

ingredients



- **Andy Day Butchers**, Portscatho 01872 580246
Mon – Fri 8am – 5pm, Saturday 8am -1pm
- **Curgurrell Farm**, Rosevine, Portscatho 01872 580243
Mon - Sat 9am-12pm and 5pm-7pm
Curgurrell is a gem for seafood lovers the days catches including fresh lobster, whole or dressed crab and a selection of fish that might include bass, sole, plaice, mackerel and more.
Seasonal produce includes veg.
- **Ralph's Stores**, Portscatho – 01872 580702
Well stocked to include everything you need including local & deli products Open daily 7am – 7pm
- **Veryan Country Market** – 01872 501559
Great for home cooked & local produce
Fridays 10.30 – 11.30am Veryan Parish Hall
- **Humfreys Farm Shop**, Tregony – 01872 530110
Mon - Sat 8.30am-5pm, Sunday 10.30am-4.30pm.
- **Lobbs Farm Shop** – 01726 844411
at Heligan gardens, Monday to Saturday 9.30am - 5.30pm
Sundays 10.30am - 4.30pm
- **Fish & Trips**, St Mawes.- 07891 300 078 or 01326 279 204
Fancy a day out fishing for your supper? Mackerel fishing & live bait or trolling for Bass (2 hours - minimum 2 people)
Trips include pulling up lobster and crab pots.
- **St Mawes Seafood** – Angie 07792 220 821
The Quay, ring to check when open. Fish caught by Celestial Dawn, a St Mawes trawler owned and operated by Pete Green.
- **Gill's Delicatessen**, The Arcade, St Mawes.
Tel. 01326 270045. Open all week 9am – 5pm

Farmers Markets:

Truro, Lemon Quay
Saturdays 9am – 4pm
(01209 821408)

Falmouth, The Moor
Tuesdays 9am – 2pm
(01326 3762)

a foraging session for FEAST
led by Allan Collins,
Greg Humphries
and Rachel Lambert

photo by Jon Dovey 2009



Fire sculpture by Hannah Cox (photo: Mary Alice Pollard) 2009

*FEAST is a
'bring and share'
celebration of local food*

Everyone is invited to make a delicious dish from ingredients sourced as close to Treloan as possible - from the village shop, a farm shop, an honesty stall or a forage. Thanks to all you culinary whizzes in the field there are recipes included in this 'guide' and many more on the blog (www.caravanserai.info)



table preparations (photo: M. Dunlop) 2009

Do you have your grocery shopping delivered to the campsite? if so, consider ordering from Cornish Food Market (<http://cornishfoodmarket.co.uk>). They offer a viable alternative to the major supermarkets providing a wide range of goods sourced from local producers and suppliers - a healthy option that benefits Cornwall's economy and environment.

☺ support local producers and local shops ☺