

# Conwy Food Finder



2008

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



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# Introduction

**Welcome to the Conwy Food Finder showcasing the very best locally produced food that Conwy has to offer.**



This is a county lucky enough to be bordered by both the mountains of Snowdonia and the Irish Sea. It boasts high pastures, lush fields, a tidal river and is fringed by clean seas.

Crucially, it is also home to people with the vision, determination and creativity to create fantastic food from these natural elements.

That, coupled with the support and funding of the LEADER+ and Rural Development Programmes since 2000, has made Conwy a very tasty place to be right now.

Recognising the importance of agriculture and the farming community in this area, the European-funded LEADER+ programme has helped to develop their businesses and created a sustainable market place for them.

A local food producers' group was set up and this led to the creation of the Conwy RSPB Farmer's Market in 2006. In under 18 months it has become the thriving hub of the local food industry here.

Conwy has now secured its place as one of the best food counties in Wales. The annual Gwledd Conwy Feast is in the top three food festivals in this country and many of the food producers in this guide have been showcased there.

One of them was Tipyn Bach Chocolate Company, founded by Alison Lindsay. As well as building her own business, Alison was an enthusiastic and dedicated member of the Farmers' Market steering committee.

Regretfully, Alison died while this guide was being put together. She will be sadly missed by all who knew her and we dedicate the Conwy Food Finder to her memory.

And now, we hope you will truly feast your eyes on these pages then go and meet the people who make the lovely food described here, buy some, and feast again at your dinner table.



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



# Becws Alun

3 Banks Building, Penmaenmawr, LL34 6BY  
Tel: 01492 623133  
www.becwsalun.co.uk



- *Bread as it used to be made*
- *Sourdough, white, brown, wholemeal and spelt loaves, cobs, rolls, and ciabatta, cakes and meat pies*
- *Buy from the shop or delivered by Scrumptious Sandy's Local Produce*



Artisan baker Alun Williams is not a man who likes to hurry his bread – give it time, he says, and it will repay with flavour.

Alun's sourdough is his speciality. Using natural fermentation techniques, it's allowed to prove for up to five hours before being baked.

"Sourdough uses a wild yeast, a friendly bacteria that we all have in our kitchens," he explains. "There's far too much yeast used in commercial baking these days and that's what makes people feel bloated."

Only salt and water are added to Alun's sourdough and the minimum of yeast to his other traditional ranges of bread.

The result is a bread-lover's dream come true. As well as being delicious, it's easily digested and, with the natural bacteria acting as a preservative, the bread stays fresher for longer.

"I had a yeast allergy and started making sourdough at home for myself," he says. "People love it and I get mothers telling me that their kids with allergies can eat it too."

Alun's been a baker for more than 25 years and opened his own bakery in Penmaenmawr in March.

He uses only the best ingredients - soda bread is made with Irish buttermilk, baguettes from French wheat.

Trays of handmade pork pies, meat pies and sausage rolls are also on offer along with Madeira cakes, almond slices, carrot cakes, Welsh cakes and scones.

"I keep things simple," he says of his range and his baking technique.

With word spreading rapidly that appears to be a winning formula.



- **Traditional family bakery using 100-year-old oven**

- **A wide range of bread, cakes, fancies and pies**

- **Buy from the shop and at RSPB Conwy Farmers' Market**

# Scilicorns Bakery

42 Denbigh Street, Llanrwst, LL26 OAA  
Tel: 01492 640427



It's not true to say "they don't make them like they used to." At Scilicorns Bakery, the Griffiths family still do.

Their delicious bread, pies, cakes and fancies are baked in a 100-year-old oven, in tins that are 60 years old, using recipes handed down over three generations.

John Griffiths, the son of a baker, bought the bakery in 1971 and decided to keep the name and the original oven.

Now 77, he still rises at 3.30am each day to get the first batches ready. "There are very few left like us," says John as he taps warm bara brith out of their tins.

"We do have a new oven but the taste is different in the old one, much nicer," says his son Anthony who, along with brother Alan and mum Rhiannon, make up the family foursome.

Between them they produce around 250 loaves a day and offer up to 400 different ranges of cakes decorated by Rhiannon, with extra help from Anthony.

They will bake to order and are constantly expanding their range. Traditional baking methods and family recipes haven't stopped them branching out with spelt and honey loaves and Polish and Bavarian varieties.

"But the large, white unsliced remains our best seller," says Anthony. "Our farmers' market customers are keen to try new varieties but people here in Llanrwst like things just as they have always been."

Looking at the shelves laden with so many tempting treats it's not hard to see why.

# Tan Lan Bakery Ltd

Station Yard, Llanrwst, LL26 OEH  
and Tan Lan Shop, 28 Rhos Road, Rhos-on-Sea, LL28 4RS  
Tel: 01492 642710



Dean Geldart originally wanted to be a chef and worked for a year in London's Café Royale.

Luckily for the bread and cake-eating inhabitants of North Wales, he changed his mind.

During his training at Llandrillo College, Rhos-on-Sea, he had worked for Tan Lan Bakery, in Betws y Coed. He returned there and spent ten years honing his craft.

Four years ago he and business partner Andy Kelly took on the bakery, keeping its name while transferring it to Llanrwst.

He's about to move into bigger premises next door as demand has grown steadily in that time. As well as supplying hotels and restaurants, he and his wife Emma have also recently opened a shop, Tan Lan Bakery, in Rhos-on-Sea.

"Our speciality is the bread range which is different to any supermarket," he says. "We do cheese and leek, Mediterranean herb and veg [his personal favourite], sage and onion, walnut, rosemary, spelt and date and walnut.

"It's all done to order. Even my wife places a daily order for the shop. And all our fancy cakes. We bake 3,000 a week."

He also supplies his old college with their bread and cakes as they don't have a bakery department these days.

Because of that, his next plan is to start a baking academy, passing on his skills and enthusiasm to future generations of Dean Geldarts.

"I don't really see this as a job," he says. "It's something I enjoy that I'm lucky enough to get paid to do."

- *Versatile bakery with its own shop*

- *Imaginative bread and traditional cake favourites*

- *Buy from Tan Lan Shop, 28 Rhos Road, Rhos-on-Sea*



• *A micro brewery whose range of beers reflect national pride and an historic setting*

• *Buy from direct from the brewery Mon-Fri 9am to 5pm, Threshers off-licenses, Co-op and Spar shops*

# Bragdy Conwy Brewery

Unit 3, Parc Caer Seion, Conwy, LL32 8FA  
Tel: 01492 585287 Mob: 07724 993378  
[www.conwybrewery.co.uk](http://www.conwybrewery.co.uk)



We may complain about the weather here in Wales sometimes, but Gwynne Thomas benefits from the rain that falls in these parts.

It's that rainwater, collected at Llyn Cowlyd, North Wales' deepest lake, that goes into the 5,000 pints of beer he brews every week.

"It really is good water for brewing because it's especially pure," explains Gwynne.

Gwynne became a full-time brewer five years ago after swapping his life as manager of a laboratory for another kind of chemistry.

"Both are a sort of alchemy, I suppose," he says. "And I was in management and fancied something more hands-on. You can't get more hands-on than this!"

When Bragdy Conwy Brewery was born he restored a beer-making tradition that had died out in Conwy a couple of centuries ago.

Today the micro brewery is growing in size as demand grows for its beers: seasonal ales brewed for special occasions and year-round Celebration Ale, Castle Bitter and Honey Fayre - the last sweetened with Welsh honey.

New ale on the block is Welsh Pride. A refreshing, zingy citrus flavoured bitter, it was added to celebrate Wales' recent Six Nations triumph and has fast become the most popular.

"Welsh Pride is a well balanced bitter that suits a lot of drinkers and is selling well across Wales," he says.

To see for yourself how it's made, and taste it, look out for the popular brewery tours held twice a year.



# The Great Orme Brewery

Nant-y-Cywarth, Glan Conwy, Conwy, LL28 5PP

Tel: 01492 580548

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

- *A micro brewery in a traditional setting*

- *A range of modern beers including Orme's Best and Celtic Dragon*

- *Buy from Conwy Fine Wines, Conwy, and a range of pubs in the area*



"It was a very wet day and I was stuck in a traffic jam on the M25 when I thought that life had to be better than this," says Jonathan Hughes.

He went home and decided to become a brewer.

A Buckinghamshire management consultant for blue chip companies, Jonathan had already given the idea of running his own business some thought. But that dreary day accelerated the creation of The Great Orme Brewery.

A phone call to his farming parents back home in Glan Conwy resulted in him and wife Lorna taking on a redundant collection of barns. They are now home to them, two-year-old daughter Carys and the brewery itself.

"On a good day you can see the Great Orme from here and there's a fantastic view of it from my parents' house," he says.

After teaching himself the basics, Jonathan drew on the talent and resources of contacts in the business to develop his range of beers.

They successfully launched at the Gwledd Conwy Feast Food Festival two years ago, and the brewery has quickly grown, now producing 40 to 50 casks weekly.

From the thirst-quenching IPA, a modern take on an old classic, to the chocolately and coffee-ish Welsh Black, all contain only water, malt, hops and yeast.

"What I wanted to do was produce beers that people would be enthused by and would be something they wouldn't expect," he says.



• *Bespoke cake and catering business in an idyllic setting*

• *Buy from*

direct from Eleri. She welcomes visitors but call first

# Popty Pen Uchaf

Ysbyty Ifan, Betws-y-Coed, LL24 0NL

Tel: 01690 770342

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



Forget mass-produced cakes from anonymous factories - Eleri Roberts' cakes are individually baked in a 200-year-old water mill.

The whitewashed, National Trust-owned building in the idyllic village of Ysbyty Ifan is home to Popty Pen Uchaf.

It's here Eleri can be found, hard at work on cakes to celebrate a wedding, birthday or anniversary as well as for everyday treats.

Or, if it's autumn, she'll be stirring up preserves and chutney made from local fruit.

"I've always enjoyed cooking and I used to bake cakes for family and friends," says Eleri, who trained at Llandrillo College in Rhos-on-Sea. "I worked in hotels and restaurants but I wanted to do my own thing.

"When the National Trust suggested renovating this building I asked if they would consider a bakery. It's much nicer than working from home."

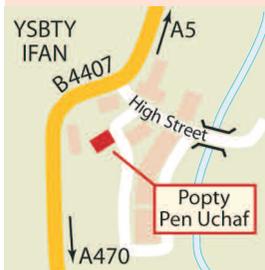
Eleri works with her clients and is willing to try her hand at most designs.

"I did a Snowdon-shaped wedding cake, made with white chocolate, for a couple of climbers," she laughs.

Weddings are a speciality. As well as offering outside catering, she is a founder member of Cwllwm, a collective of five local women offering a one-stop wedding service.

They can make or arrange your dress, hat, flowers, music, stationery and gifts in the mill next door to the bakery.

"We can co-ordinate what we do, so if someone has a harp I can put that on their cake, or even a verse from a hymn," she says.



# Tu Hwnt i'r Bont

Llanrwst, LL26 0PL  
Tel: 01492 642322  
www.tuhwntirbont.co.uk



Virginia creeper-clad Tu Hwnt i'r Bont is one of North Wales' landmark buildings, its photograph popping up everywhere.

But Tim and Ayla Maddox, owners of the café inside this 600-year-old building, are forging a new reputation - for the food they serve here, especially their cakes.

In 2002 they moved to North Wales from London and the world of publishing with their daughters Amelia and Isabel. It was then Ayla discovered a hidden talent.

"I started making cakes for the café, just three to start with - chocolate, Victoria sponge and banana, plus shortbread," she explains. "Then people started to ask if they could buy them."

The baking business quickly grew as local hotels and restaurants snapped up whatever Ayla could produce. Soon she had outgrown the oven in her family kitchen and needed something larger.

"Everything is home-made, and done by hand, even the wrapping and packing," explains Tim, who is front-of-house in the café where just about everything on the menu is home made.

The couple are committed to producing delicious additive and preservative-free food using as much local produce as possible.

Today Ayla makes 18 different cakes and in an average week bakes 300 spicy bara brith - many more in summer.

"I have always enjoyed baking but I'd never done it before on this scale," says Ayla. "People like to think of me whisking up their cake in a little bowl in a kitchen."

And while it isn't quite like that these days, it still isn't far off.

- **Flourishing bakery business in an iconic setting**

- **Selling home made cakes, bara brith, scones and shortbread**

- **Buy from**  
Tu Hwnt i'r Bont café,  
RSPB Conwy  
Farmers' Market or  
direct



# Tipyn Bach Chocolate Company

Bodnant Garden Nurseries, Tal-y-Cafn, Conwy, LL28 5RE

Tel: 01492 650046

www.tipynbach.co.uk

- **Handmade chocolates with a conscience**

- **Truffles, creams, pralines, chocolate covered Turkish delight, marzipan, ginger, nuts and coffee beans**

- **Buy from**

direct, online, and at RSPB Conwy Farmers' Market



A visit to Tipyn Bach Chocolate Company is a fabulously indulgent occasion full of temptations.

Trays of beautifully made truffles, pralines, coffee creams, rose creams... all seem to murmur "Eat Me."

"The truth is I love chocolate of any kind, I'm a real chocoholic," says Alison Lindsay, their creator.

After working as a midwife in Wales and the USA, Alison gave into those urges and Tipyn Bach was born in 2004.

It's no ordinary confectionery business. Alison insists on Fair Trade chocolate and sources as many of her flavours as locally as possible. Welsh whisky, vodka, cream and honey all go into the delicious mix.

The resulting sweet treats have proved a hit with visitors to her shop at Bodnant Gardens, Tal-y-Cafn.

"Chocolate's quite technical," she says. "It's quite unpredictable too, so it's always nice to see what turns out."

"But it can be a nightmare to work with in the summer when the weather's hot!"

Alison built her business through fairs and farmers' markets and with the help of her team: Jayne Mercer, Rosemary Stroud and mum Molly Wright.

So what's behind the name?

"When I was working in the USA I was called Little Bit by everyone because I'm only 4ft 10in," she explains. "It stuck and I decided to call the business that - in Welsh."

And, as we all know, a little bit of what you fancy does you good - particularly when it's Alison's chocolate.

# Pantri'r Fferm

Joyce Lloyd, Margaret Evans and Helen Owen  
Tel: 01745 720391

- **Real home baking from local farms**

- **Cakes, meringues, fruit tarts, bara brith and fancies**

- **Buy from**  
Colwyn Bay Farmers' Market, Thursday, 9am, Northop Farmers' Market, second Friday of the month



On Thursday mornings trade is brisk at the Pantri'r Fferm stall on Colwyn Bay's Farmers' Market.

Picture perfect fairy cakes, bara brith, tarts, chocolate cakes and meringues all fly off the stall almost as soon as they are put there.

Farmers' wives Joyce Lloyd, Margaret Evans and Helen Owen have a loyal - and growing - fan base.

"I don't bother to bake for myself now," says one satisfied customer.

"I'm here for my friend, aunt and neighbour, everyone wants their cakes when they've tried them," says another.

The three friends started baking together eight years ago and can be found at Colwyn Bay and Northop Farmers' Markets.

"We're up at 6am the day before and bake all day," says Joyce. She also helps to run the family sheep and beef farm in nearby Llanfairtalhaiarn. "This helps with the farm income and I'm home in time to feed the men."

Sponges are the most popular, says Margaret: "And Helen and I do different bara brith recipes. She has cherries, I don't, to give people a choice.

"We don't use yeast in them so they last longer. And they are all freezable making them ideal for people who don't have time to bake themselves."

The modestly priced cakes look almost too good to eat but Joyce admits there are occasions when things go wrong.

"We do have our disasters," she laughs. "But our families live on those."



- **Award-winning bakery true to its traditional roots**

- **A wide range of confectionery, celebration cakes, desserts and quiches**

- **Buy from 58 Spar shops, convenience stores**

# Siwgr a Sbeis

Parc Tŷ Gwyn, Ffordd Berth Ddu, Llanrwst, LL26 0PQ  
Tel: 01492 641940



A shared love of baking brought schoolfriends Rhian Williams and Rhian Owen together.

Pooling their talents - and a passion for puddings and cakes - they formed Siwgr a Sbeis, now one of the Conwy Valley's most successful food businesses.

They got off to a flying start winning the Livewire enterprise award in both Gwynedd and Wales, and coming fourth in the UK, in their first year.

They are still gathering accolades - their blackcurrant flapjack took gold in the Great Taste Awards.

These days there are more customers too and what started with the two Rhians in a small shop in Llanrwst in 1989 has grown. Today they employ 20 full and part time staff.

They let other shops sell their produce while they concentrate on making it. But one thing has stayed the same - their commitment to making cakes just as they should be.

"We've kept everything traditional but produce on a larger scale. In fact, someone told us that people take our cakes to coffee mornings as their own, without the wrapper," smiles Rhian Williams.

They also use as many Welsh ingredients as possible including Welsh vodka in the wickedly desirable Toffoc Crunch and Snowdonia cheese in their Quiche Eryri.

To what do they owe their success?

"A passion for our product," says Rhian Williams.

"The support of our husbands and families and our fantastic team," says Rhian Owen.

The secret's out...



# Country Markets

Conwy, Rhos-on-Sea and Trefriw  
www.country-markets.co.uk



- **Traditional produce and craft markets**

- **Bread, cakes, confectionery, eggs, fruit, herbs, jams, pies, preserves, vegetables**



Fresh? Locally grown? Sustainably produced? Zero food miles? These may seem like modern terms but for nearly 80 years they have been the guiding principles of our Country Markets.

Originally WI Markets, they were set up in 1919 to provide work for women following the end of the Great War, and have been a source of good food ever since.

These days they are open to men too, but some things haven't changed. The produce on offer is still fresh, local and homemade or grown.

A visit to one of these markets is a treat for all the senses. Tables groan with flavoursome cakes, preserves, chutneys and pies. Vegetables and fruit, freshly picked that morning, are still wet with dew, and smell just as they should do, while newly laid eggs are warm to the touch.

"I started 19 years ago, bringing food, plants and knitting," says Lyn Waite of Conwy Country Market. "I grew too many plants to use myself but this was a way of continuing my hobby."

New producers, like Janette Gilbourne, are always welcome.

"I'm doing starter plants now so people can grow their own, as well as selling vegetables as they come into season," says Janette, who also sells homegrown herbs.

Retired nurse Gwyneth Lewis, meanwhile, joined in 2002.

"I bake all day the day before and make speciality cakes such as a sugar and dairy-free fruit cake for diabetics as well as bara brith, sponges and flapjacks," she says. "It's nice to have someone to bake for now the family have left home."

- **Buy from**

Royal British Legion,  
Church Street, Conwy,  
Tuesday 9.45am to  
12pm

Rhos-on-Sea Methodist  
Church Hall, Rhos  
Road, Rhos-on-Sea

Village Hall, Trefriw,  
Friday, 10am to 12pm

Also at RSPB Conwy  
Farmers' Market,  
Gwledd Conwy Feast  
and Conwy Honey Fair

Markets are closed in  
winter months – check  
website

- **Award winning delicatessen in small market town**

- **Own line of cakes, pies, soups, delicatessen lines. Outside catering**

- **Buy from**

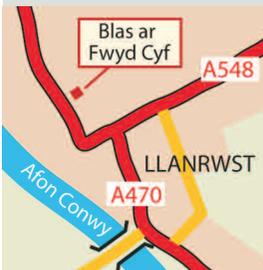
Blas ar Fwyd, Amser Da restaurant, online and a wide range of shops

# Blas ar Fwyd Cyf

25 Heol yr Orsaf, Llanrwst, Conwy, LL26 0BT

Tel: 01492 640215

[www.blasarfwyd.com](http://www.blasarfwyd.com)



When Deiniol ap Dafydd returned to North Wales from London 21 years ago he faced a problem.

Where would he buy the speciality foods he needed to stock his planned delicatessen?

"You couldn't even buy fresh coleslaw in those days," Deiniol recalls, "and there was no artisan pasta here."

The answer was to make their own and so Blas ar Fwyd was born, stocking food from around the world as well as their own.

"We started to produce fresh deli lines," he explains. "We didn't use standard recipes but primarily home recipes without additives. We got the ingredients from small, quality producers."

Deiniol and his wife Chandra have stuck to the business plan they drew up back then. And that has led to a wine shop, restaurant - Amser Da - and a bakery.

"We use a local, proper butcher and cook all our own meat for our pies," says Deiniol. "If a local farmer comes to me with a crop I'll try and do something with that, even if it's a one-off."

Blas ar Fwyd has won a clutch of awards including a Taste Award for their Beef Lobscouse. They also service a vast network of hotels and restaurants and are stocked in shops from Holyhead to Wrexham.

"We're the largest delicatessen in Britain outside London," says Deiniol. "And among the top two per cent of businesses in the UK."

Not bad for a lad who was kicked out of catering college aged 16. These days, you won't be surprised to hear, he sits on their board.

# Cae Melwr

Nebo Road, Llanrwst, LL26 0SD  
Tel: 01492 642267 Mobile: 07850 661174



- **Farm shop selling all homegrown produce**

- **Beef, lamb, chicken, vegetables, eggs, quails eggs, fruit, cakes and preserves**

- **Buy from Cae Melwr Farm Shop Thursdays, Fridays and Saturdays**



With a young family of three children to care for, Ceri and Alwyn Hughes are naturally looking to the future.

It's for that reason they are setting up a farm shop which is set to open in July at their home, Cae Melwr in Llanrwst.

"We really want to reduce our carbon footprint," says Ceri. "So we're returning to a traditional way of farming and selling food."

The couple, along with Alwyn's brother Emyr, have grown vegetables for a national supermarket but wanted a less intensive and more sustainable way of life.

"When I had the children I didn't want them eating veg sprayed with chemicals so we've grown our own and been largely self-sufficient," Ceri explains.

Her customers will be able to share in that good life - but without the effort.

Emyr is chief grower and is busy raising everything from aubergines to sweetcorn to strawberries and herbs.

Ceri, meanwhile, intends to supply cakes and preserves and they plan to keep turkeys, ducks and hens for eggs and meat.

Cae Melwr-raised pork, lamb and beef will also be available and, with a river running through the farmyard, maybe even fish!

"We want to grow and raise the food, sell it ourselves and sell it locally, so that we'll reduce the food miles it travels," adds Alwyn. "That will make us competitive locally because we won't have to pay for transport costs.

"All we'll have to do is go into the field each morning and pick it." Who could ask for better than that?



# RSPB Conwy Farmers' Market

Llandudno Junction, Conwy  
Last Wednesday of each month, 9am – 2pm

- *Meat, fish, eggs, butter, cheese, milk, goat's cheese, beer, smoked goods, honey, vegetables, fruit, salad leaves, herbs, preserves, cakes, confectionery*

- *June 25, July 30, August 27, September 24, October 29, November 26, December 17*



RSPB Conwy reserve is a lovely place to visit at anytime - but on the last Wednesday of the month it's the place to be for local produce.

Started 18 months ago after a series of pilot markets in the county, this farmers' market has grown rapidly.

Customers travel from far and wide across North Wales, drawn by the promise of a mouth-watering selection of produce.

The difficult thing is deciding where to start, the choice is so varied. Fresh and local, it changes seasonally so savvy shoppers get what's at its best, and much of it is organic or sustainably grown.

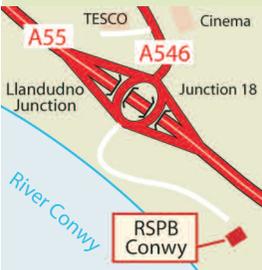
"People like coming here because they know they are getting fresh produce that's local and seasonal," says Bill Bailey, aka Billy The Fish.

He does a roaring trade as people seek him out for Conwy mussels, grey mullet, sea bass and mackerel from nearby Liverpool Bay.

"They also like to know where their food is coming from and because we're there, behind the counter, we can tell them how it's been reared or caught, and that it hasn't travelled hundreds of miles," says farmer and butcher Tudur Jones of Dolwen.

Tudur is one of many producers listed in this guide who can regularly be found at the monthly market.

And for a one-stop shop for local produce, it can't be bettered.



# Arlwyo Nant Catering

Ty Nant Isaf, Pandy Tudur, Conwy, LL22 8UN

Tel: 01745 860647

[www.arlwyonant-catering.co.uk](http://www.arlwyonant-catering.co.uk)



- **Premium fast food from hill farming brothers**

- **Lamb burgers in traditional, mint and chilli flavours**

- **Buy from**

Look out for Arlwyo Nant Catering trailers at shows, including Gwledd Conwy Feast. Telephone to book



Farming brothers Gwyn and Elwy Williams will never forget the first time they took their burger van on the road.

"It was Caerwys Show and we were so nervous," says Gwyn. "We had five or six staff and a wagon-load of drinks.

"We sold out though, so it was a great start."

It helped that they were selling a really superior class of burger made with lamb they had raised themselves in the lush Hiraethog Hills.

That was two years ago. Now the brothers, who manage the 260 acres and 800-strong flock between them, have fast food down to a fine art.

Gwyn and Elwy have become a familiar feature at shows and events throughout North Wales and the venture has given the family, whose ancestors have farmed Ty Nant Isaf for centuries, a view of a better future.

"Two years ago the return on selling the lambs at market was very poor," says Gwyn. "So we decided to make a market for ourselves.

"One wet March day we went out and bought a trailer. Then we started trying out recipes. We wanted the burgers to be as natural as possible with no additives."

Their burgers contain nothing but pure lamb plus seasoning and mint or chilli depending on their flavour.

They've been so popular Gwyn and Elwy have now bought a new, bigger van for this season.

"We really enjoy it," says Elwy. "It's a complete change from farming and we get to mix with a different crowd. Fantastic!"



• **Historic mussel gathering business**

• **Fresh mussels from the Conwy Estuary**

• **Buy from**  
September to April at  
Conwy Mussels on  
Conwy Quay and  
Billy The Fish (details  
listed in this guide)

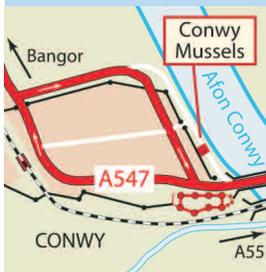


Gwledd Conwy Feast 2007

# Conwy Mussels

The Quay, Conwy, LL32 8BB

Tel: 01492 592689



There are few businesses with the history shared by the Conwy mussel fishermen.

For four centuries members of the Hughes, Cravens, Roberts and Jones families have set out in little boats moored under Conwy castle's walls.

Their destination is four miles away where the River Conwy meets the Irish Sea and the seabed is rich with mussel beds.

The mixture of sea and estuary waters is what gives the sought-after molluscs their distinctive flavour.

The mussel men still use long-handled rakes invented by medieval monks, dragging up the dripping shells until the tide turns, taking the boats back to harbour.

It's a trade that has altered little over the centuries and they are believed to be the only fishermen left in the UK using just rakes for harvesting the mussels.

Thomas Jones, 23, is the first graduate to join their ranks.

Following in the waded footsteps of his father, grandfather and great grandfather, Thomas says: "It's a job I love and I've always wanted to stay here in Conwy."

But it's a tough life with the season running through the winter months, from September to April.

"In January the rakes freeze as they get pulled in. But on sunny days dolphins follow the boats as dawn breaks," says Thomas.

A bag bought directly from the harbour, where they come ashore, has to be among the most sustainable food sources available.

Tasty too - whether steamed traditionally in white wine and garlic or, the mussel men's favourite recipe, cooked and then fried with bacon for breakfast.

# Peter McFadden

Conwy Beekeepers, Ynys Goch, Ty'n y Groes, Conwy, LL32 8UH  
Tel: 01492 650851  
www.conwybeekeepers.org.uk

• **Honey from  
Conwy Valley hives**

• **Honey, wax,  
candles and polish**

• **Buy from**  
Conwy Country  
Market, RSPB Conwy  
Farmers' Market,  
Groesffordd Stores,  
Rowen, Conwy  
Honey Fair



On a warm, sunny, late spring morning, Peter McFadden's garden hums with the buzz of busy bees.

And, even after 30 years as a beekeeper, he still delights in the sound.

"It started when I went to the Conwy Honey Fair [featured in this guide] and bought some honey. I thought to myself "I could keep bees." he says.

Today he has a dozen hives, each home to 50,000 bees that produce 30lbs of honey per hive every year.

Pulling on his white protective beekeepers' suit, Peter inspects each hive, giving a puff of smoke to calm the bees before removing the combs.

From the end of May to August, with his queen bees well catered for, he removes the hives and spins the honey from them.

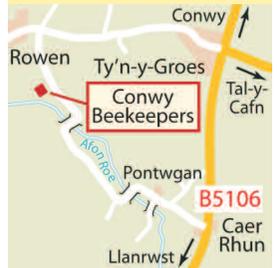
"We get our first crop of honey after the bees have fed on sycamore trees or oil seed rape, if there is any, at the end of May," he says.

In the summer he moves his hives to Llyn Crafnant above the Conwy Valley where they feast on heather, giving the honey a distinctive flavour.

As well as organising the historic Conwy Honey Fair in September, Peter is honorary secretary of the Conwy Beekeepers who hold monthly meetings and run courses for newcomers.

Wherever he's been in the world - Chile, Argentina, Mexico, Australia - he has met with fellow apiarists. And he welcomes visitors to his small-holding near Rowen to buy honey or chat about beekeeping.

"I've always got time to talk about bees," he smiles.



- **Traditionally raised rare breed lamb**

- **Zwartbles and Welsh mountain lamb**

- **Buy from**  
direct on 01690  
710265 or  
07771 928147

# Bridfa Dylasau Stud

Padog, Betws-y-Coed, Conwy, LL24 0ND  
Tel: 01690 710265 or 07771 928147



Alun and Nerys Davies were at a Smallholders' Fair when they fell in love with their first Zwartbles.

Zwartbles? It's a rare breed of sheep from Holland that, once seen, isn't easily forgotten, as their story proves.

"We saw one shearling and bought her completely on a whim," says Alun. "We hadn't gone expecting to bring anything home and even had to put her in the back of the car!"

Nine years on, they have 25 of the unusual, stripey black and white ewes at their 306-acre National Trust farm, in the hills between Ysbyty Ifan and Penmachno.

"The meat is gorgeous, really sweet and not too fatty which makes it quite healthy," says Alun.

Soon it will be organically certified too, as the farm is undergoing organic conversion.

"The sheep are fed on our own hay and grass and we use our own horse manure as fertiliser," explains Alun, who is a Land Use Policy officer for the Countryside Council for Wales.

Along with the small Zwartbles flock, Alun and Nerys keep 150 Welsh mountain sheep. The 330-year-old farm is also home to a stud with Welsh cobs and rare breed Irish Draughts.

The couple and 12 local farming tenants on the National Trust's Ysbyty Ifan estate are also currently planning to market their lamb together.

"We want to be sustainable, especially as we both work in conservation," says Alun. "As part of that, all the lamb we sell is packaged in wooden boxes insulated with wool."

# Dolwen Farm Shop

Cefn Fran, Dolwen, Abergele, LL22 8NH

Tel: 01492 680209

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

- **Family hill farm producing beef, lamb, mutton, pork and bacon**

- **Buy from the farm shop, and at RSPB Conwy Farmers' Market (among many others)**



Tudur Jones is the third generation of his family to farm Cefn Fran at Dolwen, in the hills above Colwyn Bay.

The lush fields and immaculately kept farmyard are home to 190 Welsh Blacks, Friesian and Jersey cattle, Gloucester Old Spot pigs and 300 Welsh mountain sheep.

Selling directly to the public means he and his wife Mona can answer questions about how the meat is reared – and respond to his customers' suggestions.

Thanks to one of those, Dolwen is now in the vanguard of a revival of an old favourite.

Mutton is back on the menu in many homes and in North Wales Tudur is one of the main producers.

"I had a farmers' market customer who asked me, well, began to nag me, really, for mutton," says Tudur.

"He spent time in South Africa and said you couldn't make a proper curry without it. I hadn't farmed mutton until then, although my parents would have eaten it regularly."

Tudur now keeps hold of a number of his 300-strong flock of Llyn and Dorsets, until they become of mutton age - about two to three years old.

Word has spread and he's frequently asked for this flavoursome meat by customers unable to buy it elsewhere.

You can track him down at Dolwen itself or one of the 14 farmers' markets across the region he sells at.

And if you have a suggestion - ask him, he's always happy to listen to new ideas.



• **North Wales' first organic farm**

• **Beef, lamb, fruit, vegetables, salads and juice**

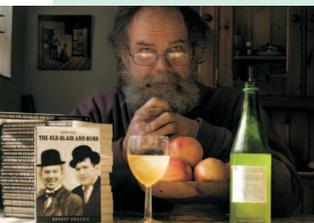
• **Buy from** direct from the farm gate, Mold, Celyn and Ruthin farmers' markets, and by mail

# Bryn Cocyn

Llanefydd, Denbigh, LL16 5DH

Tel: 01745 540207

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



Bryn Cocyn sits in an enviable position among the Clwydian hills overlooking Moel Famau.

It's here, 20 years ago, that Patrick Noble and Joyce Brown established the first organically-certified farm in North Wales.

They had farmed organically elsewhere for a decade and Joyce's family had run Bryn Cocyn traditionally for years so conversion was not a huge leap - for them.

"The reaction by a lot of people was amusement," says Patrick. "People didn't and still don't really understand what organic farming is really about."

Today the couple are looking to the future again, scaling down their 79 acres and their flock of 350 own-breed sheep and 20 Welsh Black and Charolais cattle.

Instead, they are branching out into orchards and expanding their fertile two-acre vegetable plot in a bid to reduce their carbon footprint even further.

The farm's 40 original trees are already providing fruit for juice and two more acres have recently been planted. When they are ready for cropping in a few years' time Patrick hopes to revive cider-making.

Beef and lamb are slaughtered just ten minutes away and sold along with Bryn Cocyn fruit and vegetables at farmers' markets. Alongside them, Patrick also sells his recently published book, *The Old Blair and Bush*, "essays on how we will live in a world without oil".

"We're facing such huge changes," he says. "Some of them are frightening, some exciting."

But as he has shown already, it is possible to adapt for the sake of the environment - and, in doing so, produce food that tastes the way it should.

# Bryn Dowski Farm

Henryd Road, Conwy, LL32 8YF  
Tel: 01492 592182  
www.bryndowsiccottages.co.uk



- **Organic Conwy Valley family hill farm**

- **Organic beef and lamb. Also farm holiday cottages**

- **Buy from direct from the website**



Dafydd Roberts' family have been farming at Bryn Dowski for more generations than he can remember.

A lot has happened in the world of agriculture since they first came here. But after more than 200 years on this land, things have come full circle.

In 2001 Dafydd and his wife Beryl, decided to convert to organic status, taking their farm back to the less intensive methods practised before the war.

"I was worried about the amount of chemicals, fertilisers and sheep dips we were using on the farm," says Dafydd. "And as part of the conversion we also cut the stock numbers right down."

Even before that move, the couple had signed up to wildlife-friendly schemes such as hedgerow regeneration.

Today their 350 Welsh mountain sheep and 25-strong head of beef cattle, mainly Welsh Blacks, roam land that is untouched by chemicals and full of wildlife.

"We have 200 acres and a lot of that is hill land, including common land on the nearby mountains," explains Dafydd.

He grows some of his own feed but struggles in dry years. Unlike the rest of us, Bryn Dowski prefers wet summers.

"The idea is that we will become self-sufficient one day," he says.

Dafydd and Beryl, who also works as an oncology nurse, have also converted their farm buildings into self-catering cottages.

Not surprisingly, most holidaymakers, who have seen the beauty of the land and the robust mountain stock that peacefully graze here, go home with Bryn Dowski meat at the end of their stay.

And like Bryn Dowski itself, the taste is unforgettable.



- **Organic salt marsh farm**

- **Salt marsh lamb and beef, organic potatoes**

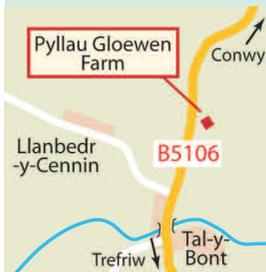
- **Buy from** direct from the website, and delivered by Scrumptious Sandy's Local Produce

# Claudia Bryan

Pyllau Gloewen Farm, Tal-y-Bont, Conwy, LL32 8YX

Tel: 01492 660504

[www.conwyvalleybarn.com](http://www.conwyvalleybarn.com)



Claudia Bryan has an unusual claim - she farms according to the tide table.

Around 70 acres of Claudia's land lie alongside the tidal River Conwy and it's here she raises salt marsh lamb and beef.

"There aren't that many people with genuine salt marsh which is land regularly covered with salt water," says Claudia.

"To be sold as such the animals have to have been on the marsh for six weeks before they are killed. That can mean a lot of juggling with the weather.

"People say they have never tasted lamb like it. I don't know whether that's just the salt marsh or because we're in the Conwy Valley and everything here is pure."

Her organically raised 16 Welsh Black cattle and 50 Llyn sheep roam freely over these marshy acres whose importance as a wildlife habitat makes them an area of Special Scientific Interest.

On a sunny day it's a lovely place but in winter or the middle of the night it can be quite a different story.

"When you wake in the night and it's raining and the animals are down here it can be quite worrying," she admits.

The third generation farmer on this land, and the first woman, Claudia converted to organic three years ago.

She also sells organic Sarpò Mira and Axona potatoes she developed as part of an independent trial to produce blight-resistant potatoes.

"They've got red skins and make great mash. They also make lovely chips and bake really well," she says.

Just perfect, then, with a shoulder of her salt-marsh lamb for Sunday lunch...

# Tŷ Newydd Organics

Tŷ Newydd, Penmachno, Betws-y-Coed, LL24 0AJ

Tel: 01690 760350

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

- **Organic small-holding**

- **Hen, duck and goose eggs and meat, lamb, chicken and turkey**

- **Buy from the gate, RSPB Conwy and Ruthin Farmers' Markets, Edwards of Conwy, Betws-y-Coed and online**



You would be hard pressed to find birds that are more free range than Claire Barnard's organic flock.

It's not unusual for her ducks to wander a mile and a half from her lovely farmhouse, perched above the Penmachno valley.

The 100 hens she keeps also have acres to roam as do the geese, turkeys, bantams and guinea fowl.

All are traditional breeds such as Rhode Island Reds and Lavender Araucana hens, Chinese geese and Khaki Campbell ducks. Between them they produce a rainbow of beautifully coloured eggs.

"It started ten years ago as a bit of fun when we bought a house with land," says Claire, a maths teacher. She and partner Richard Burrows, an English teacher, now have 21 acres.

"Originally we had four hens, just providing eggs for us, then we expanded to 100 because there are no other organic hens around here."

Organic ducks are even harder to find and Claire keeps hers for meat as well as eggs. Last Christmas she raised turkeys for the first time. Slow-growing, single-breasted Norfolk black and bronze, they sold out rapidly.

Tŷ Newydd is also home to 25 pedigree Welsh badger-faced sheep looked after by two protective llamas.

And last year Claire was a Welsh finalist in the Local Food Heroes competition, impressing celebrity chef Gary Rhodes with her duck eggs and lamb.

You can try them too. Better still, stay at Tŷ Newydd's holiday cottage and see for yourself what free range should really mean.



- **Seasonal produce from a rural smallholding**

- **Jams, chutneys, pickles and fresh free range eggs**

- **Buy from**

Rhos on Sea Country Market, Conwy Seed and Honey Fairs and direct

# Little Black Hen

Islwyn, Isallt Road, Llysfaen, LL29 8LZ

Tel: 01492 515967



A good turn for the local postman resulted in a gift of three chickens for Brenda Otter - and set her on course to establishing Little Black Hen.

"I was just expecting to be given some eggs but once I started keeping hens, I found it was addictive," she says.

Today Brenda has 40 birds, a mixture of the Black Rock and Hebden Black varieties, along with some Grey Araucana.

They all roam freely around a paddock and orchard at her home in Llysfaen above Colwyn Bay.

As well as selling their eggs, Brenda turns fruit from her orchard and hedges and vegetables from her garden into tasty jam and chutneys.

She works in tune with the seasons bottling or pickling whatever is at its best. In the summer the garden is full of gooseberries, blackcurrants and rhubarb, followed by apples and plums in the autumn.

"It was what everybody did at home in my New Zealand where I grew up," she says.

"I made some for ourselves, started selling an odd jar here and there to egg customers and then people began to offer me fruit."

She's also created a range of herb vinegars, while her pickled shallots are made to a traditional New Zealand recipe.

"I make all the spiced vinegar myself and I think it has more 'oomph' than the British ones," she smiles.

# The Pudding Compartment

Rear Cumberland House Bakery, Market Street, Abergele, LL22 7AG

Tel: 01745 832441

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

- *pudding makers combining tradition and innovation*

- *Sold as individual portions or “big enough to share...”*

- *Buy from RSPB Conwy farmer’s market, Spar, Pwllheli and The Ham Bone, Llandudno. Full list on website*



The Pudding Compartment is one of the newest food businesses on the block and they’ve quickly made their mark.

It’s really not hard to see why. The brainchild of Juliet and Steve West, their mission is to make fabulous puddings using only the best ingredients.

They launched at the Royal Welsh Winter Fair last year, with their luxurious Christmas puddings. Only crumbs were left at the end of the day.

Welsh milk, butter and eggs, Belgian chocolate, dates and apricots go into these sweet treats. Needless to say they do not include anything artificial.

Their irresistible range, which includes sticky toffee, citrus, dark chocolate, milk chocolate and ginger, is taking the world by storm. Already they’ve had enquiries from top London foodie outlets.

“We had the idea while working and travelling in Australia,” says Juliet, formerly a book editor. “We came back, did some research and didn’t think the puddings out there were good enough.”

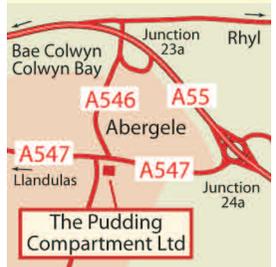
She was taught to make a superior pudding by her sister-in-law and chief pudding chef Tracey Rose. Family and friends, such as Karen Roberts (pictured whisking eggs), have helped to build the business.

All the puds are steamed, which keeps them moist and fluffy, and are bathed in a pool of sauce. They are sold chilled in pots and simply require a couple of minutes in a microwave.

“No, I haven’t got tired of eating them yet,” Juliet laughs. “Citrus and dark chocolate are my two favourites. Well, you have to keep testing them.”

And the reason for the name?

“You either have a pudding compartment or you haven’t...”



- **Family-run smokery**

- **Smoked foods including fish, meat, poultry and vegetables. Also fresh fish counter**

- **Buy from**  
Llandudno Smokery direct or online and Rhug Farm Shop, Corwen

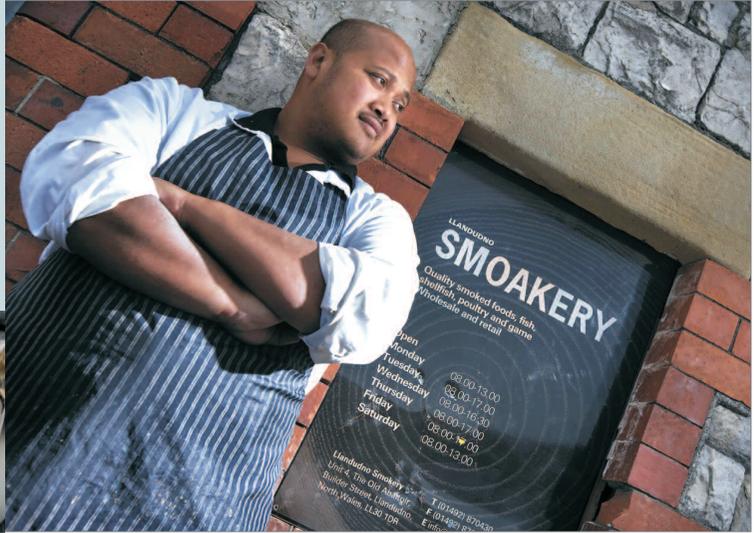


# Llandudno Smokery

Builder Street West, Llandudno, LL30 1HH

Tel: 01492 870430

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



If you thought smoked foods amounted to kippers and mackerel think again.

At Llandudno Smokery Jody Scrutton is giving this ancient method of food preservation a 21st century twist.

Jody prefers the food he smokes to be as fresh and local as possible before it hits the kilns. Then it's flavoured and, in some cases, cooked with smoke from North Wales oak trees.

Of course plenty of his customers are local too but he has ambitions of growing that part of the business right out of town.

"In ten years time I'd love to have our brand stocked in shops, supermarkets and delis all over Europe," he says.

It's already started. The Scrutton family took over the business three years ago and have just moved into larger purpose-designed premises. Several large retailers have expressed an interest in stocking The Smokery's produce.

And what's not to like? Jody regularly has sea bass from Conwy, oysters and scallops from Anglesey, red mullet from the Irish Sea, and locally grown shiitake mushrooms and tomatoes in the ovens.

On a day-to-day basis fish and poultry are the main foods he smokes but he's prepared to try anything at least once.

"The strangest thing I've been asked to smoke was pasta for a local hotel chef," he says. "But actually it worked out quite well."



## Gwledd Conwy Feast

**Now in its fifth year, Gwledd Conwy Feast has become one of the hottest dates on the Welsh foodie calendar.**

Every year it fills the streets of the historic town with the best produce Wales has to offer as well as food from farther afield.

And it's an event that has close links with most of the producers in this guide, many of whom you will find there this year.

Beekeeper Peter McFadden was the man who got it started in 2004.

"I'd been to a food festival and discovered there was money available to get them going," he recalls. "I helped to run the first one and I've been amazed and thrilled by how much it's grown since."

Organiser Jane Hughes helped Peter with the first Feast and has been at the helm since then. Last year her hard work was repaid when she collected the Visit Wales Best Community Event in Wales Award.

"The Feast is about a great community hosting a great event in a great town," she says.

The colourful event serves up a tasty mix of food and food-related entertainment. It also gives new producers a chance to shine alongside more established names.

For some, like Tipyn Bach Chocolate Company, Great Orme Brewery and Bragdy Conwy Brewery, it was the platform that launched their businesses.

The Feast coincides with the start of the mussel season so you will always find plenty of those to eat over the weekend as well as being able to chat to the men who harvest them.

If you're lucky you may be on the harbour when Billy the Fish takes delivery of that day's catch – fresh out of the water – as he did last year.

And in the demonstration tent look out for the Feast's patron, celebrity chef Bryn Williams turning the best of local produce into mouthwatering meals.

### **Gwledd Conwy Feast**

Conwy, October 24-27

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

Contact: Jane Hughes 01492 593874

# Distributors and Retailers

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## Edwards of Conwy

18 High St, Conwy, LL32 8DE  
Tel: 01492 592443  
[www.edwardsofconwy.co.uk](http://www.edwardsofconwy.co.uk)

Ieuan Edwards was just 20 when he opened what is now an internationally famous butchers' shop. The farmer's son had trained in Europe after starting life as a butcher in the Conwy Valley. He built his business and his reputation on his butchery skills and has won numerous awards for them and his produce. Conwy Valley-raised Welsh Black beef and lamb, as well as Edwards' own famous sausages, are on sale in his shop and online.

## Farmers' Garden

Pentre Smithy, Pentre Isa, Llangernyw,  
Abergele, LL22 8PH  
Tel: 01745 860430  
[www.farmers-garden.co.uk](http://www.farmers-garden.co.uk)

Paul and Heather Watkins saw the writing on their high street wall when a major supermarket came to town. They shut up their fruit and veg shop and started an organic delivery service instead. Soil Association registered, they deliver vegetable boxes across North Wales, sourcing as much produce locally as possible. Customers can order via their new website. New lines include meat, chicken, juices, cheese and yoghurts.

## The Natural Choice

14, Colwyn Avenue, Rhos-on-Sea, Colwyn Bay,  
Clwyd, LL28 4RB  
Tel: 01492 549520  
[www.thenaturalchoice.biz](http://www.thenaturalchoice.biz)

John, Jo and Ceri Carpenter run this friendly, family shop stocking organic and fair trade produce. The shop is an ordering point for Farmers' Garden veg boxes (see above) as well as stocking their fruit and vegetables. You'll also find free-range eggs from Conwy Valley supplier Garreg Llwyd and honey from Dennis Adams whose bees are kept on Conwy's Sychnant Pass.



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## Sandy's Scrumptious Local Produce

Hafod Farm, Betws Road, Llanrwst  
Tel: 01492 541392 or 07928 691323  
www.scrumptiousproduce.co.uk  
email:sandy@scrumptiousproduce.co.uk

Busy mum Sandy Luthe-Hughes knows how difficult it can be to get to farmers' markets so she decided to shop and drop for those who can't. Sandy sources seasonal food from producers in Conwy - many of them featured in this guide - and the surrounding areas. Meat, cheese, bread, fruit, vegetables and cakes are all on her list. Delivery, on Fridays and Saturdays, is free for orders over £10.

## Mermaid Sea Foods

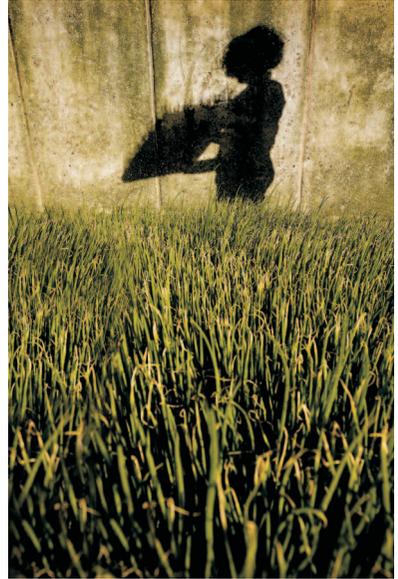
Builder Street, Llandudno, Conwy  
Tel: 01492 878014

From the start of the season, around May, to the end which can be as late as November, this fishmonger keeps the freshest, local fish. Much of it is caught by small, local boats and some is even brought in by hobby fishermen using rods and line. Look out for Menai Straits oysters, Conwy and Menai river mussels, Conwy crab and Great Orme lobster as well as sea bass, plaice and codling.

## Billy the Fish

Tel: 07932 166845

Bill Bailey is a mobile fishmonger offering good locally caught fish and shellfish. He's also a regular at RSPB Conwy Farmers' Market and Gwledd Conwy Feast.



# Events

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## Conwy Seed Fair

**When:** Annually, March 26 (unless a Sunday, in which case the following Monday)

**Where:** Conwy

A 700-year-old fair granted a royal charter by Edward I. Seeds, plants, gardening bric-a-brac and local produce on sale

Contact: Peter McFadden 01492 650851

## The Eglwysbach Show

**When:** Saturday, August 9

**Where:** Cae Henblas, Eglwysbach

Classes for rare breeds of cattle, sheep and horses, cookery, vegetables, flower arranging, honey and wine. Also a fair, entertainment for children and an art exhibition in the nearby primary school

Contact: Roy Kenrick 01492 650529

## The Llanrwst Show

**When:** Saturday, August 16

**Where:** Ty Gwyn Fields, Ffordd Betws, Llanrwst

Classes for cattle, fur and feather, cookery, garden produce and a gymkhana

Contact: Dorothy Roberts 01492 650847

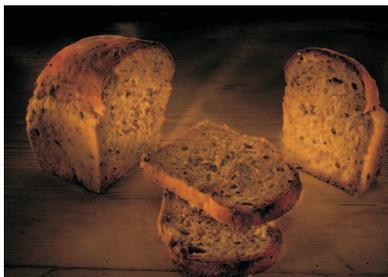
## The Llansannan Show

**When:** Bank Holiday Monday, August 25

**Where:** Cae Hendre Llan, Llansannan

Classes for cattle, sheep, horses, sheep dogs, cookery, craftwork, vegetables and flower arranging

Contact: Guto Davies 01745 870449



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## Cerrigydrudion Show

**When:** Saturday, September 6

**Where:** Gwynfa Fields, near Cerrigydrudion

Classes for cattle, sheep, horses, cookery, garden produce, art work, a gymkhana. Old farming equipment exhibition

Contact: Brian Roberts 01490 420626

## Conwy Honey Fair

**When:** Annually, September 13 (unless a Sunday, in which case the following Monday), 9am-4pm

**Where:** Conwy

A 700-year-old traditional street fair granted a royal charter by Edward I. Local beekeepers sell more than a tonne of honey by lunchtime

More information: [www.conwybeekeepers.org.uk](http://www.conwybeekeepers.org.uk)

Contact: Peter McFadden 01492 650851



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## The Soil Association

Tel: 0117 914 2400

Fax: 0117 925 2504

[www.soilassociation.org](http://www.soilassociation.org)

## Why Organic

Tel: 0117 314 5000

Fax: 0117 314 5001

[www.whyorganic.org](http://www.whyorganic.org)

## Farmers' Markets in Wales

Tel: 0845 610 6496

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

## British Food Fortnight

September 20 – October 5

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

## Organisations

Supporting the development of local food



## Peulwys

**Where:** The Community House  
**When:** Thursday

Contact: Lynn Arthur - 01492  
512970

## Chester Avenue, Kinmel Bay

**Where:** The Community House  
**When:** Thursday afternoon

## Maen Alaw, Penmaenmawr

**Where:** Maen Alaw Arts Centre  
in The Old Co-op.  
**When:** Friday

Contact: Marian Jones or Eira  
Hughes - 07733 013134

## Llanfairfechan

**Where:** Lloyd Hughes Rooms,  
Town Hall  
**When:** Friday 11am – 3.30pm

Contact: Janice Pavey - 01248  
680339

## Sure Start, Llandudno

**Where:** Ty Hapus and orders  
can be taken in Sure Start  
Office in Ty Tudno, Ffordd Las.  
**When:** Thursday 10.15 - 10.45

## Colwyn Business Centre

**Where:** 12 Ffordd y Bugail,  
Colwyn Bay  
**When:** Friday afternoon

Contact: Tony/Mair - 01492  
513758

## Princes Drive, Colwyn Bay

Watch this space



# Community Fruit and Veg Co-operatives in Conwy

Food co-operatives are spreading quickly through Wales and are helping to put farmers in touch with their communities.

By cutting out the middle-men both get a better deal - fresh food for the customer and a better return for the farmer. Food miles are cut and farmers save money on transport.

And it's all remarkably simple to organise.

Supported by the Rural Regeneration Unit, the co-ops are run from community centres, schools and church halls.

Each week a volunteer takes the orders to give to the producer. He or she makes it up from their own produce or the market and delivers it to the co-ops.

Volunteers then divide the produce up and it's collected by customers/members. A carrier bag of fruit, salad or vegetables costs between £2 and £2.50. There's no limit on how many customers can order.

There is no need for storage, no waste and farmers are responding to feedback by growing what their customers want.

What's more, it brings communities together - many organise tea and coffee on collection mornings.