

# Creaton Village Shop & Post Office

## FIRST BIRTHDAY ISSUE



August 2019

# IT'S OUR BIRTHDAY...

...it's still summer and it's time for ice-cream...

We probably all have memories of ice cream from our childhood. Mine is of a vanilla block in a cardboard box from which Dad cut slices that were eaten between two rectangular wafers. The height of the exotic was the Neopolitan block we were allowed once in blue moon, something to be coveted almost as much as the choc-ices that only Mum was allowed to eat.

So much for my childhood memories. For the founders of **i'm real** ice cream, their childhood was literally governed by the stuff as their grandfather had moved from Italy to Northampton in the 1960s and built a local, family-run ice cream business.

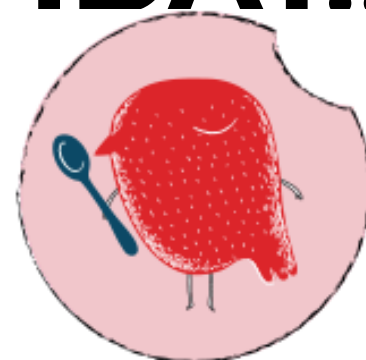
Having grown up, they now want us all to experience how real ice cream tastes! How have they done that? Well, by visiting ice cream parlours in southern Italy and tasting nothing but simple local fresh ingredients. This has to be the best sort of research!

**i'm real** ice creams are made to the traditional Italian gelato recipe, with a higher proportion of milk, a lower proportion of cream and churned at a slower rate. They also have a lot less fat than other ice creams, so we can enjoy the pleasure of a naturally real taste, with a lot less guilt.

And not only is their ice cream pretty damn good, so are their ethics. Setting out to prove that ice cream can change the world they are aiming big. **i'm real** ice cream is going to do its bit to make a better world for the next generation. The team are spreading the word on how to help our little planet in different ways, from recycling and tree planting to animal welfare and renewable energy.

Keen to practice what they preach they do all they can to support local businesses by sourcing milk, cream and ingredients from local suppliers wherever possible. In addition, the ice cream pot is sustainably sourced and fsc certified and **i'm real** donate to tree planting schemes with every purchase of their fully recyclable ice cream pots.

That's what we like at Creaton Village Shop, local, sustainable and natural.



## Did you know?

- \* Apparently 2 in 3 households in the UK own a barbecue
- \* 90% of British people have said that they prefer the barbecue to be cooked by a man
- \* When it rains, 80% still continue to cook - presumably under an umbrella
- \* 45% of people worry about giving family & friends food poisoning

(facts courtesy of obviousgroup.co.uk)

## ...and barbecues!

Summer evenings, chilled wine, the end of a perfect day, and whilst everyone else is having drink and chat, you can enjoy the thrill of cooking in the open air.

But why do it at home? With these **Instant Disposable Picnic BBQ** packs, you can eat anywhere - and even escape those friends that always seem to turn up when you light the charcoal.



# It's local and it's good for you

The selection this month are all local products. Shopping local is important for our customers and shopping local is important to Creaton Village Shop. It is important because it supports the local producers and it is important because it cuts down the distance that food has to travel to get to your table. These three are from Northampton, Hannington and Bottesford in Leicestershire.

**Punjaban** curry sauces do not compromise. There is no compromise on authenticity. There are no preservatives, no additives, and they are gluten free.

Charanjit Sapal (known as Charlie) is extremely passionate about getting the sauces right: "My **Punjaban** creations are exactly how I cook at home for my family". These curry bases are free from any artificial ingredients.

Charlie now runs her business, which she started in 2010, out of Moulton Park in Northampton with her two children, Gurjeet and Ria. When Gurjeet went to university he missed his mother's home cooked food so much that Charlie sent her sauce up for him to use. This became a regular occurrence and she began to cook a batch every day! Little did she know that Gurjeet had enormous demand for the delicious sauce from his friends and he had was selling it around the campus for beer money!!!

When the truth finally revealed itself the family knew there was a demand for something more traditional and that is how **Punjaban** was born. To this day, every jar that is lovingly hand-made is made with the same care and attention as Gurjeet's curry was when he was missing his mums proper Punjabi cooking.



**Belvoir Cordials** from Belvoir Fruit Farms, Bottesford, Leicestershire, started life in 1984. Mary Manners, the wife of their founder Lord John Manners, started making cordials in her kitchen in the Seventies by infusing the elderflowers and pressing the fruit grown on the farm.

Since then, Belvoir has carried on in the same way, infusing, pressing and cooking fresh flowers,

fruits and spices, which are then blended with local spring water to make these delicious drinks. They say "We never compromise on quality, and choose only the best ingredients. Everything that goes into our drinks is real and natural with nothing artificial at all".



**Newlands Farm** supply all the milk and cream to Creaton Village Shop. Based in Hannington, they started milking cows over 30 years ago, and 10 years later started processing as well.

Milk and cream products are produced on the farm, with milk from their own pasture - fed herd. They process 2000 litres of milk per hour!



# Happy Birthday!!!

**It might not seem that long but Creaton Village Shop and Post Office has been open for one year!**

The shop opened its doors on Saturday 25th August 2018 and has gone from strength to strength. Thank you to the shareholders to getting it off the block. Thank you to the grant funders for getting the buildings, the equipment and the staff support:

- National Lottery
- LEADER
- Prince's Countryside Fund
- Northamptonshire Community Foundation

And thank you to you, the customers for continuing to use the shop. Without you, we would not be running. Here are a few reminders of how we got here.



**Proposed new Creaton Village Shop on the Welford Road.**

(Artist's impression)

## Creaton Community Benefit Society Ltd

Creaton Village Shop & Post Office  
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Facebook: Creaton Village Shop  
Twitter: CreatonVillageShop  
Instagram: creatonvillageshop

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.**

# Birthday Volunteer News

We cannot let our First Birthday pass by without acknowledging our excellent band of volunteers. Without them, the shop would simply not be open. Volunteers who serve behind the counter do a two-hour shift during the week and over two hours at weekends. Several of these volunteers cover more than one shift, working four hour slots, or extra shifts on different days.

Then there are those who volunteer behind the scenes, helping out on the cash and carry runs, doing maintenance work and providing shopping runs for customers in need. All this proves what a great community effort goes into keeping the shop - **your shop, our shop** - providing the service you asked for.

Please support our shop by using it and next time you are in, do say a big thank you to the volunteers.

We always need new volunteers to keep the place ticking over, so why not call Patsy on 07876 690348 or email her at [volunteers@creatonvillageshop.co.uk](mailto:volunteers@creatonvillageshop.co.uk)?

### Thank you to

Adam  
Alexia  
Alison  
Andy  
Andy  
Arthur  
Avril  
Bill  
Carolyn  
Cathy  
Claire  
Daniel  
Daphne  
Di

Elaine  
Estelle  
Fraser  
Hannah  
Heather  
Jan  
Jane  
Jayne  
Joan  
John  
Julie  
Kate  
Katy  
Kerry

Lorna  
Lottie  
Mandy  
Margaret  
Merrick  
Phil  
Sally  
Simon  
Sue  
Sue  
Toby  
Wendy  
Xander

### Creaton Community Benefit Society

At the recent AGM of CCBS, the following people were elected to the Management Committee for a term of three years:

Adi Clark  
Phil Davies (Treasurer)  
Patsy Hollingum  
Richard Hollingum

The other members of the Management Committee are Charles Matts (Chair), Jane Kimberlin (Secretary), Simon Robinson, Bill Warden and Ben Hall.

The AGM was followed by an interesting talk and an even more interesting wine-tasting from Bill Hulme, the owner of Fleur Fields vineyard in Brixworth. A more detailed look at Bill's wines will be in a future issue of The Newsletter.



**Did you know the Post Office holds Euros and Dollars? Other currencies can be ordered.**