



www.golakes.co.uk/teatrailcumbria

'Drink in the Landscape' and enjoy rural Cumbria at its best!
 Enjoy the local flavour of the county that blends taste and texture just as nature intended.
 Cumbrian farmhouse recipes are drawn from a long tradition that follows the changing seasons and the rich supply of ingredients sourced from the farming landscape.
 Cumbrian farmhouse offers lovers of the outdoors a truly unique collection of rural tea shop experiences.
 outstanding areas of natural beauty. From the heart of Beatrix Potter country in the Lake District to the spectacular Solway Coast, Tea Trail Cumbria offers lovers of the outdoors a truly unique collection of rural tea shop experiences.
 Enjoy a refreshing combination of delicious cakes, biscuits and jams in some of Cumbria's most outstanding areas of natural beauty. From the heart of Beatrix Potter country in the Lake District to the spectacular Solway Coast, Tea Trail Cumbria offers lovers of the outdoors a truly unique collection of rural tea shop experiences.



Drink in the Landscape

Tea Trail Cumbria offers a special blend of inspiring countryside scenery from around the county with quality farmhouse produce and a warm Cumbrian welcome.



1. Put blackberries, elderberries and water into a pan and boil.
2. Sieve this pulp.
3. Peel and core apples.
4. Stew in another pan.
5. Mix fruits together and add sugar.
6. Stir over a low heat until the sugar has dissolved.
7. Bring to the boil. Boil rapidly until setting point is reached.
8. Pour into warm, dry jars.
9. Cover whilst hot. Label when cold.

METHOD

- Makes approx 4.5 kg
- INGREDIENTS**
- 1.75 kg blackberries
 - 750g apples, peeled and cored
 - 500g ripe elderberries picked from stems
 - .5 litres water
 - 2.5 kg sugar (adjust if apples are sweet)

Autumn Hedgerow Jam



1. Pre heat oven gas mark 6 or 400 F.
2. Place flour, salt and cayenne in bowl.
3. Rub in butter until it resembles bread crumbs.
4. Mix in most of the cheese (Save some for the tops of the scones).
5. Mix in herbs.
6. Use milk to mix to a fairly stiff dough, then knead gently.
7. Flatten with palms of hands to 1" thick, cut out using plain cutters.
8. Place scones on greased baking tray and brush with milk.
9. Sprinkle remains of cheese on top, then bake for 12 – 15 minutes until risen and golden brown.
10. Cool on a wire rack.

METHOD

- INGREDIENTS**
- 450g self raising flour
 - 100g butter
 - 1 tsp baking powder
 - Large pinch salt
 - 200g strong cheddar, grated
 - Herbs in season finely, chopped (I usually use parsley, sage, tiny amount of mint, lemon balm and basil)
 - Milk to mix

Herby Cheese Scones



1. Preheat oven gas mark 4-5 or 375 F.
2. Line a 30 x 23cm tray with grease proof paper.
3. Place all cake ingredients in a bowl and mix with electric mixer until well blended.
4. Place in lined tray and bake for 30 – 40 minutes.
5. Whilst warm remove from tin
6. Mix lemon juice and sugar and brush on top of the cake.

METHOD

- INGREDIENTS**
- 225g soft margarine
 - 225g caster sugar
 - 275g self raising flour
 - 2 tsp baking powder
 - 4 eggs
 - 4 tbs milk
 - grated rind 3 lemons
 - Juice of lemons
 - 100g caster sugar

Tarty Tarn Drizzle

Contact Information and directions

- 1. KITRIDDING FARM**
Kitridding Farm, Old Town, Nr Kirkby Lonsdale, Cumbria, LA6 2QA
Tel 015395 67484, www.kitridding.co.uk, Stewart & Christine Lambert.
We are situated on the B6254 approx. 1 mile Kendal side of Old Town on the road from Oxenholme, Kendal to Kirkby Lonsdale.
- 2. LOW SIZERGH BARN FARM SHOP & TEAROOM**
Kendal, Cumbria, LA8 8AE, Tel 015395 60426, www.lowsizerghbarn.co.uk, Alison Park.
Four miles south of Kendal on the A591; 4 miles from Junction 36 off the M6, follow the brown signs for Sizergh Castle and then Low Sizergh Barn. Parking: free. Public Transport : 3 miles from Oxenholme station.
- 3. BECKFOOT COUNTRY GUEST HOUSE**
Helton, Penrith, Cumbria, CA10 2QB
www.beckfoot.co.uk, Tel 01931 713241, Mrs Lesley White.
Located approximately 6 miles from Junction 39/40 of the M6, between Helton and Bampton.
- 4. THE TEA GARDEN**
Low Bridge End Farm, St. John's-in-the-Vale, Keswick, Cumbria, CA12 4TS
Tel 017687 79242, www.campingbarn.com, Mrs Sarah Chaplin-Brice.
Park and walk from Legburthwaite or Thirlmere Recreation Hall (A591 and B5322 junction) or St John's in the Vale Church. Download a circular walk map from our website. www.campingbarn.com.
- 5. BUTTERMERE AYRSHIRES ICE CREAM**
Syke House Farm, Buttermere, Cockermouth, Cumbria, CA13 9XA
Tel 017687 70277, Louise Kyle.
From Keswick follow A66, turn left at Braithwaite, follow signs for Newlands Pass and Buttermere. Drop down into Buttermere, we are situated on the left just below the church. Parking: free.
- 6. THE OLD STACKYARD TEAROOMS, WELLINGTON JERSEYS LTD**
Wellington Farm, Cockemouth, Cumbria, CA13 0QU
Tel 01900 822777, www.kitridding.co.uk, Mrs Gill Stamper.
The Old Stackyard is situated off the Egremont roundabout on the A66 at Cockermouth, take the exit for Mitchells Agriculture Market and then follow the signs for Wellington Jerseys ice creams.
- 7. THE GINCASE**
Mawbray Hayrigg, Silloth, Wigton, Cumbria, CA7 4LL
Tel 016973 32020, www.gincase.co.uk, Mrs Val Natrass.
From west situated just off B5300 Maryport to Silloth road, take turning for Newtown and follow brown signs.

- 8. CUPS & SAUCERS FARM TEAROOM**
Seaville Farm, Seaville, Silloth, Wigton, Cumbria, CA7 4PT
Telephone 016973 61256, Mrs Kathleen Hughes.
Situated 1/2 mile off the B5302 Wigton to Silloth Road. 3 Miles from Abbeytown. 5 miles from Silloth.
- 9. HIGH HEAD SCULPTURE VALLEY TEAROOM**
High Head Farm, Ivegill, Carlisle, Cumbria, CA4 0PJ, Tel 016974 73552
www.highheadsculpturevalley.co.uk, Mrs Bernadette Stamper.
From M6 jct 41 take B3053 and follow signs to Hutton-in-the-Forest. Turn right for Carlisle drive 5 miles before brown and white tourist sign. Parking: free. Car park sympathetic to disabled and close to gallery entrance.
- 10. CUMBRIAN COTTAGE FARM SHOP AND TEAROOM**
Gelt House, Hayton, Brampton, Cumbria, CA8 9JD
Tel 01228 670518, www.cumbrian-cottage.co.uk, Mr Nigel Robson.
From north and south leave the M6 at Junction 43, take the exit for A69 Brampton. Pass through Warwick Bridge and continue through the traffic lights. The Farm Shop and Tearoom is 2 miles on the left, look out for the flying flag.
- 11. HAY CLOSE TEAROOM & CRAFTS**
Hay Close, Calthwaite, Penrith, Cumbria, CA11 9PX
Tel 01768 885488, www.hayclose.com, Mrs Alison Field.
From the North & South: Follow A6 Carlisle / Penrith, take the exit for Calthwaite and follow signs for 'Tearoom'.
From West: Take the B5305 Wigton / Penrith Road, from Hutton in the Forest follow road for Ivegill Carlisle Race Course and follow signs for 'Hay Close Tearoom'.
- 12. GREYSTOKE CYCLE CAFÉ AND TEA GARDEN**
Greystoke Cycle Café, Poplin Dub, Greystoke, Cumbria, CA11 0UT
Tel 017684 83984, www.greystokecyclecafe.co.uk, Ms Annie Swarbrick.
Greystoke is situated 4 miles west of Penrith – follow signs from the A66 west towards Greystoke. Please park in the Greystoke Village Hall car park and walk to the café (350yds) - sorry we only have very limited parking for cycle support vehicles only. We are at the north edge of Greystoke directly on the C2c cycle route in a fork between the roads to Blencowe and Johnby.
- 13. GREYSTONE HOUSE FARM SHOP & TEAROOM**
Stainton, Penrith, Cumbria, CA11 0EF
Tel 01768 866952, Mrs Marjorie Dawson.
From M6 Junction 40 take A66, 2.5 miles west of Penrith, in the village of Stainton. Public transport - X50, Penrith-Keswick. Bus every hour, bus stop outside farm gate in Stainton. Parking: free. Public Transport : 3 miles from Penrith station.

Complete the Limerick Competition

Whilst rambling about in The Lakes
 On a quest for the tastiest cakes
 We had tea served for two
 And a scone with a view.....



Many Tea Trail visitors are simply lost for words when indulging themselves with a wonderful jam and cream scone, or devouring one of our mouth-watering cakes.

Now, if you would like to discover just how edible our views really are, put pen to paper and complete the last line of our Tea Trail limerick- and win yourself a free course on how to master the art of scone making, unlocking secrets handed down over generations

Four people and a guest each will win a days 'Scone Making Workshop' on 8th Feb 2008 at Greystoke Cycle Café, Greystoke near Penrith. Hands-on baking, plus handy tips, will fill your unique experience from 10am to 3.30pm. Get cracking on your entry and log on to the website www.golakes.co.uk/teatrailcumbria by the 31st October 2007.

Good luck!

The winner will be drawn at random and will be notified by post. No entries from anyone under 18 years of age. Prize cannot be exchanged for any financial reward. * Limerick supplied by Greystoke Cycle Café

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