



It is better for the environment because it has not travelled thousands of miles to get to you. It helps the local economy because you are buying from local producers. Its fresher and tastier! This is because it ripens in the field.

## Eating local seasonal food is good for you because...

Locally grown food is fresher and therefore more nutritious. It protects the environment by reducing food miles and packaging. Eating local is one of the most significant changes we can make in our diets today. It gives us a reason to be curious about our food - not just in terms of the numbers of calories or carbohydrates it contains, but where it comes from and how it is produced. Snacking on fruit provides you with vitamins, fibre and energy. Ensure you eat 5 portions of fruit and vegetables a day. A portion of fruit or vegetables is roughly a handful.

## Local Food

### Farm Shop

Selling a wide variety of locally grown seasonal fruits and vegetables. Including pears, strawberries, plums, apricots, quinces and many traditional apple varieties. Also bread, dairy products, English wines and cider.

Monday - Saturday 9am-5pm

Sun 10am-4pm (October-April only)

### Coffee Shop

After your walk you can enjoy a drink and snack at the coffee shop, selling delicious homemade cakes, pies and fruit juices.

Monday - Saturday 10am - 4pm

### Plant Centre

Next door to the shop is the independently run Blackmoor Plant Centre which sells a wide range of trees from Blackmoor Nurseries as well as a selection of bushes, shrubs and bedding plants.

- Free parking
- Toilets
- Dogs on leads are welcome

### How to get here

Blackmoor Estate is in Blackmoor, near Selborne just north of the A3.



### Contact

Blackmoor Farm Shop  
Blackmoor, Liss  
Hampshire, GU33 6BS  
T: 01420 473782

E: [blackmoor.farmshop@virgin.net](mailto:blackmoor.farmshop@virgin.net)  
[www.blackmoorestate.co.uk](http://www.blackmoorestate.co.uk)

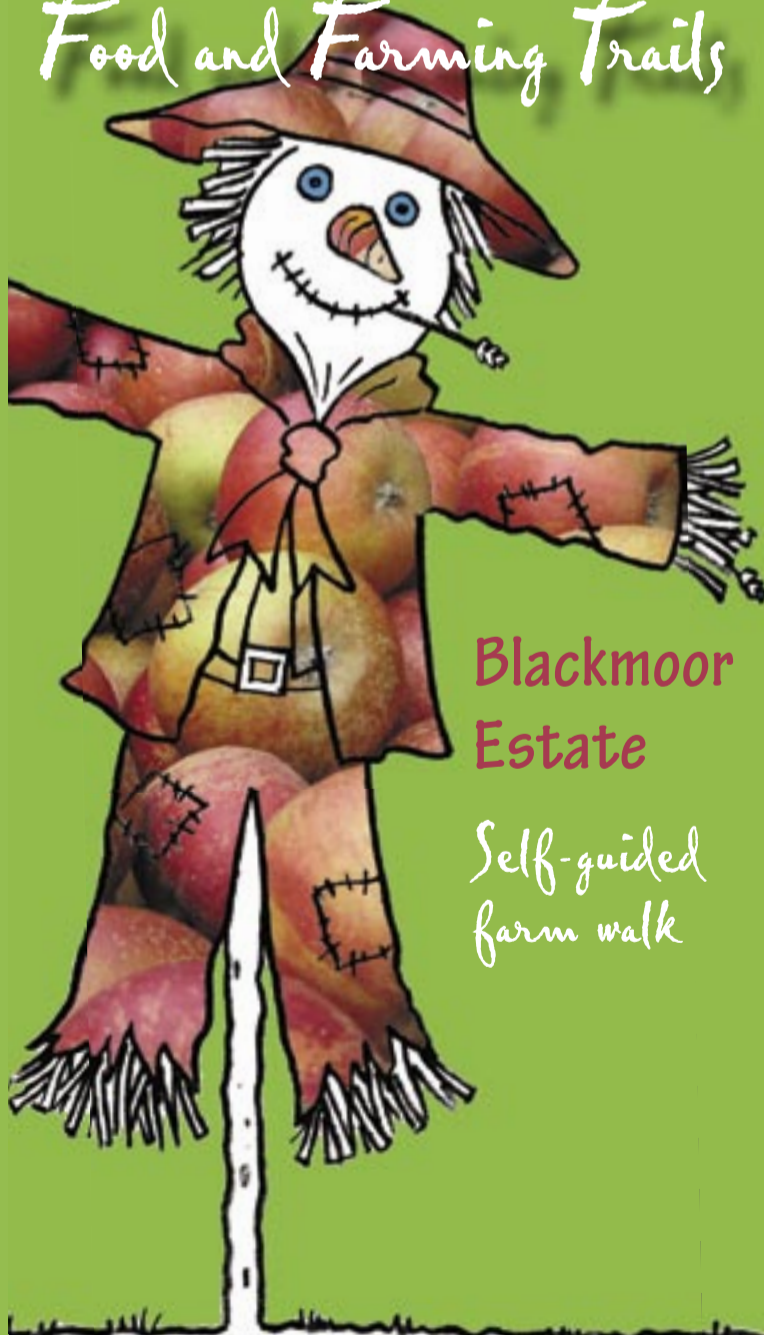
This leaflet guides you along a family trail. Look out for the Scarecrow signposts to discover more about food and farming whilst enjoying the fresh air and getting fit. There are no stiles, but the trail may be muddy under foot during the winter.

Blackmoor Estate is a family-run mixed farm located near Selborne in Hampshire. It is best known for growing both traditional and new varieties of English apples, pears and plums in 250 acres of orchards. Blackmoor's Annual Open Day takes place during October and attracts thousands of visitors. It's an opportunity to taste and learn about over 20 varieties of English apples. There are craft demonstrations and a range of activities for small children.

Welcome



# Food and Farming Trails



Blackmoor Estate

Self-guided farm walk



Hampshire County Council



