

JUNE						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	Carlisle, MIC	Cockermouth Barnard Castle Bentham	5
6	7	8	9	Milnthorpe	Orton Carlisle, H&H	Greenhead Flookburgh
13	14	15	16	Cartmel	Brough Ulverston	19
20	Penrith	22	23	Kendal	Brampton	Pooley Bridge Middleton
27	28	29	30			

JULY						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				Carlisle, MIC	Cockermouth Barnard Castle Bentham	Holker
4	5	6	7	Milnthorpe	Orton Carlisle, H&H	Greenhead Flookburgh
11	12	13	14	Cartmel	Brough Ulverston	17
18	Penrith	20	21	22	23	24
25	26	Crosby R'worth	28	Kendal	Brampton	Pooley Bridge Middleton

AUGUST						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	Carlisle, MIC	Cockermouth Barnard Castle Bentham	Holker
8	9	10	11	Milnthorpe	Orton Carlisle, H&H	Greenhead Flookburgh
15	Penrith	17	18	Cartmel	Brough Ulverston	21
22	23	24	25	Kendal	Brampton	Pooley Bridge Middleton
29	30	31				

SEPTEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	Carlisle, MIC	Cockermouth Barnard Castle Bentham	Holker
5	6	7	8	Milnthorpe	Orton Carlisle, H&H	Greenhead Flookburgh
12	13	14	15	Cartmel	Brough Ulverston	18
19	Penrith	21	22	23	Brampton	Pooley Bridge Middleton
26	27	28	29	Kendal		

OCTOBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun

**FARMERS
MARKETS &
LOCAL FOOD
PROUCER
MARKETS IN
CUMBRIA
& ITS BORDERS**

31					Cockermouth Barnard Castle Bentham	2
3	4	Crosby R'worth	6	Carlisle, MIC	Orton Carlisle, H&H	Greenhead
10	11	12	13	Milnthorpe	Brough Ulverston	16
17	Penrith	19	20	Cartmel	22	23
24	25	26	27	Kendal	Brampton	Middleton

NOVEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	Carlisle, MIC	Cockermouth Barnard Castle Bentham	Holker
7	8	9	10	Milnthorpe	Orton Carlisle, H&H	Greenhead
14	Penrith	16	17	Cartmel	Brough Ulverston	20
21	22	23	24	Kendal	Brampton	Middleton
28	29	30				

DECEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	Carlisle, MIC	Cockermouth Barnard Castle Bentham	4
5	6	7	8	Milnthorpe	Orton Carlisle, H&H	Greenhead
12	13	14	15	Cartmel	Brough Ulverston	Crosby R'worth
19	Penrith	21	22	Kendal	Brampton	25
26	27	28	29	30	31	

Barnard Castle: on the cobbles, 10am-3pm, www.barnardcastlefarmersmarket.co.uk
Bentham: Town Hall, 9.30am-1.30pm

Brough: Memorial Hall, 9.30am-2pm, www.broughfarmersmarket.org.uk

Carlisle, H&H: Borderway Mart, 9.30am-1pm, www.livestock-sales.co.uk

Carlisle, MIC: Carlisle city centre, 9.30am-3.30pm, www.madeincumbria.co.uk

Cartmel: village centre, by the priory, 10am-4pm, www.cartmelvillage.com/foodmarket

Cockermouth: Market Place, 9.30am-2.00pm, www.madeincumbria.co.uk

Crosby R'sworth: Crosby Ravensworth Village Hall, 2pm-7pm

Flookburgh: Lakeland Leisure Caravan site, 10-2.30pm, www.ortonfarmers.co.uk

Greenhead: Greenhead Village Hall, 10-2pm, www.hadrianswallfarmersmarket.co.uk

Kendal: Kendal market place, 9.30am-3.30pm, www.madeincumbria.co.uk

Middleton: village centre, 10am-3pm, www.middletonplus.org.uk

Milnthorpe: Milnthorpe market place, 9am-2.30pm

Orton: Orton near Tebay, village centre, 9.30am-2pm, www.ortonfarmers.co.uk

Penrith: town centre, 9.30am-2pm, www.eden.gov.uk

Pooley Bridge: behind the Sun Inn, 10.30am-2pm, www.ortonfarmers.co.uk