



WWnews

West Winds Tearooms with Walker's Lodge
in Buckden at the heart of the Yorkshire Dales

Thursday 30 May 2019

West Winds herb trail now open...



Spring is turning into summer here in Buckden and we have declared our herb trail to be open! Come and check out the aromas and folk history of more than 50 cultivated and wild herbs with culinary, medicinal or pot pourri uses. New to the herb trail this year are banana mint, orange mint, lemon mint, broad-leaved thyme and nasturtium while some of our long-standing regulars are still thriving, including chives, curry plant and lemon verbena.

The best way to experience the aromas of culinary and pot pourri herbs is to gently rub a leaf between thumb and forefinger and inhale the result. You won't regret it! Some of the ways medicinal herbs, on the other hand, have been used to combat ailments through history are likely to make you cough. Did you know that the common primrose has been tried as a remedy for high blood pressure, skin disorders, multiple sclerosis, arthritis, alcoholism, migraines, insomnia, nervous conditions, general weakness, articular rheumatism, catarrh, mucous congestion, fever, bronchitis, lung problems, gout, palsy, lumbago, wounds, burns, scalds, vertigo, hysteria, epilepsy, convulsions, palsy, backache, cystitis, urine retention, wrinkles and even freckles? Whether any successes were ever achieved against these conditions is unrecorded. (Please note West Winds Tearooms classifies primrose as inedible.)

Naturally other herbs do find their way into the tearoom, in particular adding a tasty zing to salads.

Food with a Story to Tell menu proves popular...



Our new menu is certainly going down well. We have decided to focus on amazing produce from Yorkshire and across the North with a story to tell. Pictured here is Char Coal Cheddar cheese made exclusively for our cheese supplier, Michael Lee Fine Cheeses, by Lymn Bank Farm in Lincolnshire. It does actually contain charcoal – said to be good for digestion – and is designed to commemorate a piece of Yorkshire coal.

The smoked salmon and goat's cheese savoury scones are as fine dining as you need to get and especially interesting when you know the smoked salmon comes from Manchester Smoke House, set up by Joseph Hyman in 1913 after his ill-chosen voyage on the Titanic the year before. Meanwhile, the goat's cheese is made at Sire Bank Farm at Bradley near Skipton.

But most popular of all seems to be our new Yorkshire clotted cream, made at Stamfrey Farm near Northallerton by Sue Gaudie, a lady originally from Penzance who found herself home-sick for Cornish clotted cream and decided to make her own.

You can take a glimpse at our full menu at

www.westwindsinyorkshire.co.uk/attachments/Menufull2019.pdf and

look into the stories behind the food at

www.westwindsinyorkshire.co.uk/attachments/Meettheproducers2019.pdf

William and Harry move into West Winds...



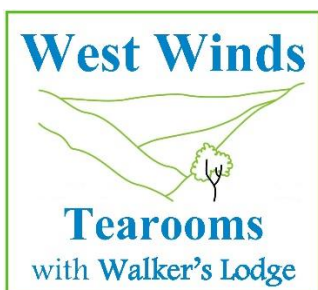
We are pleased to announce two new members of staff at West Winds – William and Harry. They are both ginger tom cats and came to us at a very tender age from a farm near Kirkby Lonsdale where the mother was struggling to deal with her litter of six. Even with just two ourselves, we can see her point. William and Harry are very lively and demanding of attention – and food! They spend most of their time indoors at the moment but when they get a little bigger, no doubt they will be claiming the tea-garden as their own. We'll see what our existing cat, Bobby, has to say about that!

Buckden Gala looms...



This picture was taken a year ago at the Buckden Gala. Looking on the bright side, surely this year's gala is due for some fine weather? The premier village show of the North takes place on Saturday 15 June in the field opposite the car park in Buckden from 12.30pm to 4.30pm. There will be the usual fun and frolics, including the fell race, a beer tent, live music, children's games, the dog show and egg throwing. West Winds Tearooms will be open on the day from 12.30pm to 5.30pm, so why not start the gala with lunch here or finish it off with tea and cake in the tea-garden (change tea-garden to tearoom if the weather, by any stroke of misfortune, resembles the picture here)?

For more details of Buckden Gala, visit www.buckdengala.co.uk



Eat and drink. Sit and chat. Rest and stay

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