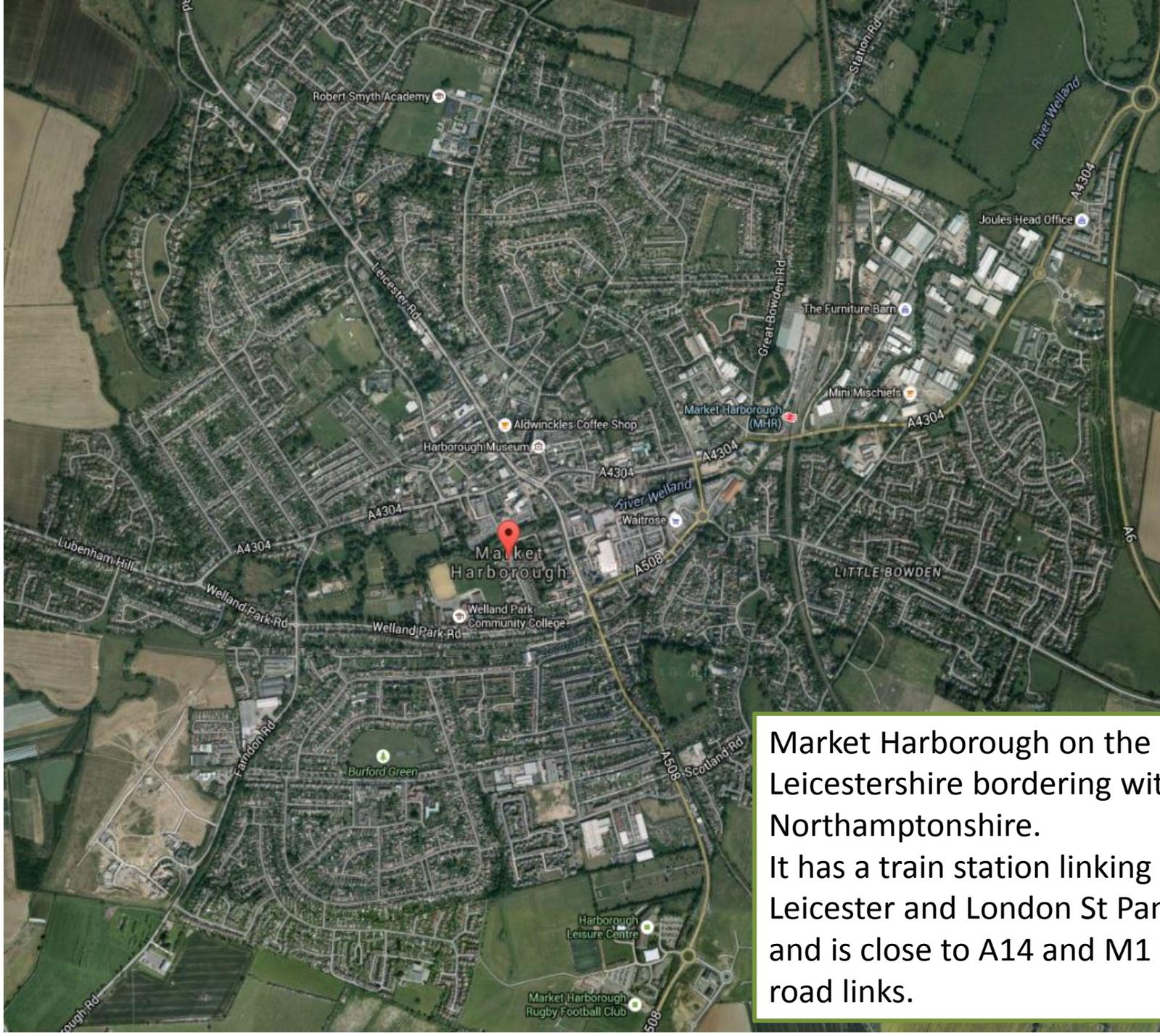


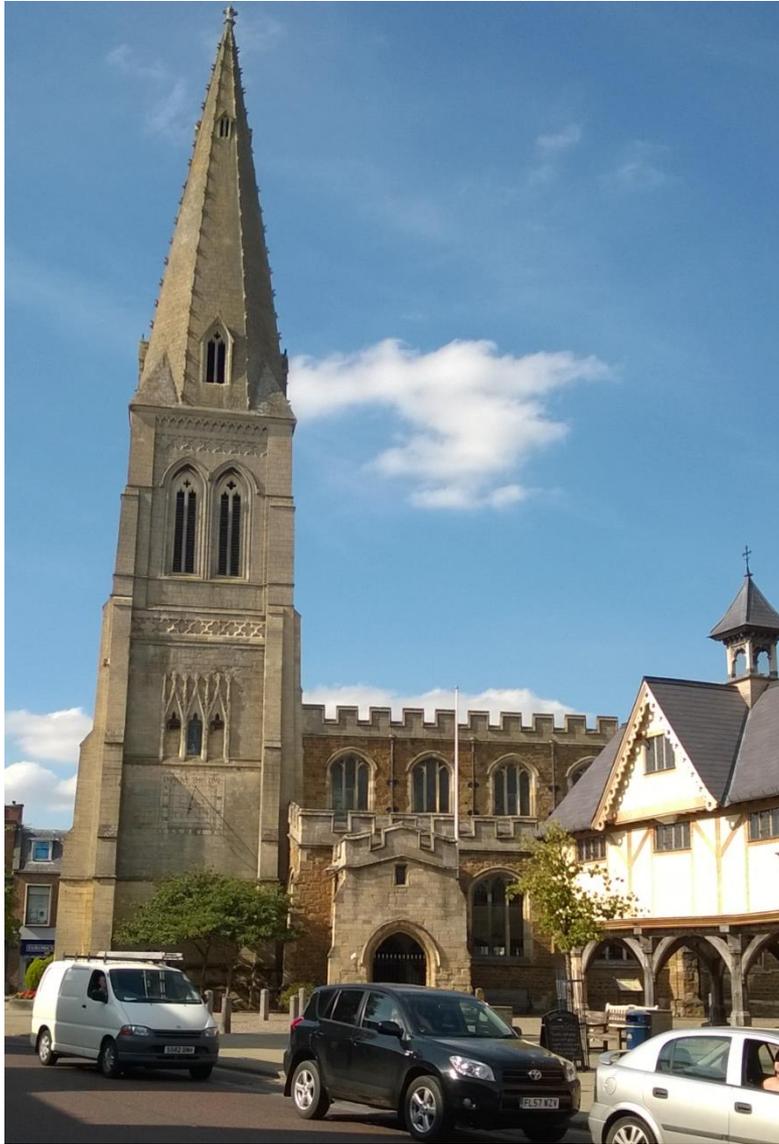
# Viabile Rural Communities and Economies – Through the lens of the Market Town

I Love MH Virtual Tour





Market Harborough on the edge of Leicestershire bordering with Northamptonshire. It has a train station linking to Leicester and London St Pancras and is close to A14 and M1 for road links.



Market Harborough's iconic historical features include the Old Grammar School Est. 1614 (above) and St Dionysius Church- which was established in 1600.



Market Harborough still have traditional bakers, butchers Est. 1800's, Fishmongers with original cold slab Est. 1870 as well as new independent food shops which support using Local Food successfully opening up in the last 24 months.

The current Local Food and Drink map is in its second version and the benefits are beginning to be seen by local retailers and producers. The map itself has doubled in size since the first edition was created and local producers are reporting more use of their products by local retailers.

As our projects continue to develop their economic value will become more established.



**FREE**



# Market Harborough Local Food & Drink

Welcome to the second edition of our local food & drink map.

Visit one of our great local cafés, shops and restaurants to sample some of our delicious local food.

This side details all our wonderful local retailers, so you can find out where you can 'shop local'. Then turn over for the chance to see how much great food is grown, reared and made in and around Market Harborough.

Pick up your **free copy today to support local food and drink.**



## 22 edible16 - Click & Collect

Harborough's very own 'click & collect' food hub is your one stop provider for quality local food & drink. Simply visit the website, order and collect.

We currently work with 15 local producers, including:

- The Langton Brewery
- Dipston Egg Co
- Pearmans
- Saporito Fine Foods

[www.edible16.org.uk](http://www.edible16.org.uk)

## 21 The Admiral Nelson

The Admiral Nelson is a popular local pub that's proud of its quality local ales, homemade food and live music events.

Local producers we work with:

- Warner Edwards Gin
- Dipston Egg Co
- Bates Butchers
- Farnon Fields Farm Shop

tel: 07989 655 550 or 01858 433 173

## 20 Red Lion - Sibbertoft

Our destination pub named Leicester and Leicestershire's Tourism Pub of the Year offers a menu that changes at least every month to use the freshest, locally sourced ingredients.

Our local producers:

- Waterloo Cottage Farm
- Sibbertoft Honey
- Farnon Fields Farm Shop

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

## 19 Farnon Fields Farm Shop

At Farnon Fields we sell the best of local food sourced from local businesses and farms in our shop & cafe. We are particularly proud of our potatoes, strawberries, asparagus and sprouts on the stalk which we grow on the farm.

We provide locally sourced products from:

- Newlands Dairy
- Wesses Bakery
- The Langton Brewery
- Briworth Pike
- Warner Edwards Distillery

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

## 18 Farmers' Market

LOVE local produce? Then visit Harborough Farmers' Market on the 1st & 3rd Thursday of each month on The Square Barn to 2pm. Fresh produce from local farmers & producers, no air miles, just locally produced, healthy food & drink.

Tel: 01858 465 206



## 3 Joules Yard & Eating House

We serve a comprehensive range of home cooked traditional and international dishes as well as hosting a variety of free live music events.

Local producers we work with:

- Ashley Farm
- Langton Brewery
- Bates Butchers

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



## 4 Aldwinckles Coffee Shop

We are a small community focused coffee shop serving light meals and snacks throughout the day. Our specialities include a range of Arabica coffees, loose leaf teas, organic cold drinks, homemade soups, vegetarian dishes and quiches.

Our local producers:

- Bates Butchers
- Orchard Farm Veggies
- Waterloo Cottage Farm

tel: 01858 431862  
postcode: LE16 7AA



## 5 Bates Butchers & Delicatessen

A traditional butchers and delicatessen offering local flavour in a local shop. Our specialities include locally reared lamb and beef and our own homemade sausages.

Producers we enjoy working with:

- JR & RG Keafs Red Poll Beef
- Ashley Farm Duck Eggs
- Wesser Bakery

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



## 6 Martin Hobbs Fishmongers

Our family run Fishmongers was established in 1930. We feel it is essential to use local produce where possible and specialise in providing trout from local reservoirs, as well as selling our homemade fish pies.

Local producers we work with:

- Local reservoir fishermen
- Keythorpe Game
- GC Morris Egg Merchant
- Honey from Dadby and Great Bowden

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



## 8 Welton's Deli

Based in Great Bowden, Welton's Deli is much more than a village shop. With a cafe, deli, and many treats you won't be able to resist.

We provide locally sourced products from:

- Waterloo Cottage Farm
- Langton Brewery
- Great Bowden Honey

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



## 8 Ashley Farm Shop

A family run farm and shop serving the local community. Our specialities include our own reared beef and lamb, local honey and home cooked dishes.

Local producers we work with:

- Welland Valley Wines
- Gourmet Spice Company
- Welland Valley Rapeseed Oil

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



## 10 Duncan Murray Wines

We offer a superb choice of wines, beer and spirits along with great advice and infectious enthusiasm.

We promote the use of local produce and hold tastings with our local producers.

Producers we enjoy working with:

- Langton Brewery
- Welland Valley Vineyards
- Two Birds Spirits
- Warner Edwards Distillery

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



## 11 Louisa's Place

Situated in the town's old post office - visit during the day for a light bite, or sample the cocktails and fine beers in the evening.

Our local producers:

- Two Birds Spirits

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



## 12 The Oat Hill

A popular Harborough pub that has always taken pride in its selection of local beers. They have a separate dining room with regular specials as well as reliable favourites on the menu.

Local producers we work with:

- Warner Edwards Gin

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



Look out for the colour key showing you which of these retailers let you 'eat in' or 'take out':

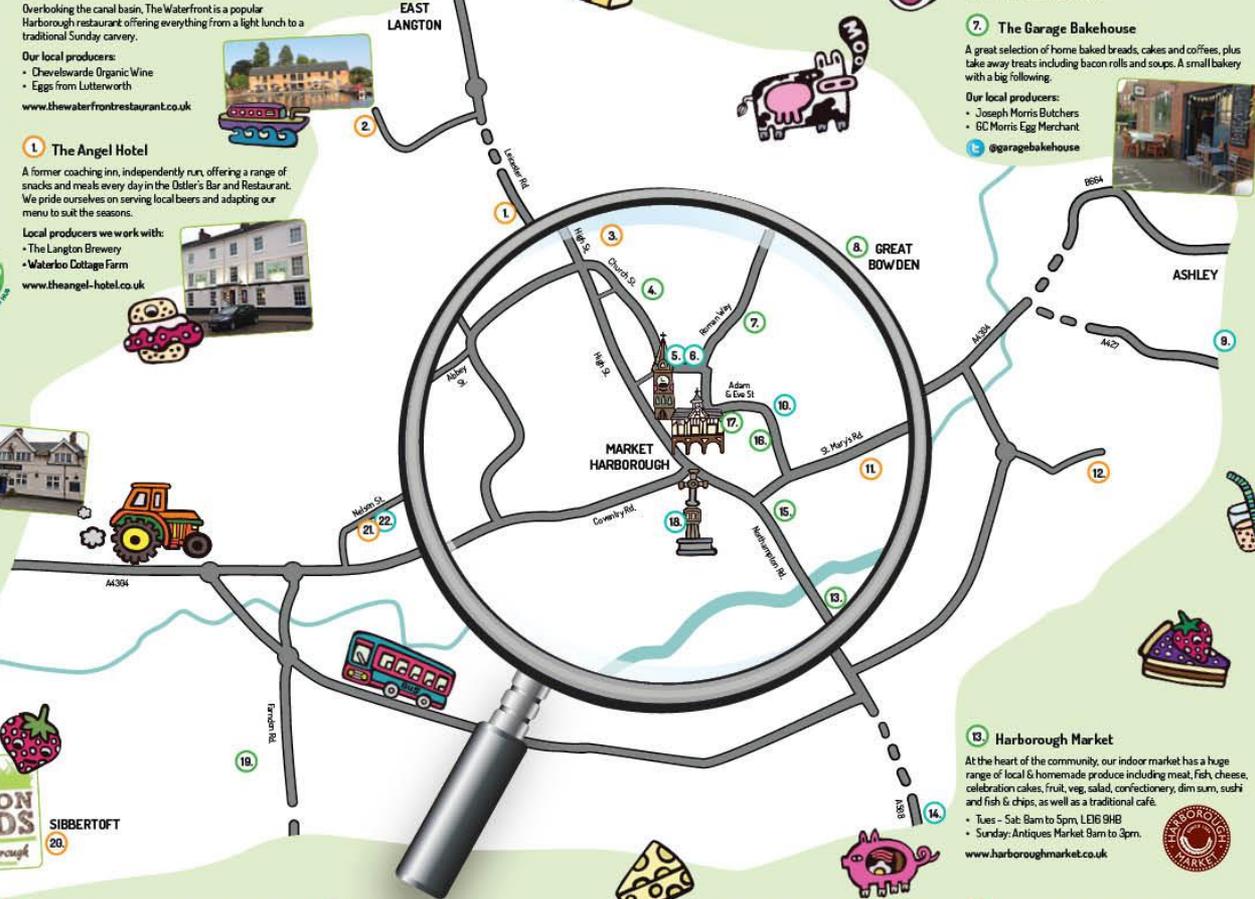
- eat in
- take out
- eat in & take out



## Get involved:

If you would like to appear on future versions of the food and drink map, or to find out more about the work being done to champion local food and drink produced in and around the Market Harborough area, call us on 01858 466 207 or you can visit:

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



## 17 Simply Simon's Bistro Café & Restaurant

A small independent café serving tasty meals, coffees and cakes. Now open for evening dining on Thursdays and Fridays with a menu focused on seasonal local produce.

Our local producers:

- Joseph Morris Butchers
- Evergreen Farm Eggs
- Orchard Farm Veggies
- Bates Butchers

[www.simplysimons.co.uk](http://www.simplysimons.co.uk)  
tel: 01858 440964



## 16 Just So Italian

A traditional Italian deli, locally owned and run. Our in-house specialities include homemade pizzas and filled focaccias.

Local producers we work with:

- Joseph Morris Butchers

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



## 15 Emerson & Wests Delicatessen & Tearoom

We are a family run business established in 1896. Our delicatessen and bakery sells a full range of English and continental foods, alongside our traditional tearoom. Our specialities include homemade artisan bread, cakes, confectionery and our renowned cheese counter.

We enjoy working with:

- The Langton Brewery
- Honey from Walton
- Leicestershire Handmade Cheese Company

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



## 13 Harborough Market

At the heart of the community, our indoor market has a huge range of local & homemade produce including meat, fish, cheese, celebration cakes, fruit, veg, salad, confectionery, dim sum, sushi and fish & chips, as well as a traditional café.

- Tues - Sat: 8am to 5pm, LE16 9HB
- Sunday: Antiques Market: 8am to 3pm.

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



## 14 Waterloo Cottage Farm Shop

A butchers and farm shop selling local free range meat products. We raise our own free range pigs and lambs and carefully select other local suppliers who share a passion for animal welfare and great flavours.

Our local producers:

- Fossemeadows Farm
- Fleurfields Wines
- Welland Valley Vineyard
- Dipston Egg Co

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



This map is for illustrative purposes only and is not to scale. E&OE.





FarrinHeight Foods  
Homemade • Vegetarian  
Vegan • Gluten Free  
www.farrinheightfoods.co.uk  
Market Harborough  
Find us on Facebook @farrinheightfoods

BATES BUTCHERS  
Your Traditional Family Butcher

Waterloo Cottage Farm  
Fully Free Range Meat Tasting Mondays  
Members shop open every Tuesday  
01858 467111  
waterloocottagefarm.co.uk

**FREE** Market Harborough Local Food & Drink  
Welcome to the second edition of our local food & drink map. Visit one of our great local cafes, shops and restaurants to sample some of our delicious produce.  
The side tabs allow all our wonderful local retailers, producers and suppliers to tell you how much you can find and where you can shop local. They turn you on to the places to buy the best local produce in Market Harborough.  
Pick up your free copy today to support local food and drink.

Aldwinckles

GARAGE BAKHOUSE

V2 Local Food and Drink Map Launch April 2015



The town has two original Coach Inns still acting as hotels The Angel and The Three Swans. The Angel has been very supportive of Community Groups and projects and has recently allowed a large food and drink map to be displayed in one of their display cases.



On the northern edge of the town we are lucky to have the Union Wharf canal basin. A 1900's canal which links to Foxton Locks and Leicester. A fantastic tourist attraction and one aspect of the town which from the State of the Town report findings are seen crucial to local quality of life.



## Andrew Granger & Co could cut energy costs at their offices by over £2,000 a year.

### How much would you save?

There are plenty of people who claim that they can save you money on your energy bills – whether it's by switching to a better tariff or reducing waste within your building.

At Sustainable Harborough, we were asked to look into specific actions and new equipment that could make a difference at a well-known building within the town – Andrew Granger & Co's offices on the High Street. As a mid-Victorian period building, it is typical of many older shops and offices in the town in that it looks great, but isn't designed for energy efficiency.

Interestingly, the company were already well aware of their heating and lighting costs and had put in some effort to save wasted energy. But despite this, well over £2,000 a year in potential annual savings have now been identified. Although £500 of these savings would require some longer term investment, the rest were either free or could be paid back in a maximum 2 year period.

Summary of key projects to be implemented	Estimated cost savings per year	Estimated payback period
1. Fabric improvements to reduce heating requirements: - High performance external doors - Install double glazing	£510	Fairly high initial investment required, estimated over 10 years
2. Replace inefficient lighting with LEDs	£1384.05	1.9 years
3. Install power down plugs or 7 day timers on office equipment	Estimated £10 per item (depends on switch off policy)	2 years
4. Ensure that temperatures are appropriately set throughout winter	£80	0 - no investment required
5. Training and staff awareness	10% of total bill	Less than 12 months
<b>TOTAL</b>	<b>£1974.05*</b>	



\* Does not include the saving made by staff training or installing power down plugs or 7 day timers as these are harder to calculate as part of annual savings. If these are included, the savings rise to well over £2,000 a year.

If you would like to find out what you can do to reduce the energy costs of your business or organisation, call Sustainable Harborough today on 01858 466 207 or visit [www.sustainableharborough.co.uk](http://www.sustainableharborough.co.uk).



Andrew Granger's & Co, a local Estate and Letting Agents, are a local business who are working with Sustainable Harborough to show improvements in their businesses energy efficiency.

They have had a case study completed of their offices/ shop at the beginning of 2015 and will be completing some Energy Efficiency measures over the next 12 months.

This is one of our energy projects which is looking at how to reduce Energy consumption within the town.





Church Street



The Square

There is a mixture of Independent and National Chains within the town with a low amount of vacant premises seen in the town centre. 40.5% of the towns business premises are classed as retail with 58% of businesses within the town surviving for more than 3 years- which is slightly higher than the English average.



High Street



One of our 10 partners is the Welland Rivers Trust who have completed a restoration project over the last 2 years on the River Welland which runs through the town. This has included:

- Improving the habitats
- Increasing the biodiversity of habitat and species
- Reduce stagnation and sluggish flow to improve water quality

As a project partner we have worked with them to promote the river restoration as well as plant up complimentary wildflower borders near the river with members of the community.

We also have an active Environment Group in the town which has been established 10 years who organise regular litter picks and also have a boat and do litter picks on the river.



# River Works

Riffle – pool habitat sequence

- Before



- Single depth
- Still to slow flowing water

- After



- Deep, still water pools <3ft
- Shallow, fast flowing rippled water



# River Works

Riparian habitat space

Before



After



- Shallower bank gradient on inner meander bend
- Enables wetter margins
- Easier for plants to colonise



In 1993 the area containing the Peacock Hotel (now Pizza Express), the Indoor Market and the Cattle Market was redeveloped to create St Mary's Shopping Centre and the new market that you see today.



The town has 5 supermarkets within the town, with Sainsbury's and its car park sitting on the site of the old cattle market.

The original settling rooms are still in the car park (now used as offices).



In 2012/13 The Council decided to invest £480k into the Market.

The money was invested to improve the layout, with a dedicated food hall, public toilets inside the venue, new signage, more inviting entrances and a new flexible trading space which offered a variety of alternative uses.

Since the relaunch in 2014, new trader have been recruited, the trading week extended from 4 days to 6 days with the introduction of a new Wednesday Retro, Vintage and Collectables Market and a Craft Market each Thursday.

A farmers Market is still held on the 1st and 3<sup>rd</sup> Thursday of each month on The Square where the Market was traditionally held until 1938 when the Market moved to where Sainsbury's is now located.



