AIRE VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July / Aug 2015

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GOATS HEAD

Sky SPORTS

It is hot, hot, hot, as we head for the press on our summer edition of the Aire Valley Mag. I hope you will enjoy a break and get out in the sunshine at some point.

We've been reflecting on where we were last year at this time when the county was fully ensconced in the Tour de France. What does it mean to us now and what is the legacy of Le Tour?

Leeds City College Keighley Campus is looking forward and asking us where will we be one year from now...The college is shifting its focus and championing the industrial centre of excellence.

Don't miss out on Silsden's Grand de Party...and the Galas in both Sllsden and Cowling in July... see more inside.

Have a great July and August and we'll see you again in September.



Liz Barker, editor

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Forging Ahead

With over 100 years of combined experience rolled into the team, Aire Valley Forge has built its reputation on time honed skills and masterful know-how. Founder, Paul Munton, set up the business fueled from his own passion for traditional blacksmithing & forge work.

Bringing the latest technology of autocad design together with craftsmanship sets Aire Valley Forge apart from its competitors in the area.

"We incorporate handcrafted work in the simplest of products and rarely use off the shelf solutions unless they are deemed the most appropriate," Paul asserts.

And despite the challenging economic climate of recent years, Paul hasn't shied away from investment. The workshop has the latest equipment necessary for a 21st century forge but retains the traditional charm of an old blacksmith's space.

Commissions vary widely from a simple hand forged candlestick to a spiral staircase. Mainly garden gates and railings make up the bulk of the work; artistic and creative input is often sought to enhance the output. Bespoke work continues to be a speciality.



With a 5 star rating on the Guild of Master Craftsmen, it is safe to say that customers are delighted to endorse the work and praise the skills and craft of Aire Valley Forge.

Referral rates are high as AVF has established a good reputation both locally and further afield into North Yorkshire.

Kind, courteous and polite staff who tidy up the site at the end of the day are always appreciated... Feedback is encouraged and a culture of improvement shapes the company philosophy.

For quality work in metal with an artistic flair, contact **Aire Valley Forge.**

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For Denise and Tony Holmes of Oakworth's Golden Fleece, the pub has been the centre of their lives and livelihood for the past 8 years. Situated in the heart of the village, The Golden Fleece takes centre stage in community life.

As joint licencees, the couple's commitment to the vibrant pub is exemplified in the activities they host and support as well as the annual fun day and other events that have raised funds for Sue Ryder Manorlands hospice. [Over £13,000 and counting so

far) "There is a lot going on here...pub quiz night, Tuesday club, pool team, community meetings; and In terms of wider services to the community, we cater for private parties, funeral teas, christenings, etc."

"It's a lovely place to work and we enjoy being a part of most things that happen in the village," said Denise. Tony agreed, and added, "We're now ready to retire and hand over the baton to someone else. We would like to be sitting at the other side of the bar as customers." Tony and Denise are including the 16 year,



"Bur hope is that the pubwill go to someone who will maintain the community links and support the willage. There is now a fantastic opportunity for a couple or an individual to take over the reins from us and build on what is already a successful and well established business, having had only three ficencees in over 30 years." - Denise Holmes.

> partially tied, lease for free and are only taking offers on the fixtures and fittings including the spacious three bedroom living accommodation up stairs.

"It is a surprisingly affordable proposition and one that we hope will keep the pub in the hands of a local person."

"Its a chance to live in the country and create an idyllic life. The fantastic thing is that it is all set up as a going concern. The new lease holders can just step into the business. No reasonable offer will be refused and we will take serious written offers between July1 and Aug 31st," Questions, queries, or for more details contact: Tony or Denise: 01535 645930 email: tonyholmes999@me.com Written offers with contact details to The Golden Fleece, Oakworth BD22 7PR.

In a nutshell, this is a great opportunity for someone to take over the Golden Fleece, a traditional Bronte country pub in Oakworth, near Haworth. The pub is For Sale due to retirement. The 16 year part tied lease is to be included FREE! Property comprises 3 bedrooms living a dining rooms, parking, cask ale, beer garden, trade kitchen, seating for 80+ GloSing date for Offers: Aug 31st 2015 (A very affordable business, as all you are buying are the fixture a fittings!)



Annual Fun Day for Nanorlands



Anyone visiting Silsden recently will have seen the preparations for the town's Grand deParty in July remembering the visit of the Tour de France a year ago.



There are orange-themed hanging baskets outside many of the shops, businesses and community buildings, and also decorated tulips in many of their windows, torecognise that this year's Grand Depart is from the Netherlands.

Silsden's Grand deParty starts on the same day that this year's Tour de France Grand Depart opens - Saturday 4 July - when there will be a 'Grand Day out in the Silsden Park'. With lots of events for all the family, this fun day in the Park will be a celebration of this wellused community space.

The following weekend sees 'Showcase Silsden' which will be based around the three churches and the Town Hall - all in easy walking distance of each other within Silsden centre. This community day, which will be held on Saturday 11 July (which will be opened by the ringing of the 6 bells of St James' Church at 10am and finishing at 4pm), is a showcase of many of Silsden's community groups, providing a fun and convenient way for people to find out more about the groups- and possibly decide to join one. There will be a Craft Fair at the Town Hall (organised by Been Busy) as well as an art exhibition from pupils of Hothfield Junior School.

A now famous annual Silsden event, this year's Proms on the Farm will be on the evening of Saturday 18 July at Sycamore Farm Brunthwaite. With the music of The Skelmanthorpe Band (playing music from the Last Night of the Proms - featuring soloist Sarah Halstead) and also Sultans of Swing and The Big Bang.



The last Sunday in July is always Silsden Gala - with this year's gala, which is organized by Silsden's Gala Committee, being on Sunday 26 July. The parade is at 1pm and then entry to the gala field is £1. What a great finale for Silsden's Grand deParty 2015!

Look out for other events in Silsden during the Grand deParty in July – by checking out the Grand deParty Notice Boards in the centre of town and also via updates on Facebook SilsdenGranddeParty, Twitter@granddeparty and at www.granddeparty.org.uk Cowling Gala Saturday 25th July, 1pm till 5pm Cowling Recreation Ground Processes start. ten from Leading CP initial



"1959s/1960s" theme

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WORTH & AIRE VALLEY MAGS COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES affordable, local, community spirited

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editor, Liz Barker: Liz@worthvalleymag.co.uk www.worthvalleymag.co.uk www.airevalleymag.co.uk

CONNECTING IN THE COMMUNITY



Liz Barker receiving the Community Impact award sponsored by Morrisons at the Sue Ryder Yorkshire Women of Achievement Award ceremony.

It is one year since the county was painted vellow and festooned in seeminaly endless strands of bunting. For for my part, this

time last year I was immersed in Fields of Vision, a landscape art project that placed the Worth Valley in the eyes of a global audience, culminating with significant media coverage throughout the weekend of the Grand Depart and a great swell of pride in everything Yorkshire.

Local schools enthusiastically supported and participated in the spectacle and the various opportunities for engagement. Worth The Tour. the

community aroup set up to make the most of the Tour de France in Keighlev and the Worth Valley, was equally active in pulling resources and people together.

On reflection, some of the biggest 'take aways' from the experiences of last year have to do with the benefits of building community cohesion and connectedness. A shared vision along with shared resources enables big ideas to flourish. In addition to the obvious interest in

everything cycling, a renewed willingness to work with others with different perspectives continues to be a legacy of the Tour de France.

The truth is, we can achieve so much more when we pull together: like the saving goes. we are stronger together. Focussing on the things that unite us and not getting hung up on taking 'sides' frees us up for real collaborative and creative work. Understanding that each individual has a unique part to play and is valued is also essential for sustaining vibrant community life.

In May this year I was honored to receive the very first Community Impact award at the Sue Ryder Yorkshire Women of

Achievement ceremony held at the Royal Armories in Leeds. It was humbling to be in a room with seven hundred quests. many of whom were community champions and committed contributors to various companies, organizations, and schemes fixed on making Yorkshire a better place to live and work.

WORTH THE TOUR, I was inspired by the



enthusiasm in the room and went away thinking about how I could continue to support the

good work that is going on in the Aire and Worth valleys. It is sometimes difficult to know in which

direction to put ones energies, but I feel excited by the prospect of continuing along the collaborative and creative routes that were established when the greatest cycling race passed our doors. Liz Barker, editor

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Behind the scenes at the museum

The summer is always a busy time for visitor attractions – lots of events and activities happening and lots of news to tell people about. In our next instalment of People at the Parsonage, we meet the Museum's Marketing and Communications Officer Rebecca Yorke.



Tell us a little about yourself.

I grew up in rural mid-Wales but have lived in the north of England for over 20 years. As I'm married with two daughters who keep me very busy, I don't ever seem to have 'spare' time, but I'm an avid reader and enjoy writing. I also love being outdoors and am a member of Calder Valley Fell Runners. The Museum is the perfect place for me to work - it's an inspirational mix of literature and landscape.

How long have you worked at the Museum?

I started in January this year, so I'm one of the newest staff members. I feel like I've been here a long time now though hopefully that's a good thing!

Tell us about a typical day.

I haven't had one yet! There's always a lot going on. The day might start with a meeting with colleagues to discuss events that need promoting, or speaking to journalists about forthcoming news items. I am also responsible for our leaflets and adverts, our website (www.bronte. org.uk) and social media platforms and I handle all film and media enquiries. We are all very busy preparing for Charlotte's bicentenary next year and I am responsible for the marketing of that and the other Bronte200 events which will follow.

What's your favourite piece in the collection?

I'm still finding new things to wonder at. I love listening to my more knowledgeable colleagues talk about the collection and have been fortunate enough to observe our Collections Manager Ann Dinsdale share some of the special items with visitors on the Treasure Tour – a real treat! I am fascinated by the letters, notebooks and diary papers in the collection, but am always drawn to Emily's paintbox.

And your favourite Brontë novel?

I'm currently rereading 'The Tenant of Wildfell Hall' which is great, but my favourite is still 'Wuthering Heights'. I first read it when I was 16 and it has stayed with me. I have a very battered copy on my shelf at home.

Anything else you'd like to tell us?

I love working in Haworth and getting to know the people who live and work here. I'm a great believer in 'joining things up' and think that we can all achieve more when we work together. I'm really pleased that we're building on our relationship with Keighley and Worth Valley Railway and look forward to developing more partnerships with local businesses throughout the bicentenary period.



Where is the red x located in the photo to the right? ? This months prize is generously donated by Keighley & Worth Valley Railway

Day Rover Pass

Email your answer to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Aug 21st 2015



Last month's location was the Football/ Sports Court in Sutton Park. The winner was Jake (aged 4) from Sutton. Google Earth ©

Brontë Parsonage NULEUM

Discover more of Haworth's heritage this summer with the KWVR and Brontë Parsonage Museum Joint Ticket Discount

Visit www.bronte.org.uk or www.kwvr.co.uk for details

WORTH WILLEY



COUNTRY COOKING & FORAGING FOR FOOD For the promotion of Health & Wellbeing by Cath Bromwich



l once made this while sailing off the Peloponnese. The Greek yoghurt &

oranges were beautiful. I don't get seasick but segmenting oranges is a challenge when you are being tossed about by the sea! However on land or sea it's worth the effort. This is a costeffective, grown up pudding & lower fat than bought equivalents.

CHOCOLATE & ORANGE PUDDING

Ingredients:

150-200g dark or milk chocolate, broken into pieces

500g pot Greek style yoghurt

(any fat content works)

A few oranges (1-2 per person) or tinned



Instructions: Heat the broken chocolate in a bowl over a pan of water. The

mandarins

bowl should be big enough to sit on top of the rim of the pan & its bottom should not touch the water! Bring the water to the boil then turn the heat straight off. Keep stirring until the chocolate is melted, then take bowl off the pan. Alternatively melt the chocolate in the microwave with short bursts of heat, do not burn!

Quickly mix the yoghurt into this, chill. The mixture may be a little lumpy with bits of chocolate in!

Using a sharp knife; segment the oranges over a bowl. Catch any drips of juice in the bowl. Contact me for further instructions if unsure! Other flavours you can add to the chocolate mix are chopped ginger in syrup or orange juice & zest. Also a little alcohol like Cointreau added to the oranges works well. The dark variety of this pudding is a little tart. I suggest you tell the kids it's a grown up pudding & don't let them try it! Serve the orange segments & chilled chocolate yoghurt together.

Option: Create a Cheesecake by adding a bisquit base:

Ingredients:

12 digestive biscuits (crumbed), 25g melted butter. I also add 1-2 desert spoons of sugar. A little orange zest & grated chocolate can be added .

Instructions:

Mix this all together. Press into a baking tin with a removable base. Smooth the topping (Chocolate & Orange Pudding) on top, chill & then remove the tin base. The chocolate topping should have solidified.

Cath Bromwich is a cookery teacher & forager. Her livelihood includes foraging & cookery courses, such as 'Cooking on a budget' & outdoor foraging & cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at www.facebook.com/ foragercathyorkshire KEIGHLEY CAMPUS

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Image Transfers onto Furniture

Transferring an image onto a piece of furniture is simple way to decorate a piece. especially if you would like to give it a shabby chic French feel.

Here is my step by step guide to achieving the look-

Step 1 - Choose an Image

The website, <u>www.graphicfairy.com</u> can help you with this. Here they have lots of French typography images and old advertising signs that can be printed for free. They even reverse the image for you so it will appear on the piece of furniture the correct way around.

Step 2 - Paint the furniture

Paint the piece of furniture first. I recommend using Autentico Chalk Paint, as there is no need to sand or prime the piece before painting.

Step 3 - Transfer the image

Print the image in reverse and using a small paint brush cover the ink on the sheet in Autentico Art Medium and stick it to the piece of furniture. Scrape with a bank card to thoroughly press down the image. Leave over night to dry.

Step 4 - Rubbing off the paper

Take a bowl of water and with a small sponge gentle wet the paper. Keep rubbing the paper with the sponge until it comes away leaving the ink.

Step 5 - Wax

Allow the piece to thoroughly dry. Then it can be waxed. This will protect the image and also the piece of furniture.







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Reading Group at Crosshills Library Meet second Monday of the month 6pm - 7pm 01535 534502. Weekly Mondays Fun FREE Cookery Classes at Airedale Church Centre, North St, Keighley, BD21 3AF. Coffee at 9.30am and the class will start at **10am until Midday** when you can eat and enjoy what you have cooked. Everyone welcome. Free Creche. More info contact Forager Cath Bromwich 01535 652278. Children Travel FREE every day in July & August on the Keighley & Worth Valley Railway. Sat 4th July 10am - 4pm A Grand Day out in Silsden Park (family fun day of park activities). July - 1st Nov Fabric of Society Exhibition at Cliffe Castle Museum See spectacular wedding and party dresses that were a result of Bradford and district's textile wealth. From lavish Victorian wedding and evening gowns to suits worn at Queen Victoria's court. Also a selection of historical wedding gowns worn in the district.

Sat 11th July Community Showcase & Craft Fair in Silsden 10am - 4pm Across the 3 Churches and Town Hall in Silsden centre.

Sat 11th - Sun 12th July Skipton Clogfest. Dancers from all over England gather in Skipton to celebrate the tradition of English step dance.

Sat 11th July & Sat 8th Aug 10am - 5pm Saltaire Local Produce Market at Exhibition Road Car Park. Wonderful array of produce including,

beautiful home baking, delicious cheeses and great tasting dairy COMMUNITY PAGES

produce, succulent meats and many other products.

Sun 12th July 11 am - 3pm Picnic at East Riddlesden Hall Bring a picnic, play games and hangout with your friends. Anyone who likes a picnic are invited along to enjoy the great outdoors. You bring the food and we'll provide the games and entertainment!!

Sat 18th July 2015 - 7.00pm. Proms on the Farm at Sycamore Farm, Brunthwaite, Silsden. Proceeds in aid of Manorlands Hospice and Silsden Methodist Church. Tickets are £10 for awning Space (booked before the event) & tickets for the event are £10 and can be purchased at the gate on the night or beforehand at Twiggs Newsagents, Silsden or call 01535 654509. Organised by Proms on the Park Team www. promsonthefarm.co.uk

Sun 19th July The Bronte Sportive The Bronte Sportive is a challenging cycling event in the heart of Pennine West Yorkshire. There will be 4 routes to suit all abilities. The event starts and finishes at the Keighley Campus of Leeds City College and riders can set off between 7:30am and 9:30am. More info visit www. sueryder.org

Sun 19th & Sun 26th July Vintage Trains will be running t the KWVR. On each occasion of the Vintage Train, there will be a Brass Band at Oxenhope to add to the atmosphere. Sat 25th July Cowling Gala theme is the 1950's & 60's. Parade at 1pm. Fun Day out for all the family. Sun 26th July Around Settle Meet 10.00am viaduct c.p. Settle (fee) GR SD 819 638 10 miles (M) No dogs please. Leaders John & Pam Tel 0113 2632172.

Sun 26th July Silsden Gala. Parade at 1pm. Fun for all the family. Sat 1st & Sun 2nd August The Aire

Do Music Festival at Cliffe Castle grounds Keighley. Gates open at 11am. Entertainment, food outlets, licensed bar, stalls & fairgroud rides.

Tickets £5 at the gate. More info www. airedo.com. Sat 1st Aug 11am Classic Vintage

Car Rally at The Grove. Ilkley. Sat 1st Aug 'Celebration of Music' at St Stephen Church, Steeton 7-30pm featuring Kevin Morgan organist at Stoneyhurst College and Mary Seaford's Singers, admission £5. All monies raised will be divided between Church funds and Yorkshire Air Ambulance. Any enguiries 01535 632553/07576200159. Sun 2nd Aug Bandstand Concert at Haworth Central Park 2pm - 4 pm. The Jolly Jivers will be playing a rock 'n' roll disco set on the bandstand. Sun 2nd, 16th & 30th Aug Summer Special Beside the Seaside at Ingrow Museum of Rail Travel. Join us throughout August as we step

back in time to the good old British

seaside holiday.Different activities including Punch and Judy, donkey rides, sandcastle competitions, and much more. FREE train travel for children (subject to conditions) throughout July & August.

Fri 7th - Sun 9th Aug Continental Market at The Grove Ilkley. Sample food from around the world, while various musicians play from the bandstand- adding to the European feel of the market. This year includes "The Ilkley 'X' Factor" with local groups and artistes invited to compete at the Band Stand.

Sat 15th Aug Fake Festival at Skipton Aireville Park. For more info and ticket sales visit www.fakefestivals. co.uk.

Sat 15th - 16th Aug 10am - 4pm Art in the Pen at Skipton Auction Mart (£2 admission).

Sat 22nd & Sun 23rd Aug Trailtrekker - Ultimage Yorkshire Dales Challenge starting in Skipton. Fund raising event for Oxfam. 100km, 65km and 40km courses. A once-ina-lifetime endurance trek across the Dales in teams of four. More info www. oxfam.org.uk/trailtrekker

Sun 23rd Aug Walton Hole at Wesley Place Car Park, Silsden. Guided 7 1/2 miles walk. Meet Ken Allen at 11am at Wesley Place pay & display car park, Silsden for walk through fields up to Moor Gate. Bring a packed lunch. Sat 29th Sun 30th Mon 31st Aug Haworth Craft Fairs at the Old School Rooms, Haworth, 10am - 4pm. Sat 5th Sept Keighley Agricultural & Horticultural Show at King George V Playing fields, Marley.

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19A Briggate, Silsden, BD20 9JS www.thecomputeruniverse.co.uk

Computer Universe opened its doors for business May 7th 2011 and is now celebrating its fourth year in business.

A PC and Apple Sales & Repair Centre, Computer Universe is conveniently located at 19a Briggate, a one way street, in the centre of Silsden. (Please note, If you cannot park on Briggate, there is a pay & display car park located at the top of the street if you turn right. This car park is free for the first half of an hour but be sure to aet a ticket!)

Computer Universe specializes in the sale of Windows computers, laptops & desktops, as well as desktops which can be built to your specification. The business can also help you with the sales & setting up of Apple, Android & Windows Tablets.

In terms of computer related hardware repairs and upgrades, most problems can be resolved or upgrades found for

01535 958082 info@thecomputeruniverse.co.uk

desktops, netbooks, laptops, iPad & iPhones. Typical repairs include screen and hinge repairs, keyboard, AC jack socket, battery & motherboard replacements.

As for computer software work, typical services include virus & malware removal, popup removal, software clean ups, data recovery, data transfer & backups and defragmenting files.

Computer Universe stocks consumables like cables, printers & inks, Cd's & DVD's, as well as computer components and they can even transfer your Videos to DVD if required.

If you need access to the internet or a scan or a colour print doing, call in to the shop.

Computer Universe can do it all so why not call in and see Tristen or Kevin for no obligation advice.

Open 9AM until 6PM Monday to Friday and 9AM until 2PM Saturday

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Shaws





A day in the life of a volunteer on **KWVR** railway

The alarm goes off at 6:30 and I have to do a double-take because it's a Sunday. I come to my senses and remember that it could be so much worse: at least one colleague's alarm would have woken them well before 5am to light the steam engine. Leaving the house by 7.30am, I report for duty just after 8am, signing to confirm that I'm fit to undertake the safety critical role I'm rostered for at Oakworth Station. As a child (and a bit more recently too) I loved The Railway Children film and so had to watch it every Christmas without fail, and this was my motivation for joining as a volunteer when I moved to the area.

Back to my duty, I unlock the station buildings and move the trolleys and other vintage paraphernalia out on to the platform to set the Edwardian scene before the first train arrives. I let Damems station know that the station is open by sounding the block bell '5-5-5' (five rings, pause, five, pause five), and get their reply to confirm that they are on duty too.

The first train leaves Oxenhope at 9am and a little later the 'treddle' bell sounds. alerting me to the train passing over the sensor at it leaves Haworth so I know it's only a matter of a few minutes before it will arrive at the signal just down the line. The bell is my cue to don my hat to complete the period uniform and to leave the confines of the beautifully maintained booking office. After checking for traffic and letting one final motorist through, I close the gates to the road, take the two interlocking keys from the gate mechanism and use these to unlock the ground frame, releasing the levers that operate the



signal. Pulling the signal to the 'off' position indicates to the oncoming train that it is safe to proceed across the level crossing.

The train arrives and several passengers open the windows and lean out to grab a few photographs and one family alights. Once I've checked that the doors are firmly closed and latched, I blow my whistle to indicate to the guard that the train is ready to depart. The train pulls out of the station, I replace the signals and open the crossing gates. It's not quite as frenetic as Mr Perks running around in the film, because for dramatic effect they replaced our two gates with four smaller crossing gates, but I can still imagine that Bobby (Jenny Agutter) will appear looking for her daddy...

After the train goes, and I've shown the passengers round the booking office, let them operate the gas lighting (there's no electric lighting anywhere in the station) and taken them to the waiting room with its period vacuum cleaner, it's time for a quick polish of the brass, a cup of tea and then to wait for the next train to arrive before Mr Perks-ing all over again.

If you would like to train for this or any other operational role, please do get in touch and you too can realise your childhood ambition. (01535 645214)

MME

Welcome to an open air steam adventure. Enjoy a steam filled action-packed day out for all the family this summer!

Children travel FREE every day throughout June, July and August.*

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www.kwvr.co.uk Find us at Haworth Station. Keighley, West Yorkshire BD22 BNJ

(WORTHVALEY) **Keighley & Worth** Valley Railway





East Riddlesden Hall, Keighley ike 400 years ago with the Recording Rector by Logic atom & lines.

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Include your business in this directory or share an interesting local story. Poets, writers, & creatives are encouraged to submit their work for publication. Contact Liz or Jo. 01535 642227

Who buys kale?

Kale shoppers are most likely to

19%

or retail

of kale shoppers

work in educa

cook their kale by:

45% boiling

13% enjoy eat

61% of kale

shoppers are likely

to eat out up to 5

How is kale enjoyed?

57%

as a side dish

times a month

41%

in a stir-fry

48% steam



Worth & Aire Valley Magazines

Kale Caesar Salad

Dressing:

4 Cloves of aarlic **3 Heaped Tbsp of mayonnaise** 5 Anchovy filets or equivalent paste 120a Parmesan or Pecorino cheese grated

100ml Olive oil 1 tsp Worcestershire Sauce 1 tsp Dijon mustard 1 Tbsp Lemon Juice 40ml Apple cider vinegar Salt and Pepper (Option: reserve 2 anchovy filets to chop and place on top of the salad before serving along with a little of the grated cheese.)

Put all dressing ingredients into a blender or food processor and blend well.

Finely chop two bunches of kale into fine ribbons, place in a large bowl and massage the dressing into the leaves. Top with your choice of croutons and serve.

Health benefits of kale

Portion for portion, kale is hard to beat when it comes to the number of nutrients it contains and a great choice for those wanting to enjoy a healthy balanced diet. Kale is an excellent source of vitamins K, A and C, as well as containing useful amounts of manganese, copper and phytochemicals. source: www.discoverkale.co.uk

Kale

83%

of kale shoppers

in a relationship

are married or

54%

of kale shoppers have

Kale shoppers are most likely aged

between

25-44

19%

enjoy it in

a salad

13%

enjoy a kale

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19%

like it added to

58% of kale

to go to the gym

shoppers are unlikely

8%

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