

TRADE SECRETS



As well as tasting the delights of the Eden Valley, there are many places where you can learn trade secrets to create your own Eden delights at home.

On an **Augill Castle Little Cooks Course**, children learn to cook in a real castle, as well as discovering more about food grown in a kitchen garden and how chickens and pigs are raised.

The Watermill at Little Salkeld is the place to learn about perfect bread making, flour milling, and how to build your own clay oven. **The Greystoke Cycle Café** near Penrith offers artisan cheesemaking courses throughout the year or for something different, **Smoky Jo's** in Shap will teach you the art of smoking food.

PENRITH



The busy market town of Penrith is a gastronomic hub in Eden, so we've produced a separate food trail that highlights its gems. Find it at Eden's TICs, on www.nurtureeden.org or download the 'Explore More Eden' mobile app.

Our favourite bits include visiting the fabulous food emporium of J&J Graham, complete with olde-world charm. Llama Karma Café is a quirky café on the A66 near Penrith that serves innovative dishes including some gluten-free recipes, as well as a full local English breakfast. For a wide range of the sumptuous food on offer in Eden, Café Oswald's and Cranston's Cumbrian Food Hall have it all.

MARKETS



Farmers' markets are an important part of Eden life, and give the opportunity for farmers and producers to share field-to-fork stories with those that will enjoy their provenance.

2ND SATURDAY OF THE MONTH

Orton Farmers' Market in the heart of Orton Village with live music at most markets and award-winning food producers.

3RD SATURDAY OF THE MONTH

Brough Farmers' Market in Brough Memorial Hall. 80% of the farmers and producers trading at the market live within 30 miles of Brough, so you get a true taste of the locality.

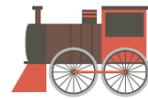
3RD TUESDAY OF THE MONTH

Penrith Farmers' Market in Market Square offers a tempting array of local specialities, seasonal produce and distinctive craft in the town centre.

LAST SUNDAY OF THE MONTH

Orton Market at Rheged, Penrith. The Rheged centre near Penrith hosts the Orton Market for another chance to catch the fantastic food on offer.

GETTING AROUND



PUBLIC TRANSPORT

The Settle Carlisle Railway, one of Britain's most picturesque routes runs through Eden connecting Kirkby Stephen, Appleby, Langwathby, Lazonby and Armthwaite. There are car parks at each of the stations. For timetables and fares, visit www.settle-carlisle.co.uk. There are also regular buses services along the A66, the 563



bus runs from Kirkby Stephen to Penrith calling at Brough, Appleby and Temple Sowerby daily, for more details visit www.traveline.info.



CYCLING

Bikes can be carried on the Settle to Carlisle line, although spaces are limited. Electric bikes can be hired from the Midland Hotel, next to Appleby Railway Station. For details, phone 01768 351524 or visit www.appleby-cumbria.co.uk/electricbikes. They must be booked in advance. Stonetrail at Ravenstonedale also offer day bike hire, see www.stonetrailholidays.com.

THE EDEN VALLEY FOOD TRAIL



INTRODUCTION

The Eden Valley has a fabulous food culture with unique delicacies just waiting for you to discover and devour. Deeply rooted in the landscape and lovingly reared, grown and produced by dedicated farmers and artisans, there's something special to sample here, whatever your taste.

This trail takes in some of the Eden Valley's gastronomic highlights to give you the inspiration to explore the area through your taste buds and uncover Eden's edible delights.

For more inspiration see Nurture Eden's food film on www.nurtureeden.org.

MEET AND BUY FROM LOCAL ARTISAN FOOD PRODUCERS AT EDEN'S MONTHLY FARMERS MARKETS



Orton, second Saturday
Penrith, third Tuesday
Brough, third Saturday
Rheged, last Sunday



www.ortonfarmers.co.uk

www.broughfarmersmarket.org.uk

Lakes & Dales Produce SILVER YARD — CAFÉ DELI —

Silver Yard, Orton, Penrith, CA10 3RQ
www.silveryard.co.uk



AUGILL CASTLE

Augill Castle is unlike anywhere you have ever stayed before: Quirky and quietly groovy. You can join in with popular day cookery courses, stay over or just come for an indulgent afternoon tea - the best in Eden.

www.stayinacastle.com
enquiries@stayinacastle.com
01768 341937

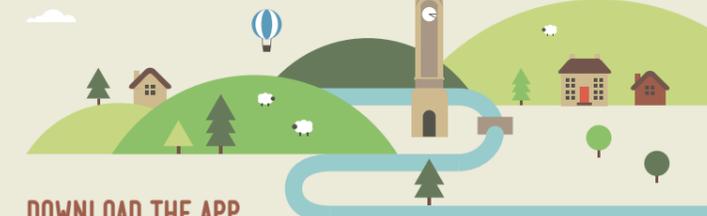
THE EDEN VALLEY FOOD TRAIL



nurture eden
paradise for explorers

nurtureeden.org

WHAT'S IT ALL ABOUT?



DOWNLOAD THE APP



For more information on the walks, rides, and experiences mentioned in this trail, and for more inspiring days out in Eden, download the **Explore More Eden** or **Cycle More Eden** apps. Have fun exploring!

ABOUT NURTURE EDEN

We have made a set of 6 trails to inspire more people to explore the hidden gems of Eden. You can also access great ideas for days out and travel information at www.nurtureeden.org and on our mobile apps 'Explore More Eden' and 'Cycle More Eden'.

Nurture Eden aims to help Eden become a leading destination for sustainable tourism, growing local tourism businesses, whilst also protecting the environment.

This project is supported by the Rural Development Programme for England (RDPE) for which Defra is the Managing Authority, part funded by the European Agricultural Fund for Rural Development: Europe investing in rural areas.

nurture eden
paradise for explorers



THE EDEN VALLEY FOOD TRAIL

Enjoy exploring the Eden Valley through your taste buds and uncover Eden's edible delights with this trail. In each hub there is a wealth of tantalisingly tasty local produce just waiting for you to discover and devour.

1 HIGH CUP

Located in the North Pennines Area of Outstanding Natural Beauty you can enjoy spectacular views and wine from High Cup Wines at Keasley; Cumbria's only commercial vineyard. You can visit the winery as part of a group and pre-book a tasting tour on 017683 53714 after a stunning walk to nearby High Cup Nick, or head to Appleby-in-Westmorland, where you can get your hands on a High Cup wine at **Ruby's Deli** on Bridge Street.

2 ORTON

The small village of Orton is a hub of tastiness. **Silveryard Café Deli** serves freshly prepared food using seasonal ingredients and showcases local food and drink heroes. The adjoining gallery is a must-visit too.

Orton Farmers' Market congregates in the heart of the village on the 2nd Saturday of every month, and can include up to 40 different store-holders from within 50 miles of Orton.

3 RAVENSTONEDALE

Ravenstonedale may only be a small place, but it packs a punch with its pubs. Lovingly prepared and high-end British cuisine is on offer at **The Fat Lamb** and exploring the nature reserve at the back of the inn is an added bonus.

At **The Black Swan**, everything is made from scratch and the meat is 100% traceable, something you can mull over while sitting in the riverside garden and maybe watching the resident red squirrels at play.



Enjoy edible Eden



Afternoon tea at Augill Castle, Brough



Jams and conserves made with locally grown fruit at Appleby Bakery



Market day

KEY

- Railway Station
- Railway Line
- River
- 'A' Road
- Motorway



4 APPLEBY-IN-WESTMORLAND

Soak up the atmosphere of beautiful Appleby, with its café culture, enticing bistros and riverside walk. **Appleby Bakery** on Boroughgate is renowned regionally for scrumptious cakes and savouries produced with free-range eggs and natural ingredients.

Appleby Creamery's award-winning delicious cheeses are on sale, or available for tasting in dishes, in a variety of Appleby retailers and eateries, including **Tastes of Eden** (Low Wiend) and **Eden River Café** (Bridge Street).

Linger over lunch or a delightful dinner at the **Tufton Arms** in the Market Square, where you can sample the hostelry's own grouse sourced on Dufton Fell, and Eden-sourced venison and pheasant. **Mrs Ewbank's** legendary Cumberland sausages from the butchers next door are also perfect to rustle up for breakfast if you are self-catered.

5 BROUGH

Dine at **Swanson House** kitchens, where use of local produce such as Bessy Beck trout, Deer 'n' Dexter venison, or Winter Tarn cheese is an art form. **Brough Memorial Hall** is where the lively Brough Farmers Market takes place on the 3rd Saturday of each month. Don't miss the **'Eden Foodival'** on the Sunday of the August Bank Holiday weekend.

Anyone with a sweet tooth should head to **Brough Castle Ice Cream**, a short walk from the centre of Brough at the gate of free-to-enter Brough Castle; a scenic ruin from whose walls you can enjoy fabulous views whilst enjoying luxury ice-cream from lush Eden's milk.

6 KIRKBY STEPHEN

Sample some of the region's best real ale from a small 2.5-barrel brewery tucked away in the basement of the **Croglin Castle Hotel** in Kirkby Stephen. The **Nine Standards Brewery** can be visited on request on 01768 371389 or drop in to the hotel for a pint after exploring the River Eden, the historic town, and the Nine Standards themselves; a mysterious set of nine cairns south-east of Kirkby Stephen.

7 BESSY BECK TROUT FARM

Bessy Beck Trout Farm has its own smokehouse, to smoke fish caught from its trout lakes, where you can while away the hours by the tranquil waters in this idyllic location. All abilities of fisherman are welcome, from the experienced to beginners and families. There is also a tea room and farm shop.