# WHERE TO BUY

FOR LOCATIONS SEE PAGE TWO

| | |
|---|---|
| *Meat | Richards, Food Market and Farmers' Market, chilled meat in Laporte's, May's Farm Cart butchers in Riverside. |
| *Fish | Fish shop in Riverside, and stall at Food Market, for fresh fish caught off Newhaven. Also look for locally smoked fish |
| *Cheese | Cheese Please, Richards, Laporte's, Lansdown, Beckworth's, Food Market, Farmers' Market, Tina's Kitchen |
| *Eggs | Richards, Laporte's, Lansdown, Beckworth's, Food Market, Farmers' Market, Tina's Kitchen |
| *Milk | Richards, Laporte's, Lansdown, Food Market, Farmers' Market, Tina's Kitchen and some outlying local corner shops |
| *Soya products | Laporte's, Lansdown, Food Market |
| *Cooking and salad oils | Laporte's, Lansdown, Beckworth's, Farmers' Market |
| Breakfast cereals | Laporte's, Lansdown, Farmers' Market |
| *Grains | Laporte's, Lansdown, Farmers' Market |
| *Flour | Laporte's, Lansdown, Farmers' Market |
| *Pasta | Bookham's stall in Farmers Market; Laporte's, Lansdown, Beckworth's |
| Dried fruit | Laporte's, Lansdown |
| Beans, lentils | Laporte's, Lansdown |
| Oatcakes, biscuits | Cheese Please, Laporte's, Lansdown |
| *Bread | Cheese Please, Laporte's, The Hearth, Lansdown, Lewes Patisserie, Beckworth's, Richards, Le Magazin, Food Market, Farmers' Market, outlying shops. |
| *Fruit | Laporte's, Richards, Food Market, Tina's Kitchen, Farmers' Market, May's Farm Cart, Pestle & Mortar |
| *Vegetables | Laporte's, Richards, Tina's Kitchen, Food Market, Farmers' Market, stalls at Boot Sale and Cliffe Precinct, May's Farm Cart, Pestle & Mortar. Ashurst and Barcombe veg boxes. |
| Tea | Laporte's, Lansdown, Oxfam, stall in Lewes Food Market, Cheese Please |
| Coffee | Cheese Please, Laporte's, Lansdown, Oxfam, stall in Lewes Food Market |

This list cannot be complete – and it will be updated with feedback! Ann Link, January 2016

*Look for locally sourced products such as Sussex Gold oils, tofu, fresh and dried pasta, and locally produced grains and flour, e.g. from Plumpton Mill. Most bread at independent shops is from Sussex. The Hearth grows its own wheat at Rodmell.

Outlying shops also stock many basic items on the list.

Bulk buying

JustTrade is a not-for-profit Lewes co-operative which enables its members to buy quality foods with the emphasis on organic, fair-traded and locally sourced products. There is also an extensive choice of eco-friendly cleaning and personal care items. It has collection nights every two months, with delivery possible for people in Lewes Town. www.justtrade.org

Infinity Foods: Some people bulk purchase non-perishables direct from Infinity in Brighton, who are major suppliers of shops in Lewes too. www.infinityfoods.co.uk

**Shops in Lewes selling local produce (nearest to centre first):**

| | | |
|---|---|---|
| £ | Cheese Please, 46 High Street | Sussex bread, cheese, pickles and more |
| £ | Lewes Patisserie, 5 Station Street | Local bread and pastries |
| | Beckworth's, 67 High Street | Local eggs, milk, sausages, bread and more |
| £ | Flintowl, School Hill | Bread, pastries, etc. baked in Glynde |
| £ | Laporte's, Lansdown Place | Local organic produce; other produce virtually all fair trade and organic |
| £ | Pestle & Mortar, Needlemakers | Asian groceries and locally-made deli items |
| £ | Tina's Kitchen, 90 High St | Organic milk, cheese, eggs, vegetables and more (Closed Saturdays and Sundays) |
| £ | The Hearth (Bus Station) | Local bread and pizza baked with their own local flour and using local wood |
| £ | Fish shop, Riverside Centre | Fish caught off Newhaven |
| £ | May's Farm Cart, Riverside Centre | Local meat, plus relishes, fruit and vegetables |
| £ | Lansdown Health Foods<br>44 Cliffe High St. | Sussex organic bread, Sussex oil and organic dairy produce, whole foods and more |
| £ | Le Magazin, 50A Cliffe High Street | Sussex bread, eggs, jams |
| £ | Richards Butchers, 25 Western Road | Local meat, cheese, milk, bread, fruit, veg and more |

Places marked £ accept the Lewes Pound – a local currency that acts as a voucher for local shops and a strong signal of support for the local economy: www.thelewespound.org

Try outlying shops too. Most have some local items like bread, milk and eggs.

There are two local vegetable box schemes:
Ashurst Organics: www.ashurst-organics.com 01273 891219
Barcombe Organics: www.barcombenurseries.co.uk 01273 400 011

Lewes Farmers' Market, Cliffe Precinct www.commoncause.org.uk
First and third Saturdays in the month, 9am to 1pm

Lewes Food Market, Market Street www.lewesfoodmarket.co.uk
Every Friday from 9.30am to 1.30pm

For more information about the list contact Ann Link 477 870 or ann@sharedenergy.org.uk