



BOWHOUSE

ST MONANS, ANSTRUTHER, FIFE, KY10 2DB

Bowhouse is a place for making – making food by transforming raw ingredients from the East Neuk's farms and waters into finished products ready for eager customers locally and further afield. Bowhouse replaces a missing link in the food chain from farmer to consumer by providing dedicated space for producers to operate in as well as a large, covered market space where food makers and growers can showcase their produce at markets and other events.

The East Neuk of Fife is home to some of the very best raw ingredients: malting barley, finished beef and lamb, wheat and oilseed rape, potatoes, broccoli and soft fruits, wild roe deer and other game, all from the land. Its coastline and waters also yield prawns, calamari, lobster, crab and a wealth of other seafood. However, much of this bounty leaves the barns or the quay for processing well away from its source before any of it can be brought back to our homes and this area's many restaurants.

The East Neuk also has a growing number of people, passionate about food and keen to develop their interest into a living. Regulations and lack of available space make this start so much more difficult. Yet for those who make this leap the rewards of working with the best ingredients and marketing to the vibrant local and tourist markets have enriched their lives and especially those of their customers.

SUPPLYING FRESH PRODUCE

Bowhouse is located in the heart of the East Neuk, between St Monans and Elie. Tourism has long overtaken farming and fishing as the East Neuk's core driver and this ebb and flow of hungry and food-curious visitors offers an opportunity to local producers to recruit new customers. These relationships can then be retained year-round through internet sales. Internet-driven logistics networks make national fresh sales possible.



With food, more than anything, the experience of meeting the maker and understanding food provenance first hand is key to developing the taste and trust needed to become a life-long customer. Bowhouse – both with its production spaces and its broader covered market is the forum for this. Commercial customers, ie. chefs and restaurants, around Fife and beyond can be served by local distributors hubbed at Bowhouse – following the established pattern used by the St Monans fish sheds to service the Central Belt of Scotland daily with fresh fish.

SUPPLYING COVER FOR FOOD EVENTS

Scotland's weather can play havoc with outdoor events no matter the season. Bowhouse's covered market space allows makers' markets and other events to be planned regardless of wind and rain, and encourages visitors to become regular customers too. Bowhouse markets have the potential to attract customers from Edinburgh and beyond, keen to build a day in the East Neuk around sourcing food and meeting farmers, food producers and local farm shops who retail some of the best local produce.

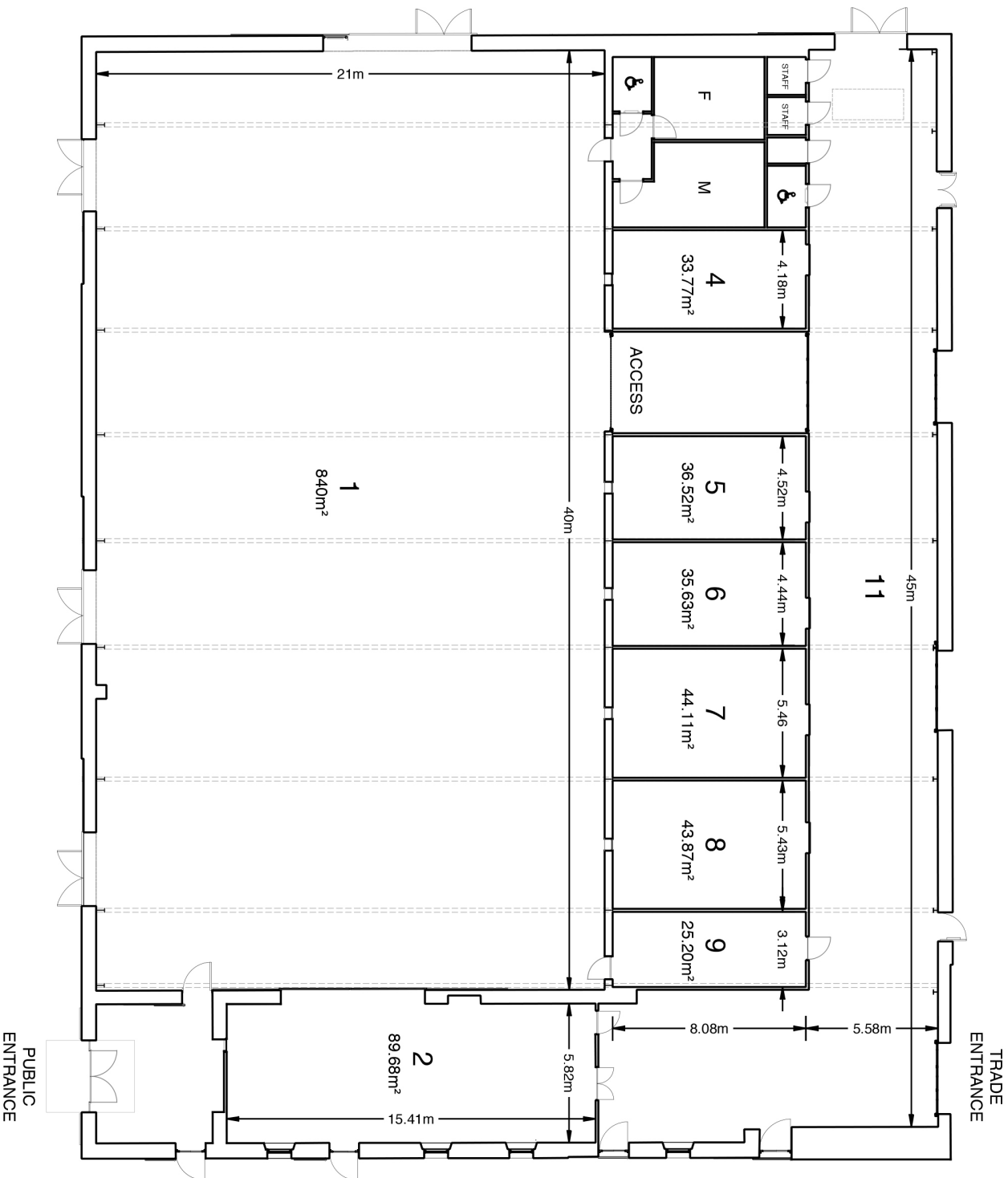
WHAT BOWHOUSE OFFERS

- Event space / Food Market floor space: 840m²
- Production space: from 35–90m²
- 6 food production units, full Environmental Health requirements (SALSA compliance can be met)
- Market capacity, 50+ stalls plus resident producers
- Commercial kitchens
- Lavatories, both for events space and production units
- Mains water
- Mains gas
- Single and 3Ph power (max. 100 amps/phase)
- Space heating for markets and events
- Car parking for up to 400 vehicles
- Disabled access

For more information please contact: Balcaskie Estate Office, Easter Kellie Farm, Arncroach, Anstruther, KY10 2RF; tel: 01333 720200, email: info@balcaskie.com
For Food Market, email: market@bowhousefife.com

"I was struck when talking to one local chef who said, though he was very keen to use local ingredients, he ended up sourcing his vegetables from the Glasgow veg markets or even from Holland, because, despite seeing the vegetables growing in Fife's fields all around his restaurant, there was no way to connect the field to his business. Bowhouse is intended to be part of the answer to this challenge."

Toby Anstruther



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Bowhouse Steading | St Morans |

File | KY110 2BD

e: markel@bowhousesteading.com

t: 01333 720200

w: www.bowhousesteading.com

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Title PLAN