaf, Llangybi, Pwllheli LL53 6TB  
Phone: 01766 810915  
E-mail: [mike.langley@ntlworld.com](mailto:mike.langley@ntlworld.com)  
*Organic vegetables and eggs box scheme.*

## Local Produce

### 1. Fruit and vegetables

#### • GWINDY POTATOES

Richard Parry, Gwindy, Llecheiddior, Garndolbenmaen, LL51 9EZ  
Phone: 01766 530772  
*Potatoes for sale from the farm. Phone first.*

#### • TANRALLT POTATOES

Meinir Roberts, Tanrallt, Llangian, Abersoch, Pwllheli, LL53 7LN  
Phone: 01758 713527  
*Potatoes for sale from the farm gate.*

#### • PENRHOS VEGETABLES

Gwyndaf Jones, Penrhos, Botwnnog, Pwllheli, LL53 8PY  
Phone: 01758 730274  
*Potatoes, cabbage, beetroot, carrots and other vegetables available from the farm and local shops.*

#### • PENRHYN UCHAF POTATOES

John Hughes, Penrhyn Uchaf, Sarn Mellteyrn, Pwllheli, LL53 8RP  
Phone: 01758 730630  
*Potatoes available all year round from the farm and local shops. Delivered to local addresses.*

#### • Tŷ NEWYDD POTATOES

Gwilym Jones, Tŷ Newydd, Llaniestyn, Pwllheli, LL53 8SE  
Phone: 01758 730269 or 07929616441  
*Potatoes available directly from the farm*

#### • HENDY POTATOES

Merfyn Roberts, Hendy, Pontllyfni, LL54 5EV  
Phone: 01286 660254  
*Potatoes available from the farm all year round. Also carrots and beetroot when available.*

#### • PANT EITHINOG VEGETABLES

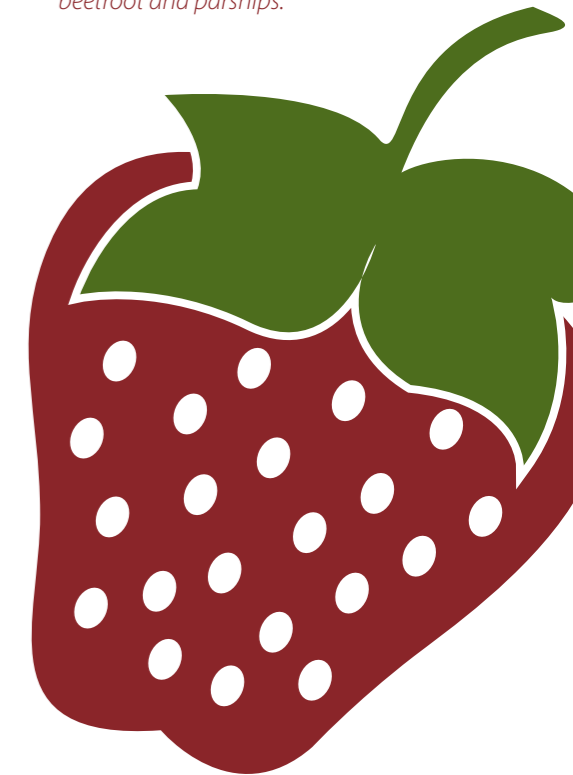
Wil and Huw Evans, Pant Eithinog, Penygroes, Caernarfon, LL54 6PD  
Phone: 01286 880298  
*Potatoes, carrots, swede and beetroot available from the farm and local shops.*

#### • TRIGONOS

Plas Baladeulyn, Nantlle, Caernarfon, LL54 6BW  
Phone: 01286 882388,  
E-mail: [info@trigonos.org](mailto:info@trigonos.org)  
[www.trigonos.org](http://www.trigonos.org)  
*Potatoes, vegetables and fruit available through the year by the farm gate (open 9am-4pm Monday-Friday, 9am-1pm on weekends). Vegetable box scheme also available.*

#### • LLYSIAU LLEUCU

Alan Bates, 10 Waen y Pandy, Tregarth, Bangor  
Phone: 01248 602479  
E-mail: [Alan.bates@phonecoop.coop](mailto:Alan.bates@phonecoop.coop)  
*Vegetable grown on 3 acres of land including salad leaves, peas, beans, carrots, beetroot and parsnips.*



## 2. Dairy products and eggs

### • YNYSGYFFYLOG EGGS AND PORK

Sue and Jim Alger, Ynysgyffyllog Barn, Arthog, LL39 1BQ  
Phone: 01341 250165 or 07703 592722 or 07703 592723.

*Naturally reared produce, free range eggs and free range pork. Available from Dolgellau Farmers Market, or from the farm. Eggs are also available at the farm gate.*

### • LLWYNCRWN EGGS

Stephen Tudor, Llwyncrwn, Trawsfynydd, LL41 4TN  
Phone: 01766-540338 neu 078333357588  
*Free range pork and eggs available from the farm or by ordering over the phone.*

### • TY'N Y PWLL

G&J Pugh, Llanegryn, Tywyn, Gwynedd, LL36 9SA  
Phone: 01654 711559  
E-mail: lwp8@aber.ac.uk  
*Free range organic eggs. Organic potatoes also available from farm gate.*

### • PENPRYS PRODUCE (see details below)

### • TIR BACH EGGS

Glyn and Teleri Jones, Tir Bach, Llaniestyn, Pwllheli, LL53 8PS  
Phone: 01758 730367 or 07866250277  
*Barn and free range eggs available all year round from the farm gate.*

### • HIRDRE EGGS

Emlyn and Joan Williams, Hirdre Bach, Ederon, Pwllheli, LL53 8YY  
Phone: 01758 721910  
*Free range eggs available all year from farm gate and Pwllheli market on Wednesday.*

## 3. Meat

Your local butcher will sell meat that has been reared locally. Ask at a shop near you.

### • DOLHENDRE MEAT

Lowri and Gwyn Roberts, Dolhendre Isa, Llanuwchllyn, Y Bala, LL23 7TD  
Phone: 01678 540348  
E-mail: lowri.rees@btinternet.com  
*Organic beef available all year in a box delivered or picked up from the farm. Please phone or e-mail before calling.*

### • ARAN ORGANIC LAMB

Margaret and Maldwyn Thomas, Fferm Cwmonnen, Llanuwchllyn, Bala, LL23 7UG  
Phone: 01768 540603  
E-mail: admin@aran-lamb.co.uk  
www.aran-lamb.co.uk  
*Organic lamb and mutton available from the farm and by post all year round. Order via website.*

### • BRON Y GÂN MEAT

Mercia Hammond, Bron y Gân, Llanegryn, LL36 9UF  
Phone: 01654 711553  
Shop in Machynlleth: 01654 700410  
*Organic lamb and beef available from the farm, from Dolgellau farmers market and from the shop Blasau in Machynlleth.*

### • CYNFAL LAMB

Elfed Roberts, Hafod Ddwryd, Maentwrog, Blaenau Ffestiniog, LL41 4HN  
Phone: 01766 590278 or 07768667508  
*Welsh beef and lamb available in boxes from the farm. Also home-made burgers, sausages and other produce.*

### • BINI'S ORGANICS

Bini Jones, Fferm Tŷ Isaf, Llanffestiniog, LL41 4LS  
Phone: 01766 762608  
E-mail: binisorganics@btinternet.com  
*Meat reared organically. Pedigree Welsh black beef and Welsh mountain lamb available through a box scheme collected from the farm or through the post.*

### • LLAN FARM MEAT

Olwen Ford, Llan Farm, Llanfrothen, Penrhyndeudraeth, LL48 6DI  
Phone: 01766 770399  
*Beef, lamb and pork from traditional breeds.*

### • PENPRYS PRODUCE

Richard a Tracey Wilson, Hendre Penprys, Pentre Uchaf, Pwllheli, LL53 8EZ  
Phone: 01758 750306  
E-mail: sales@welshfarmsausages.co.uk  
www.welshfarmsausages.co.uk  
*Sold at the farm gate. Free range eggs and chicken, turkey, beef, pork, lamb, goat, specialty sausages, dry cure bacon.*

### • TRAED MOCH

Cwmni Cydweithredol Cig Llyn Cyf. Tan y Bryn, Rhydyclafdy, Pwllheli, LL53 8TW

Phone: 01758 701198

www.traedmoch.com

*Pork produce reared with grain and vegetables grown on the farm. Produce available by order, in the Post Shop, Efailnewydd, and at occasionally at local markets and fairs. For details see website.*

### • HAFODY LLAN

The National Trust, Deilan Las Centre, Craflwyn, Beddgelert LL55 4NG.  
Phone: 01766 890473  
*Organically reared Welsh lamb and Welsh black beef available through a box scheme.*

### • GLASLYN WILD PIGS

Pam and Dafydd Parry, Hafod-y-Llyn, Nantmor, Beddgelert, LL55 4YN  
Phone: 07901 600637  
*Meat, sausages and dry cured bacon from free range pigs.*

### • BRYN GWYLAN MEAT

Ifan Neville Owen, Bryn Gwylan, Waunfawr, Caernarfon, LL55 4YS  
Phone: 01286 650673  
*Organic beef and lamb from the farm. Please ring for details.*



#### 4. Fish, Crab & Lobster.

- **TY'N MYNYDD FISH**

Brat a Nia Garner, Ty'n Mynydd, Rhiw,  
Pwllheli, LL53 8AE

Phone: 01758 780420

*Fish, crabs and lobsters available from the gate*

- **SELECTIVE SEAFOODS**

Gareth Griffiths a Mary White, Ffridd Wen,  
Tudweiliog, Pwllheli, LL53 8BG

Phone: 01758 770397

E-mail: [mary@selectiveseafoods.co.uk](mailto:mary@selectiveseafoods.co.uk)

[www.selectiveseafoods.co.uk](http://www.selectiveseafoods.co.uk)

*Prepared crab, lobster and other seafood from the Llyn peninsula available by mail order. For details see website.*

#### 5. Miscellaneous

- **BWLCH Y FFORDD HONEY**

John Rhys Davies, Bwlch y Ffordd,  
Bryncroes, Pwllheli, LL53 8EU

Phone: 01758 730769

*Honey available from summer to spring directly from the producer and local shops.*

- **WERNLAS HONEY**

Peter Haywood, Wernlas, Edern,  
Pwllheli, LL53 8YP

Phone: 01758 721349

*Wildflower and heather blend honey available all year round directly from the producer and local shops.*



If you are a food producer and would like your details included on or website, or if you would like further information then please contact us on:

**01286 679652**

or E-mail: [PartneriaethAmgylcheddol@gwynedd.gov.uk](mailto:PartneriaethAmgylcheddol@gwynedd.gov.uk)

For more local producers go to:

[www.pagwynedd.org](http://www.pagwynedd.org) or [www.gwyneddgynladwy.org](http://www.gwyneddgynladwy.org)

