

News from West Winds in Buckden at the heart of the Yorkshire Dales

Wednesday 20 June 2012

West Winds Herb Trail now open



Visitors to West Winds can now experience the distinctive sights and smells of more than 30 different cultivated herbs – and find out how to grow them too.

Our **Herb Trail** includes many types of culinary herb, including mints, thymes, parsleys, rosemary, lovage, marjoram, fennel, tarragon and chamomile. Many of the herbs grown are used on the tearoom menu with rosemary and lovage finding their way into savoury pies, black peppermint and chamomile due to provide refreshing herbal teas later in the summer, and a variety of herbs adding zing to our fresh salads.



Benson our gardener (left top) says: “Herbs can turn cooking into cuisine and are so easy to grow. And with many of them happy to exist in pots, even the smallest garden can host quite a range of plants that can brighten up many food dishes. Our herb garden has had a cold start this year but now seems to be making up for lost time.”

Some of the most interesting and distinctive plants on display include chocolate mint (left centre), pineapple mint, orange thyme and curry plant, all of which truly live up to their names.



A number of wild herb plants are also grown in the West Winds garden, including feverfew (used for centuries as a remedy for headaches, arthritis and fevers), hedge woundwort (once used to combat wounds and swellings), St John’s wort (still used as an anti-depressant), salad burnet (the leaves can be added to salads), herb Robert (left bottom; over the ages tried as a remedy for all sorts of internal complaints) and wild garlic (the pungent leaves can often be smelt in woodland after a sharp fall of spring rain).

For more information on growing or using herbs, visit www.herbsociety.org.uk or just come to West Winds...

Buckden Gala challenges Glastonbury for wet weekend crown



If you decided to stay at home instead of coming to the **Buckden Gala** last Saturday, well done – you made the right decision. The day was marked by fairly constant heavy rain, which took its toll on numbers. The picture shows quite a chunk of the people attending captured in one camera shot. Ice cream sales were horribly down on last year.

Nevertheless, the gruelling Buckden Pike Fell Race, sheep judging, children’s races, dog show and splat the rat all went ahead and despite it all, a significant sum was raised for Buckden Village institute funds.

Don't forget that if you won an Afternoon Tea or Fat Rascal Voucher from the West Winds "Try for a Teatime Treat" stall, you have until the end of June to spend it. After that, you won't get anything with it – you'll have to eat the voucher itself.

For a comprehensive photo record of the gala – which will surely challenge the Glastonbury Festival for this year's wet weekend award – visit www.flickr.com/photos/28296815@N04/sets/72157630156498924/show/

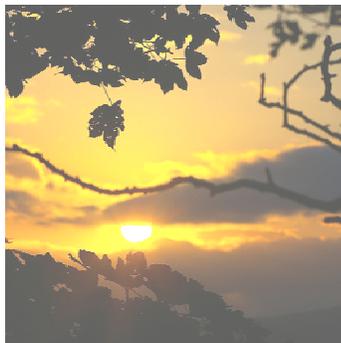
30th anniversary dates announced



We can now announce that the **West Winds 30th Anniversary Celebration** – dubbed the Pearl Jubilee – will take place from Wednesday 29 August to Sunday 2 September 2012. It will be 30 years since Lynn opened the doors of West Winds and started serving cakes to hungry passers-by.

Next month we'll be able to tell you what form our celebrations will take (we haven't quite worked it out yet) but we can say there will be some special offers that all lovers of cakes won't want to miss out on. Keep an eye on www.westwindsinyorkshire.co.uk for news...

Book now for last two Candle-Lit Barbecue Evenings



Our **Candle-Lit Barbecue Evenings** have always ended up fully booked since the first one was held in Arctic conditions in April. We are running just two more this summer, on Saturday 7 July and Saturday 4 August 2012. The September barbecue has now been swallowed up by the Pearl Jubilee.

At each barbecue we offer a generous spread of grilled meat or vegetarian items, baked potatoes and a variety of mixed salads. Afterwards the barbecue grill comes off, giving you the chance to make caraway seed twisters and toast marshmallows over a wood fire. There's hot spicy apple juice and hot chocolate but you are also welcome to bring your own beer or wine – we provide the glasses.

Tickets cost £10 for adults and £6 for under-16s. Places are limited and must be booked in advance, so if you would like to come, please call us on 01756 760883 or e-mail us at lynn@westwindsinyorkshire.co.uk *Please note that we cannot allow children under 12 or dogs to attend, the latter because our cats are hoping to come. Sadly but inevitably, all events are weather dependent and subject to confirmation on the day.*

Venison and Old Peculier casserole back on the menu



A fresh consignment of **Yorkshire venison** has just arrived at West Winds and our very popular venison and Theakston's Old Peculier casserole will be back on the menu at the weekend. It's served in a giant Yorkshire pudding and makes a very tasty, meaty meal. If you haven't tried it before, you know where to come, and if you have had it before, you'll be coming anyway...

Yorkshire jam-makers focus on local fruit



Continuing our series of focus-on-food profiles, we introduce our supplier of jams, jellies and chutneys – Bracken Hill Fine Foods...

We make our own gooseberry jam, damson jam and mint sauce but most of our other preserves come from West House Farm at Elvington near York. **Bracken Hill Fine Foods** is a family business run by Neil, Gill and Peter Maycock. Neil and Peter make all the products using local fruit wherever possible. Many of their recipes have won Great Taste Awards. And the preserves come in decent sized jars, making them very good value.



In 2009 Bracken Hill took over an old orchard at Sutton-upon-Derwent containing damson, greengage, Victoria plum and apple trees and with hedgerows rich in crab apples, sloes, elderberries and blackberries. Many of these fruits will be finding their way into Bracken Hill products.

We buy strawberry jam, apple chutney, red onion marmalade, Yorkshire chutney, blackberry and rowan jelly and quince jelly from Bracken Hill, all of which are available in our shop. You can also stock up at farmers' markets at Stokesley, Skipton, Humber Bridge, Hartlepool, Yarm, Richmond, Grassington and York.

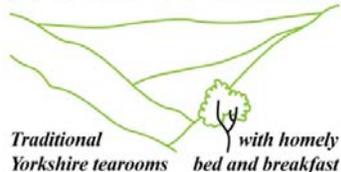
For more details, visit www.brackenhillfinefoods.co.uk

Opening and closing update



Please note that both the tearooms and guest house at West Winds will be closed from Monday 9 to Monday 16 July 2012. It's our early summer rest period. Don't phone or e-mail – you won't get any sense out of us!

West Winds



West Winds Yorkshire Tearooms

Behind the Buck Inn...

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