

GOOD FOOD STORY

Name: Ali Lamont
Project: Solway Edge Veg
Location: Borgue

EDGE VEG



Describe your project

I grow a range of seasonal fruit and veg on a small farm outside Borgue, Kirkcudbright. Most produce is sold at the on-site farm stand, with some supplied to local people, shops, and restaurants. I run the market garden myself day to day, with occasional help from friends and family.



How did you get started?

I grew up on a dairy farm, so food production has always mattered to me. After working in horticulture, the chance to start a market garden at Balmangan, a nature-friendly farm, felt right. My aim is to grow fresh, seasonal produce in ways that support nature, reduce food miles, and connect people with where their food comes from. Keeping it small-scale and chemical free ensures local access to healthy, sustainable food.



What have you learned?

My first year has been full of challenges—creating growing spaces, building systems, and adapting when things didn't go to plan. I've deepened my understanding of regenerative growing and seen firsthand how healthy soil benefits everything else. Conversations with customers and neighbours have shown the strong demand and support for local food and the importance of small producers in building resilient, community-based food systems.

What does sustainability mean to you?

I use no-dig methods to build soil health and biodiversity. Composting recycles nutrients, while leaving roots in the soil supports its ecosystem. I avoid synthetic fertilisers and pesticides, relying instead on mulching and companion planting for pest and weed control. All produce is sold locally through the farm stand, shops, and restaurants, keeping food miles low and ensuring customers enjoy fresh, seasonal food grown without chemicals.



What are your plans for the future?

In the next few years, I want to continue developing the market garden at Balmangan, building on my first year's experience. I'd like to expand the variety of produce I grow to more perennial plants, trees and mushrooms. I hope to further develop the sustainable practices I use, exploring ways to enhance soil health, support biodiversity, and make the garden even more regenerative.

I'd like to build stronger connections with the local community, offering more opportunities for people to engage with the garden and produce through workshops and working with schools. Keeping the business small-scale and local, I'd like to explore ways to increase accessibility so more people can enjoy fresh, seasonal food.

Ultimately, my goal is to create a resilient, nature-friendly market garden that produces high-quality, chemical-free produce that has a positive impact on the local community and environment.



What good food changes need to happen in D&G?

Increased awareness of the benefits of local food and the availability of it.

More access to land and opportunities in agriculture that specifically adds to local food systems.

More access to grants for small scale producers.