

Frosty's Greengrocers is a very unique shop that is loved by the local community. We specialize in Organic food and wholefoods supporting local farms. As a family we are very passionate about health and wellbeing having self healed numerous conditions in the family. We have all walks of life come into the shop including many local people who have extra needs. They come here to feel welcomed and spend time in a loving space. And we've come very aware of how we provide such a special service for them by just being in the shop. We strongly feel that by having a café section in the shop we will be able to provide an even better service for those we are lonely and need some love in their life as well as the health aware people who want a healthy option for food in Pontardawe. We are currently providing teas and coffees but have had a massive increased in people desperate for us to share our knowledge of food and create a café.

Before covid we had 32 small local businesses selling either food related products or crafts. But we have found that many have stopped their businesses. We strongly feel that by having a café section as well as the shop we can use the local food and food products on our menu then in turn selling them in the shop.

On a very small scale we do offer talks and events on different subjects including workshops making crafts, knowledge on the energy system by a local Myofascial therapist and other educational subjects. We have local craft and food suppliers that we sell in the shop and they have been asking for a space to share knowledge about making preserves, candles, jewelry and also talks on nutrition and local permaculture, as we support locals farmers and have a passion for organic food. Creating a space and supporting other local health therapists not only creating more jobs within the shop but by also upping the demand on local products. They will all relate with the business as were supporting and supplying local products. These talks will be held once a month on a Sunday as thats when Pontardawe is quiet and needs a bigger foot fall. Depening on the requirements of the talkers, these will go on from between 9am- 2pm.

We are provisionally putting our opening times to the following

Monday- Wednesday 8am – 5pm

Thursday – Friday 8am – 8pm

Saturday 8am – 8pm

Sunday 10am – 2pm

Bank Holidays – 10am – 2pm

Sunday we have noticed that there is no where locally that the local dog walkers and holiday makers can go for a coffee. Our coffee that we serve is a well known local Brand Coaltown coffee. We have a qualified barista working in the shop and bring able to provide top quality services in Pontardawe