

The Local Foods Suffolk Project is committed to increasing access to locally produced food for communities across the county. In this main we are doing this by supporting community groups to start producing their own food, in allotments, orchards and food cooperatives. Where this is not desirable or possible, we aim to connect as many consumers with local producers as we can, in part by maintaining this directory. Whatever food groups you're interested in sourcing more locally, this directory can help start you off. It'll never be completely comprehensive, but we aim to document as many producers as possible in Suffolk.

If you're a producer and would like to be added to this list, please contact Kirsty Wilmot, Local Foods Suffolk Community Development Officer, on kirsty.wilmot@suffolkacres.org.uk or 07775 6619710.

To use it, browse the pages or click on the links in the contents list to jump to your section of interest. Hold the control key before you click. Happy browsing!

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Fruit and vegetables

Alder Carr Farm in Needham Market (IP6 8LX) grows a huge variety of fruit and vegetables on a pick your own or ready-picked basis from their farm. Call and find out what's there (01449 720820) or see their seasonal produce [chart](#). Website is [here](#).

The Suffolk Providore deliver seasonal fruit and vegetable boxes from their HQ in Saxmundham (IP17 2BN) containing produce from 7 farms in East Suffolk. Read about owner Rob's services [here](#) or use the online [shop](#), which has loads of other local food items too, including meat, preserves, juices, fish, dairy, eggs – all local to Suffolk.

High House Fruit Farm in Sudbourne (IP12 2BL) grows rhubarb, asparagus, soft fruits, cherries, apples and plums – and produce juices. They also have a pick your own and frozen fruits throughout the year. Phone: 01394 450450; website [here](#).

Newbourne Farm Shop in Woodbridge (IP12 4NP) sells fruit and vegetables grown on site in greenhouses. They also sell other local meat and dairy items in their shop. Call Penny on 01473 736407 or see their website [here](#).

Old Hall Organics based at Old Hall Cottage in Helmingstone (IP6 9RJ) have an orchard producing organic apples and apple juice (and fantastic free range eggs to boot!). They also grow chillis and other glorious items – call Dave Penny on 01449 760 367.

Growing Places in Claydon (IP6 0AJ) is a social enterprise run by Maggie Roberts, which grows the veg for its box scheme on site or sources locally. Part of their social enterprise model is creating training opportunities for disadvantaged people – up to 40 Enterprise Trainees work each week. Details are on their website [here](#) or call them on 01473 83361.

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Dairy

Marybelle produces milk, yoghurt, cream, crème fraiche and icecream from 4 Suffolk Farms (near Sotherton, Beccles, Bungay and Halesworth) at their dairy in Walpole (IP19 9AU). Phone: 01986 784658; website [here](#).

Foulgers Dairy in Grundisburgh (IP12 4ES) stocks some Marybelle milk, and some raw milk from a farm in Hollesley – they deliver a milk round in Suffolk Coastal (see delivery area [map](#)).

Suffolk Farmhouse Cheeses has 80 pedigree Guernsey cows which produce milk for a handful of local cheeses, including the popular Suffolk Gold and Suffolk Blue. Their 109 acre farm and on-site dairy in Creeting St Mary nr Needham Market (IP6 8PG) sells on site and to local stockists. I've heard a rumour they may be able to do batches of local butter too, watch this space. The website is [here](#) and phone is 01449 710458.

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Meat

Lux Farm on the edge of Ipswich in Rushmere St Andrew (IP5 1DA) rears a small flock of Belted Galloway Cattle and a flock of Balwen Welsh Mountain Sheep. They also offer free range chicken, outdoor reared pork and geese at Christmas. Call William and Eileen Stennett on 01473 624920 or see their website [here](#).

The **Wild Meat Company** is based in Blaxhall (IP12 2DY) and sources wild game and fowl from farms and estates in Suffolk and East Anglia (low local is local? I hear you cry – call Paul and ask, 01728 663211). They also supply organic and free range chickens and geese. Website is [here](#).

PA Mobbs & Sons in Halesworth rear guinea fowl and turkeys at White House Farm in Halesworth (IP19 0QF). Phone: 01986 798340; website [here](#).

Alder Carr Farm in Needham Market (IP6 8LX) produces Suffolk lamb and Highland beef. Call the shop in advance to check availability though -01449 720820. Website is [here](#).

Katherine and Jason at **Whitegate Farm**, where Suffolk Farmhouse Cheeses are made, also produce their own pork and beef, from rare breed pigs and dairy bull calves respectively – call them for details on 01449 710458.

Mik and Gill at **Chapel Farm** run a smallholding in Badingham, ethically rearing rare breed pigs, sheep and goats. They strive for self-sufficiency (nothing's more local than eating everything from your own field), but also sell their surplus to locals in the village. Contact them via their [website](#) and see what's available.

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Mushrooms

Waveney Mushrooms is a cooperative of 5 mushroom farmers based in Flixton near Bungay (NR35 1NR), who supply caterers and wholesalers. Contact them to find your nearest stockist on 01986 782571, or see their website [here](#).

Other mushroom farms in Suffolk without websites but worth a call are **Trimley**

Mushrooms in Felixstowe (IP11 0RJ; 01394 275346), **Capel Mushrooms** in Ipswich (IP9 2LA; 01473 311245) and **Elf Mushrooms** in Beccles (NR34 0DG; 01502 677424).

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Flour

Marriage's the flour millers mill their wheat in Chelmsford (CN1 1PN) to make a range of organic bread and pastry flours, using some local Essex wheat and some Canadian wheat. They're over the border but a good compromise for the cake and bread lovers among you! Website is [here](#) or phone 01245 354455.

Alternatively, **Maple Farm** in Kelsale (IP17 2PL) is run by the Kendall family which grows and mills wheat and rye into a range of organic flours. They also produce organic eggs and some vegetables. Phone: 01728 65200, or website is [here](#).

Pakenham Water Mill near Bury (IP31 2NB) mills locally grown wheat into flour for sale on site (in 1.5, 3 or 5kg bags) and at various local outlets. Phone: 07585 899633 or website is [here](#).

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Oil

Hill Farm Rapeseed Oil (and mayonnaises) are produced in Heveningham nr Halesworth (IP19 0ED), where they grow, harvest and press on site. Phone: 01986 798660; website [here](#).

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Cakes

Janne Hallinan runs the **Suffolk Pantry**, which makes gluten free cakes from Stanton nr Bury (IP31 2DY). Are all the ingredients local? Ask her – 01359 254214. Her website is [here](#).

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Beer, wine and cider

Shawsgate Vineyard in Framlingham (IP13 79HZ) produces red, white, rose and sparkling wines from the grapes of 18,000 vines! They have an online [shop](#) or their main website is [here](#). Phone: 01728 724060.

Adnams have been brewing beer in Southwold since 1872 and have recently added a micro-distillery to their existing brewery (IP18 6JW). They buy in malted East Anglian barley and brew on site. Stocked nationwide and in the Adnams shops in Hadleigh, Southwold or Woodbridge. Phone: 01502 727200 or website is [here](#).

The **Dove Street Brewery** in Ipswich (IP4 2LB) have a range of beers brewed on site and sold at the Dove Inn. Website is [here](#), or call them on 01473 211270.

Aspall's cyder is produced in Aspall nr Debenham (IP14 6PD), where they have an orchard, though whether *all* the apple are locally grown is anyone's guess given the scale of production. Their [website](#) gives an account of the cyder-making process and their products, including a Suffolk cyder – and some vinegars and juices. Phone: 01728 860510.

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Preserves and sauces

The **Chilli Company** near Mendlesham (IP14 5NQ) grow over 5000 chilli plants at their farm and sell them in their farm shop, along with a range of their chilli sauces. I saw them at Aldeburgh Food Festival and they were fantastic! Phone: 01449 766 677; Website is [here](#).

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A footnote on content....

Lots of people and organisations hold similar lists. To browse others:

The Green Living Centre's [list](#) includes farmers' markets and farm shops.

The Local Foods.org [directory](#) features FARMA member producers and is searchable by post code.