

## Creaton Village Shop & Post Office



June 2019

# The Nearer the Better

Shopping locally is getting more and more important and for small shops like *Creaton Village Shop*, it is not just about being round the corner. It is about being able to source as many products locally as possible and over the next few months you will find more and more emphasis on local items on our shelves.

Among the many exciting new ranges we have a new beer from **Creaton Grange Ales** and you have to admit you cannot get much more local than that. We now also stock quiches, muffins and biscuits made at **The Olde Parlour** in Chapel Brampton. These are proving so popular that people are ringing up to make sure they have arrived!

You will find many examples of the new and local ranges inside this latest edition of the Newsletter.



Pheasant Tale Golden Ale from Creaton Grange

## Made in Northamptonshire

Buying local food and drink products is very important in terms of keeping road and air miles to a minimum. It also means that we can be sure of where and how the product is grown or processed. Buying local is also important for the local economy and in Northamptonshire we are in a very good position when it comes to the nearer the better. It is very good for food that has not travelled very far, and it is also very good for local businesses.

Already the local food industry is celebrated with the annual Heineken Northamptonshire Food & Drinks Awards but it is also being celebrated all year round by **Made in Northamptonshire (MIN)**. MIN is a membership group which supports and promotes Northamptonshire producers. It offers its members advice and information as well as giving them the opportunity to share expertise, network and work collaboratively.

Look out for more news about *Creaton Village Shop* and MIN in the future.

## Plants and Veg

You will have seen a growing number of plants for sale at the shop. So far we have had several vegetables, including tomatoes, and a wide range of flowering plants. All these have been surplus sowings in people's gardens and they have very kindly donated them to the shop for us to sell.

Last year, just after we opened, people donated their excess harvest of apples which went down very well. If you have any spare plants or produce and could donate them to the shop, please talk to one of the members of staff.

# New, exciting and a little bit different...

Thank you to all those members of Creaton Community Benefit Society who completed our recent on-line questionnaire. Whilst the number-crunchers examine your thoughts and opinions, changes are already afoot, not least of which is improving the variety of products that we sell. On the next page you can read about some of our new locally-produced products, and below are some that have travelled a little further to make our shelves more interesting. Try them and let us know what you think.

**Artisan Grains** is a natural foods brand with a range of 18 healthy ingredient products, meal solutions and snacks.

Pearl Couscous is easy to prepare and can be enjoyed in so many ways making it a delicious alternative to rice, pasta or potatoes. With its firm texture, Pearl Couscous makes a great base for hot meals but can also be chilled and used to make quick, delicious and salads!

Quinoa, pronounced "Keen-Wah", are small, white, grain-like seeds which have a delicate nutty flavour when cooked. It is highly nutritious as it contains all 9 essential amino acids. It is wheat free and is an excellent alternative to rice or couscous.



**The Real Coffee Bean Co** have sought out the best coffee growers and source their coffee from small holder farms and estates to cooperative. To add to that, all their coffee is then roasted in the UK.

They believe that not only is the quality of their sun-dried beans far superior, but the traditional methods used to cultivate the beans ensure that every cup-full is exceptional.

They like to let customers know where the coffee has been grown and harvested, so look on the bag for the location.

Also new in Creaton Village Shop:

**Billingtons Gingerbread** made to a recipe that goes back 200 years, by an artisan baker who is re-introducing Shropshire's spicy secret to the world.

**Biona Rye Bread** made in a family-owned bakery in Muensterland, Germany where the grains are ground just before baking.

**Cornish Sea Salt** produced by a mix of innovation and age-old traditional salt-making techniques, crystallised from Cornish sea water off The Lizard.



**Olives Et Al** come in a pouch which is lighter than glass and is resealable. These Rosemary & Garlic pitted Kalamata and Greek Green olives are prepared to an original recipe from the Greek island of Evia. The olives are in Extra Virgin Dressing Oils that are fridge friendly. *Creaton Village Shop* also stocks Lemon, Coriander & Garlic.



## Local Spotlight

# Creaton Grange Ales



**Creaton Grange Ales** is a family-run craft microbrewery whose mission is to make fine hand-crafted small batch beer. Head brewer, Ed Matts took the decision to start this microbrewery in 2017, having had a fascination with brewing for over 10 years. Taking a small disused building on the family farm, Ed renovated the Old Wash House into a brewery. Creaton Grange has been the heart of the Matts' family farm for over 100 years and this closeness to nature and the agricultural supply chain is built into the ethos of the company. Supporting the local area wherever possible, Creaton Grange Ales are looking to include future plans to grow their own ingredients.

Their range of fine craft beers are created with loving care in small batches without compromising on consistency and quality. The first two produced are Four Sons (3.5%) and March Yard (4.2%). Pheasant Tale (3.8%) is the latest beer and is available from *Creaton Village Shop*.

## Neneview Dairy

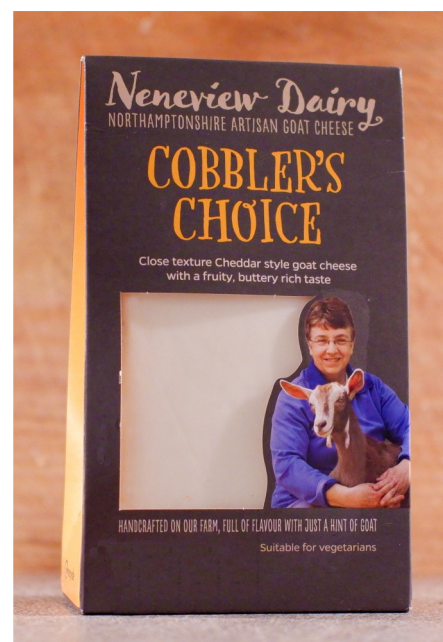
**Neneview Dairy** currently produces 11 different varieties of hard goat cheese. All of the milk comes from their own "trip" of goats and is made on-site at Redlands Farm, Stanwick. From time to time they produce seasonal cheeses to add to the varieties and they are always looking for new ones to add to their range. *Creaton Village Shop* now stocks four varieties:

**COBBLERS CHOICE:** A close textured, full bodied cheese in the style of "Cheddar". It has a vintage cream colour, and crumbles in the mouth. It is matured for a minimum of 150 days.

**TOGGLERS:** Vanilla white in colour, mild and mellow in taste with a satin appearance and creamy semi-hard texture. Matured for a minimum of 30 days.

**HOBNAIL:** A moist, hard cheese with blue/black veining which develops upon exposure to air. It has the distinctive "blue" cheese flavour with a hint of goat. Matured for a minimum of 60 days.

**STANWICK BLUE:** A rich, semi-soft blue veined cheese with a warm amber glow. The veining develops on exposure to air and it has a strong "blue cheese" flavour. It is matured for at least 60 days.



## Nenette Hand Crafted Chocolates

**Nenette**, based in South Kilworth, offers a delicious range of luxury, handmade chocolates in an ever-evolving range of exotic flavours. All their chocolates are freshly handmade in small batches using real cream, butter, fruit purees, herbs and spices. Their chocolates never contain artificial preservatives, stabilisers or flavouring and are gluten free. Dairy- and sugar-free chocolates can be made to order.

*Creaton Village Shop* is now selling this sumptuous chocolate, as lollipops, as assorted bars, milk chocolate dipped Cinder Toffee and boxes of Assorted or Caramels.

## Creaton Community Benefit Society Ltd

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Keeping a shop  
and a Post Office  
in the heart of  
the community

## Opening Times

Mon:	7:30am-6pm
Tue:	7:30am-6pm
Wed:	7:30am-6pm
Thu:	7:30am-6pm
Fri:	7:30am-6pm
Sat:	8am-12noon
Sun:	8am-12noon

**When the shop is open,  
the Post Office is open.**

# Volunteer News

Our volunteers are a very important part of *Creaton Village Shop*. In fact, the shop would not be open were it not for the many hours put in by the 30-plus people who regularly work a shift behind the counter, keeping the shop stocked and keeping the place clean, tidy and something for the whole community to be proud of.

Our featured volunteer in this edition of the Newsletter is Adam Perrins-May. Adam will be 17 in August and has been helping out at the shop since last September. Not only is Adam one of our longest-standing members of staff but he has also clocked up an amazing number of hours so far – over **250!**

You will often find Adam working on a weekend and some late shifts during the week. He says that getting up early on a Sunday can be a bit of a struggle but it isn't too bad, even if he has worked a shift at The Kings Head in Spratton the night before!

When asked what he particularly liked about the work, he said "I enjoy talking to people, especially people who I wouldn't normally talk to". Adam has also found that the work has other benefits: "It has definitely benefitted my social and numerical skills. This gives young people, such as myself, valuable experience for later life".

As well as these important skills, Adam, who attends Guilsborough School Sixth Form, is using the volunteering to complete his Duke of Edinburgh Award. In what spare time he has remaining, Adam is teaching himself to play the keyboard.

*Creaton Village Shop* is always looking for volunteers and they can start at 14 years of age. Many of those at school and in sixth-form use these hours as part of their Duke of Edinburgh Award. If you would like to help out at the shop, please email Patsy at

[volunteers@creatonvillageshop.co.uk](mailto:volunteers@creatonvillageshop.co.uk)



Adam Perrins-May

## Did you know?

Did you know that prescriptions can be delivered to *Creaton Village Shop*? If you are eligible, and you attend Saxon Spires Surgery either in Brixworth or Guilsborough, you could be getting your pills and potions in Creaton and so not having to travel.

Discuss this with the Pharmacist in Brixworth Surgery who will explain the ways you can arrange this. These deliveries are treated with the strictest confidence by the shop staff.

Did you also know that if you are unwell or too infirm to get to the shop, we can bring your shopping to you? You can phone the shop during opening hours on

01604 328877

or email

[shop@creatonvillageshop.co.uk](mailto:shop@creatonvillageshop.co.uk).

The shop is unable to take payments over the phone or online, so please have cash or a cheque ready.