



**2nd and 4th Saturday
of each month
9am-12.30pm
Tring High Street**

One of the longest-established independent farmers' markets in the United Kingdom, Tring Farmers' Market has gained a reputation as a really friendly, vibrant, local and ethical shopping experience. Tring Farmers' Market stallholders come from the local area around Hertfordshire, Buckinghamshire and Bedfordshire.

They grow, make or produce much of what they sell. To find out more about the stallholders and their products visit their websites.



www.tringfarmersmarket.co.uk

This Guide has been produced by the Justice & Peace Group, affiliated to Churches Together in Tring. Although every effort has been made to ensure that the information given here is correct, the Justice & Peace Group cannot accept responsibility for any errors or give any guarantee as to the quality of the produce mentioned.

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**Read more about the
Justice & Peace Group
justiceandpeacetring.org**



Locally Produced Drinks

Tring Brewery Company Ltd, Dunsley Farm, London Rd, Tring HP23 6HA. 01442 890721. Brewery shop open Mon-Tues 11am-5pm, Wed-Fri 9am-6pm, Sat 9am-5pm. Tring Brewery is one of many craft brewers of real ale to be found in the British Isles. **Provide refillable containers. No plastic bags used.** Tring beers are available in most pubs in Tring.

Nigel Nutkins, The Apple Workshop, P.E. Mead & Sons Farm Shop, Lower Icknield Way, Tring HP23 4NT. 01442 825110 / 07950 809851. Tring's Own Apple Juice. Apples and pears pressed and bottled. Phone for details or to press your surplus apples and pears.

Puddingstone Distillery, Unit 1, Artisan Workshops, Lower Icknield Way, Wilstone, Tring HP23 4NT. 01442 502033
www.puddingstonedistillery.com. Shop open Fri and Sat 9.30am-5pm. Range of Campfire gins and limited-edition gins produced on site. **Bottles made from 40% recycled glass, recycled paper labels, recyclable stoppers. Refill scheme so bottles can be refilled with £3 off next bottle.**

Suppliers selling Fairtrade Goods

Dottie about Cake, Little Heath Farm Nursery, Little Heath Lane, Potten End HP4 2RY. 07595 398735 www.dottieaboutcake.co.uk. Tea room and garden open Tue-Sun 10.30am-5pm summer, 10.30am-4pm winter. All cakes homemade using Fairtrade ingredients wherever possible. Private and event catering, afternoon tea deliveries, vintage crockery hire. **No plastics. Food packaging recyclable.**

Mrs. Green's Rather Nice Soup, Tring. 07930 404411. Contact directly for all orders. Local homemade soup and meals (e.g. shepherd's pie, lasagne) and puddings (e.g. chocolate bread and butter pudding – using Fairtrade chocolate). Fairtrade sugar used too and local ingredients used where possible. **Wherever possible recyclable products used for packaging.**



Vegan Bliss UK. 077264 20423
www.facebook.com/veganblissfood/. **Contact directly for all orders.** Vegan foods and delicious cakes made from locally sourced ingredients where possible and with no flavourings or colourings. Fairtrade chocolate and sugar also used. **Containers are recyclable.**

Pick Your Own

Grove Farm PYO, Great Gap, Ivinghoe LU7 9DZ. 01296 668175 (recorded message only) www.grovecfarmpyo.co.uk. Over 30 different fruits and vegetables, June to October. **Customers encouraged to bring their own packaging. Fully compostable bags can be provided as well as recyclable boxes and punnets but there will be a charge for such packaging.** Ample parking; for opening times see website.



Farm Shops

Groom's Farm Shop, Willowdene Farm, Ford End, Ivinghoe LU7 9EA. 01296 668326. Shop open Thurs-Fri 8am-5pm, Sat 8am-1pm. Home-produced meat, eggs, poultry, vegetables, cheeses and delicatessen and Fairtrade coffee. **Compostable bags supplied to customers.**

John's Lane Farm, John's Lane, Ashley Green HP5 3PT. 01442 864366 / 07774 493863. Open every day 8am-6pm. Eggs, milk, home-reared lamb, pork and game/duck (in season), cakes, biscuits, local honey, apple juice and ice cream. **Paper bags supplied to customers.**

Dunsley Farm Shop, London Rd, Tring. HP23 6HA. 01442 825667
sales@fruitytooty.co.uk. Open Tue-Sat 9am-5.30pm, Sun 10am-4pm. Vegetables and fruit (sourced locally where possible), free-range hen and duck eggs, local pork and lamb, fresh chickens, local turkeys at Christmas, locally produced chutney, rapeseed oil, local honey, Tring's Own Apple Juice, flour (milled in Ivinghoe), local relish, cheeses, homemade cakes. **Paper bags.**

P.E. Mead & Sons Farm Shop, Wilstone Green, Wilstone, Tring HP23 4NT. 01442 828478 www.pemeadandsons.co.uk. Open Mon-Sat 9am-5.30pm, Sun 9.30am-4.30pm. Local free-range eggs, apple juice, chicken, home-produced beef and lamb, other locally produced food, Chiltern cold-pressed rapeseed oil, mayonnaise made on site, Heygates flour. Fairtrade coffee and chocolate bars also available here. **Compostable bags available.**



Shopping and Eating Out

Tring and District

A Guide to local, Fairtrade and plastic free shopping and dining

Local

Local means food that is grown and harvested or prepared close to where you live. Local food tastes better, is more nutritious, helps you to eat what is in season, and cares for the environment as fewer food miles are involved.



Fairtrade



There are some products we can't grow locally such as certain fruits, coffee, tea and cocoa. Choosing products with the Fairtrade Mark assures you that the growers and producers have received a fair wage and the Fairtrade Premium – an extra sum of money to improve their community and the environment.

Plastic free

Single-use plastic is an environmental disaster for our planet. Thankfully many of Tring's independent shops and market stalls are leading the way by avoiding single-use plastic. From bread to books, vegetables to vintage clothing, look out for the 'Plastic Free' logo when you go shopping.



Venues Serving Fairtrade Products

The Akeman, 9 Akeman St, Tring. 01442 826027 www.theakeman.co.uk. Open Sun-

Thur 8am-11pm, Fri-Sat 8am-12 Midnight. Fairtrade coffee and sugar. Food grown in company garden near Bicester. Paper straws provided, also paper takeaway cups.

Beans N’Brunch, 56 High Street, Tring. Open Tue-Fri 8am-4pm, Sat 8am-5pm, Sun 8am-3pm. Fairtrade coffee served here.

Ashridge Monument Cafe, Ashridge Visitor Centre, Ringshall, Berkhamsted HP4 1LX. 07952 944291. Open all year Mon-Sun 10am-5pm. Fairtrade tea, coffee and hot chocolate served at this popular cafe. All packaging biodegradable, cups, lids and bags recyclable.

The Espresso Lounge, 65 High St, Tring HP23 4AB. Open Sat 8am-6pm, Sun 9am-4pm, Mon-Thur 8am-5.30pm, Fri 8am-6pm. Fairtrade coffee served in this friendly high street cafe.

Culture Bakery, 28 High Street, Tring HP23 5AA. www.culturebakery.co.uk. Open Wed-Sun 8am-4pm. Enjoy Fairtrade tea at this cafe and bakery. Paper bags provided for take away.

High Street Baptist Church, 89 High St, Tring HP23 4AB. www.tringbaptistchurch.co.uk. ‘Coffee for a Cause’ and other opportunities for Fairtrade refreshments during the week.

Akeman Street Baptist Church, Akeman Street, Tring HP23 6AA. Fairtrade tea or coffee at Tring Farmers’ Market. Fairtrade chocolate also available.

Sandwich Plus, 2a Dolphin Square, Tring HP23 5BN. 01442 826489 www.sandwich-plus.com. Open Mon-Fri 9am-3pm, Sun 10am-2pm. Fairtrade tea, coffee and hot chocolate served. Cakes made with Fairtrade cocoa.

P.A.M.S. Sandwich Bar, 64 High St, Tring HP23 4AF. 01442 824262 pamssandwichbar.co.uk. Open Mon-Fri 9am-3pm, Sat 9am-2pm. Fairtrade coffee and hot chocolate is available. Paper bags provided for takeaway food, also biodegradable cups.



Mead’s Farmhouse Kitchen, The Moors, Wilstone Green, Wilstone, Tring HP23 4NT. 01442 828478 pemeadandsons.co.uk/meads-farmhouse-kitchen/. Open Mon-Sat 8.30am-5pm, Sun & Bank Holiday 9.30am-4pm. Fairtrade coffee, hot chocolate and sugar available.

St Peter & St Paul’s Church, High St, Tring. Refreshments served on Fri and Sat 10am-12 Noon. Fairtrade tea, coffee, hot chocolate and sugar available.

St Martha’s Methodist Church, 14 Chapel St, Tring HP23 6BL. 01442 866324. Light refreshments served on Tues 11am-2pm. including Fairtrade tea, coffee and sugar.

Robin Hood, 1 Brook St, Tring HP23 5ED. 01442 824912 robinhoodtring.co.uk. Open Mon-Fri 11.30am-11pm, Sat & Sun 12 Noon-11pm. Fairtrade sugar is available here.

Ugly Bug Cafe, Basement of the Natural History Museum, Akeman Street, Tring. Open Tues-Fri 10am-3pm, Sat-Sun 10am-4pm. Fairtrade coffee is available at this popular cafe.

Your Cafe in the Park, Aston Clinton. Open Mon-Sun 9am-5pm. Fairtrade coffee served here.

Coffee at 108, Ground floor, 108 London Road, Aston Clinton <https://coffeeat108.co.uk>. Open Tues-Fri 9am-4pm, Sat 9am-4.30pm, Sun 10am-3.30pm. Organic Fairtrade coffee and home-baked cakes served here.

Shops Selling Fairtrade Goods

Aldbury Village Store, The Green, Aldbury, Tring HP23 5RR. Open Mon-Sat 6am-5.30pm, Sun 7.30am-4pm. Fairtrade sugar and tea available here. Also local bacon, sausages and apple juice. Paper bags provided.

The Co-operative, Silk Mill Way, Tring. Open Mon-Sun 7am-10pm. Fairtrade tea, coffee, sugar, biscuits, chocolate and cooking chocolate, wines and bananas. Customers can return single-use plastic for recycling; single-use carrier bags are labelled compostable.



Little Convenience Store, 62 Western Road, Tring HP23 4BB. 01442 823591. Open Mon-Sat 7am-10pm, Sun 8am-10pm. Fairtrade chocolate and sugar available.

Healthfare, 53 High St, Tring HP23 5AG. 01442 822311. Open Mon-Sat 9am-5.30pm. Fairtrade chocolate, hot chocolate, cocoa, tea, coffee, Tropical Wholefoods dried mango, banana and cherries. Plastic free (non-Fairtrade) recycled toilet and kitchen rolls in paper wrappers. Loose spices, tea, fruit and nuts sold from dispensers into paper bags or customers’ own containers. Loose organic veg.

Marks & Spencer Simply Food, Dolphin Square, Tring 01442 825743. Open Mon-Sat 8am-9pm, Sun 10am-4pm. Fairtrade products including teas, coffees, drinking chocolate, cocoa powder, preserves, wine, sugar and bananas. Reusable fruit and veg bags made from recycled water bottles. Plastic free biodegradable produce bags.

The Old Stables, 2 Miswell Lane, Tring HP23 4BX. 01442 823326. Open 8am-10pm daily. Fairtrade sugar. Customers encouraged to use own bags.

Tring’s Premier Express 100 High Street, Tring, HP23 4AF. 01442 823092. Open Mon-Sat 6am-8pm, Sun 6am-6pm. Fairtrade chocolate available.

Tesco, London Rd, Tring. Open Mon-Sat 6am-12 Midnight, Sun 10am-4pm. Fairtrade tea, chocolate and bananas. Reusable fresh produce bags. 4-packs of cans in cardboard not plastic.

Wilstone Community Shop, 34A Tring Rd, Wilstone, Tring HP23 4PB. 01442 891167 www.wilstonecommunityshop.org.uk. Open Mon-Fri 8am-2pm, Sat 8am-1pm, Sun 9am-12 Noon. Community shop with Fairtrade chocolate and coffee. Large range of locally made and sourced foods. Recyclable carrier bags, paper bags, disposable cups; linen bags available to purchase.

Other Shops and Suppliers Selling Locally Produced Food

Atkin’s Bakery, 68 Western Rd, Tring. 01442 823392. Open Mon-Fri 7am-3pm, Sat 7am-2pm. Local eggs and bread.

Culture Bakery, 28 High Street, Tring HP23 5AA Locally made sourdough bread and pastries. (See also under ‘Venues Serving Fairtrade Products’).

Ford End Watermill, Station Rd, Ivinghoe. 01442 825421 (approx. 600 metres from Ivinghoe Church) www.fordendwatermill.co.uk. Stoneground wholemeal flour on sale during milling demonstrations (see website). Paper bags provided. No disposable plastic used.

Nonna’s Supper Club, 39 High Street, Tring, HP23 5AA. 01442 826046 info@nonnassupperclub.com. Open Tue-Wed 10am-6pm, Thur-Fri 10am-8pm, Sat 10am-6pm, Sun 10am-4pm. Some of the best produce Italy has to offer, alongside a range of authentic Italian dishes. Supporting local producers, using seasonal British produce when not sourced direct from Italy. Cafe serves Fairtrade coffee. Packaging is either recyclable or compostable or customers can bring their own.

Jim & Jules Big Adventure, Rowsham. 07976 284746 jules@jimandjules.co.uk; www.jimandjules.co.uk. Chutney and preserves (locally sourced and locally made).

Sandwich Plus, 2a Dolphin Square, Tring HP23 5BN. 01442 826489 www.sandwich-plus.com. Open Mon-Fri 9am-3pm, Sun 10am-2pm. Bakery and deli selling artisan bread, sandwiches, sausage rolls and cakes using locally sourced ingredients. Local honey, sauces, jams and marmalade, Heygates flour. Paper bags, recyclable paper cups, compostable boxes, no polypropylene in salad containers.

Waterton Butchers, Dolphin Square, Tring. 01442 827575. Open Mon-Sat 7.30am-6pm, Sun 8am-2pm. Meat: pheasant (from Waddesdon); local lamb. Customers encouraged to bring in own bags.

The Bakehouse at Ashridge House, Berkhamsted HP4 1NS. 01442 843491 www.ashridgehouse.org.uk/the-courtyard-cafe/. Open Mon-Sun 8.30am-5pm. Homemade food using locally sourced ingredients where possible. Entry via the front archway at Ashridge House. Recyclable cardboard boxes for take aways and recyclable cups available too.

Aldbury Village Store, The Green, Aldbury, Tring HP23 5RR. (See also under ‘Shops Selling Fairtrade Goods’).

Wilstone Community Shop, 34A Tring Rd, Wilstone, Tring HP23 4PB (See also under ‘Shops Selling Fairtrade Goods’).

