

# *Craic*

The Magazine for  
Great Salkeld & area

Issue 3 Autumn 2011



# Sports Day - July 2011

by Rich Martin

Despite black leaden clouds looming all around, the rain just managed to stay away to help make this years Salkeld Sports Day one to remember. With a fancy dress competition themed on the 1960's to help "celebrate" five villagers' 50th Birthdays, the floats were decorated to dazzle and impress as were many individuals who dressed up as hippies & rock chicks; there was even a spaceman who made a "giant leap" onto the sports field! Our V.I.P judges did not have an easy task selecting the winning entries.



The whole day was well supported with some of the races requiring several heats! Traditional favourites such as the Egg and Spoon and Three Legged races provided much entertainment for the crowd basking in some rare summer sunshine. Trophies went to many of the village children: Jay Potter winning the David Graves Trophy, Alex Richardson winning the Rodney Ware Trophy and Chris Martin & Connor Mattinson coming joint first in the legendary O'Neil Trophy.

The fun continued into the late afternoon with the Tug of War, the Egg Chuck and the classic Hammer and Nail competition - how competitive are Salkeld men?! Adam Collin retained his Welly Wanging championship whilst Nicola Hadfield has the honour of being Salkeld's first lady Welly Wanging Champion.

The Sports Committee would like to thank all those who helped make it such a special day, because we couldn't do it without you. We would especially like to thank our very effective entrance fee collectors, all those who made and donated cakes and everyone who gave up some of their time to provide help with making teas and running the various stalls and side shows. The feedback we have received has been extremely positive and it is great to know that so many people had a great day. We already have some plans to make next year even better and, as ever, any help you can provide will of course be very welcome.

We would finally like to thank everyone who came along on the day and made it so fantastic... let's make a date for the same time next year.

*Photo from Rich Martin*

## Friends of St Cuthbert's Church - Cheese and Wine Reception

*Photo - Fiona Exon*



An evening cheese and wine reception at Nunwick Hall on September 10th raised funds for and highlighted the objectives of the Friends of St. Cuthbert's Church. We enjoyed excellent wine, a superb buffet of cheeses and nibbles and a sociable party atmosphere. New members of the Friends are welcomed. You can help their work by playing a part in ensuring that St Cuthbert's stays at the heart of village life as it has done for 800 years. Musical, social and other events will continue to be held. Keep an eye on noticeboards, the village website etc for news. To join the Friends contact Philip Cranston (01768 898674) or Derek Patmore (01768 897074 )

*Fiona Exon*

## Welcome!

Summer has passed and nature is about to change into its autumnal clothes. In the village there have been changes with a new Parish Council being formed under a new chairperson Mike Carrick. The Council has already hit the road running by introducing a scheme for a co-operative purchase of heating oil, to assist those villagers reliant on it for domestic use - see full details in the enclosed flyer.

Housing has also been a topic for the village and the results of a survey are included in this issue. There are plans to create a Parish Council page on the Great Salkeld website, [www.great-salkeld.net](http://www.great-salkeld.net). This website contains information about Great Salkeld and also has a village diary giving information on various local events.

The CRAIC team are now preparing the winter (Christmas) edition of the magazine and therefore any articles or advertisements will need to be submitted to [copy@great-salkeld.net](mailto:copy@great-salkeld.net) by October 31st.

In my last Editorial I mentioned that CRAIC would like to see some input from the village youngsters. Following discussion with a youth leader, we intend to introduce a section in the magazine for this group.

### DONATION APPEAL

The "Craic" has been freely circulated with the aid of Advertisers and subsidies by the Parish Council. Due to its success, we have increased the number of pages and number of copies printed. To offset the additional costs we wish to appeal for donations and will set up boxes at prime locations for contributions. Thank you all for your support. ■

*Frank Hope, Editor*

Cover image; 1960's themed floats heading to the Village Sports Day in July. Editorial image of autumn fungi by Fiona Exon

Editorial

## The Way We Were - Photographs from bygone days of Great Salkeld: Harvest time at Nunwick Hall in 1890



Haymaking Photograph from the Thompson family collection



# “ In conversation with... ”

## Eleanor Rose

### How long have you lived in Great Salkeld?

84½ years! I was born here. My father was a farm labourer on the Nunwick estate and I was born at Town End Cottage. In 1945 we moved across the road to what was then called Town End Farm, behind the village hall. My father farmed there and I ran the shop, which was housed in one of the buildings. We moved in 1966 into one of the then newly built council houses near the church.

### Did you attend the village school?

Yes, in those days the school was full of children. Children started from 5 and stayed until 14. During the war there were over 70 pupils. As well as local children there were evacuees from Newcastle. We studied the usual range of subjects but also more practical subjects like sewing, knitting, metal and woodwork.

### What did you do after leaving school?

I started working at the Co-op in Lazonby. Hours were 8am to 6pm Monday to Saturday and I biked there and back every day. If the weather was too bad to cycle I walked or pushed my bike. I remember my father buying me the bike in Penrith. It was war time and bikes were hard to find as metal was being used for the war effort. It cost £7, which was really expensive at the time, and I proudly rode it back from Penrith. I worked at the Co-op for 5 years and then we moved, so I had the



experience of taking over and running the village shop in Great Salkeld.

### Tell me about the shop....

It was started by Mrs Oliphant around 1900. She was a lady's maid to Mrs Heywood Thompson and moved with the family when they came to Nunwick Hall from Notty Ash in the 1880s. She married a local farmer, left service and started up the shop. The Fisher family were the next to run it and then we took over in 1945. I managed the shop for 21 years and then it moved to a house near the pub.

But it closed a few years later, as more and more people used the new supermarkets and it could not compete.

### What kind of shop was it?

A real general store. We sold everything from papers, sweets, ice cream and groceries to stationery and even fireworks. Once, a local lad let off a loud banger in the shop and gave us all a fright! The farm had a large garden with lots of fruit trees and we sold fresh fruit from it in summer and autumn. It was open from 8am to 8pm every day except Sunday. We did a lot of trade in the early evenings, when villagers came to play snooker and use the reading room in the village hall. In those days people made their own entertainment and the village hall was the hub of village life.

### What were your best seller's?

Sweets and ice cream, especially Mars Bars and Liquorice Allsorts. In 1945 a Mars Bar was tuppence and a quarter (¼ lb) of sweets sixpence. Papers were ha'penny and I can remember men folk twining for ages when they went up to a penny!

*continued >>>*



### **Digging, climbing and mast-building for Village Broadband**

Over the summer there has been a lot of preparation activity for the Village Broadband start-up. Due to the village being set low down in the landscape there was a need for a higher location to receive a signal for local distribution. The work involved attaching a device to a tree to receive a signal, digging over a garden and putting up a pole on the side of a log shed to send signals down to the village, where you have probably noticed a new shorter mast on the church tower. The

church tower mast took several trips up the steep tower steps, several volunteers, ropes and considerable effort to get it installed.

Thanks to Richard for letting us use his garden and to Hector, Derek, Nick, Mike, Richard, Matthew, Mikie and David for helping out and Craig from NextGenUs.

It's expected that soon we will be able to host a demonstration of the new high speed broadband. Watch out for notice-board announcements, village website notices and emails.

Meanwhile, if you haven't yet signed up to receive the new high speed broadband and want to make sure you do, contact us for the paperwork and we'll arrange it with you. We can arrange to meet you if you would like to discuss it further.

If you have any queries please contact: [nga@great-salkeld.net](mailto:nga@great-salkeld.net) or see the web page for more information <http://great-salkeld.net/broadband>. ■

## **<< continued**

### **Who supplied the shop?**

Supplies came from Grahams and Pattinson & Winter in Penrith, who were wholesale grocers. A delivery came once a week, initially by horse and cart and then, gradually, by wagon. Lyons at Carlisle supplied the ice cream and we hired a special freezer from them.

### **Were there other shops in the village at this time?**

Yes, a post office in the centre of the village, a smithy by the phone box, and another smaller shop selling mainly sweets and cigarettes in half of what is now Mid Town. There was also the pub but when I was younger women did not go there much, it was more of a man's drinking pub.

### **What are your favourite memories from growing up in the village?**

It was a very happy, safe place to be and still is. I especially remember the folk dances on Monday evenings. There were always lots of farm lads to dance with and I have always loved dancing.

### **If you could change one thing about the village what would it be?**

It would be nice to have a school again, or at least a good use for the building. It's sad to see a once vibrant building lying empty.

### **Where is your favourite place in Cumbria?**

Great Salkeld, it still has a good sense of community, everyone is friendly and you know most people and there is still a lot going on to get involved in. I could not imagine myself anywhere else. ■

*(Photo by Frank Hope)*

In 2009 I had the opportunity to take Maisy and Lewis (then aged 5 and 3 years) on a trip to Nepal. Their father, Simon had already been in Nepal for several weeks, guiding a group of clients on a mountain called Hungchi. It would still be another ten days before we got to see him, as we were trekking up towards his base camp.

A 45-minute journey on a 20-seater Twin Otter plane, took us up to the village of Lukla at 2900 metres. Three porters met us at the hillside airstrip. Simon had sent them down from his base camp to porter our kit bag and the children in baskets. I had wondered how they would find me, but I needn't have worried as Simon's description, "Mum with two young children" meant we stood out from the normal kind of trekker – we saw no other western children during the trek.

For a few days we criss-crossed the Dudh Kosi River by narrow metal bridges. Lewis could hardly contain his excitement when he got his first view of Everest. A couple of nights at Namche Bazaar were needed for acclimatisation, as we were now at 3400 metres. Maisy and Lewis weren't suffering any effects of altitude, but they had certainly noticed they didn't have as much 'puff' as usual!

Above Namche Bazaar we left the main Everest trail for a side valley towards Gokyo. From here the views became more dramatic as we became surrounded by snowy peaks. It took us three more days to reach the village of Machermo, where there was a health post. I was keen to have Maisy and Lewis checked out as we were now at around 4800 metres,



the same height as Mont Blanc. The doctor reassured me that they were perfectly healthy and reminded me there isn't really any medical evidence related to taking children to altitude.

The next day we sat in the lodge waiting to catch a glimpse of Simon. We saw his familiar shape striding down the hillside and Maisy and Lewis rushed outside and shouted up to him. We had made arrangements two weeks ago to meet 'somewhere' on the trail, so it was amazing that we hadn't missed each other. Our final night, before we descended back to Lukla, was spent in an isolated lodge higher up the trail with the rest of Simon's group. On the way up, Simon pointed out the mountain he had been climbing.

"Is that where you have been working Daddy?" piped up Lewis.

"Yes," laughed Simon. "That's my office!"

It was certainly a long way to go and see Daddy at the office, but when he calls home from the mountains at least they can now imagine where he is. ■

*(Photos all from Jane and Simon Yates)*

## Great Salkeld Memories - Part 2

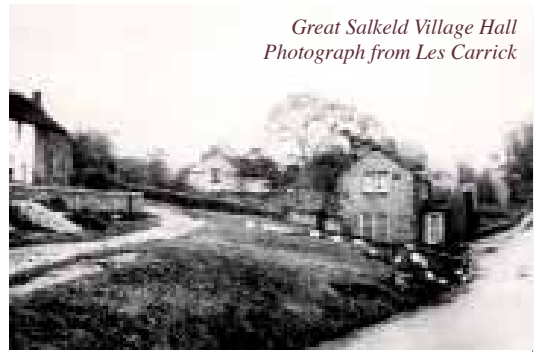
by Les Carrick, Great Salkeld

There was quite a thriving Tennis Club until just after the 2nd W.W. and many youngsters were taught to play. I believe that before my time it had also been used as a Bowling Green. On my return from the Forces at the end of 1947 I tried to restart the Tennis Club but sadly, through lack of interest, it was forced to close and I had to play at the Club at Lazonby in order to get a game.

There was the Village Church which had a Sunday School and a Choir that were quite well attended and both the Methodist Chapel at South Dykes, and the Presbyterian Chapel at the north end of the village, (now Kirk House), had Sunday Schools that were also well attended.

In my early years there were very few cars about. The only car owners in the village were Nunwick Hall, The Rector, The School Master, Tom Lambert of Salkeld House, who ran the village Garage and Taxi Business, and one farmer at Town Head Farm, who used it once a week to go to market at Penrith on Tuesdays. Some workmen who had a distance to travel to work had motorcycles but by far the main mode of transport was the bicycle or horse and cart. The road up Green Lane, behind the Village Hall, was composed of clay and stone chippings until the late 1930s when it was concreted, with stone embedded in it to prevent horses slipping when pulling heavy loads of hay and straw up and down. Then later it was laid with Tarmac.

In the late 1930s a Badminton Club was formed in the Village Hall and local children were encouraged to take up the sport. This kindled in me an interest which was to form a great part of my life during the next 40 years, at Local, County, and National levels. Unfortunately it did not survive during the



Great Salkeld Village Hall  
Photograph from Les Carrick

war years, so I was forced to play the sport at other venues on leaving the Forces.

There were very few tractors in the area before the war, one or two contractors having Fordson tractors. The horse was the main form of propulsion, most Farmers having 2 or more Clydesdale Horses or Fell Ponies to do the work. The main road through the village was always busy with horses going to and fro to work, cows going to be milked, and bullocks and sheep being moved from field to field. Most stock was walked to the Market at Lazonby, which made for a great deal of movement most of the time. One abiding memory, as a small child, was the sight of a wood waggon, loaded with two huge trees and pulled by 3 pairs of very large Clydesdale horses on its way to a Lazonby Sawmill. Several children, myself included, followed this large load as far as Scatterbeck to see how they would climb the steep hill there, which they managed with some difficulty, having to pause halfway up the hill to chock the wheels before, with great effort, they set off again to finish the climb.

Land owners were very tolerant of children playing across their land as long as gates were closed. Many a game of Hares and Hounds was enjoyed, trees were climbed and "dens" made in neighbouring woods. Walks by the river were allowed and minnows were caught in the streams and rivers with bathing in the river around Nunwick Island enjoyed. ■

*(to be continued in the next issue of CRAIC)*

## Pennine Perambulations - Walk 2. By Colin Barnfield, Lazonby



**LENGTH:** 9km (5½ miles); **GRADE:** Easy walking  
**MAP:** Ordnance Survey, Explorer Series, No.OL5 (NE Lakes);  
**START:** Village Square, Kirkoswald, GR 5550 4120  
**PUBS:** Kirkoswald: Crown Inn, Tel. 01768 870435  
Featherston Arms, Tel. 01768 898284  
**SHOP:** Ravenbridge Stores – traditional village shop, Tel. 01768 870283  
**FOOTWEAR:** Good walking boots recommended



**1** From the cobbled square turn right on the B6413 past the Crown Inn. Take the first left, Ravenghyll, at the fingerpost to Park Head & High Bankhill. The road soon turns into a track with a millrace on the left and Raven Beck, in a gorge, on the right.



**2** Continue through a kissing gate beside a weir and follow the beck to another kissing gate into a wood. Where the path forks, keep right, along the beck. **NOTE:** If the water level along the beck is too high, take the **LEFT** fork up through the wood. After a short distance bear right and follow the path back to Raven Beck.

**3** Leave the wood at a stile into a field. Keep to the fence on the right, along the beck to the next stile. Follow the beck to another stile, then through a field towards woodland.



**4** At the edge of the wood cross a footbridge over Nether Haresceugh Gill to reach a stile. Bear left through a gap in the wood to open field, where the path forks. Keep right and return to Raven Beck, passing through a kissing gate into woodland.

**5** Keeping Raven Beck to the right, walk through the wood for 0.75km (½ mile) to a stone stile. Continue along the beck to a wooden stile, next to a disused stone quarry on the left. Then pass through a kissing gate into a field..



**6** Follow Raven Beck as far as a stile at Sicker Gill. Before the stile turn sharp left, uphill, with Sicker Gill to the right. After 80m (86yds) turn sharp left and walk west, up along the hillside to a field gate from which, on a clear day, Blencathra (Saddleback Mountain) can be seen straight ahead, in the distance. Turn round, to face east, and on the skyline of the Pennine Hills, the Hartside Café can be seen.



**7** Continue west through the gate with a stone wall on the right. At the next field gate the path bears right beside the wall to another field gate.



**8** Keep to the wall to reach a farm track and turn left to the Nether Haresceugh road. Turn right along the road for 0.75km (½ mile) to the junction with the Renwick to Kirkoswald road.

**9** Turn right along the road towards Renwick for 125m (135yds), then turn left along a farm track at a fingerpost to Scales. At Scale Rigg farmhouse go through a small gate to the right of the cattle grid. Keep to the fence on the left to reach another small gate.



**10** Proceed downhill across the field and through a field gate towards Scales Hall farm. At the farm cross a footbridge and stile. Turn right, between the farm buildings, bearing left on to a road. Turn left for a few paces to a stone stile and fingerpost to Kirkoswald on the right..

**11** Cut across the corner of the field to a stile and continue across the next field to a hedgerow with two adjacent stiles over two wire fences.

**12** Continue uphill to a double field gate. Take the right gate and walk between the wire fences (several metres (yds) apart) to a stile. Bear right across the field to a small section of stone wall with a stile.

**13** Cross the stile and walk straight ahead, downhill across a large field to a stone stile at the Renwick to Kirkoswald road. Turn right along the road to High Bankhill. At the junction with the B6413, keep left along the road to Kirkoswald to reach a kissing gate and fingerpost on the left to Kirkoswald.



**14** Walk diagonally across the field to a stone stile in the far corner. Continue straight ahead across the next field to woodland. Cross a stile to enter the wood and descend to Raven Beck. Turn right at the beck and return to Kirkoswald. ■



(Photos by Frank Hope and Fiona Exon)

# Autumn Harvest Local recipes

Perfect for Christmas time

From Sally Logue

Local lady and pet portrait artist Sally Logue has used these recipes of her mother's for many years - friends and family love them. ([www.portraits4pets.com](http://www.portraits4pets.com))

## ✓ DAMSON GIN

### Ingredients:

- 1lb Damsons
- 1lb Sugar
- 1 bottle of gin (750ml if you like it syrupy, 1 litre if you like less syrupy- both work well).

### Method:

- ✓ Prick the damsons and put into a clean sterilised glass container that can be sealed. (Demi Johns are perfect)
- ✓ Add sugar (shake every day until the sugar is very pink).
- ✓ Add the gin, shake and store in a dark place. Turn and swirl fruit around once a day until sugar has dissolved then leave and shake occasionally.
- ✓ After 3 months, strain and bottle.
- ✓ Damsons usually ready in September, which means gin is ready for bottling just in time Christmas.



### Top tips:

1. Also works well with Vodka or Bacardi.
  2. Same recipe works well with sloes.
  3. Rather than pricking the damsons, freeze them and when you take them out of the freezer they split naturally.
- When fruit has been used, de-stone and dry on a very low heat for a few hours in the oven. The fruit can then be used for fruit cakes or christmas pudding - it really does make such a difference using the damsons!

## ✓ AUTUMNS BEST CHUTNEY

### Ingredients:

- 3lbs Plums, stoned and halved
- 3 large onions, chopped small or grated
- 3 med. cooking apples, chopped small or grated
- 1lb raisins (or you can make up the weight with plums, to use local home grown produce)
- 2lb dark soft brown sugar
- 2 pints malt vinegar
- 2 heaped tsp ground ginger
- 2 teaspoons ground cloves
- 3 cloves garlic, crushed
- 2 teaspoons ground cinnamon
- 2 table spoons salt (or less if you prefer)



### Method:

- ✓ Add all ingredients to a jam pan, bring gently to the boil and simmer for 2-3 hours until it starts to thicken.
- ✓ Pour into jars, seal and keep in a cool dark place for at least 3 months to mellow.

### Top tip:

If properly stored (unlike jam) it keeps well for a couple of years - probably much longer.

Delicious special recipes that are great for Christmas and winter treats, or giving as gifts

*Photos by Fiona Exon*

# HIGH BERRYS TO HARRODS - - - - - by Mary Boulter

A number of people in the village will remember Marie Wood, who used to live at High Berrys in Green Lane. Some will even remember her first husband, Robert Hogarth, who died in 1964.

Robert and Marie had married during the Second World War and lived at the School House until they were able to buy land off Colonel Thompson and build High Berrys. Robert had suffered from rheumatic fever and had heart problems, so was not called up into the forces.

In the 1950's Marie decided that she wanted to buy a knitting machine. Robert persuaded her to buy a small industrial one and she was soon familiar with it and knitting away with the machine, set up in their dining room.

Marie started to make scarves and stoles, which were brushed with teasels. They were very warm and cosy and in pretty colours. Robert helped her to find a market for them.

This all turned into a small business and Marie employed several women from the village to help. She started to travel about the country meeting buyers from various stores in various cities, ending up by selling their

products labelled "Hogarth of Cumbria" all over the country. In fact she sold to Harrods, Marshall and Snelgrove (now Debenhams), Finnigans in Manchester and many other famous stores.

It is really amazing to think that these simple woollens, made by a handful of women in the small dining room at High Berrys, sold well in prestigious stores all over Britain.

Unfortunately, Robert died of heart problems. He had gone into Guy's Hospital in 1956, where Sir Russel Brock performed one of the early operations on the heart valve. It was there that my husband Paddy, a Junior doctor, looked after him and, as they both came from Cumbria, it led to a life long friendship and our first involvement with Great Salkeld. Sadly, Robert died after an unsuccessful second operation in 1964 and Marie then gave up the business to go and train as a teacher. Happily, after a few years she met Ryan Wood and had a very happy second marriage. The business was never revived. ■

*Mary Boulter, August 2011*

## Dog Fouling at the Village Recycling Compound

It is disappointing to have to note that there is a regular culprit who is depositing carrier bags filled with used dog Poop Scoop bags. This is a public hazard to anyone visiting the recycling site and especially to the volunteer helpers who keep the area clean and tidy. CCTV will be installed soon, which should ensure that this practice is stopped. Used poop scoop bags should be placed in bins provided for this purpose or taken home. ■

### CRAIC Su Doku difficult

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**Background.** One of the outstanding actions from the Parish Plan was to address the provision of housing within the Parish. This need had been expressed in the form of affordable housing, and the conversion of redundant farm buildings. In addition, the Parish Council was being consulted on new developments, as part of the planning process, but did not itself have any reliable evidence upon which to base its decisions. Under local planning policy Great Salkeld is not a “Local Service Centre”, lacking a school, shop or regular bus service etc., so that any new development of social/affordable housing would be unlikely to be granted in the absence of an “identified need”. However times are also changing, with the Coalition government adopting a localism agenda, proposing a relaxation of the application of planning laws and making them more amenable to local community interests. In addition Community Land Trusts (CLTs) have come into existence, enabling communities to own and operate assets on behalf of their community. Apart from village halls and play areas, there are now many examples of CLTs running community shops, pubs, post offices and housing.

The Parish Council decided that it was an appropriate time to conduct a formal survey, the results of which would be recognized by Eden D. C., to establish the existence or otherwise of an “identified need”. This was carried out independently by Cumbria Rural Housing Trust, in December 2010. The results were compiled and presented to the Parish Council in February and March 2011. Further decisions were deferred until the new Parish Council, with co-options was in place.

**Survey Results.** Disappointingly, only 31.33% of the forms were returned. This is about average, but clearly one of the consequences may be an understatement of need.

## In summary:

- 13 (19.11%) responses indicated a housing need
- multiple need lifted this to 15
- 5 are in need of affordable housing
- Of these, 4 are adult children living in the Parish, and 1 a couple
- the present need is for 2 bed-roomed rented and shared ownership accommodation
- 3 respondents were given as adult children, but there was insufficient information as to whether they fell within Eden DC’s definition of Housing need
- the majority identified a lack of suitable existing housing to meet their need
- a variety of sites were identified for development

A full copy of the Survey Report can be found on the Great Salkeld website:

[www.great-salkeld.net](http://www.great-salkeld.net)

## Future Steps

The encouraging outcome is that the survey confirms there is an “identified need”. This means that Eden DC might be prepared to permit development of an appropriate site. But contact with two housing associations confirms that they do not have the funds at the present time to undertake a small-scale new build development within the village, even if a site at a discounted value became available. Conversion of existing farm buildings is even more expensive, and most of the sites are outside the village, with major access problems. They would be very unlikely to get permission.

## The next steps appear to be to:

- meet with the planners to get further guidance on potential sites
- continue to explore the Community Land Trust concept for existing, and potential future, village assets
- maintain contact with the housing associations
- examine whether or not to set up a Parish Register of housing needs
- examine whether to be proactive in satisfying the criteria to become a Local Service Centre
- embark upon a discussion with Chatsworth Estates concerning their future plans for the former school

If you have any further thoughts or ideas – please email Nigel Robson on

[robson.nigel@btinternet.com](mailto:robson.nigel@btinternet.com) ■



# Autumn Harvest

by *Richard Wood*



It must go back to our past, when we were true hunter-gatherers, but there is always something irresistible about gathering food for free from our countryside and making delicious jams, pies and drinks, and enjoying the fruits of our harvest throughout the following year. Especially this year, when the hedges seem to be laden with fruits, apparently as a result of

having had two hard winters in succession.

So, where to start in tucking into this free abundance?



The blackberry must be king of the wild fruits – for jams and pies or just eaten fresh with good double cream! Elderberries are everywhere – for jellies and wines but

must not be eaten raw. Get there before the birds ! Wild rose hips, with 20 times as much Vitamin C as oranges, make a delicious syrup for flavouring ice cream or milk puddings or making a cordial. Sloes need no introduction if you are a gin imbiber. However, they are best picked after the first frosts have been on them. Closely related is the bullace – the forerunner of the domestic plum and larger than the sloe. If you find a tree, I suggest you keep it a secret as they are delicious but quite rare. Rowanberries, to be found everywhere around here but especially on the Bowscar road, make a good jelly for accompanying game or lamb. Crabapples are another easy-to-find fruit and are very useful for adding additional pectin to other fruits to help the jam set. If you are up in the fells and moors,

look out for bilberries, cloudbberries, cowberries and also cranberries (which are, in fact, a British native) – all thrive in boggy, acidic soil and make good jams and sauces.

And so to nuts! Hazelnuts, with fifty per cent more protein, seven times more fat and five times more carbohydrate than hens' egg, weight for weight, are worth picking in late

September. Keep them in their shells and in a dry, warm place until ready to eat. Sweet chestnuts need no introduction but are wonderful roasted in the fire – slit their skins first to stop them exploding.



And finally, fungi. A whole subject in itself and a difficult one to write about briefly. A small number are deadly and therefore you must only eat those varieties that can

be positively identified either by an expert or by reference to a good field guide. However, there are four common varieties that are well worth finding, namely the field mushroom, the giant puffball, the parasol and the shaggy parasol. There are over 100 other edible varieties which are either rare or difficult to identify, or just not worth cooking.

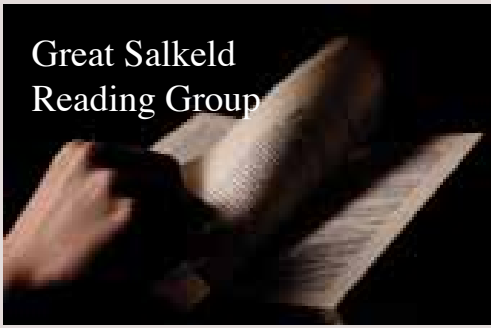
So, good hunting and you had better put up some extra shelves in the larder to store all this harvest – all for free!!

(An excellent reference book for foraging in the countryside is: *Food for Free* by Richard Mabey) ■



*Photos with Creative Commons License*

## Great Salkeld Reading Group



Three years ago a small band of enthusiastic readers decided to set up a Reading Group in the village. Our aim was to meet on a regular basis and discuss, over a glass of wine and in a relaxed and informal way, a book which we had all read.

Twelve people initially joined and we are now down to eleven, both male and female.

We meet once every six weeks, on a Thursday evening, taking it in turns to host the event in our own homes. We have read a

wide variety of books including classics by Jane Austen, Elizabeth Gaskell, George Eliot and Charlotte Bronte, more modern classics, such as *To Kill a Mockingbird* and *A Passage to India*, and novels by contemporary authors, e.g. Rose Tremain and Tracy Chevalier. We have also read several biographies and books on history, travel, adventure and poetry. The poetry meeting, when each member chose their three favourite poems from the anthology we had read, was one of our most enjoyable evenings.

Cumbria County Council provides sets of books for reading groups and we usually choose from these. They have an enormous catalogue of titles from which we can order. However, as time goes on, we have decided to read additional books, which we get ourselves.

If you are interested in joining us, please get in touch by phoning me on 01768 897159.

*Sue Marshall.*

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