The Surrey Farm, Food and Drink Festival

Saturday 12th September –
Saturday 26th September 2015

www.surreycountyshow.co.uk
Welcome to

The Surrey Farm, Food and Drink Festival

Welcome to the 2015 Surrey Farm, Food and Drink Festival – a fortnight of celebrating the best in Surrey’s farms and locally produced food and drink.

The Festival will provide an opportunity for the whole family to experience life on a local farm, take a glimpse behind the scenes at a local food producer and taste what’s grown, reared, brewed, smoked or baked on our own doorstep.

We encourage you to visit our partners who have kindly opened their doors and gain a greater understanding of what local food and drink is available, the benefits of buying seasonal and local and where to find it.

There’s even a few recipes to help you on your way!

Enjoy!

The Surrey County Agricultural Society

The Surrey County Agricultural Society is a small charity which exists to promote the best in Surrey agriculture and farming and welcomes members from many different walks of life.

The objectives of the Society include the encouragement of agriculture and agricultural employers in their various crafts, the advancement of breeding and rearing of livestock and maintaining the public’s interest in the agricultural industry within Surrey.

Our annual events include the Surrey County Show in May, the Surrey Farm, Food and Drink Festival, the Surrey Game and Country Fair and the Surrey County Ploughing Match in September and various crop competitions throughout the year.

Join the Surrey County Agricultural Society

SCAS enjoys a strong and loyal membership and we are always pleased to welcome new members.

Member benefits include:
- Free admission to the Surrey County Show, use of the members’ facilities and hospitality areas and discounted entries into the livestock and horse classes.
- Free admission to the Surrey Game and Country Fair.
- Regular newsletter with news and updates from SCAS and special members offers.
- Discounted room rates at Radisson Blu hotels around the UK and local discounts for the Spa and hotel facilities at Radisson Blu Guildford.

To join visit www.surreycountyshow.co.uk
Eat seasonal, eat local – and reap the benefits!

Eating a diet that follows nature’s rhythms is not a recent trend. It’s how everyone ate not so long ago – before supermarkets, fast food, heart disease and obesity became part of everyday life for so many of us.

There are many benefits to eating locally grown and seasonal foods – it’s ultimately cheaper, better for you, better for the environment and good for farmers and the local economy.

It’s the taste that counts

The taste is as important as the cost – if not more so. When food is not in season locally, it’s either grown in a hothouse or shipped in from other parts of the world. Both affect the taste. When crops are transported, they are harvested early and refrigerated so that they don’t rot during transportation. They may soften (think of a wrinkly peach) but they won’t ripen as effectively and don’t develop their full flavour. The best way to get super fresh foods, full of colour and flavour is to buy it locally.

It’s better for you

The less time your food has spent on a boat, plane or lorry, the more vitamins and nutrients it is likely to have retained. Vitamins degrade over time and with storage, so the fresher the better. There are many studies documenting the benefits of eating seasonal fruit and vegetables including a reduced risk of cancer and heart disease, improved cholesterol and easier weight management.

It’s better for the environment

The less we transport our foods from other countries, the lower our carbon emissions will be. Better for us as well as the environment. In addition to this, commercial farming is more likely to focus on quantity rather than quality, often at the expense of soil quality and ultimately providing less nutritious foods.

It’s good for the local economy and your local farmer

A pound spent on produce at the farmers market has a high likelihood of staying in the local economy. A pound spent in a big supermarket is gone. Buying local also helps to create jobs and businesses locally and gives farmers a bigger cut of the price tag you pay.
Events

Open every day
Vineyard and distillery tours
10am – 4pm
Albury Vineyard and Silent Pool Distillery, Albury, GU5 9AE.
Albury Organic Vineyard aims to produce the finest quality organic sparkling and Rose wines from vines grown exclusively in the Surrey Hills. Also visit the next door distillery powered by a 1970s steam boiler from Liverpool Docks. Open every day, but booking essential to enjoy a 90 minute tour. Wines and spirits tastings and sales. Book via info@alburyvineyard.com

Saturday 12th September
Greyfriars Open Day
11am – 4pm
Greyfriars Vineyard, The Hog’s Back, Puttenham, Surrey, GU3 1AG.
Enjoy a tour of the beautiful Greyfriars vineyard, the home of award winning English rose and white sparkling wines. Taste our wines and experience hints of vanilla, citrus, summer fruits and honey. Unmissable. Contact info@greyfriarsvineyard.co.uk or learn more at www.greyfriarsvineyard.co.uk

Saturday 12th September
Farm walk and farm shop
10am – 4pm
Wildcroft Rare Breeds, Clear Barn Farm, Puttenham, GU3 1AL
Adults and children alike will love the Wildcroft Rare Breeds farm walks to see the rare breeds of pig, sheep, goats, chicken, ducks, geese and turkeys. Refreshments and farm gate sales. Contact 01483 811199 or visit their website at www.wildcrofrarebreeds.co.uk to find out more.

Monday 14th, Tuesday 15th, Wednesday 16th, Monday 21st, Tuesday 22nd, Wednesday 23rd September
Complimentary vineyard tour 10am
Denbies Wine Estate, London Road, Dorking, RH5 6AA
The 45 minute vineyard tour takes visitors at a leisurely pace to some of the most beautiful viewing points in the vineyard. A recorded commentary will enhance your trip making this an informative and comfortable way to experience the magnificent panoramic views of the Denbies Estate and the North Downs. Throughout the seasons the changing scenery captures the imagination, from the first bud burst of spring to the opulent vines of the autumn. Cameras recommended! Spaces are limited and available on a first come-first served basis. To book tickets please email events@denbiesvineyard.co.uk

Tuesday 15th September
Jerseys, bats and beer farm walk
6pm
Pierrepont Farm, Frensham, GU10 3BS
Visit Pierrepont Farm for the taste of Jersey goodness. See beautiful pedigree Jersey cows enjoying the freedom of their 24 hour robotic milking parlour and identify the several species of bats living on the farm. And why not visit the Frensham independent microbrewery, producing hand crafted cask ale made from English hops and malted barley with no sugars or colourings. Delicious! Contact 07922 132115 or email beverleyclear@gmail.com

Tuesday 15th September – Saturday 19th September
Eat local at The Three Horseshoes
Dyehouse Road, Thursley, GU8 6QD
The Three Horseshoes is a beautiful freehouse pub and restaurant serving delicious food with the emphasis on locally sourced ingredients. Their talented team will be creating a special Festival menu with meats, fruit and vegetables from local farms. Call 01252 703268 or visit www.threehorseshoesthursley.com to book your table and enjoy delicious food in a friendly atmosphere.

Thursday 17th September
Cheesemaking demonstration and tastings 7pm
Inn on the Green, Ockley, RH5 5TD
Meet local cheesemakers Michaela and Neil Allam, Surrey’s only cheese makers. Learn how they make their delicious Norbury Blue Cheese with milk from Fresians fed on the lush meadow grasses at the foot of the North Downs. Enjoy a complimentary cheese plate with the chance to take home some of this delicious artisan product. Booking essential via info@inn-onthegreen.co.uk or call 01306 711032.
Saturday 26th September
Food fair
12noon – 4pm
Village Greens Farm Shop, Coles Lane, Ockley, RH5 5LS.
Join the Village Greens Farm Shop for a great foody experience. Our Farmers’ Market gives you a chance to meet the local producers whose delicious foods are found in the shop. Enjoy a ‘tunnel tour’ for a guided walk through our polytunnels and fill up with pizza freshly baked in our own oven, and a BBQ or Hog Roast. Contact james@vgfarmshop.com or 01306 713474 for further details.

Saturday 26th September
Walk and activity day
10.30am – 4.30pm
Imbhams Farm, Furnace Place Estate, Haslemere, GU27 2EX.
Meet for refreshments at 10.30am and then follow our ‘flour trail’, see the farm, discover wildlife habitats and encounter bats. Mill your own flour at the Imbhams Farm Granary and have a go at course fishing. Award winning food products and country crafts for sale. Don’t miss a ‘Walk on the wildside’ at 2pm with Jim Jones from the Surrey Wildlife Trust. Bring a picnic to enjoy by the lake (or in our barn if it rains!). Suitable for young, elderly and dogs on leads. Contact 01428 644088 to find out more.

Saturday 26th September
Old Spot farm walk
2pm
Merrywood Farm, Lyne, KT16 0BJ.
Make your way to Merrywood Farm to meet their herd of pedigree Gloucestershire Old Spot pigs. Commonly known as the Orchard pig, they are the oldest breed of pedigree spotted pigs in the world. Try the sausages and bacon provided on the farm from this traditional breed. Refreshments and farm gate sales. Contact 01932 872466.

Saturday 26th September
Wonderful watercress tours
11am – 3pm
Kingfisher Farm Shop, Abinger Hammer, RH5 6QX
Don’t miss this opportunity to view the watercress beds in Abinger Hammer and find out how this lush superfood, fed by pure spring water, was once a major Surrey industry. Enjoy some delicious tastings and take home some watercress recipes. Please wear suitable shoes or boots. For further details phone 01306 730703.

Sunday 20th September
Halliloo Longhorn farm walk
Church Farm, Woldingham, CR3 7JX
Meet the Halliloo Longhorns, an entirely grass fed herd of beautiful cattle roaming the North Downs in Woldingham. These contented cows, free to mature at their own pace, produce meat which is second to none. Indeed, the farm boasts the ‘Surrey Life 2014 Food Producer of the year’ award and holds full Pasture for Life certification. Refreshments and farm gate sales. Contact 01883 650244.

Sunday 20th September
Dairy farm walk
2-5pm
Goldstone Farm, Polesdon Lacey, KT23 4QR
Goldstone Farm will be offering trailer tours to see the 2015 Surrey County Show Reserve Dairy Ayrshire cattle as well as calves, milking and modern farm technology all in a stunning setting. You’ll be able to enjoy some fun games, including ‘welly wanging’, and feast on home-made cakes. Contact 07587 189135 for more details.

Thursday 24th September
Medieval Farm Walk
5pm
Hardwick Court Farm, Chertsey, KT16 0AD.
Enjoy a visit to this historic farm with its 15th century barn once used as the manorial court. Learn about the medieval field systems and see heavy horses, cattle, sheep and vintage farm machinery. Refreshments available. Contact 01932 571237 for more details.

Saturday 26th September
Open every day
‘Pick your own’ fruit and vegetables
9-5pm (11-5 on Sundays)
Garsons Farm, Winterdown Road, Esher
Visit the UK’s largest Pick Your Own farm for 150 acres of fruit, vegetables and flowers. Expect to find an abundance of produce; from beetroot to courgettes, apples to plums and beautiful flowers. All crops are easily accessible, with free parking nearby. It’s a great day out in the fresh air for all the family! Contact 01372 460966 or visit www.garsons.co.uk to find out more.
The fruit and vegetable year made easy

Here are some of our favourite seasonal fruit and vegetables – keep an eye out at your local farmers market or farm shop – or why not ‘pick your own’?

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>JULY</th>
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<tbody>
<tr>
<td>Carrots *</td>
<td>New potatoes</td>
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<td>Kale *</td>
<td>Cucumber *</td>
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<td>Rhubarb</td>
<td>Spinach, Cherries *</td>
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<td>Gooseberries</td>
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<td>Bilberries</td>
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<tr>
<th>FEBRUARY</th>
<th>AUGUST</th>
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<tr>
<td>Leeks *</td>
<td>Broad beans</td>
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<tr>
<td>Purple sprouting broccoli</td>
<td>Raspberries *</td>
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<tr>
<td>Salsify</td>
<td>Radishes, Cherries</td>
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<td>Savoy cabbage *</td>
<td>Plums *</td>
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<td>Loganberries</td>
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<tr>
<th>MARCH</th>
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<td>Cauliflower</td>
<td>Courgette</td>
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<td>Wild nettles</td>
<td>Aubergine</td>
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<td>Spring green cabbage *</td>
<td>Garlic</td>
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<td>Blackberries</td>
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<td>Runner beans *</td>
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<tr>
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<th>OCTOBER</th>
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<tbody>
<tr>
<td>Cauliflower</td>
<td>Apples *</td>
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<td>Rocket</td>
<td>Peas</td>
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<td>Samphire</td>
<td>Sweetcorn *</td>
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<td>Basi</td>
<td>Wild mushrooms</td>
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<td>Dill</td>
<td>Cobs Nuts</td>
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<th>MAY</th>
<th>NOVEMBER</th>
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<tbody>
<tr>
<td>Rhubarb *</td>
<td>Celeriac</td>
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<tr>
<td>Lettuce and salad leaves, Chives</td>
<td>Potatoes *</td>
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<tr>
<td>Rosemary</td>
<td>Red cabbage *</td>
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<tr>
<td>Asparagus *</td>
<td>Blackberries</td>
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<td>Runner beans</td>
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<td>Swede</td>
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<th>DECEMBER</th>
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<tr>
<td>Strawberries *</td>
<td>Butternut Squash</td>
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<tr>
<td>Tomatoes, French beans</td>
<td>Leeks, Turnips</td>
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<tr>
<td>Broad beans *</td>
<td>White cabbage *</td>
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<tr>
<td>Watercress</td>
<td>Brussel sprouts *</td>
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<tr>
<td>Peas *</td>
<td>Chestnuts</td>
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* = star buy

Discover delicious local delights and meet Surrey’s farmers and food and drink producers at your local farmers’ markets.

**Byfleet.** First Saturday of the month. Plough Green, Byfleet Village.

**Camberley.** Third Saturday of the month. 10am – 3pm.

**Chipstead.** Fourth Saturday of the month. 9.30am – 2pm. Shabden Park Farm.

**Cobham.** Third Saturday of the month. 9.30am – 1.30pm.

**Cranleigh.** Every Friday in the Band room. 9.30am – 11am.

**Epsom.** First Sunday of the month. 9am – 1.30pm. High Street.

**Farnham.** Fourth Sunday of the month. 10am – 1.30pm. Central Car Park.

**Guildford.** First Tuesday of the month. 10.30 – 3.30pm. High Street.

**Godalming.** Last Saturday of the month. 10am – 4pm. High Street.

**Haslemere.** First Sunday of the month. 10am – 1.30pm. High Street.

**Milford.** Third Sunday of the month. 10am – 1.30pm. Secretts Farm.

**Redhill.** Second Friday of the month. 9am – 2pm. Town Centre.

**Reigate.** Fourth Friday of the month. 9am – 2pm. Tunnel Road.

**Ripley.** Second Saturday of the month. 9am – 2pm. Village Green.

**Walton on Thames.** Second Saturday of the month. 9am – 1pm. Village Green.

**Walnut.** Second Saturday of the month. 9am – 1.30pm. Old Town Hall.

**Woking.** Third Thursday and Fifth Saturday (where applicable). 9am – 2pm. Town Square.
Pick your own – with a twist!

As well as supporting your local farmers and food producers you can also combine a love of the great outdoors with foraging for your own fresh and tasty food.

So don your walking boots, grab a basket and go forage!

Just remember the three golden rules;
• If you’re not sure what it is – don’t pick it,
• Always gain permission from the landowner before foraging,
• Respect the environment and try and avoid disturbing the wildlife.

Here are some of our foraging favourites:

**Autumn – The Rosehip**
Beautiful, shiny orange or red rosehips can be found all over the place, maybe even in your own garden. Rosehips are packed with goodness and ready for harvesting in the autumn. They contain up to 40% more vitamin C than a lemon and are a well-known anti-inflammatory. Rosehips make gorgeous, fragrant jam or a refreshing tea.

**Winter – The Stinging Nettle**
Nettles are a true superfood – rich in vitamins A, C and D, iron and calcium and can be ready for picking as early as January. Pick the tips only for the best flavour (and wear gloves to avoid the sting!) and steer clear of any that may have been sprayed by pesticides. Nettles can be used as you would use spinach, or make delicious soup or tea.

**Spring – The Dandelion**
As nature wakes from its long winter rest, tasty and versatile dandelions start to appear.
Dandelions are a rich source of vitamins A, B, C and D and contain iron and potassium. Every bit of the plant is edible – we love the young leaves in a salad and the bright yellow petals in a risotto. Delicious!

**Summer – The Billberry**
Enjoy the sunshine and the warm evenings and pick some billberries! These tempting, juicy, purple berries taste like intensely flavoured blueberries and are packed with vitamins and minerals. They are best used in jam, pies or summer fruit mixes, or sprinkled over yoghurt. They’re also perfect in muffins, turned into a sorbet or even a liqueur.
Our favourite recipes

Now that you’ve sourced, or picked your luscious local produce, here are a few of our favourite recipes. Tried, tested, easy and delicious!

**Roasted asparagus**

*Recipe*

Serves 4  
Ingredients  
2 bunches local asparagus, trimmed  
4 medium shallots, thinly sliced  
4 tablespoons extra virgin olive oil  
3 tablespoons red wine  
Salt and freshly ground black pepper to taste

What to do

Preheat the oven to 200 C / Gas mark 6. Place the asparagus and shallots in a large bowl, and pour the olive oil and 2 tablespoons of the vinegar over them. Season with salt and pepper, and toss to coat evenly. Spread the asparagus spears out in a single layer on a baking tray. Bake for 20 minutes in the preheated oven, or until tender and bright green. Shake the tin about half way through to roll the spears over so they cook evenly. Remove from the oven, and drizzle the remaining vinegar over the asparagus. Toss lightly to coat, and serve immediately.

**Rhubarb and ginger syllabub**

*Recipe*

Should serve four, but three of us ate the lot!  
Ingredients  
400g local rhubarb, cut into small cubes  
A small piece of root ginger, peeled and finely chopped  
75g caster sugar  
100ml white wine  
100g light mascarpone  
300ml double cream  
50g icing sugar

What to do

Put the rhubarb, root ginger, sugar and white wine in a pan, bring to the boil and simmer on a low heat for 4-5 minutes until the rhubarb has softened. Remove from the heat and set aside to cool. In another bowl, whisk the mascarpone, double cream and icing sugar to soft peaks. Remove four tablespoons of cooled rhubarb and mash with a fork, then fold into the cream mixture. Divide the rest of the poached rhubarb between four glasses, reserving a bit. Spoon over the cream mixture and the rest of the rhubarb. We sprinkled a bit of chocolate over the top too!

**Purple sprouting broccoli with garlic & sesame**

*Recipe*

Serves 4  
Ingredients  
450g local purple sprouting broccoli  
2 tbsp groundnut oil or vegetable oil  
2 tbsp toasted sesame oil  
5 garlic cloves, peeled and very finely sliced  
1 tbsp toasted sesame seeds

What to do

Trim the broccoli of any hard stalks and very coarse leaves. Bring a pan of slightly salted water to the boil and plunge in the broccoli. With the lid on, quickly bring the water back to the boil, then remove the lid and simmer the broccoli for about 2 minutes before draining. Meanwhile, heat both oils in the pan over a medium heat. Fry the garlic for 2-3 minutes, stirring constantly, until the slices are light golden. Throw in the broccoli and fry it for 2-3 minutes, tossing frequently, until the stalks are piping hot and infused with the garlicky oil. Serve immediately with the sesame seeds sprinkled over the top.

**Rhubarb and ginger syllabub**

*Recipe*

Serves 4  
Ingredients  
1.5lb (.7kg) local loin of pork  
8 ready to eat prunes  
¼ pint (145ml) white grape juice  
¼ pint (145ml) chicken stock  
2 shallots  
6 crushed juniper berries  
2 tablespoons sloe gin  
½ teaspoon cornflour  
Salt and pepper to taste

What to do

Bone the pork and remove the rind. Using a sharp knife, make a hole through the centre of the loin and press the prunes into it. Please the pork and prunes in a dish just big enough to hold the meat and pour over the grape juice and stock. Peel and chop the shallots and add to the dish along with the juniper berries. Cook for around 1 ½ hours or until tender and then allow to rest for five minutes before serving. Transfer the remaining cooking juices to a small pan and add the sloe gin. Mix the cornflour with 1 tablespoon of cold water and add to the pan. Heat and stir until thickened then pour over the carved pork.
THE SURREY
GAME & COUNTRY FAIR

Highlights –
‘Gulliver’s Carnival’ – stunt horses and riders
A 50 bird sporting shoot and have-a-go stands
Gundogs, falconry, hounds, fly fishing and horse logging
Food theatre and food hall with celebrity chefs
Shopping and rural crafts
Donkey rides, Punch & Judy and model railway
Family dog show and dog agility
Plus much, much more!

An action packed rural day out for the whole family

27th September 2015
Loseley House, nr. Guildford
9am – 5pm

Book online for reduced rate tickets at www.surreycountyshow.co.uk