

# GOOD FOOD GUIDE

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2007



The  
**Journal**  
Series

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# Good food is the word



**FOOD, glorious food, is all around us here in the Vale of Evesham, so where better to celebrate all that is local, seasonal and of the very best quality.**

We are approaching British Food Fortnight, a celebration of all that's so good on our national menu. Therefore, here, in the Journal's Food and Drink Magazine, we aim to look at some ways and means of enjoying the very best on offer in this Heart of England and what our local land has produced for us to put on our plates.

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A Journal Series Publication

By Carolyn Morris

Editor John Murphy

Nowadays, people are starting to demand more from their suppliers and the very best for their families, children in particular, and of course, enjoying eating out, trying new tastes and flavours – as well as having a go themselves at home, both in the kitchen and the kitchen garden.

On our doorstep really is a wealth of quality which is savoured far and wide – so why not join in with the aims of the national celebration? Don't take it for granted, wave your napkin with pride and celebrate all the rich bounty supplied by our fertile and generous lands.

**Food Fact:** *On average, an hour was spent in the kitchen preparing and cooking the family meal in 1980. Today, we spend less than 20 minutes making our main meal.*

**Food Fact:** Many fruits contain antioxidants, thought to protect us against some diseases and the effects of ageing

# Fly the flag -buy British

BRITISH Food Fortnight has been set up to fly the flag for the British Food Industry and encourage people to lift the lid and savour the flavour of our national dishes in all their finery.



Now in its sixth year, it is supported by national organisations keen to promote all areas of British food production and creation - from seed to plate and everything in between.

And this year, organisers are keen to spread the word to the next generation. A new initiative for '07 has seen more than 9,000 chefs volunteering to work with children in schools to demonstrate the delights of our national cuisine and show them how to prepare local, seasonal food in an imaginative and interesting way.

Organiser Alexia Robinson said: "Whether you are a shop owner, a teacher, a chef or a member of the public, British Food Fortnight is inspiring people to rediscover the diverse and delicious food our country produces.

"The event is now much more than a fun focal point for our national produce; it has become a major mass movement that is changing the way we choose, cook and enjoy our food."

Shops, supermarkets, restaurants, markets, cafes – all kinds of food and drink outlets will be taking part and promoting their national produce during the fortnight, hoping to inspire the nation to get involved and put a bit of British on their plate.

More information, tasty links, recipes and suggestions for people working with children, are available for anyone interested on the British Food Fortnight website at [www.britishfoodfortnight.co.uk](http://www.britishfoodfortnight.co.uk).

**Food Fact:** Oats are a great way to keep cholesterol down and they contain zinc and iron which boost concentration.

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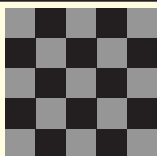
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# Hillers:- Local and loving it!

'FOOD Miles' is a phrase becoming more and more common in the national dialogue. How far has that food travelled to land on your plate? It's an interesting question for the conscientious consumer, prompting thought for the environmental benefits of buying the food available locally at local sources.

The Vale of Evesham and the North Cotswolds areas have traditionally been famed for their farm shops, roadside produce stalls and pick-your-own (and we can't make a food magazine without mentioning the famous Vale asparagus). And now people are asking why food is being grown and reared all around us but only a small amount of it is available in our supermarkets.

Hillers Farm Shop, at Dunnington, near Alcester, is one of our best local examples of a family farm business thriving as a supplier of fresh foods direct to the public.

Hillers has been in the same family for more than 80 years and as well as its farm shop, it has a garden centre, display garden, gift shop and a café which has just been named as one of the top 10 al fresco dining places in an Independent Newspaper guide.

Manager Jo Shadbolt explained that Hillers was all about a local family farming and growing, supporting fellow producers and offering top quality super-fresh foods as well as moving with the times to also give people the modern processes and extras they demand.

"We cut cabbages in the morning and they're sold by lunchtime," she said. "It's that old-fashioned garden-to-plate ethic which people want and we try to provide. Supermarkets are great as they bring a whole range of choice but our customers want choice plus the quality that comes from people being careful about the suppliers that they use."

At Hillers, they use Ragley Meats – animals literally come from over the fence – and there is a third-generation fishmonger there too. Prepared food is cooked on site and even the bread is baked on the premises. It also provides jobs for up to 100, mainly local, people and is open every day.

Find out more at its website

www.

hillers.co.uk.

Shoppers can support local producers by visiting farm shops or markets all around the area.



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# Squeeze the best out of your fruit

HAND-in-hand with the orchards, wild fruit trees and veg of the Vale has existed a long tradition of cider, perry and wine-making, with many an old shed hiding a barrel or demijohn brewing away some potent concoction.

Although nowadays, many of these old skills and recipes are lost – and good wine is so readily and cheaply available – there are still enthusiasts keeping the tradition alive by making and drinking the brews fermented in traditional ways and an organic drinks boom has also accompanied the growing interest in organic produce.

Home-made cider, the taste of summer, is still advertised along the roadside as well as crafted by specialist producers all over the area, who are coming up with prize-winning ciders, perrys, juices and ales, on sale nationwide or in local farm shops and markets or at special festivals.

Pershore College has been a centre for support of the local cider industry for many years since starting at Worcester College of Agriculture, Hindlip, in the late 1980s. The college moved the

facility to its current location at Pershore in 2004 and has been designed and built with the aim of providing a facility for research of small-scale production. Since reopening, the unit has supported more than 30 local businesses bottling more than 66,000 bottles of



cider and producing more than 64,000 bottles of apple juice and other drinks (like wine and spring water pressé), as well as making the very successful Pershore College range of apple juice and ciders. Look out for the labels in local stores.

The production is managed by Richard Toft, an experienced producer and former treasurer of the Three Counties Cider and Perry Association. He is preparing for the pressing season coming up.

The college Fruit and Organic Crops Unit trades at Avonbank Fruit and grows produce to supermarket standard, under the Red Tractor scheme, produced with hygiene, animal welfare and environmental impact in mind. It produces apples, pears, plums, strawberries, raspberries, currants, cherries, asparagus and honey. It works with schools, too, to raise awareness of food and its origins and uses the products in its own refectory service as well as working with the delivery service fresherbymiles.com.

The college offers courses in food and drink production and apple juice processing along with many other food courses, from basic hygiene to degrees.

To learn more about the college courses, facilities or produce (you can even start by picking-your-own!), see the website at [www.warkscol.ac.uk/pershore](http://www.warkscol.ac.uk/pershore) or call 01386 552443.

# Sustainability at the heart of organics

TWENTY years ago, a farming family which held land near Stow and in Staffordshire, decided to turn its acres over to organic production.

Now Londoners are able to step into rural England on their doorstep, for a taste of Daylesford Organic which has counters at Harvey Nichols and Selfridges added to its growing list of outlets.

Locally, however, we have the splendid farm shop at Daylesford, near Kingham – or its internet shopping service – where we can buy the same quality produce as the choosy foodies in the capital.

All those years ago, the path into organics was less trodden, but at the same time was being explored by another great Gloucestershire-based champion of organic farming – Prince Charles – who was giving his own very public support to the movement, by starting his own Duchy brand around the same time.



Nowadays, more people are taking notice of the food they eat and choosing more and more to look to local quality produce which has been produced with minimum interference, in a traditional manner and with carefully-treated animals.

A spokesman for Daylesford told the Good Food Guide: "After twenty years committed to organic farming, we're delighted to see others share in our philosophy; their passionate belief that organic produce tastes better, is healthier and helps safeguard the environment for future generations."

Daylesford claims it can prove that organic food tastes better. It is now well known that food eaten in season is better for us and according to Daylesford, scientific research is now showing that organic food really is better for you,

**Food Fact:** More than 60 million people live in the UK, with approximately 1% employed in agriculture. Between them, these people produce around 67% of the food we eat.

**Food Fact:** Vegetables are simply tasty, edible parts of plants. We eat roots (carrots), tubers (potatoes), stalks (leeks), leaves (cabbages) and seeds (peas and beans).

**Food Fact:** Nearly 80% of those who do the regular family shop are women, and a huge 94 per cent of shoppers buy their food from a supermarket near their home.

rather than just an ethical choice: Organic milk is higher in omega 3 fatty acids, and higher in vitamins E and A/ non-organic food contains additives which can make the body susceptible to heart disease, osteoporosis, migraines and hyperactivity/ non-organic food may contain residues of chemical pesticides and these have been found in baby food, spinach, dried fruit, bread, apples, celery and potatoes/ organic farming strictly prohibits the use of genetically modified (GM) food, and antibiotics in farm animals. And the list goes on.

As time has gone on, Daylesford has extended its philosophies and policies. It supports food education (and provides organic food for local primary schools), traditional food making techniques and traditional country crafts. The company uses power-saving and environment-friendly devices and materials at its buildings and works on finding the best forms of packaging to try to ensure the most careful impact on the environment, again from seed to plate, and to ensure that the land is able to sustain and provide for the years to come.

Daylesford has its own master butcher overseeing meat production, its chickens are free-range Sassos, it has a creamery where it produces its own cheese, it has its own bakery and a team of chefs produce a list of tasty sauces, soups, preserves and other ready meals.

Head out to the farm shop, open daily (01608 731700) or see the website ([www.daylesfordorganic.com](http://www.daylesfordorganic.com)) for more details.



● Shop and sheep - at Daylesford Organic



# IN THE KITCHEN

With local MP Peter Luff

// My wife and I both have good appetites and greatly enjoy our food. Access to the Vale of Evesham is one of the many privileges of living in this beautiful area, and the local produce that can be easily purchased is a great treat.

We both like to buy local produce. Farm shops, markets and local greengrocers are a friendlier, quicker and more pleasurable way to shop than queuing up in anonymous supermarkets - and buying seasonal produce fresh from nearby fields makes all the difference to flavour. Seasonal fruit and vegetables are often more expensive in supermarkets as well - and what a pleasure it is not having to face unwrapping and recycling quantities of the packaging which too often accompany supermarket produce. The best wrapping is a brown paper bag!

A good meal, to me, is one that includes seasonal produce and involves a bit of effort without being too complicated. My ultimate favourite starter is asparagus but I would certainly only buy this in season. At this time of year, Julia and I might be lucky enough to pick some wild field mushrooms - their flavour is unbeatable - but bought mushrooms will do well too!

## Mushroom Soup

- ☞ Chicken stock cube dissolved in 1pt boiling water
- ☞ ¼ lb/100g mushrooms, picked over, wiped and chopped
- ☞ 1 crushed garlic clove
- ☞ Large slice of wholemeal bread
- ☞ Some single or double cream
- ☞ Grating of nutmeg

Lightly fry the mushrooms and garlic in a knob of butter and/or a tablespoon of olive oil. Add salt and pepper. After a few minutes pour in the stock. Add the bread to thicken the soup. After 10 minutes put it through a food mixer and adjust the seasoning. Add a grating of fresh nutmeg or a sprinkling of parsley. Stir in a spoonful or so of single or double cream and serve.

After that I'd probably choose pork - bought from a local butchers shop (we go to one in Pershore where I know that all the meat comes from within a 10-mile radius) and make:

## Pot-Roasted Pork in White Wine with Garlic, Fennel and Rosemary

(This takes only five minutes to prepare!)

- ☞ 1 x 1.5kg/ 3½lb loin of pork, off the bone and skin removed
- ☞ Salt and ground pepper
- ☞ 1 tablespoon of fennel seeds
- ☞ 2-3 large knobs of butter
- ☞ Olive oil
- ☞ 1 handful of fresh rosemary, leaves picked
- ☞ 8 cloves of garlic (skin left on)
- ☞ 4 bay leaves
- ☞ Half a bottle of cheap white wine (Chardonnay is good)



**Food Fact:** It usually takes around ten minutes to milk a single cow by machine. Most dairy cows are milked twice a day.

**Food Fact:** Herbs are a great way to perk up your meals, and get some extra nutrients as well. Some are packed with natural cancer-busting chemicals.

Preheat the oven to 200c/400F/gas 6 or top oven of the Aga! Tie up pork loin with three bits of string. Season pork generously and roll the meat in the fennel seeds. In a casserole pan or roasting tin fry the meat for a couple of minutes in half the butter and olive oil until golden brown.

Add garlic, herbs, fennel and wine, then cover the pan or tray with a lid or foil and put in oven for 1½ hours. As it is off the bone the pork cooks quickly.

Remove from the oven and allow the meat to rest. Then, without any more heat, finish off the sauce in the pan by scraping off bits from the bottom and adding the rest of the butter.

Take out some of the rosemary if you wish, and squash open some of the very tender cloves of garlic. It's ready! (This is also good cold the next day).



## ***Blackberry Puree Over Fresh Fruit etc***

Finally, we make use of the quantities of blackberries which hang especially heavy on the brambles this year. Our freezer is bursting with pots of these as my wife loves to produce a frozen homemade summer pudding at Christmas time, doused in a good blackberry puree - or the trendy description is a coulis! We reckon this pud is perfectly accompanied by a bottle of sweet and fragrant pudding wine which we count as a great self-indulgence.

Take a big bowl of blackberries – quantities really don't matter very much! Add two tablespoons of water and two tablespoons of granulated or castor sugar. Microwave the blackberries on high for two minutes and then blast them in a food mixer until everything has turned to pulp. Mash the mixture through a sieve and add more sugar to taste. Serve either over a bowl of seasonal fresh fruit – the last of the strawberries and raspberries, or over stewed apples – and dollop on some of the lovely rich organic natural yoghurts you can so easily buy now. Otherwise this puree is superb with a rich, vanilla baked cheesecake.

Then – if I was really pushing the boat out, it would have to be a cheeseboard of Michael Stacey's Gorsehill Abbey Farm organic cheeses; Lightwood Cheeses from Lower Broadheath and Anstey's cheeses from Kempsey.

What riches we have on our doorstep! //

*Peter Luff. MP for Mid Worcestershire*

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# Puddings are a

ALL that delicious British dinner is all very well but what about that other joy - the great British pud!



● Passionfruit Charlotte

A few years ago, the rise in pub grub of the 1980s saw our traditional puddings, like Spotted Dick and Sticky Toffee Pudding, being replaced by the likes of Black Forest Gateaux and cheesecake.

But there were a few rebels determined to overturn the trend and return our proper puds to their rightful place of honour. They formed a special club which has drawn interest from all over the country and even further afield.

The Three Ways Hotel in Mickleton has become a haven for the sweet-toothed everywhere and the Pudding Club meets there for regular get-togethers for its members to sample their favourites and try new dishes – a light lunch is followed by up to seven puddings to sample and score. Members have a pudding delivered to their door and the option to buy more and there are even recipe books published and a pudding of the month on the website for everyone to try. Many will have seen the famous club featured in the media and it's always very popular, with very few spaces, but it doesn't stop there – the puds have seeped all over the hotel.

Now there are pudding-themed rooms – the Syrup Sponge Room,

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# sweet success

the Chocolate Room, the Spotted Dick and Custard Room or the Summer Pudding Room, to name a few. And they all look good enough to eat!

Sunday lunches at The Three Ways include a pudding buffet, you can also book a private pudding club meeting (40 or more people) and special events are on-going too, with a scrumptious looking chocolate-themed weekend on the cards for October.

Jill Coombe, who took over the hotel and the pudding club in 1995, echoed the words of chefs, cooks and food lovers nationwide with her reply to the question of the perfect pudding. "The starting point in any dish is to have best quality ingredients," she said, adding: "In terms of our puddings, our chef Shiela Vincent is our best ingredient – she's about as good as it gets!"

The team at The Three Ways also won Best Small Hotel of the Year in tourism awards for 06/07, when judges were looking for hotels which offered a great service while making full use of local produce. Call at the hotel for more information or look at the website at [www.pudding-club.com](http://www.pudding-club.com) (01386 438429).



● The Chocolate Room

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# Thinking of the children

A BIG story at the moment, is the rise in obesity in our children and also the effects on their well-being and behaviour of a poor diet.

This is put down to, in the main, a reduction in exercise, coupled with poor, high-fat convenience foods, due to our busier lifestyles.

Many will know about famous TV chef Jamie Oliver's campaign to improve school dinners for children, which has done a lot to raise awareness of the importance of feeding quality, nutritious food to our youngsters if we want them to grow up healthy adults.

There is a lot of information available to parents looking for advice on what their children should be eating, and how to get them to eat it!

The BBC website's health section is one place where you can find advice on different nutritional needs for children of different ages.

Toddlers aged one to four need small, frequent and nutrient-dense meals, according to the advice. They need iron for healthy blood cells (red meat, cereals, bread, eggs, beans, pulses, green leafy veg), dairy products for calcium and vitamins A, for skin, hair and bone development (yellow, orange or dark green fruit and veg, liver and dairy products), C for bone, cartilage and muscle development, and to help the body absorb iron (citrus fruits, berries, veg, potatoes, fruit juice) and D for bones and teeth and the heart and nervous system (oily fish, fortified margarine and dairy products).

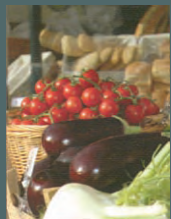
Children aged five to 12 need energy to suit their lifestyles and nutrients to help them grow. They need iron (anaemia is common in young girls), calcium (around a pint of semi-skimmed milk a day) and folate (fortified cereals, breads, leafy veg, pulses). Try to give this age group a daily diet of plenty of carbohydrates – bread, cereals, pasta, rice, etc – five portions of fruit and veg, a pint of milk plus other dairy products and two portions of fish, meat or alternatives (eggs, beans, pulses, nuts).

Fatty, sugary foods should only be given in small amounts rarely as they are loaded in sugar, fat and calories but with little nutritional value.

During teenage years, children's needs change again, with rapid growth and gain in bone and muscle. Up to 13% of teenage boys and girls have been found to have low iron stores, so it is important to keep up iron-rich foods, with orange juice, for instance, to help the body absorb it. A quarter of teens have also been found to be lacking in calcium, so the pint of milk a day and the likes of soya milk, tofu, cheese, sardines and white bread is good to include. They should continue with their balanced diets and ideally be eating breakfast in the mornings, drinking eight glasses of fluids a day taking regular exercise - and be sensible as they try alcoholic drinks.

There is a wealth of information available on websites and from health centres and schools and libraries. See [bbc.co.uk/health](http://bbc.co.uk/health) for a good place to start, or ask your doctor for advice.

**LUNCHBOXES:** Experts say the school lunchbox is so important, it can improve your child's behaviour, attention and learning during the day. The following are a few ideas for tasty lunches: Pasta salads, soup in a flask, chicken skewers, Spanish omelette, tortilla wraps, fruit kebabs, pitta bread, hummous and chopped vegetables, chicken drumsticks, rice salad, plain popcorn, home-made biscuits, muffins, flapjacks.



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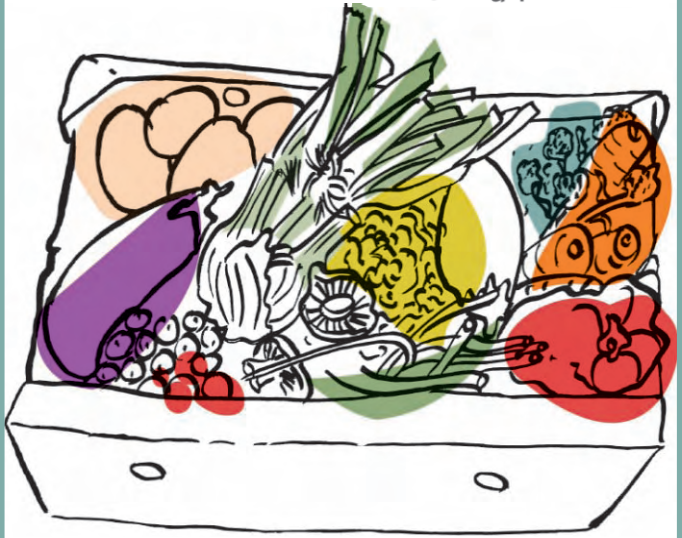
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# Look out for the red tractor



Eat British! – Go Local! – Support the local economy and eat the best of foods.

Those are the messages from British Food Fortnight but how do we go about doing our bit?

In this area, rich in its horticultural heritage, it is easy to notice the pressures on our national food industry, the changes it has had to undergo and the competition it faces. Below are some ideas how you can play a part in helping preserve it, one for each day of the fortnight:-

● Keep your eyes peeled for the Red Tractor logo in the shops. It means the farmer has been approved by independent inspectors and awarded the British Farm Standard.

- 1 - When shopping, make an effort to seek out British Food. Look at the label – is there a British equivalent?
- 2 - Shop at the local butchers, grocers, farm shops and markets.
- 3 - Seek out food which is in season.
- 4 - In the pub, team up a local beer with a local food speciality.
- 5 - Think beyond the chicken nugget when planning a family meal out - ask for small portions of adult meals if necessary.
- 6 - Explore food from the different regions in Britain when travelling.
- 7 - Ask caterers at school/college/work if they would consider serving British produce.
- 8 - Encourage teachers in schools to run food-related activities to educate children about good food at an early age.
- 9 - How about cooking a British Food Fortnight Feast for friends?
- 10 - Plan a family outing to a food festival.
- 11 - Pick your own. You can look up sites at [www.pick-your-own.org.uk](http://www.pick-your-own.org.uk) or rummage in hedgerows for blackberries.
- 12 - Grow your own. Have a go at growing something – it's possible even in the smallest space.
- 13 - Celebrate the harvest. British Food Fortnight is staged at Harvest Festival time. Join in with a celebration or spend a moment to give a thought for our fertile land.
- 14 - Don't forget the carrot! Enjoy all that Britain has to offer, but above all, remember to enjoy its fresh in-season veg.

**Food Fact:** Nuts are for life, not just for Christmas! Crack into cobnuts, sweet chestnuts and walnuts and stock up on important protein, vitamins, minerals and fibre.

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**GOOD  
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*Notes...*





**Food Fact:** In Britain, we eat a whopping total of 38,000 tonnes of chips with our dinners every week.

# IN THE KITCHEN

With Conservative Leader and Chipping Norton MP David Cameron

## *Slow Roast Shoulder of Lamb*

// Take one shoulder of lamb, pierce it a few times and rub in garlic and rosemary. Rub the joint in oil and black pepper. Place some thyme underneath it and stuff it in a large casserole. Chop up three big carrots, three leeks, a handful of baby tomatoes, three sticks of celery and any other root vegetables you have lying around.

Pour one tin of plum tomatoes over the top. Pour in one whole bottle of red wine. Throw in a whole bulb of garlic (cloves separated) and crumble two small dried red chillies over the top.

Put in the oven for 3½/4 hours: first half hour in at 180° and then turn oven down to 140°.

(With thanks to Jamie Oliver)

The reason I like this recipe is that after breakfast on Sunday it can be prepared and put into oven and you do not have to do anything else until you take it out for Sunday lunch.

//

**Food Fact:** Descended from the Asian jungle fowl, chickens were first domesticated around 5,000 years ago. They are now the most common domestic animal.





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# It is in season?

**T**HE very best food for our bodies, so the scientists say, is food in season.

Seasonal food provides the right nutrients we need at the right time of the year, apparently, and our bodies work and respond better when they are in harmony with the changing seasons of the earth – something which goes back to our most ancient roots.

They say that while it is interesting and good to enjoy the many flavours on offer to us from all over the world nowadays, the very best food for our health is that which we find locally and which changes throughout the year. It also cuts down on environmental impact, costs less to transport and supports the local economy. You can learn more from the [eattheseasons.co.uk](http://eattheseasons.co.uk) website where there is information and recipes about seasonal food, as well as a seasonal food of the week and there are plenty more websites offering similar information.

So what's in season when?

Here's a guide of just some seasonal foods from the folks at British Food Fortnight HQ:-

**SPRING:** Beef steaks; Chicken; Sausages; Spring Lamb-Grills / Asparagus; Carrots; Cauliflowers; Celeriac; Cucumbers; Curly Kale; Purple Sprouting; Broccoli; Savoy Cabbage; Sorrel; Spinach; Spring Greens; Spring Onion; Watercress; Gooseberries; Rhubarb / Crab; Haddock; John Dory; Lobster; Mackerel; Monkfish; Prawns; Sea Bass; Sea Salmon; Trout; Turbot

**SUMMER:** Beef Steaks; Burgers; Chicken – kebabs and grills; Ham; Lamb – Grills; Pork Pies; Pork - Spare Ribs; Saltmarsh Lamb; Sausages; Venison / Beetroot; Broad Beans; Carrots; Cauliflowers; Cucumber; Fennel; Fresh Peas; Garlic; Green Beans; Lettuce and Salad Leaves; New Potatoes; Radishes; Runner Beans; Sage; Salad Onions; Squash; Tomatoes; Watercress / Blueberries; Currants (black, white, red); Elderflower Berries; Greengages; Loganberries; Plums; Raspberries; Strawberries; Tayberries / Crab; Pilchards; Wild Salmon

**AUTUMN:** Chicken; Grouse; Ham; Heather-fed Lamb; Pies; Pork Roasts; Sausages; Venison / Field Mushrooms; Lettuce; Marrow; Potatoes; Pumpkin; Rocket; Squashes; Sweetcorn; Watercress / Apples; Blackberries; Damsons; Elderberries; Pears; Plums; Sloes / Brill; Dabs; Dover Sole; Flounders; Oysters; Skate

**WINTER:** Casseroles; Chicken; Gammon; Goose; Partridge; Pheasant; Pies; Roasts; Sausages; Turkey; Venison; Wild Duck / Bay Leaves; Brussels Sprouts; Cabbage; Carrots; Cauliflower; Celeriac; Curly Kale; Fennel; Leeks; Parsnips; Potatoes; Red Cabbage; Swede; Turnips / Apples; Pears; Quince / Grey Mullet; Mussels; Scallops

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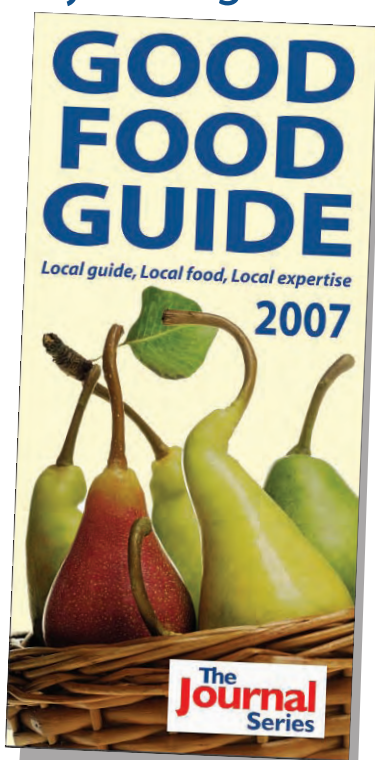
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# Be tempted by the treats at the market

FARMERS' Markets have been a real success story around the country, cutting out the middle man and offering local people local produce direct from source.

There are farmers' markets stationed all over the country now and many are linked to The National Farmers' Retail and Markets Association, which assesses them to make sure they follow certain guidelines.

These guidelines ensure the ethos of the farmers market movement is adhered to and that customers can be sure of what they are buying. The rules say that producers must be local and each must sell just their own produce. Therefore, you can expect to buy seasonal produce, home-made foods and talk directly to the people who grew, reared or prepared it.

In Worcestershire, accredited farmers' markets are held in Pershore, Brefforton, Broadway, Droitwich, Worcester, Bromsgrove and Malvern. In Gloucestershire, they are held in Stow, Gloucester and Stroud.

See the national website [farmersmarkets.net](http://farmersmarkets.net), or see [worcestershire-farmersmarkets.net](http://worcestershire-farmersmarkets.net) or call 07795 656748 for more information on when they take place.

There are plenty of other similar events which also promote local food. Tewkesbury Farmers Market, for instance, is staged on the second Saturday of the month, backed by the borough council, and in our local towns, the local produce markets are of course, mainly staffed by local growers and producers.



BRITISH Food Fortnight is promoting some websites to help people find the local fresh produce they are looking for. Log on to...

[www.foodfrombritain.com](http://www.foodfrombritain.com) - a guide to regional producers and a shopping market where you can purchase direct.

[www.soilassociation.org](http://www.soilassociation.org) - for organic producers.

[www.thecheeseweb.com](http://www.thecheeseweb.com) - info about cheese.

[www.thefoody.com](http://www.thefoody.com) - recipes, info, events.

[www.specialistcheesemakers.co.uk](http://www.specialistcheesemakers.co.uk) - cheesemongers and makers.

[www.sausagefans.com](http://www.sausagefans.com) - Sausages and suppliers.

[www.camra.org.uk](http://www.camra.org.uk) - Find local beers and ciders.

[www.englishwineproducers.com](http://www.englishwineproducers.com) - Wines, vineyards and producers.

[www.finefoodworld.co.uk](http://www.finefoodworld.co.uk) - Training info for deli counters.

**Food Fact:** Each year, about 4,000 tonnes of honey is produced in the UK by more than 35,000 beekeepers.



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