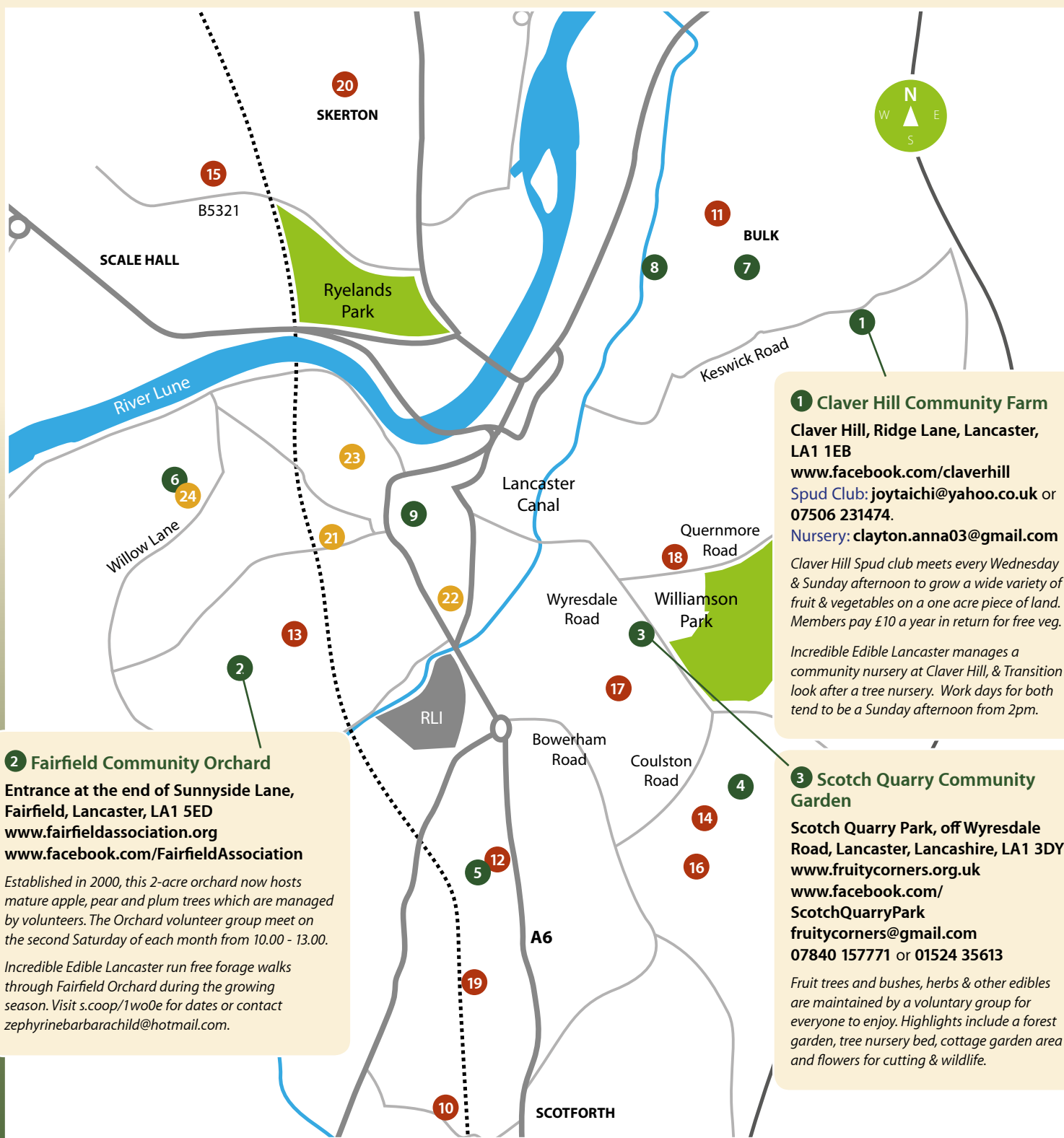


Lancaster Food Trail

Growing Our
Local Food Economy



Local Food Resources

To find out where to buy local food in Lancaster District visit www.lessuk.org/directory.php

To find out what's in season when, contact food@lessuk.org for a Seasonal Local Food Calendar.

For more information:

Contact food@lessuk.org | Visit www.lessuk.org | Phone 01524 66100

Like 'Growing Our Local Food Economy - GOLFE Lancaster' on Facebook



All information in this publication is given in good faith and is correct at the time of going to print (August 2015). LESS cannot be held responsible for any errors and we advise you to contact specific projects before making any special arrangements to visit. If you discover any changes please let us know by contacting food@lessuk.org and we will make amendments to any future editions.

Other Local Food Resources...

COMMUNITY FOOD

4 Fork to Fork

Behind Lancaster Brewery, Lancaster Leisure Park, Lancaster, LA1 3LA
home2.btconnect.com/thumb/fork2forks.php
www.facebook.com/Fork2Fork
thumbprint5814@gmail.com

Fork to Fork is a food growing project run by people with support needs who are creating Lancaster & district's first two acre forest garden.

5 Greaves Forage Garden

Behind Arcon House, Heaton Road, LA1 4TJ
www.incredible-edible-lancaster.org.uk
frootloop@btinternet.com

Incredible Edible Lancaster maintains this small community garden which now produces herbs, fruit & a range of other edible plants for everyone to enjoy.

6 Marsh Edibles Project

Marsh Community Centre, Willow Lane, Lancaster, LA1 3HT
www.incredible-edible-lancaster.org.uk
clayton.anna03@gmail.com

Fruit trees and bushes are maintained by Incredible Edible Lancaster & the community centre for everyone to enjoy.

7 Ridge Hill Green

8 Ridge Community Orchard

Along Ambleside road, The Ridge, Lancaster
www.incredible-edible-lancaster.org.uk
ednabailey@gmail.com

A new orchard has been created along Ambleside Road & at Crag Road (on the 'Ridge Green'). This is not just a 'fruit for free' resource for residents; it also provides a meeting point for community events & enhances biodiversity by creating more wildlife habitat.

9 Lancaster Seed Library

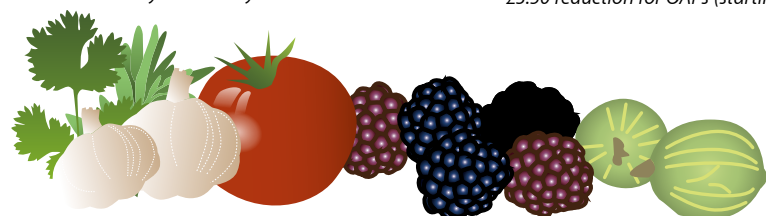
Lancaster Central Library, Market Square, Lancaster, LA1 1HY
Facebook page: [s.coop/1wo0f](https://www.facebook.com/s.coop/1wo0f)
dennis_toul@yahoo.gr

The Lancaster Seed Library is for local gardeners & growers to share & save seeds from their own patch of earth. A permanent seed cabinet is now located within the library.

East Gate Project

12 Hornby Terrace, Morecambe, LA4 5QB
07896439847
www.mbcf.org.uk
shan@hargest12.orangehome.co.uk

The East Gate Project is part of the Morecambe Bay Christian Fellowship. It has a number of growing projects which include Heysham Heritage Centre. Workdays are held on a Tuesday & Thursday.



ALLOTMENTS

10 Scotforth

Beside Scotforth Cemetry, Ashford Road / Cinder Lane
secretary@scotforth-allotments.org

Cost: 25 pence per meter square per year.

11 Ambleside Road

Ridge Estate, Lancaster
amblesideroadallotments@gmail.com
01524 37171

Cost: Full plot £40 / year, starter plot £10.

12 Bridge Road

Just off the A6 near Greaves Spar, between Bridge Road and West Street, Lancaster
cathryn.mccrink@hotmail.co.uk
07941 663815

Cost: Full plot £36, 1/2 plot £18.

13 Fairfield

Abraham Heights, off Sunnyside Lane
secretary@fairfield-allotments.co.uk
01524 849371

Cost: Full plot £45, 1/2 plot £22.50, £11.25 quarter plot.

14 Cork Road Allotment

Bowerham, Exeter Avenue
thelefthander@googlemail.com
nicolemadelinehollis@gmail.com

Cost: Full plot £45, 1/2 plot £22.50.

15 Torrisholme Road

Skerton Cnr of Torrisholme Rd / Watery Lane
torrisholmeroad.aa@gmail.com
07770 17499

Cost: Full plot £52, 1/2 plot £26.

16 Shrewsbury Drive

Bowerham, Nr Bowerham Rd / Cambridge Ave
Rache.banks@gmail.com
07791 588342

Cost: Full plot £50, 1/2 plot or raised bed £30.

17 John O'Gaunt

Primrose Access via St. Martins Road
01524 844635

Cost: Full plot £40, 1/2 plot £20.

18 Highfield

Ashton Road Near Highfield Recreation Ground / Christ Church Primary School
t.cosslett@lancaster.ac.uk

Cost: £40 for full plot (£30 if paid by end of May), £20 for a half plot (£15 if paid by end of May). £3.50 reduction for OAPs (starting age 65).

19 Dorrington Road

Greaves, Access via Dorrington Rd
drallotments@yahoo.co.uk

Rents start at £21.50.

20 Skerton/ Barley Cop Lane

Hare Runs Near King George V Field / Shakespeare Road
mal_com_xnz@yahoo.co.uk

Cost: £19.00 - £36.00.

Greenfingers Community Allotment

Heysham
lesjonesno2@yahoo.co.uk
01524 419256

Cost: Full plot £40, 1/2 plot £20, starter £10, raised bed £5.

COMMUNITY KITCHENS

Please note that this Community Kitchen's list is not comprehensive. It highlights popular community venues within Lancaster and Morecambe.

21 Friends Meeting House

Meeting House Lane, Lancaster, LA1 1TX
www.lancsquakers.org.uk/lancaster.php
lancasterquakers@btinternet.com
01524 62971

Cost: £8-£15 per hour depending on size of organisation (plus £5+ for use of kitchen).

22 St Tees

Marton Street, Lancaster, LA1 1XX
www.st.tees.org.uk
admin@st.tees.org.uk
01524 590410

Cost: £15 per hour, plus £5 per hour for kitchen if required.

23 Christ Church Parish Hall

The Vicarage, 1 East Road, Lancaster, LA1 3EE
hallchristchurch@btinternet.com
christchurchlancaster.co.uk
01524 64083

Cost: £16 for the first hour, then £7 per hour after.

24 Marsh Community Centre

Willow Lane, Lancaster, LA1 5PP
marshcommunitycentre@yahoo.co.uk

Cost: £10 per hour but negotiable.

Stanley's Community Centre

79-83, Stanley Road, Heysham, LA3 1UT

Cost: £20 per hour.

Morecambe War Memorial Hall

The Rectory, Church Walk, Morecambe, LA4 5PR
mikepeatman@gmail.com

Cost: £5 per hour & the Cafe is £10 per hour.

Rainbow Centre

Clarence Street, Morecambe, LA4 5EX
01524 415502

Cost: based on case by case. Approx £10-£20 an hour.