

10 OF THE BEST FARM SHOPS

MAKE THE MOST OF AUTUMN'S BOUNTIFUL PRODUCE -
BUY LOCAL AT ONE OF CORNWALL'S MANY FARM SHOPS

Words by **Lindsey Kennedy**

1 PADSTOW FARM SHOP

With chefs like Rick Stein sourcing their produce here, Padstow Farm Shop has an enviable customer base. Salads, herbs and select vegetables are freshly picked from the old Prideaux Place Victorian walled garden nearby. The emphasis is on fresh, seasonal and high quality produce with all the non-home produced items as locally as possible and mainly from within Cornwall. The Watson Smyth family recently added traditionally reared outdoor pigs to the farm, boosting the offering at the superb butchery, which stocks beef from the farm's grass-fed herd of Ruby Reds.

DETAILS: Padstow Farm Shop at Trethellick Farm is on 01841 530060 or visit www.padstowfarmshop.co.uk

2 ROSKILLY'S FARM SHOP

The name Roskilly's has become synonymous with Cornwall's finest ice cream but there is much more at the farm shop on the Lizard Peninsula. Jams, chutneys, marmalades and mustards are all on sale – although the ice cream inevitably takes centre stage. All the tasty ice creams, fudge and yoghurts are made using rich organic milk and cream and are both indulgent and delicious. The milk comes from the 94-strong herd of Jersey cows which graze on pastures that have been farmed in a traditional and sustainable way for generations. Time, knowledge and an artisan's eye for detail are what make the ice creams so special.

DETAILS: Tregellast Barton farm, St Keverne is on 01326 280479 or visit www.roskillys.co.uk

3 LOBBS FARM SHOP, MEVAGISSEY

On the doorstep of the Lost Gardens of Heligan, Lobbs is an 850-acre traditional farm, producing, supplying and delivering the finest quality meats and produce. All the beef and lamb sold in the shop is born and reared on the non-intensive farm. The butchery counter display changes with the season and there is a large range of barbecue products. The delicatessen also stocks a range of freshly prepared pies and quiches but be warned – these are so popular they sell out fast. Lobbs has the feel of a Mediterranean market, with many opportunities to try before you buy.

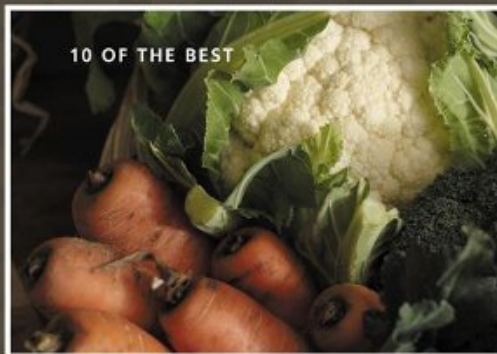
DETAILS: Lobbs Farm Shop, near Mevagissey. You can also buy online at www.lobbsfarmshop.com

4 RICHARDS OF CORNWALL, HAYLE

This family-run shop opened in 2004 with just four main lines of vegetables. Since then it has gone from strength to strength, offering more than 30 different fruit and vegetables and reaching the finals for "Best Newcomer" from the National Farmers' Retail and Markets Association. The shop also specialises in daffodils and bulbs from the farm, which grow so well in Cornwall's mild climate. The business's 'Cornwall's Favourite' label, promotes their range of foods, all produced within a 50-mile radius, including free range meat and poultry, home-made baked goods, preserves, juice and award winning cheeses. →

DETAILS: The shop is just off the Loggans Moor roundabout, Hayle – take the Connor Downs turning. Open Monday to Saturday 9am to 5.30pm. Call 01736 757888, www.richardsofcornwall.co.uk

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5 ST KEW HARVEST FARM SHOP

The shop stocks its own delicious range of pork and bacon from its Gloucestershire Old Spot pigs and at Christmas there is a selection of free range poultry. Fruit and vegetables are sold seasonally fresh from the surrounding fields, alongside carefully chosen produce from quality suppliers and local farmers. The produce is literally grown a stone's throw from the shop, which is open daily 10am to 6pm and from 10am to 4pm on Sunday.

DETAILS: The shop is at St Kew Highway, Wadebridge. Call 01208 841818

6 TREVATHAN FARM, ST ENDELLION

With a seasonal "pick your own" enterprise, food doesn't come much fresher or lower on food miles than this. But if an afternoon in the fields doesn't take your fancy then there is plenty of choice in the beamed shop, packed full of local goodies, pickles, jams, honey, cheeses, fudge, free range eggs and clotted cream from the local dairy. Country wines, Cornish beer and good old scrumpy are also on the shelves and if you're worn out with the choice then relax in the family run restaurant. The traditional Sunday roast includes beef from the farm's herd – but booking is essential as it is popular.

DETAILS: The farm shop and restaurant opens from 10am daily. Call 01208 880164 to book Sunday lunch or find out what seasonal "pick your own" crops are available

7 TREVILLY FARM SHOP, NEWQUAY

Selling only Cornish produce, Trevilly Farm Shop unashamedly extols the virtues of buying local. It is a family affair, run along traditional lines by Keith and Gill Barrett, their son Jim, and their daughter and son-in-law, Georgie and Errol. The pair started the enterprise with an honesty box and vegetables at the gate. Boosted by its popularity, the couple became convinced of the demand for fresh, local food and so a shop was opened five years ago, at a time when the farming industry was in crisis. Now selling produce from over 60 Cornish suppliers, buying local produce does not spell a lack of choice. Trevilly also delivers weekly vegetable boxes and offers hampers to local holiday cottages.

DETAILS: Their shop is at Lane, Newquay. Call 01637 872310 or order via their website at www.trevillyfarm.com

8 BILL & FLO'S, NEAR ST IVES

Customers praise the excellent choice and warm welcome at Bill & Flo's. Selling their own fresh-as-a-daisy vegetables, salads and plants, food miles are cut down to a minimum. There is a selection of local meats, cheese, honey, cider, apple juice and ales. Well-stocked with fresh, local produce, this shop offers an array of treats to tempt the taste buds of passing tourists and locals alike.

DETAILS: The shop is at Trevanick, Lelant on 01736 798885

9 BRE-PEN FARM SHOP, MAWGAN PORTH

This National Trust farm stocks a fine selection of local food, from its own lamb and mint sausages to home-made jams, chutneys and cakes.

Cheeses made at Cornish Country Larder, at Trevanick, are on sale alongside local honey, clotted cream and free range eggs. This seaside farm is mixed – arable, sheep, chickens and ducks thrive here. It's right on the coast path, so stop for a cream tea and admire the abundant wildlife.

DETAILS: 01637 860420 or www.bre-penfarm.co.uk

10 CARRUAN FARM CENTRE, POLZEATH

If you've ever wondered where the food you eat comes from, or how it's produced, then Carruan is the place for you. Take a tour around the farm and see how the livestock and countryside are cared for. Buy meat produced on the farm as well as vegetables, cider and dairy products from other local farms. If you aren't able to visit, fresh beef and lamb, matured on the bone, can be delivered to your door. A visit to Carruan is more than just a shopping experience – there is home-cooked food in the restaurant, children's entertainment and events like sheep racing, birds of prey handling and barbecues, depending on season. If you're coming to Cornwall for Christmas, why not order your food shopping to be waiting for you when you arrive? Free range turkeys, geese, glazed ham, iced cakes and puddings are all available. ☑

DETAILS: Check out the farm's website at www.carruan.co.uk or call 01208 869584

MAIN IMAGE: WESTCOUNTRYPHOTOGRAPHERS.COM

INSET: PHOTOS SUPPLIED BY PADSTOW FARM SHOP

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