



News from **West Winds Yorkshire Tearooms**
in Buckden at the heart of the Yorkshire Dales
Monday 7 October 2013

Time to discover the crunchy, juicy world of real apples...



We hope to bring you some fabulously tasty treats at the end of the month when the **West Winds Apple Festival** celebrates the world of real apples. Forget the cardboard they sell in the supermarkets and sink your teeth into a proper Yorkshire-grown variety, fresh from the orchard or the back garden (see left).

This year we're buying in apples from both **Ampleforth Abbey Orchards** and **Helmsley Walled Garden**. You'll be able to try around 20 different varieties for free – some old English, some modern English, some that originated in other parts of the world.

Ampleforth | Abbey



They will include **flavour-packed icons** like Ribston Pippin (pictured left), Blenheim Orange and Kidd's Orange Red. Ribston Pippin is a true old Yorkshire apple. It comes from Ribston Hall near Knaresborough where it is alleged to have been raised by Sir Henry Goodricke from a pip brought back from his travels to Rouen in France around 1688. Blenheim Orange was raised around 1740 against the outside wall of Blenheim Park at Woodstock in Oxfordshire by a tailor called George Kempster. The tree became a local landmark at the time with passing horse-drawn coaches stopping to allow passengers to admire it. Kidd's Orange Red is a New Zealand variety known for its good looks and lovely sweet taste.



The West Winds Apple Festival runs from **Saturday 26 October to Sunday 3 November 2013** at the tearoom from 12.30pm to 5.30pm (closed Monday and Tuesday). That's half term week.



As well as tasting apples you won't find in the supermarket, you'll be able to buy the ones you like best to take home. There will also be a truly **apple-licious menu** of main course savoury dishes, puddings and cakes, all including a not-so-secret ingredient – apples – and served in front a crackling log fire...

And if you **bring some apples** from your own back garden to the tasting table, we'll swap them for a bag of your choice.

It's shaping up to have been a **good year for apples** with the right combination of sunshine, warmth and rain, particularly during the crucial pollination period in early summer. Ampleforth Abbey on the

edge of the North York Moors has some 2000 apple trees spanning 47 varieties. The orchard was originally designed to make cider and the varieties were chosen to make a good mix for that purpose. Today the apples not only go to make cider but also Ampleforth Cider Brandy and Ampleforth Apple Liqueur (pictured on page 1).

Just down the road, Helmsley Walled Garden contains the **Northern Fruit Group's collection** of 52 largely northern England varieties, with the trees mainly grown as cordons and espaliers. Cordoning involves making the plant grow as a single stem with short fruit-bearing side shoots. The trees are angled at 45 degrees and trained by wires strung between posts. Espaliers are trained to grow along the garden's old walls, producing flat, two-dimensional trees that are decorative as well as productive.

For more **information** about Ampleforth Abbey Orchards, visit www.abbey.ampleforth.org.uk/our-work/orchards and to find out more about Helmsley Walled Garden, go to www.helmsleywalledgarden.org.uk Otherwise, we hope to see you at West Winds later in October or at the beginning of November.

Good availability for bed and breakfast during October...



If you fancy a **short break** to view the autumn colours in Upper Wharfedale, then look no further than West Winds. We have one double room and two singles with a number of nights to choose from in October. Bed and breakfast with tea and cake on arrival costs just £29.50 per person, with a reduction for a second night. And if you get a group of four together, you pay a total of £106, which works out at only £26.50 each.

For more details about our **bed and breakfast** and how to book, visit www.westwindsinyorkshire.co.uk/bedbreakfast.asp

Not many shopping days left to Christmas now...



It's really not that long to Christmas now, so it's time to stock up on cards unless you want to be stuck with those ones of cats wearing Father Christmas hats and the others that normally don't sell well. This year's range of **Home Farm Trust Christmas cards** can be seen in the tearooms at West Winds with many attractive designs to choose from, including the cat-free one shown on the left.

And if you spend £10 or more on cards during a single visit to West Winds, you can ask for a **free coffee and freshly made scone** with home-made damson jam.

The **Home Farm Trust** is a national charity providing care for people with learning disabilities and support for their carers and families. In the North, the trust works with people in and around Leeds, Sheffield,

Derbyshire, Cheshire and the Wirral, providing day-care packages and supported living arrangements. For more information, visit the Home Farm Trust at www.hft.org.uk

The **Yorkshire Dales Millennium Trust** is also selling Christmas cards, plus a 2014 calendar, featuring views of the Dales, including one of our own photographs – sheep in snow at Hubberholme taken on Christmas Day a few years back. The charity raises money for environmental work in the Dales, particularly restoration of flower meadows and tree planting. Visit www.ydmt.org/shop

New season mint sauce now on sale...



We are now selling **mint sauce** made with fresh mint from our own garden. Coarse chopped, it's the ideal accompaniment to sausages, sliced cucumber, peas and, of course, roast lamb. Our mint sauce, shown here by our waitress Stephanie, contains mint, cider vinegar, sugar and nothing else.

Lynn's Teatime Cakes launches brandy-laden Christmas cake...



If making your own **Christmas cake** is another seasonal chore you could do without, how about ordering a special one from Lynn's Teatime Cakes? Made at West Winds (left), our Christmas cakes are baked to a very rich, brandy-laden recipe, covered top and sides with marzipan and icing, and presented in a snowscape finish with hand-made icing snowman and Christmas tree.



We can supply **two sizes**:

6-inch square (individual or couple size): £14.90

9-inch square (family size): £29.90

Please note size measurements are before the marzipan and icing go on, so finished cakes will actually be bigger than this!

Orders are **being taken now** and your Christmas Cake can be ready for you whenever you like. To place an order, call 01756 760883 or e-mail lynn@teatimecakes.net To see all the other treats we can fill your cake tin with, visit www.teatimecakes.net

End of tea and cake season approaches...



The final day of the West Winds Apple Festival will also signal the last day of the season at West Winds. After Sunday 3 November 2013 we will be **closed until the spring**. We'd like to thank our wonderful waitresses, Rachael and Stephanie, and of course everyone who has been to see us this year.



West Winds Yorkshire Tearooms

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