

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

4 June 2009

## Food at West Winds takes a tasty turn



Following our annual visit to the Dales Food and Drink Festival at Leyburn last month, our menu has been spiced up with some new ideas and new local produce. We are now serving Yorkshire puddings filled with venison and cranberry casserole, with the venison coming from a red deer farm near Barnsley; our roast ham salad has been given an exquisite uplift with lavender jelly from Raydale Preserves at Semer Water; we have just taken our first delivery of Yorkshire Brie – yes, ‘French’ cheese from the heart of Teesdale (which used to be in Yorkshire, of course); and bed and breakfast guests can now order a bowl of delicious nutty granola made at Yockenthwaite Farm in Langstrothdale, served with natural yoghurt and Yorkshire honey.

In addition, our herb garden is now fully on-stream with 19 different herbs in the ground and with many of them ending up on the plates too. The picture shows Sarah, one of our waitresses, cutting marjoram for salads.

Finally, and by no means least, we are very pleased to be able to offer a real culinary treat. If you order a roast beef salad or sandwich at West Winds over the next few weeks, you will be biting into beef from traditional Yorkshire shorthorn cattle from our local farm – Heber Farm in Buckden. Shorthorns were once ubiquitous across Yorkshire (they featured strongly in the James Herriot books) but are now unusual, having been ousted by modern breeds.

## Buckden Gala ‘might be dry’ this year



This year’s Buckden Gala looks set to take place in fine weather, according to a village sage, in contrast to last year when heavy rain and fierce winds drove everyone into the tents on the day, only for the tents themselves to blow away the following morning. The fete starts at around 1pm on Saturday 20 June and will feature sheep judging, the Buckden Pike fell race, a tombola, a book stall, a photographic competition, a book stall, a guess-the-baby game and, of course, ‘bash the rat’. There are still bed and breakfast vacancies at West Winds on the Friday and Sunday evenings but not on the day of the show itself. The tearooms at West Winds will open from 3.30pm on the Saturday.

## New pictures of Buckden feature in online photolibrary



The West Winds photolibrary on Flickr has been overhauled and now contains some stunning scenic shots of Upper Wharfedale, together with some nice pictures of lambs and perhaps the world’s first close up of a piece of Yorkshire curd tart. The recipe used for curd tart at West Winds is thought to have originated in Leeds over 100 years ago and has received the personal blessing of BBC Look North’s Harry Gration.

To access the photolibrary, go to [www.westwindsinyorkshire.co.uk](http://www.westwindsinyorkshire.co.uk) and click on the link.

## Gala Dance tickets now disappearing fast



If you haven't tried Old Time Dancing, then you haven't lived! It's a lot more fun – and less embarrassing – than it sounds. This year's official Buckden Gala Dance will be held on Saturday 13 June, in other words, the weekend *before* the gala. Tim Boothman's band will provide the music and dancing queen Rosemary Boothman will be on hand to provide guidance. Tickets are £5 in advance (under-14s free with a children's ticket) and include cakes from West Winds Yorkshire Tearooms and soft drinks. If you would like to bring your own wine or beer, then please do. Dancing starts at 8pm and continues until midnight. Prizes will be awarded for dance performances that stand out! There's no admission without a ticket – and there will probably not be any left for sale on the door – so order soon if you would like to come. Tickets are available from West Winds. Call 01756 760883 to reserve yours now! The dance takes place in Buckden Village Hall, next to West Winds.

The picture shows local farmer Chris Akrigg receiving a prize for his dancing at the gala dance last year.

## Garden 'water meadow' takes shape on West Winds lawn



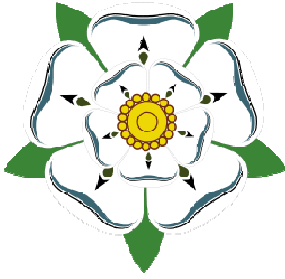
It's something we've always wanted to do and since realising it means we don't have to mow the lawn so often, we've raced ahead with it. We are allowing a damp lawn area to revert to the conditions once common in old fashioned water meadows, where a profusion of wetland wild flowers flourished. This means we are avoiding lawn feed and weed killers, keeping the ground damp by watering regularly (with recycled bath water) and cutting only once a year when the wild flowers have set seed. In this way we hope to allow a range of wild flowers to thrive – milk maids and buttercups are out at the moment – but we are also cheating a little by planting some plants that are such slow colonisers that we probably couldn't hope to see them for 50 years or more, if at all. These include ragged robin and snakes head fritillary (pictured). Fritillaries are now extremely rare since they are destroyed if the ground dries out or if fields are fertilised or reseeded, or even just mown at the wrong time. Today true wild fritillaries are confined to a handful of wet meadows in Oxfordshire and one or two other places. (At West Winds they flowered in mid-April and only the stalks and leaves are visible now.)

We're calling the feature a garden 'water meadow' but parts of it are drier than other bits, so we are planting a few hedgerow wild plants here, such as red campion and herb bennet.

Flower-rich meadows are still very much part of the Dales landscape, of course, but have become much less common in other parts of the country as meadows have been 'improved' to provide more fodder for animals.

What all this means is that if you stay at West Winds, you don't need to feel guilty about filling the bath up because when you've finished with it, the water will be put to very good use!

### Prepare to celebrate – it's Yorkshire Day on 1 August!



It's a date to be marked in the diary now. On Saturday 1 August West Winds will be celebrating Yorkshire Day in an appropriate manner.

See the next newsletter for details...



### West Winds Yorkshire Tearooms

*Up the lane beside the Buck Inn...*

Buckden, Upper Wharfedale, Skipton, North Yorkshire BD23 5JA  
01756 760883

[lynn@westwindsinyorkshire.co.uk](mailto:lynn@westwindsinyorkshire.co.uk)

[www.westwindsinyorkshire.co.uk](http://www.westwindsinyorkshire.co.uk)