

Food for Thought

Article by **Mark Hibbard**

Cornwall will always be famous for its Cornish pasties, saffron cakes, clotted cream and scones. But with the influx of Celebrity Chefs and award winning restaurants along with amazing locally produced fayre, Cornwall is now a place where you can enjoy really good food.

North Cornwall is often described as "where coast meets countryside". In the past, it would seem that most of our visitors headed straight to the world-famous beaches to enjoy a traditional British holiday. However, over the past few years we have seen a dramatic increase in the number of farm holidays, where people can enjoy and learn about the farming lifestyle. From this, the phrase Agro Tourism has been coined.

It is easy to see the link here between Agro Tourism and food production. With the increase in sales of Organic food, and indeed, personal preference to buy locally produced food, many farmers have diversified to keep up with the increased demand. Group this with the diversification seen in the 1990's (where land owners aided tourism by turning agricultural buildings into holiday accommodation), and we have proof that North Cornwall really is the place to be for good accommodation, natural surroundings and good food.

Along most country lanes you will see evidence of this, with both smallholdings and farmers selling their produce such as eggs and preserves with good, old fashioned honesty boxes to beautiful farm shops selling the very best of what the region has to offer. The range and quality of produce now available is second to none.

The abundance of locally caught fish making its way from Bude, Port Isaac and Padstow to restaurants, farm shops and other local outlets across the County, coupled with the fame of Rick Stein and Jamie Oliver is another reason why local food has become so good.

The range of eateries in north Cornwall is easily visible. From cafes selling cakes to Paninis, village pubs, and a vast array of specialist restaurants you need never eat in the same place twice.

Whilst on holiday, call into your local Tourist Information Centre or Visitor Centre and find out about your local food producers, farmers markets and farm shops. You could almost by-pass the Supermarket and get all your food locally, probably better quality, fresher and cheaper!

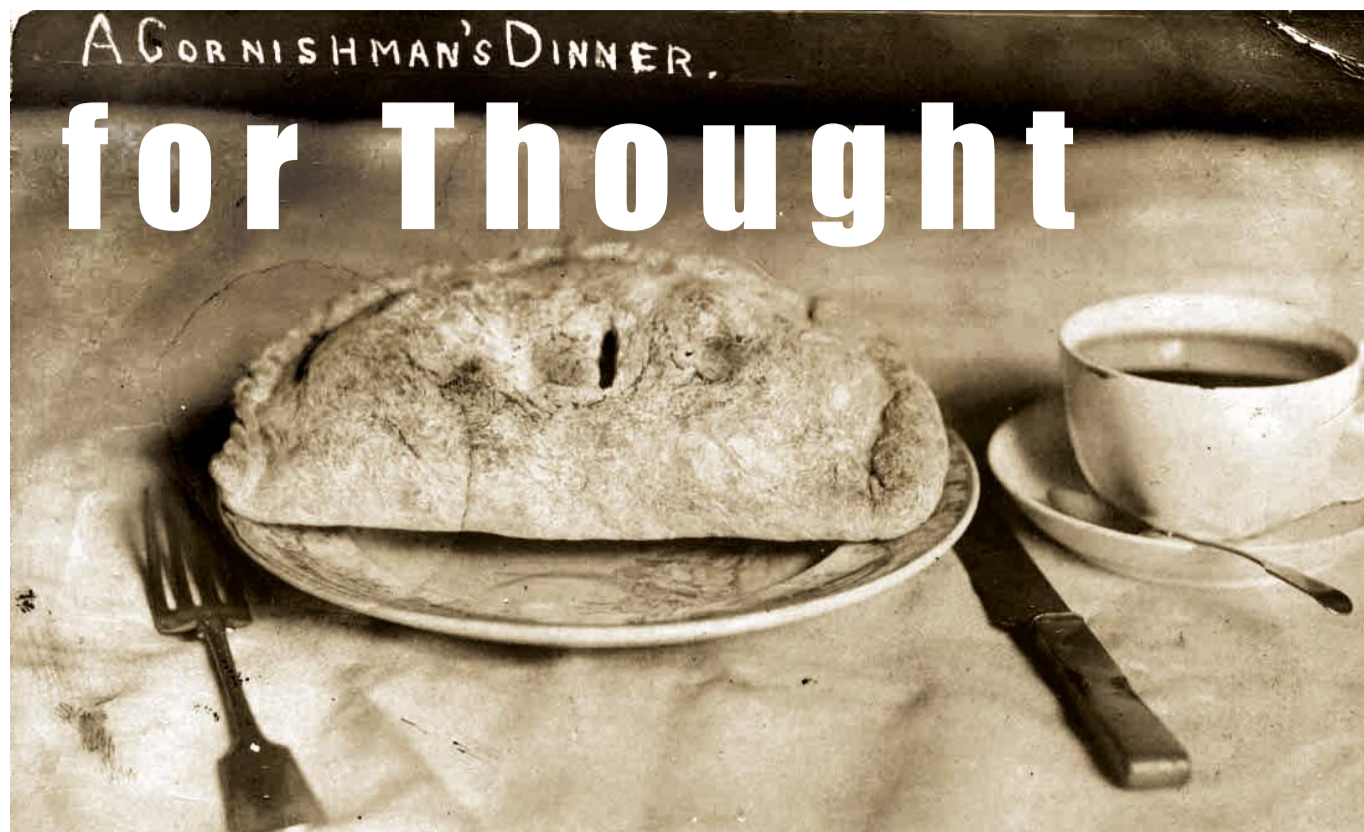
There are several events in Cornwall throughout the year where expert guides share their knowledge of gathering 'food for free!' Boscastle and Tintagel Visitor also sell comprehensive books giving information on what is available and where to find it.

Book early (via Tintagel Visitor Centre, 01840 779084) for a place in the 'Fungal Foray', where Sharon Worthington leads a stroll around Bodmin Beacon where you can collect, and take home unusual edible fungus and learn which ones to avoid! November 1st, 2-4pm. The National Trust also organise several events, details of which can be found on their website www.nationaltrust.org.uk

CORNISH PASTY

The Cornish are fearlessly proud of their Pasties. The Cornish Pasty Association recently started a campaign to give Pasties a legal Trade Mark. This means that only pasties made in Cornwall will deserve the title 'Cornish Pasty' under the European Union Protected Geographical Indicator.

The issue that invites the most controversy involves the famous 'crimp', the wavy seam that holds the whole pasty together. Should the pasty be sealed across the top, or at the side? The Cornish Pasty Association state... "A genuine Cornish pasty has a distinctive 'D' shape and is crimped on one side, never on top."



above: Pasties are the Duchy's biggest export, an estimated £150 million each year.

Local Produce

■ HILLTOP FARM SHOP

Slaughterbridge, Camelford, PL32 9TT.
Tel: 01840 211518

Farm fresh vegetables, own beef and lamb, free range chicken, fresh bread & pasties, cream and honey.
Cream teas, gifts, vintage displays.

■ A1 FRUITERERS

19, Market Place, Camelford, PL32 9PB.

Tel: 01840 212424. www.a1fruiterers.co.uk

Award winning grocers supplying local farm produce including organics, Cornish fish & dairy products & vegetable boxes.

■ PENGENNA PASTIES LTD.

Bude, Tintagel, Camelford & St Ives.

Tel: 01840 770223. www.pengennapasties.co.uk

Specialist pasty bakery producing a select range of savouries and sweets from home grown recipes. Also 'Pengenna by post'.

■ WHALESBOROUGH FARM FOODS LTD.

Marhamchurch, Bude, EX23 0JD.

Tel: 01288 361317. Email: seproudfoot@aol.com

Award winning handmade delicious Cornish farmhouse cheeses. All made using pasteurised local cows' milk. Cornish Crumbly, Trelawny, Miss Muffet and Keltic Gold available from various locations including Lansdown Deli, Bude; and Cornish Stores, Boscastle, please ask!

■ DENNIS KNIGHT FISH MERCHANT

Fish Cellars, Port Isaac, Cornwall, PL29 3RB.

Tel: 01208 880498

Open Monday to Saturday throughout the year. Whole range of local and exotic species plus full range of frozen products. Wholesale & retail. Mail order also available.

■ CARRUAN FARM

Polzeath, PL27 6QU.

Tel: 01208 869584. www.carruan.co.uk

Farm shop, family restaurant and farm activities. The atmosphere is relaxed, the views are spectacular and the food tasty, homemade and local. Various family orientated events throughout the year.

■ TREVATHAN FARM

St Endellion, Port Isaac, PL29 3TT.

Tel: 01208 880248. www.trevathanfarm.com

P.Y.O. Farm Shop & Tearoom. Tempting home made cakes, lunch, and cream teas. Relax while the children play in the play area and pets corner.



**FARM SHOP
& LICENSED
RESTAURANT**

St Endellion, Nr. Port Isaac on B3314

Get your "5" a day fresh from the field, homegrown strawberries, raspberries, gooseberries, black/red currants and seasonal vegetables.

PICK YOUR OWN OR READY PICKED

In the farm shop we sell home produced beef & lamb, free-range eggs, home made jam and marmalade a speciality, locally produced wines, pork, smoked fish, chicken, dairy goods & Cornish crafts.

Why not take a break, relax and enjoy the beautiful view from our tea-room, while your children have fun in the play area and pets corner.

Open daily
Tel: (01208) 880164
Mid March - End October



Delicious home cooked food, lunches, cream teas, cakes,
Sunday Roast, Bookings advisable.

Christmas fayre and celebration cakes made to order.

Stay on the farm in one of our beautifully converted cottages.

www.trevathanfarm.com

e-mail: symons@trevathanfarm.com

TAKE HOME SOME FRESH FISH...

DENNIS KNIGHT

Telephone or Fax 01208 880498
(24 hour Answering Service)

Mobile 07969 555182



FISH MERCHANT



Fish Cellars, Port Isaac

Cornwall PL29 3RB

FRESH FISH DAILY 9.30 am - 1.00 pm 2.00 pm - 5.00 pm
Monday - Saturday

At the end of your holiday why not take home some fresh fish for your freezer packed in an insulated container with crushed ice for the journey home