

VALE OF GLAMORGAN
AMBASSADOR



LLYSGENNAD
BRO MORGANNWG

Vale of Glamorgan Food & Drink

'The Vale of Glamorgan & Glamorganshire'

Not surprisingly, historical records about the Vale of Glamorgan, often refer to just 'Glamorgan' or Glamorganshire' and each will be mentioned in this account.

Glamorgan or, sometimes, *Glamorganshire* was one of the thirteen historic counties of Wales. It was originally an early medieval petty kingdom of varying boundaries known as Glywysing until taken over by the Normans as a lordship. In later years, Glamorganshire was represented by the three counties of Mid Glamorgan, South Glamorgan and West Glamorgan. The name now survives in Vale of Glamorgan, the most southerly county in Wales, neighbouring those of Cardiff, Bridgend and Rhondda Cynon Taff.

Introduction

The Vale of Glamorgan enjoys a rich and varied larder, focused mainly around organic and free range meat, dairy produce, soft fruit and wine.

THE FERTILE LANDS OF THE VALE have been recognised since the earliest Neoliths first farmed the land and raised livestock here. The Romans too seem to have understood the lowland's value and farmed significant tracts of land, employing local Celts to do the labour. Later, much of the land, especially around today's Penarth and Monkash along the coast, became important granges, helping to feed the holy men and women of religious establishments as far as Gloucester!

Wine may very well have been made here as well as mead and beers to quench the thirst of these holy men, and some of the local farmers as well. This lowland region with its mild microclimate is perfect for vines, a fact still understood well by vintners at Llanerch, Meadow View and Glyndwr Vineyard, the oldest in Wales.

Modern day Vale offers an abundance of products to suit every palette. Local farmers rear quality Lamb, Beef and Pork which can be found on many a local menu. Veal and Venison, reared in Wales' oldest Deer park at Llantrithyd are also readily available both on-line and at the local Farmers Market.

And all good food needs a good liquid refreshment to compliment it, so the cider from Llanblethian Orchard, craft ales from Tomos a Lilford Brewery and the wines from the numerous Vineyards scattered throughout the Vale should have something for everyone.

If you prefer something a little sweeter; maybe some jams, marmalades or honey, home made cakes and Bara Brith, and even some Ice Cream produced from cows from our very own Vale of Glamorgan will hit the spot. You will not be disappointed.

And where there's good produce to celebrate, then there are also food festivals and great places to eat. Cowbridge boasts a well established annual festival, while other towns and villages enjoy produce shows, fairs and local farmers produce markets.

A GLOSSARY OF *Delicious Words*

ENGLISH	WELSH	PHONETICALLY
Food	Bwyd.....	<i>Boo-id</i>
Drink	Diod	<i>Dee-odd</i>
Meat	Cig	<i>Keeg</i>
Vegetables	Llysiau.....	<i>Klus-eeahi</i>
Restaurant	Bwyty	<i>Booi-tee</i>
Tasty.....	Blasus	<i>Blah-siss</i>



LOOKING FOR *a bespoke food experience?*

Looking for some culinary inspiration? Many of the Vale's producers offer a personalised experience for individuals and groups at special locations. Here are a few to tempt you...

Loving Welsh Food

The Vale of Glamorgans' food & drink are celebrated in 'Loving Welsh Foods' tailor made tours for local, national and International tourists. Choose from one day, or half day tours which visit a selection of venues to sample different food and drink and to find out the stories and the people behind the product. As well as enjoying a traditional Welsh recipe cookery demonstration, visitors will also be treated to a menu of traditional local dishes.

www.lovingwelshfood.uk



Food Adventures A TASTE OF THE VALE

Food Adventure is all about inspirational food tours offering backstage passes to some of Wales' finest food and drink producers. The half and full-day tours take you behind the scenes at the very finest – and often little-known – foodie destinations, giving you the chance to meet the producers and taste their amazing produce.

www.foodadventure.co.uk

Glyndwr Vineyard

Hidden away on the edge of the market town of Cowbridge, Glyndwr Vineyard offers a tour of the vineyard followed by canapés and home cooked lunch on the veranda overlooking the vineyard with a glass or their sparkling rose...

www.glyndwrvineyard.co.uk



Slade Farm Safari



If a tractor ride is more your style, Slade Farm Organics offers a fun Tractor Tour for visitors to learn more about organic farming, the agricultural seasons and how farming naturally benefits local wildlife and the environment as well as the farmed animals which you will also get to meet. Visitors will enjoy superb wildlife and the breathtaking scenery of the Glamorgan Heritage Coast. Afternoon teas can be arranged, and the farm shop is open throughout the year where you can shop for fresh meat produced direct from the farm.

www.sladefarmsafari.co.uk



Hendrewennol Fruit Farm

Every Summer for over 30 years, this has been the place where families have come to pick their own fruit. Today's Hendrewennol Fruit Farm is a great day out, not only to pick your own strawberries, raspberries, blackberries... well all kinds of berries, but also their farm shop stocks' home made jams, preserves, seasonal vegetables, honey, pickles, vinaigrette, chocolate and Ice Cream, all home grown or made from lovingly hand-picked goods from Hendrewennol itself. Definitely worth a visit.

www.hendrewennol.com



Tasty Events

VALE OF GLAMORGAN

Farmers Market

The Vale of Glamorgan Farmers market is a group of farmers, growers and producers who travel in person to sell their produce at local farmers markets. All the produce on sale at these markets has been grown, reared, caught, brewed, pickled, baked, prepared or smoked by the stall holders themselves.

Visiting one of these markets is a great way to support these committed producers, the local economy and the environment.



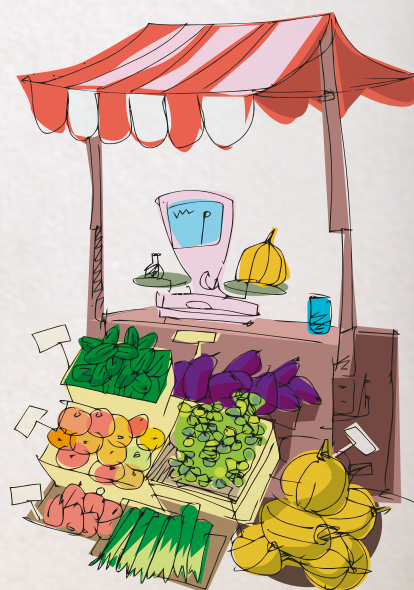
COWBRIDGE FARMER'S MARKET

runs on the first and third Saturday morning of each month from 9.30 am – 1 pm.

PENARTH FARMER'S MARKET

runs on the final Saturday morning of each month from 9.30 am – 1 pm.

www.valefarmersmarket.co.uk



COWBRIDGE

Food Festival

Cowbridge hosts an annual Food Festival which is renowned for its reputation of showcasing a riot of deliciousness with produce and producers from across the Vale showcased alongside other Welsh food champions.

There are cookery demonstrations, tastings, talks numerous stalls selling their wares and a chance to meet the dedicated producers who pour their time and creativity into creating exquisitely yummy stuff!

www.cowbridgefoodanddrink.org



VALE of GLAMORGAN SHOW

The Vale of Glamorgan Show is held annually in August on the Fonmon estate. It's a great day out with horse and livestock competitions, and a wealth of local produce and crafts on display.

The 'Vale Farmers' Market Food Court' is fast becoming a 'not to be missed' feature of the show and allows visitors to sample the very best produce made in the Vale of Glamorgan and across Wales.

www.valeofglamorganshow.co.uk

HENDREWENNOL

Strawberry Festival

At the end of June each year, Hendrewennol celebrates the strawberry harvest with a festival of all things strawberry!

This free event includes food, music, activities for the whole family spread across the farm... and of course, strawberries. Hendrewennol also hosts Open Farm Sunday, Jam Sunday Events, Easter Egg hunts.

www.hendrewennol.com



LOCAL FOOD TALKS

'Local Food Talks' provides information not only on Vale food producers, but others within the region. It includes a directory of local producers, regular news items of what's new, information about Foody events and ideas and tips about how to make the most of using local food within your business.

www.localfoodtalks.co.uk/southeast

The Vale's team of Ambassadors are there to help facilitate your visit, and share their knowledge and passion for the Vale with our visitors. If you would like to know more about this dedicated team of volunteers and how they might be able to help enrich your visit, have a look at:

www.moretothevale.com or

www.lovethevale.com or

www.visitthevale.com

and check out the Ambassadors section of the site.

creative 
RURAL COMMUNITIES

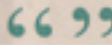


Cronfa Amaethyddol Ewrop ar gyfer Datblygu
Gwledig: Ewrop yn Buddsoddi
mewn Ardaloedd Gwledig
The European Agricultural Fund for
Rural Development: Europe Investing in
Rural Areas



Llywodraeth Cymru
Welsh Government

Produced by Angharad Wynne

 Angharad Wynne
www.angharadwynne.com

Designed by
countryside 