

From the traditional sweetness of strawberries and raspberries to the more tart blackcurrants and redcurrants, Scotland's berry growers have a reputation for producing the tastiest seasonal fruits around. From Scotland's most northerly blueberries in Aberdeenshire to new 'superfood' aronia in Angus, these seasonal berries provide an array of health benefits, as well as being a delicious addition to any meal. In the Year of Food and Drink 2015, let's celebrate and promote Scotland's natural larder. So, whether you want to buy your berries direct from the farmer, pick your own, or sit down and have a cup of tea with a fresh punnet, Scotland's Berry Trail will point you in the right direction.

The Home of Soft Fruit

For well over 100 years Scotland has been famous for its soft fruit production, particularly of strawberries and raspberries but also blueberries, blackberries, gooseberries, cherries, elderberries, blackcurrants, whitecurrants and redcurrants. The high quality fruit growing region is concentrated within a relatively small geographical area, which lends itself to close crop control and meticulous handling during harvesting, processing and transporting.

The main berry growing areas are in Perthshire and Angus but also in Aberdeenshire, Fife, the Highlands, Ayrshire & Arran and the Scottish Borders. Berries thrive in the cooler Scottish summers where long daylight hours help them to ripen with plenty of flavour. They produce more than one-third of the UK's soft fruit production, with supermarkets throughout the UK their biggest customers.

Much of Scotland's soft fruit is grown under plastic polytunnels. These polytunnels act like greenhouses, sheltering crops from the wind and rain, as well as providing a warm environment in which to grow. To ensure a good crop year after year, many soft fruit growers will use thousands of bees to carry out the necessary pollination.

Strawberries

The strawberry has been a favourite summer fruit for hundreds of years. The modern strawberry comes from a cross made early in the 19th century between the European woodland strawberry with wonderful flavour and an American cousin which gave size to the new fruit. It is now loved for its flavour and associations with summer events like barbecues, picnics and tennis. Today, strawberries are grown all over the world, and imported varieties are available in the supermarkets 12 months of the year, but the Scottish climate produces the best flavoured fruit, making them highly prized when in season.

Sonata is one of the most popular varieties of strawberry grown in Scotland – the bright red, glossy, uniform fruit has an excellent texture and flavour. The berries are an attractive conical shape and have good shelf life.

Raspberries

Raspberry growing started in Blairgowrie more than 100 years ago and the town is known as the berry capital of the UK, earning it the nickname 'Berry Town'. Raspberries are not true berries, each fruit is actually classified as a drupelet, or a cluster of berries.

Healthy Eating

Berries are a fun and tasty way to contribute to your 5-a-day. The food we eat plays a significant role in our health. Berries are bursting with goodness, rich in antioxidant vitamins, phenolic compounds, minerals and fibre, and also low in fat and salt, which is all good news for our wellbeing.



Year of Food and Drink Scotland 2015 is a Scottish Government initiative led in partnership by EventScotland, VisitScotland and Scotland Food & Drink.



The aim of Year of Food and Drink 2015 is to spotlight, celebrate and promote Scotland's natural larder and quality produce to our people and our visitors and in doing so, further develop Scotland's reputation as a land of food and drink.

Food and drink is an important part of Scottish cultural identity and heritage and is a key strength in promoting Scotland as a holiday destination.

If you have any queries about 2015, the Year of Food and Drink, please get in touch: www.scotlandfoodanddrink.org/yofd

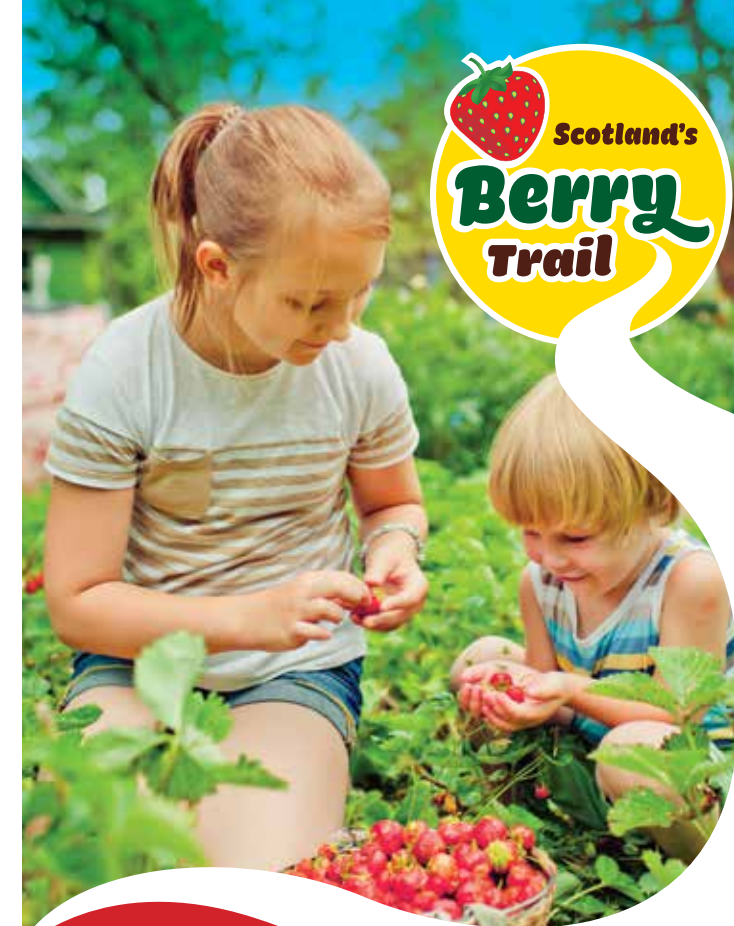


Look out for the
Ice Cream Trail



For more information about Scotland's Berry Trail visit:

www.thinklocalscotland.co.uk



Scotland's Berry Trail

A collection of soft fruit farms across Scotland





1 Allanhill Farm
St. Andrews, Fife, KY16 8LJ
www.allanhill.co.uk
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2 Andrew Barrie
Colbeggie Farm, Kettins, Blairgowrie
PH13 9HA T: 01828 628666
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3 Arbuckle's Farm Shop
Star Inn Farm, Invergowrie
DD2 5EJ
www.arbuckles.co.uk
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4 Ardardan Estate and Farm Shop
Cardross, G82 5GD
www.ardardan.co.uk
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5 Barnmuir Farm
Crail, KY10 3XB
www.barnmuirfarmhouse.co.uk
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6 Barra Berries
South Mains of Barra, Oldmeldrum,
Aberdeenshire, AB51 0BB
www.facebook.com/barraberries
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7 Belhaven Fruit Farm
Thistlycross, Dunbar,
East Lothian, EH42 1RG
www.belhavenfruitfarm.co.uk
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8 Black Isle Berries
Ryefield Farm, Tore, Muir of Ord,
Ross-Shire, IV6 7SB
www.blackisleberries.co.uk
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9 Blacketside Farm Shop
Blacketside Farm, Leven,
Fife, KY8 5PX
www.blacketsidefarm.com
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10 Border Berries
Rutherford Farm, Kelso, TD5 8NP
www.borderberries.co.uk
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11 Briarland Berries
Briarlands Farm, Blairdrummond,
Stirling, FK9 4UP
www.briarlandsfarm.co.uk
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12 Broadslap Fruit Farm
Dunning, Perthshire, PH2 0QL
www.broadslapfruitfarm.co.uk
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13 Cairnie Fruit Farm
Cairnie, Cupar, Fife, KY15 4QD
www.cairniefruitfarm.co.uk
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14 Caithness Summer Fruits
Berry Coft, Harpsdale, Halkirk,
Highland, KW12 6UL
www.facebook.com/pages/Caithness-Summer-Fruits/543162062370818
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15 Carmichael Farm
Carmichael Farm, Longforgan,
Dundee, DD2 5HW
www.carmichaelfarm.net
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16 Castleton Farm Shop
Fordoun, Laurencekirk,
Kincardineshire, AB30 1JX
www.castletonfarmshop.co.uk
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17 Charleton Fruit Farm
Montrose, Angus, DD10 9EW
www.charleton-farm.co.uk
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Key Symbols
📍 Pick Your Own
🍓 Strawberry
🍇 Raspberry
🍓 Other Fruits
☕ Café
🏠 Gate/Stall/Pack-house sales
🏪 Shop
🌳 Play Area



18 Craigie's
West Craigie Farm, South Queensferry,
Edinburgh, EH30 9AR
www.craigies.co.uk
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19 East Scryne Fruit
Carnoustie, Dundee, DD7 6LL
www.facebook.com/EastScryneFruit
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20 East Yonderton Farm
Walkinshaw Rd, Renfrew,
Renfrewshire, PA4 9LP
www.eastyondertonfarm.co.uk
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21 Easter Grangemuir Farm
Road End, Pittenweem, KY10 2RB
www.eastergrangemuir.co.uk
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22 Fruit Shack
Mains of Errol, Errol,
Perthshire, PH2 7TE
www.facebook.com/fruitshackgetfruity
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23 J G Lang & Son
Hilton of Carslogie, Cupar,
Fife, KY15 5NG
www.jglangandson.com
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24 Jamie Watson's Fruit Farm
Mill of Montague, Balbeggie, PH2 7PR
www.pickyourownscotland.co.uk
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25 Leadketty Fruit Ltd
Leadketty Farm, Dunning, PH2 0QP
www.leadkettyfarm.co.uk
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26 Messrs George McLaren
Bankhead of Kinloch, Meigle,
Blairgowrie, PH12 8OY
www.gmclaren.com
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27 Peter Marshall Farm Shop
The Blackbird Inn car park, Alyth,
Blairgowrie Road, Blairgowrie,
Perthshire, PH11 8NB
www.petermarshallfarms.com
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28 Pittormie Fruit Farm
Dairsie, Cupar, Fife, KY15 4SW
www.pittormiefruitfarm.co.uk
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29 The Strawberry Shop
Tay Valley Fruits Ltd, Scones of
Lethendy, Perth, PH2 6AB
www.facebook.com/pages/The-Strawberry-Shop/1452404345021052
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30 Thomas Thomson (Blairgowrie) Ltd
Stall at the edge of the A93, Westfield
Farm, Balmoral Road, Blairgowrie,
Perth, PH10 7HY
www.tthomson.co.uk
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31 Tombreck Farm Shop
Lawers, Aberfeldy,
Perthshire, PH15 2PB
www.tombreckfarmshop.com
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32 VSA Easter Anguston Farm
Peterculter, Aberdeen, AB14 0PJ
www.vsa.org.uk/vsa/shops/easter-anguston-farm-shop.html
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33 Wester Hardmuir Fruit Farm
Auldearn, Nairn, IV12 5QG
www.hardmuir.com
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