

Local food systems

Buying local and seasonal food reduces energy (transport, storage, road-building and other infrastructure), shortens and strengthens supply chains and offers benefits to local farmers and communities. Seasonal food can often taste better and be more affordable, too (there's a helpful guide to eating seasonably [here](#)).

We've listed below some producers and retailers of local food. We're sure we've missed some so please let us know if you have any suggestions.

We're continuing to explore what a local food system would look like for Braunston, and how we might encourage and support one. If you're interested in helping us think more about this do get in touch.

Farmers, makers, producers

[Manor Farm Catthorpe](#)

[Hamm Tun Fine Foods](#)

[Rugby Real Bread](#)

[The Lost Farm](#) Grandborough

[Windmill Hill Brewery](#) Napton

[Napton Cidery](#)

[Healys of Winwick](#)

[Napton Water Buffalo](#)

[Skylark Farm](#) nr Napton

[Born & Bread Bakery](#) Long Buckby & Daventry

[the biscuiterie](#) Daventry

[Bragborough Beef](#) Braunston

[Truly Wild Venison - Home | Facebook](#) Rugby

[Rivendell Bees Honey Co](#), Daventry

Shops, markets, mobile delivery

[Manor Farm Catthorpe](#)

[Onley Grounds Farm Shop](#)

[Wild and Free Organic and Natural Food in Rugby Town](#) Rugby

[Cheese on the Green](#) Rugby

[Squisito Deli](#) Yelvertoft

[Napton Village Stores](#)

[Revelicious Bakery and Patisserie](#) Rugby

[Hamm Tun Fine Foods](#) Long Buckby

[Malt Kiln Farm Shop](#) Stretton under Fosse

[Kilsby Community Shop](#)

[Parkend Farming](#) - Crick

[Rugby Farmers' Market](#) (last Thursday in every month from 9-2pm)

[Grandborough Farmers' Market](#) (first Thursday of every month 10-12)

[Daventry Farmers' Market](#), 17th September 10-3

[Braunston Bakes](#)

[The Calf at Foot Dairy](#), Great Brington.

[Daily Bread Cooperative](#) Monthly delivery to Braunston. Phone 01788 890340 for details.