



How many landmarks can you see today?

Caistor Rock
ZERO FOOD MILES
VEGETABLES

Caistor Rock Springs
(how many springs can you find?)

Forest Pines Hotel

Scunthorpe Steelworks

Glanford Brigg Power Station

Normanby Wind Farm
(visible when the sun catches the tops of the turbine blades)

Keep an eye out for the Belted Galloway cattle

Humber Bridge
(you can see the south bank pier on a clear day)

Humberside Airport



Why your support matters . . .

Rock Foundation at Grimsby and Caistor helps people with learning disabilities develop life and employment skills. Using practical workshops and supported work placements, we nurture independence and self-esteem to create a better quality of life for our students. At our ten-acre Caistor site, which boasts stunning views, we have a tearoom and gift shop, and offer hand-made garden furniture from our own workshops. Our hillside market garden provides seasonal vegetables, which are for sale by donation from our Market Stall.

Take home the *freshest* fruit and vegetables

This stunning hillside garden is run by a small volunteer team to raise funds for the Caistor Rock Foundation charity. It provides year-round seasonal vegetables, for sale by donation at the entrance to our popular Tea Room, Gift Shop and Sweet Emporium. The garden is also a valuable teaching resource for those of our students who delight in being outdoors whatever the weather on this inspirational but breezy site.



Caistor Rock Tea Room

Opening times

TUESDAY TO THURSDAY
9.30am – 4.30pm

FRIDAY 9.30am – 4.30pm

SATURDAY 9.30am – 4.30pm

To reserve a table please
call 01472 859075

- Full menu served until 3pm: thereafter beverages and light snacks until closing.
- The Tea Room is occasionally reserved for special functions. Please check our Facebook page for advance notice.

If you haven't any change for the fresh veg Honesty Tin, please pay in the Tea Room



Delicious fresh vegetables from our hillside market garden

Caistor Rock's hillside market garden is run by a small team of volunteers with help from our students, to raise funds for the Caistor Rock Foundation. It provides fresh vegetables, for sale by donation: in other words, please pay what (to you) represents good value for money.

ZERO FOOD MILES FOR MORE FLAVOUR



OUR MARKET STALL was built by Rock Foundation students at Grimsby to the same high standards they employ when making the competitively-priced garden furniture for sale here at Caistor.

OUR AIM is to sell fresh produce on the Market Stall right through winter, but much depends on the weather.

WE MAKE chutneys, pickles and soups from our fresh produce and they are hot sellers. Some are mild, some spicy. But once they're gone, they're gone.



CAISTOR ROCK

Whilst stocks last!



- Freshly made with parsnips and onions from our own market garden (plus Waitrose herbs and spices).
- On sale now at our Market Stall, at the main entrance, whilst stocks last.