

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

Friday 9 September 2011

Buckden poetry workshop aims to help participants put emotions into words



The Yorkshire Dales landscape is truly inspirational, we'd all agree on that. For Sarah Lee (left, picture from the *Craven Herald*) it has inspired her to write poetry but her poems are very different to what you might read in a standard book of verse. Sarah writes in the style of Japanese Haiku, which dates back to the 16th century and often focuses on nature and the changing seasons. Haiku poems are written in three lines only with just 17 syllables in total.

Here are some examples of Sarah's writing:

Mandarin ducks on the Wharfe

*A flash of orange
And black on silken river
Moving like geisha*

Appletreewick

*Summer's first swallow
Skims the rippling Wharfe upstream
Blackthorn froths like wool*

Penyghent

*Flanked by Fountains Fell
Rising above Plover Hill
Lonely hill of winds*

"There's a tradition in my family", Sarah explains, "to try to come up with a Haiku to sum up a special day in the Dales. We often scribble them down on a serviette in a tearoom or a pub beer mat at the end of a walk."

After exploring the Dales with her family for many years, Sarah published a collection of her poetry earlier this year. The hand printed, hand-stitched *Curlew on Rain Slack* is a unique celebration of nature.

Now Sarah is offering the chance to pick up the art of writing Haiku from her during a one-day workshop here in Buckden. She will be sharing some of her work with participants and helping them write poems based on their own emotional response to the uplifting countryside around the village. There will be optional short walks to explore the autumn colours of Upper Wharfedale and lunch at West Winds is included. No poetic experience is necessary, just a desire to explore the Dales with a pen.

Sarah Lee's Haiku workshop takes place on **Saturday 15 October 2011** in **Buckden Village Hall** from 11am to 3pm, with optional morning coffee at West Winds from 10.30am. The cost is £24 (£21 concessions), which

includes a choice of Yorkshire puddings, salads and desserts for lunch. People at previous workshops run by Sarah have spoken highly of them:

“Sarah was good at reflecting on people’s contributions”

“I enjoyed having a space to reflect on the creative process”

“It gave me many new ideas”

“Excellent and inspiring”

To find out more or to book a place, contact Sarah on 01282 861838 or 07527 493445 or at sarahlee.highfield@gmail.com Places are limited and must be booked in advance, so if you’re interested, don’t delay! And if you don’t fancy a long journey home on the same day, at the moment we have bed and breakfast vacancies for the Saturday night...

West Winds turns to monks for help with apple festival



We’ve already started planning for our apple festival at the end of October, when we hope to offer the chance to taste at least 20 unusual and distinctly tasty apple varieties at West Winds.

We normally team up with Yorkshire Orchards at Wilberfoss near York but this year their trees have been affected by frost and won’t be producing many apples. So, we’ve been in touch with the only other commercial orchard in Yorkshire – Ampleforth Abbey on the edge of the North York Moors. Happily their trees are in good shape and the monks who tend the orchards (see left) have promised to supply us with apples and apple juice for this year’s **West Winds Apple Festival**.

Full details will be available nearer the time, but we hope to be displaying some very old Yorkshire varieties as well as others from Europe and the US. They’ll be a chance to buy apples to take home and, of course, Lynn will be providing a truly apple-licious menu for you to enjoy.

The apple festival runs from **Saturday 22 to Sunday 30 October 2011**.

For more details visit www.westwindsinyorkshire.co.uk/tearooms.asp and to find out more about Ampleforth Abbey Orchards, visit www.abbey.ampleforth.org.uk/our-work/orchards

New jams, jellies and chutneys add zest to West Winds dishes



For a while now we have been looking around for a new supplier of quality **jams, jellies and chutneys** that are able to enhance our menu with new tastes and textures. We think we have found what we have been looking for. **Bracken Hill Foods** produce a wide range of tasty products (see left) from their base at West House Farm at Elvington near York. It is a family business run by Neil, Gill and Peter Maycock and they use as much locally sourced fruit as possible.

In 2009 they took over an established orchard at Sutton-upon-Derwent and they have added to the existing stock with traditional varieties of fruits.

So, if you come to the tearooms towards the end of the month, you'll be able to have delicious quince jelly with ham salad, tangy blackberry and rowan jelly with rabbit or pheasant pie and a lovely apple chutney with Wensleydale cheese sandwiches. We'll also be stocking extra jars for sale in our shop area.

For more information about Bracken Hill, visit www.brackenhillfinefoods.co.uk

West Winds wins double in marrow contest



We are very pleased to announce that West Winds staff have won both First Prize and Second Prize from the **Buckden Horticultural Society** for **growing marrows**. In the annual awards announced only yesterday, first prize went to local green-fingered teenager Annabel, who is also a senior waitress at West Winds. Second prize went to Stephen (left), who helps Lynn run West Winds.

Stephen (left) said: "The fact that the Buckden Horticultural Society only has two members, Annabel and myself, shouldn't detract from what we have achieved. However, I will be speaking to the judges (Lynn plus Annabel's younger sister Sophie) to find out why I didn't win First Prize."

Please note that in the picture on the left, the marrow shown is simply an approximation of the one grown by Stephen.

Harebells provide late splash of summer colour



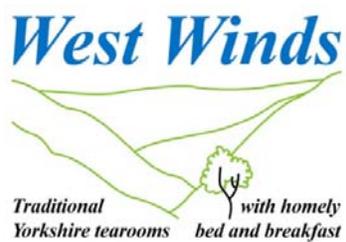
Beginning a new photo-feature is a picture taken by regular West Winds visitor Kathryn Summersgill. It shows **harebells**, which are providing a last sparkle of summer around Buckden at the moment.

If you have a seasonal picture you'd like to see in the newsletter, just send it to lynn@westwindsinyorkshire.co.uk with brief details.

Tearooms close for one week



Hard though it is for us to say, please don't make the trip up to Buckden to visit the tearooms next week. After Sunday 11 September 2011, the **tearooms will be closed** until 12.30pm on Wednesday 21 September. It's time for Lynn to take a break from the Aga but don't worry – she'll be back with renewed vigour, and so will the Aga!



West Winds Yorkshire Tearooms

Behind the Buck Inn...

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