



Sustainable Food Sourcing at the Findhorn Foundation



The Findhorn Foundation kitchens are proud to serve 115,000 meals, for over 3,500 guests from all over the world every year. Our kitchens have been 95% vegetarian since the 1960s and we strive to source produce from local and organic suppliers wherever possible.



During the growing season 80% of the vegetables on our tables come from our own gardens and other local producers of organic food. We further supplement from Europe and elsewhere through our trusted organic suppliers. We then lovingly prepare the food to ensure that the nutrients are passed onto your plate. We also aim to meet specific needs such as gluten free, dairy free and vegan in every meal that we offer.

Our organic dairy produce comes from **Connage**, which is just 20 miles to the west. They have their own cows producing

organic dairy products. Their cheeses have consistently won awards over the years and are as tasty and fulfilling as you can get anywhere. It feels good to visit their dairy farm and to observe the cows in the fields.



Our eggs come from **Allarburn Farm** in Elgin. The

kitchen team visited them recently and it was apparent how harmoniously and gently the 18,000 hens were walking about on the many many acres of fields. They take great care in raising them from eggs because they experience that a chicken being raised into the world in a safe and caring way will

be better layers, both in quality and quantity. We are happy to bring these eggs into our kitchens.

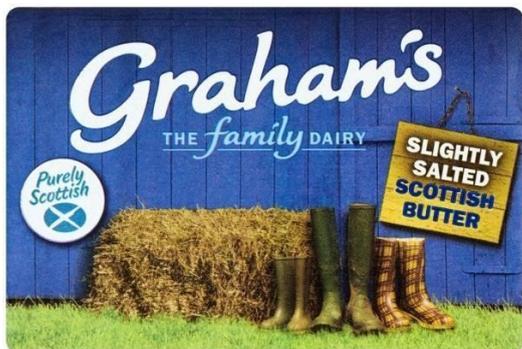
During the summer and autumn, 60% of our vegetables come from our own **Cullerne Gardens**, which are located opposite Findhorn Bay, adjacent to our Park ecovillage site. Together with love, care and the application of spiritual principles, the results are very tasty and deeply nourishing vegetables. It is a testimony to the hard work and effort of working with the intelligence of nature, put forth into growing fruit, vegetables, flowers, and herbs. Everyone looks forward to eating Cullerne Gardens' delicious tomatoes!

Our bread comes from **The Bakehouse** in Findhorn who are part of the our community association, making the freshest of breads, prepared from scratch every day using mostly local



and only natural ingredients. Our loaves of spelt, rye and brown bread are brought from the bakery to our tables every day.

Our milk and slightly salted organic butter comes from the Stirlingshire-based **Graham's** family dairy that has been around for 80 years. Twice a week they deliver to our back door. They offer an excellent service and it's been a seamless relationship over the years. It is not surprising that they are multi-award winners for who they are and what they do.



Our coffee is roasted in The Park, Findhorn by the newly established **Green Bridge**, whose vision is a world where all the products we



consume are grown in harmony with nature.

Suma provides us with a weekly delivery of staple items such as lentils, pastas, beans, herbs, spices, Japanese seaweeds, cleaning products, and much, much more.



Their mission is to contribute to the growth of the organic products market by selling high quality and affordable organic products from across the world. The world is our oyster and we benefit from the excellent service and products that come from further afield.

Organic World brings us fruit and vegetables that we cannot grow in northeast Scotland.



The Findhorn Foundation aims to provide healthy food within planetary care boundaries. Sustainable farming practices can restore soils and biodiversity, and sequester carbon. We want to encourage small, sustainable producers of food based on traditional rotational systems, permanent pasture and conservation grazing. Our choices are aligned with The EAT-Lancet Commission on Food, Planet, Health which brings together more than 30 world-leading scientists from across the globe to reach a scientific consensus that defines a healthy and sustainable diet.