

EAT THE PEAK

Explore traditional Peak District foods

Mooving



Peak District lamb



Sheep & lambs near Monyash

Lamb is a traditional local speciality. Sheep have grazed the Peak District for over 6,000 years. Traditional breeds include black-faced Derbyshire Gritstones, Whitefaced Woodlands, Swaledales and Mules. There are some rare white and brown Jacobs too. Hope Show on August Bank Holiday Monday is the official show of the Derbyshire Gritstone Breeders Society and a great place to see local sheep breeds.

Read the landscape for sheep-farming history. Low gaps in walls are **sheep creeps** to let sheep move between fields. Moorland **sheepfolds** are circular or square walled enclosures for sorting sheep gathered from the moors.

The low-down on beef and sausages



Belted Galloway cattle in Edale

Cows need good grass so they're more common in the green limestone White Peak fields in the middle of the Peak District. Local beef is sold as joints, steaks, sausages and pies.

You'll see many different types of cow in the Peak District. Black and white Friesians are common. Rare breeds include Belted Galloways – black with a white band around their middle, Highlands with their shaggy red coats and long horns, and Gloucesters, reddy-brown with white bellies and tails.

From bees to beers



Daisybank Apiaries

Peak District flowers create deliciously popular **honeys**. You can buy several, with the distinctive flavours of White Peak meadow wildflowers or moorland heather blossom.

Check pub hand-pulls for locally brewed beers. There are breweries at Thornbridge Hall, Chatsworth and Blackwell. Blackwell's **Taddington Brewery** uses locally grown malting barley and hops.

Get your oats

The Peak District climate and soils suit **oats** rather than wheat and most farmers grew some oats until the mid-1900s. So it's no surprise that **oatcakes** are a local speciality – soft and flat like a pancake and eaten with savoury or sweet fillings. Slim Staffordshire oatcakes or thick Derbyshire rounds: which are best? Try them and decide for yourself. Many cafés, pubs and guest houses offer them to you.



Try our recipes on www.peak-experience.org.uk.

Cheese and milk

The Old Creamery in Hartington is the centre of Peak District cheeses. It has crafted traditional

Blue Stilton cheese since 1900. Known as the King of English Cheeses, it has a distinctive tangy taste. They also make strong-flavoured **Buxton Blue** and the more creamy **Dovedale Blue** as well as Shropshire Blue and White Stilton.

Look out for fresh local milk, butter and cream from the Peak District Dairy at Tideswell.



Fresh Peak District milk

Mouth-watering puddings

The Peak District is famous for **Bakewell puddings**. The original Victorian Bakewell pudding emerged from a legendary accident. Today competing 'original recipes' are tightly guarded secrets and puddings are mailed around the world. Local legend says French prisoners of war brought the **Ashbourne gingerbread** recipe over during the Napoleonic Wars.

Lumpytums and **Thor Cakes** are more oat specialities. **Lumpytums** are oatballs cooked in boiling milk, served with butter or treacle. A local rhyme claims lumpytums give girls the rosiest cheeks and plumpest bums! **Thor Cake** is a traditional Bonfire Night treat with oats, black treacle, spices and dried fruit.



KEY

- Farmers' markets & market towns
- Bakewell puddings
- Food festivals
- Breweries
- Cheese & milk
- Ashbourne gingerbread
- Agricultural shows
- Fishing
- White Peak area
- Moorlands area

Peak District Foods and Cuisine

Peak District Foods is a group of regional food producers and businesses. You can meet members at food events and farmers' markets throughout the year. Look for the **Peak District Cuisine** logo by restaurant and café menu items. It means the main ingredients of that dish come from Peak District farms and food producers. All

Peak District Cuisine establishments provide at least one dish each day whose main ingredient is locally sourced. To find out where you can buy and eat locally produced food check out the **Savour the Flavour of the Peak District** food guide or www.peakdistrictfoods.co.uk.



Environmental Quality Mark



The Peak District Environmental Quality Mark is a certification mark for businesses dedicated to protecting the Peak District landscape. It is only awarded to businesses that demonstrate good environmental practices. When you buy a product or service that has been awarded the Mark you can be confident that your purchase directly supports high-quality management of the Peak District's special environment. The Mark is the first environmental award of its kind in England. Look out for the EQM logo when shopping or looking for accommodation. More details are available on www.peakdistrict.gov.uk/eqm.

Guest houses on working farms



Herds of grazing cattle

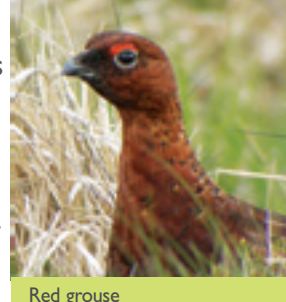
Many Peak District farms offer bed and breakfast or self-catering cottages. They are great places to see traditional upland farming. Many offer opportunities to see farm animals or have self-guided walking trails through their fields. Fill up on hearty breakfasts of locally produced food.

Find a farm you can stay at in our directory or get a copy of the **Peak District Farm Holidays** leaflet from tourist information centres.

Game and fish

You might catch the frantic low flight of a cackling grouse on the moors that surround the Peak District. Estates manage moorlands for grouse by burning heather to create a patchwork of heather of different ages – the ideal habitat for grouse. Some shops sell locally shot grouse.

Peak District rivers teem with abundant trout and freshwater fish. Why not try catching your own? Several reservoirs and rivers around the region offer day licences.



Red grouse

WHERE TO STAY

Shatton Hall Farm
Shatton Hall Farm, Bamford, Hope Valley, Derbyshire S33 0BG
Contact: Mrs Angela Kellie Tel: 01433 620635
Email: ahk@peakfarmholidays.co.uk
www.peakfarmholidays.co.uk



Carefully converted cottages situated in a quiet and beautiful location, providing a high standard of accommodation. Our barn, events and courses provide an opportunity to be creative in a rural setting.

Millfields Bed & Breakfast
Fenny Bentley, Nr Ashbourne, Derbyshire DE6 1LA
Contact: Susan Drabble Tel: 01335 350454
Email: millfieldsbandb@hotmail.com
www.millfieldsbandb.co.uk



Chalet bungalow in 1.4 acres with stunning views over Dovedale. Excellent breakfasts using local produce and our own free-range eggs. We run 2-night stay walking holidays.

Bassett Wood Farm
Bassett Wood Farm, Tissington, Ashbourne, Derbyshire DE6 1RD
Contact: Janet Carrington Tel: 01335 350254
Email: janet@bassettwood.fsbusiness.co.uk
www.bassettwoodfarm.co.uk



Family-run business in the heart of the Peak District. We offer luxurious accommodation, caravanning facilities, quaint tea rooms and farm tours.

Hoe Grange Holidays
Hoe Grange, Brassington, Matlock, Derbyshire DE4 4HP
Contact: David & Felicity Brown Tel: 01629 540262
Email: info@hoegrangeholidays.co.uk
www.hoegrangeholidays.co.uk



Two self-catering lodges for up to 14 people; furnished to a high standard, a real home from home. Near Dovedale, Chatsworth and Carsington Water. Bring your horse on holiday to ride the Pennine Bridleway. Excellent disabled facilities.

Old House Farm Cottages

Old House Farm, Newhaven, Hartington, Buxton Derbyshire SK17 0DY
Contact: Sue Flower Tel: 01629 636268
Email: sflower1@virgin.net www.oldhousefarm.com



Three self-catering cottages on our dairy farm. Sleeping - 2 in Shires Rest and 5 in Dairy Cottage. Dogs accepted by arrangement. 4 in Piggy Place (Disabled access, No Dogs).

Dunscar Farm B&B
Dunscar Farm, Castleton, Hope Valley, Derbyshire S33 8WA
Contact: Mrs Janet Glenister Tel: 01433 620483
Email: janet@dunscarfarm.fsbusiness.co.uk
www.dunscarfarm.co.uk



Delightful family run farmhouse set at the foot of Mam Tor. Excellent base for walking and cycling with direct access to footpaths. Ample parking available.

Holly Meadow Farm
Pinfold Lane, Bradley, Ashbourne, Derbyshire DE6 1PN
Contact: Tom & Babette Lawton Tel: 01335 370261
Email: babette_lawton@yahoo.com
www.hollymeadowfarm.co.uk



The Old Bake & Brewhouse
Blackwell Hall, Blackwell in the Peak, Nr Buxton Derbyshire SK17 9TQ
Contact: Christine Gregory Tel: 01298 85271
Email: Christine.Gregory@btinternet.com



Enjoy peace and quiet in our much-loved farmhouse home. Beautiful Cheedale, Millers Dale and Monsal Trail within 1 mile. Dairy/sheep farm with conservation areas and archaeological/historical interest.

Upper Booth Farm & Campsite
Upper Booth Farm, Edale, Hope Valley, Derbyshire S33 7ZJ
Contact: Robert & Sarah Hellivell Tel: 01433 670250
Email: mail@hellivell.info
www.upperboothcamping.co.uk



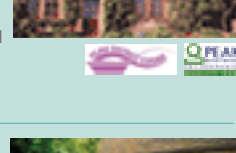
Campsite and camping barn on a working farm in the beautiful Edale valley close to the Pennine Way.

Slack Hall Farm
Castleton Road, Chapel-en-le-Frith, High Peak, Derbyshire SK23 0QS
Contact: Mary Hayward Tel: 01298 812845



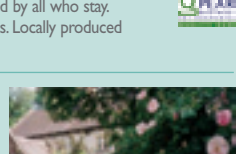
Farmhouse situated on a working dairy, beef and sheep farm with superb views. We offer comfort and hospitality in our spacious suite bedrooms with colour TV and tea/coffee-making facilities.

Beechenhill
Beechenhill Farm, Ilam, Ashbourne, Derbyshire DE6 2BD
Contact: Sue Prince Tel: 01335 310274
Email: beechenhill@btinternet.com
www.beechenhill.co.uk



Wake up to beautiful views in two en suite bedrooms in our farmhouse on organic farm. We offer you a perfect start with a real farmhouse breakfast of local produce. Farm trail takes you through the history, archaeology and wildlife of Beechenhill. We also offer a milking experience package.

Dovedale Cottages
Church Farm, Stanshope, Ashbourne, Derbyshire DE6 2AD
Contact: Mrs Sue Fowler Tel: 01335 310243
Email: sue@fowler89.fsnet.co.uk www.dovedalecottages.co.uk



Ancestral Barn with splendid canopy beds, all ensuite bathrooms (one with roll top bath) sleeps 6. Real luxury in a wonderful location with that 'olde worlde' charm and character. Also Church Farm Cottage, pretty, cosy & warm, delightful cottage in its own cottage garden, loved by all who stay.

Sleeps 4. Both situated on our organic farm. Walks from door to dales. Locally produced foods can be delivered and you can sample some of our honey.

Wolfscoote Grange Farm
Wolfscoote Grange Farm, Hartington, Nr Buxton Derbyshire SK17 0AX
Contact: Jane & Joe Gibbs Tel: 01298 84342
Email: wolfscoote@btinternet.com
www.wolfscootegrangefarm.co.uk



The unique setting overlooking Dove Valley with miles of rolling countryside and picture views sells Wolfscoote Cottages as the perfect place to stay. The rural landscape of Wolfscoote Farm with many rare plants, interesting wildlife, archaeological interests, provides an ideal site for Wolfscoote Farm Trail.

WHERE TO EAT

Longnor Craft Centre & Coffee Shop
Market Hall, Longnor, Buxton, Derbyshire SK17 0NT
Contact: Peter Fox Tel: 01298 83587
Email: info@foxfurniture.co.uk
www.longnorcrafts.co.uk



Showroom for Fox Country furniture, wood-fired hot tubs and local quality craft producers. Coffee shop offering cakes and scones baked on the premises, light lunches including traditional Staffordshire oatcakes. Oats used in oatcakes used to be grown in this area.

Longshaw Tea Rooms
Longshaw Estate, Sheffield S11 7TZ
Tel: 01433 637904 Email: longshaw@nationaltrust.org.uk
www.nationaltrust.org.uk



The tearoom is located in Longshaw Visitor Centre at the heart of the spectacular Longshaw Estate, offering you an ideal starting point for your visit to this historic area of the Peak District. You can enjoy delicious teas and cakes made from local recipes, as well as browse round our shop and find ideas for walks.

WHERE TO BUY

Peak Feast
The Workshop, Moor Lane, Youlgrove, Derbyshire DE45 1US
Contact: Steven Lockwood Tel: 01629 630000
Email: steve@peakfeast.orangehome.co.uk
www.peakfeast.co.uk



Small specialized vegetarian bakery making cakes & vegetarian/vegan savouries. Also dairy and gluten-free products. Makes mail order cakes. They use local free-range eggs and butter & honey. Available from Farmers' Markets at Bakewell, Buxton and Winde. Also Wild Carrot in Buxton and Hollands in Youlgrove. If you want to buy their products then phone them.

Watson Farm Shop
Lascrofts, Edale Rd, Hope, Hope Valley, Derbyshire S33 6ZF
Tel: 01433 620223 Email: ann@watsons70.fsnet.co.uk
www.watsons70.fsnet.co.uk



Farm shop selling products made from their home-reared lamb and beef sausages, burgers, joints. Now smoking their own produce.

The Threshing Barn
Lower Lady Meadows Farm, Bradnop, Leek Staffordshire ST13 7EZ
Contact: Janet & Dave Phillips Tel: 01538 304494
Email: janet@threshingbarn.com www.threshingbarn.com



We rear and sell from our shop pork from traditional rare breed pigs; lamb from Texel and Suffolk cross sheep and beef from Dexter and Welsh Black cows. We also run courses in traditional crafts and stock craft supplies and woolen products, full mail order service for craft supplies is available.

Daisybank Apiaries
Daisybank Apiaries, Newtown, Longnor, Buxton Staffordshire SK17 0NE
Contact: Mark & Mandy Dennison Tel: 01298 83829
www.daisybankapiaries.co.uk



Produce honey from hives in the Peak District including in-season blossom and heather honeys. Honey available from the farm gate and in local shops.

The Original Farmers' Market Shop
3 Market St, Bakewell, Derbyshire DE45 1HG
Tel: 01629 815814 www.thefarmersmarketshop.co.uk
Email: postmaster@thefarmersmarketshop.co.uk



Shop full of high quality local produce including meat, cheese, cakes and much more. Beef, pork, lamb, handmade sausages, home-cured bacon, black pudding, pies, hams and free-range eggs. Produce from New Close Farm in the Peak District National Park. Open Wed-Sat 9 to 5.

New Close Farm Shop
Over Haddon, Bakewell, Derbyshire DE45 1JE
Tel: 01629 814280 Email: janet@gigarrstrongforce9.co.uk
Beef, pork, lamb, handmade sausages, home-cured bacon, black pudding, pies, hams and free-range eggs. Produce from New Close Farm in the Peak District National Park. Open Thurs-Sat 9 to 5.



Castlegate Farm Shop
Stoney Middleton, Derbyshire S32 4TN
Contact: James Hancock Tel: 01433 630400
Home produced beef & lamb from nearby Castlegate Farm, cooked meats, pies, pasties, bread, sausage, prize-winning black pudding. Established in 1829.



Just Biscuits
Eyam Hall, Eyam, Hope Valley, Derbyshire S32 5QW
Contact: Mike Johnson & Tracy Philbert
Tel: 01433 621319 Email: Tracy@just-biscuits.co.uk
www.just-biscuits.co.uk



Handmade biscuits, baked to mainly traditional recipes using locally sourced and organic ingredients where possible. Available: numerous Farmers' Markets, local shops, our own shop at Eyam Hall, and via our web site.

Tindalls Bakery & Delicatessen
Commercial Road, Tideswell, Derbyshire SK17 8NU
Tel: 01298 871351 Email: tindalls@tideswell@hotmail.com



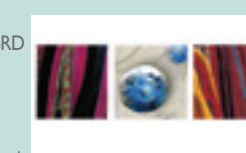
A family-run specialist bakery, stocking a wide range of goods, including bread baked fresh on the premises daily. As well as a delicatessen counter we sell cakes, pastries and pork pies made to a 50-year-old recipe.

Lower Hurst Farm
Hartington, Buxton, Derbyshire SK17 0HJ
Tel: 01298 84900 Email: sales@lowerhurstfarm.co.uk
www.lowerhurstfarm.co.uk



Sells organic Beef & Lamb as well as a range of home cooked ready meals. The farm shop is open on the 1st Friday & Saturday of each month. Orders can also be placed for home delivery on line or by telephone.

Eco Eco
The Courtyard, 10 Castleton Road, Hope, Derbyshire S33 6RD
Contact: Alison Jackson-Bass Tel: 01298 816235
Email: info@eco-eco.co.uk www.eco-eco.co.uk



Eco-clothing for men, women and children. Ethically produced, eco-friendly and organic wherever possible. Stylish continental fashion, recycled and fairtrade jewellery and accessories. Organic bodycare and gifts. Not what you expect!