

Fourth Edition 2022



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# Eat Exmoor



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# Welcome to Eat Exmoor

Welcome to the 4th edition of our deliciously moreish Eat Exmoor Guide – and what a feast we have in store for you!

We are so proud of all our incredible local producers, food and drink retailers, and eateries across the greater Exmoor area. In what have been challenging times, they have kept on wowing us with new, innovative, exceptional produce and service.



For more information on where to stay, what to do, and where to eat here on Exmoor, the Quantock Hills, West Somerset, and North Devon, please take a look on the Visit Exmoor website! [www.visit-exmoor.co.uk](http://www.visit-exmoor.co.uk)

Follow us on social media for all the latest news and what's going on...



@visitexmoor



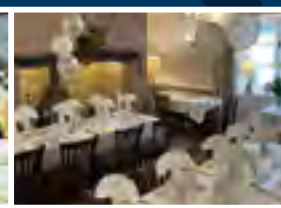
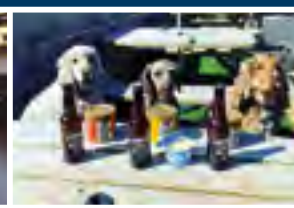
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## Family-run, Traditional 18th-Century Inn in the Heart of Exmoor

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[www.royaloakwithypool.co.uk](http://www.royaloakwithypool.co.uk)



In this issue of the Eat Exmoor Guide we 'Meet the Chef' – Miguel, Head Chef at Porlock Weir Hotel, who talks to us about his favourite local ingredients and who he'd most like to cook for! We also 'Meet the Producer' – Gabriel and Fraser Purdey from Ruxstons - Horner Farm Shop and what inspired them to create 75 flavours of ice-cream!

We can all make a difference to the environment and help reduce the impact of climate change by changing the way we shop and buy our food. We hear from business owners across the area who share what they are doing to make a difference, and why we should take a step back and think about where our food is from, how it is packaged and how far it has travelled.

We look forward to welcoming you to Exmoor, where you can sample all the incredible flavours from across the area. When you buy local, you really are getting a real taste of Exmoor!

*Cally*

**Cally Elston**  
Editor, Eat Exmoor Guide

*"Exmoor's phenomenal food and drink offerings are a vital part of the unique Exmoor experience. We are so proud to celebrate this and showcase our amazing businesses in this 4th publication of Eat Exmoor."*

**Emma Thomasson, CEO, Visit Exmoor.**

*"Excellence, quality and local provenance is so important to our food and drink businesses across Exmoor. We are delighted to welcome visitors and our local communities to experience this in our restaurants, pubs, tea rooms, and showcasing what our producers and retailers have to offer."*

**Robin Barker, Chair, Visit Exmoor.**

# Eat Exmoor Food & Drink News

Welcome to a round-up of all the latest food and drink news, from new products to new businesses here on the moor!

## Blackmoor Rum Try Exmoor Distillery's newest creation

Exmoor Distillery's Blackmoor Silver Rum is one of only a few rums made from scratch in the UK. Made in their distillery on Exmoor, the Silver Rum is produced with a modern take on traditional methods. They ferment the highest-grade molasses in a purpose-built fermentation tank and then distil the fermented molasses using a combination of pot and column distillation techniques to create a high-quality spirit. The result is a pure and smooth white rum, which pairs well with cola or ginger beer. [www.exmoordistillery.co.uk](http://www.exmoordistillery.co.uk)



## Exmoor Tea Co.

### Here to stir things up

Exmoor Tea Co. produces beautifully crafted, organic teas, which are all plastic free, biodegradable, and taste utterly delicious! They are all expertly blended and packed in small batches, locally here in Exmoor.

The company is totally committed to ethical and environmentally responsible production, right from

the growers they work with, to plastic-free recyclable packaging, and their fully compostable tea pyramids (made from cornstarch).

In recognition of their love of Exmoor, they also donate 5p from every retail pack to the CareMoor fund, an initiative to help keep Exmoor beautiful. [www.exmoorteaco.uk](http://www.exmoorteaco.uk)



## The Exmoor Feasting Company Preparing a feast

A newly established business based in Withypool, The Exmoor Feasting Company provides grazing boxes, platters, and pop-up feast nights across Exmoor. Owners Holly and Andy have a passion for good food and entertaining, and what better place to be located than in the heart of the moor?

If you are looking for sumptuous feasting tables that are absolute showstoppers, laden with charcuterie, delicious cheeses, fresh fruits, and vegetables, then give Holly and Andy a shout!

Order ahead and have a feast delivered to your self-catering accommodation here in Exmoor. [www.exmoorfeasting.co.uk](http://www.exmoorfeasting.co.uk)



# Brendon Hill Crafts

## The awards just keep coming

Brendon Hill Crafts is a family run business and was founded in 1984, producing delicious jams, chutneys, and marmalades. They supply a variety of village stores, delis, as well as tea rooms, hotels and B&Bs across the area - you are guaranteed to see their distinctive jars in stores, plus don't miss tasting their Whortleberry jam as part of an Exmoor cream tea!

The producer has just won GOLD in the 2021 Taste of the West Awards for their Cherry & Blackcurrant Jam, Lemon & Lime Marmalade, and Apple & Ale Chutney. Very well deserved!  
www.brendonhillcrafts.co.uk



## The Barn Café and Bar at Caffyns Farm



Combining freshly-made food with a pint or glass of locally sourced beverage from our bar is a near perfect combination that can warm even the weariest of hearts. Try out our own Exmoor Cider on draught, in both sweet and scrumpy varieties, while you shelter from the occasional dreary evening or watch the sunset in style from the beer garden.



Serving up until 11pm, you have more than enough time to work through each beverage we offer and tell us your favoured one. We're confident we already know the answer... Exmoor Cider!! The Barn Café is open and serving food all day every day. Breakfast runs from 8am to 11am while daytime and evening service has last orders at 4:00pm and 7:00pm.



Caffyns Farm, Lynton, Devon, EX35 6JW  
01598 753967



# Wicked Wolf

## Exmoor vodka with a twist

A new premium Exmoor Vodka with a Sicilian lemon twist joins Pat Patel's and Julie Heap's flavoursome, multi-award winning collection of spirits!

Wicked Wolf Exmoor Vodka is a versatile premium spirit, double distilled with nothing but 100% Sicilian lemons, and filtered through activated coconut charcoal.

Exmoor Vodka is well suited to drinking on its own with a block of ice, as a vodka and tonic, or as the backbone to any cocktail.  
www.wickedwolfgin.com



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01769 579269 | relax@exmoorriverside.co.uk | exmoorriverside.co.uk

## BRENDON HILL CRAFTS

Award-winning Hand-made Preserves



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See our Website for details  
www.brendonhillcrafts.co.uk



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Open daily, all year round



## THE NECTARY RESTAURANT

Serving a delicious menu of homemade meals, Sunday roasts, cakes, afternoon teas and drinks. Using locally sourced produce, there are vegetarian, vegan and GF options to ensure there is something to suit all tastes.



# Start your Exmoor food and drink journey here in **Dulverton...**

This delightful, small market town is tucked into a spectacular and steeply-wooded valley - where the River Barle meets the River Exe - and is popular with visitors all year round, who come to enjoy its attractive streets lined with over 30 independent shops, cosy cottages, charming tea rooms, traditional inns and award winning pubs and restaurants.

For the foodie in Dulverton, there is a wide choice of independent shops offering everything you need for a culinary feast, including a greengrocer, bakery, butcher, delicatessen, and a fishmonger who visits the town with locally caught fish twice a week.

Explore Tantivy for confectionery ranges, wines, spirits, ciders, ales, and a range of luxury frozen meals prepared in Dulverton by the renowned Croft & Cottage. Tantivy's Coffee Lounge offers year-round speciality teas, barista coffees, home-made cakes, and a light bite menu.

Dulverton's unique bridge over the River Barle is the oldest medieval bridge on Exmoor, and here you will find the popular Bridge Inn - a traditional Exmoor pub offering a generous menu, with locally-made pies a speciality.

In Bank Square you will receive a warm welcome at Woods Bar and Restaurant, offering a continentally inspired menu created from locally sourced produce and an award winning wine list. Woods has been consistently awarded the Good Pub Guide's 'National Wine Bar of the Year' over many years.

Further along the River Barle discover Tarr Farm Inn, situated in a stunning and unique location above Exmoor's famous medieval Tarr Steps. Tarr Farm has received multiple good food awards and is worth a trip at any time of year.



Exmoor Distillery is a family run, multi award winning artisanal distillery based on the edge of Dulverton. Master Distiller John Smith initially created Northmoor Gin, a unique gin that captures the wildness and magic of Exmoor and has since added further spirits to his repertoire including vodka and rums.

Don't miss the monthly Dulverton Farmers' Market held in the Lion Stables Car Park on the last Saturday of the month from April to September. This is a wonderful opportunity to taste the very best from farmers and producers from right across Exmoor - home-reared meat, local cheeses, freshly baked cakes, local jams, chutneys and honey, and of course locally made spirits, beers, and ciders. Local produce can also be found at other events in Dulverton throughout the year, including the September Vintage Fair and the Christmas market at Dulverton by Starlight in December.





National Trust



Cream teas to remember

made at Lorna Doone Valley

Visit the Buttery for cream teas, light lunches and coffee. The location is great for cycling and walking, being just off the Coleridge Way and near the South West Coast Path.

[nationaltrust.org.uk/lorna-doone-valley](http://nationaltrust.org.uk/lorna-doone-valley)

For everyone, for ever



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# Let's talk berries... whortleberries

By Liz Cwilewicz



Whortleberries (*Vaccinium myrtillus*) or “whorts” or “tiz a hurt” as the locals in Devon and Somerset say, are wild blueberries, usually found on moorland areas in the UK, and formed a huge part of family berry-picking culture for centuries. If you are from Scotland, you say “blaeberry”, Derbyshire and Midlands “bilberry”, Wales “Whimberry” and sometimes known in Devon as “Myrtleberry” - and you will see a lot of houses and landscapes are named after it in this way.

**When to find:** as early as mid-July and until end of September. The berries are still around where the climate is warmer for longer.

**Where to find:** In the wooded valleys of Exmoor, the coastal paths and on the moors (no higher than 500m above sea level) - quite importantly, on acidic soils or in peaty areas.

**History and health benefits:** the berries are high in antioxidants and anthocyanins - good for the eyes! It is always best to pick and eat these raw, however, you can make whortleberry jam out of them; though you do

need a lot for this, and the process of picking can be laborious. One can forage at the Pick Your Own Berries, a berry picking farm in Exford!

**Local produce:** you can find whortleberry jam served and/or available to purchase in many tea rooms, delis, and local retailers across the area.

**Experience foraging:** Liz Cwilewicz, owner of Moor Wild Experiences, offers tasters of whortleberry jam on her Introduction to Wild Foraging experiences.

For more information, please see her website: [www.moorwildexperiences.co.uk](http://www.moorwildexperiences.co.uk)

# Meet the chef

**Cally Elston from Visit Exmoor talks to Miguel Tenreiro, Head Chef at Porlock Weir Hotel.**

**Located overlooking the historic harbour of Porlock Weir in West Somerset, on the Northern edge of Exmoor National Park, you'll find the fantastic Porlock Weir Hotel.**

**What are your favourite Exmoor ingredients you like to cook with?**

My favourite supplier has to be Porlock Bay Oysters, they are about 60 yards from the kitchen door. They supply some of the best oysters I've ever tasted, I'm sure most chefs in the area will agree.

**Tell us a bit about the menu at the Porlock Weir Hotel and what visitors can expect.**

The menu has a bit of a Portuguese, and where I can, a South African twist. I'm a big lover of seafood, so you'll find the majority of the dishes are seafood based. I pride myself on using as local ingredients as possible, so I like heading out onto the marsh and picking my own samphire and sea herbs.

**If you could cook for any chef (past or present) who would it be and what would you cook?**

This is a hard one to choose but it will have to be Tom Kerridge. I'd treat him to a proper South African Braai (BBQ) with Biltong braaibrodjies (toasties done over the hot coals).

During the warmer months you can take full advantage of the waterfront location and choose to dine either on the harbour wall or out on the terrace - bliss!

[www.porlockweirhotel.co.uk](http://www.porlockweirhotel.co.uk)



# Meet the producer

**Ruxstons - Horner Farm shop is situated by Horner Wood selling sustainable meat from local farms, over 75 ice cream flavours, local gifts, and Exmoor produce. Here we meet Gabriel Purdey to find out more...**

**You sell meat from local farms, what do you look for in a supplier?**

If we cannot source the meat from our own farm here at Horner, we look for four key things when choosing a new meat supplier. Firstly, we need full traceability, meaning it has to be from that farm and has always been, not brought in. Secondly, the animals cannot have been fed imported feed at any time, soya and palm cannot be used. If being grass fed is not an option, for example pigs are omnivores, the feed has to be from the UK and not environmentally damaging. Thirdly, the farm has to be a small family farm, large factory style farms are totally against our ethos. Many farm shops get popular and end up buying from factory farms and we will always avoid doing this. Fourthly and lastly, the produce has to be excellent. People won't come back and buy meat unless it is very good, and we have yet to have a complaint about any meat sold here.

**You have 75 flavours of ice-cream (wow!), tell us more about how your ice-cream product range came into being and how it has developed?**

The 75 flavours of ice cream is certainly an attraction. We launched with 12, and then a few more were added, then a few more, and then locals began to make jokes about being an ice cream parlour more than a farm shop. Before we knew it people were travelling from all over Somerset to just see what 50 flavours we had! Then we got to 75... when will we stop? Who knows, but I suspect we will be over 100 flavours by the summer!! Flavours range from Baileys, rosewater to earl grey with a lot in between, rest assured for the vanilla and chocolate lovers, we have "normal flavours" as well.

Look out for their Pizza Nights every Friday during the summer! [www.ruxstons.co.uk](http://www.ruxstons.co.uk)







The Porlock Weir Hotel  
*...the anchor of Exmoor*

“ The food and wine is exceptional with head chef and owner Miguel making a friendly appearance in between services so you get to chat about what you've eaten and how yummy it was...the wood fired pizzas from the outdoor oven also give the ones I've had in Italy a run for their money! ”

- Tripadvisor, September 2021



The Porlock Weir Hotel

Porlock Weir, Exmoor National Park, Somerset, TA24 8PB - [www.theporlockweirhotel.co.uk](http://www.theporlockweirhotel.co.uk) - 01643 800 400

# Exmoor Food Map LISTINGS

## CAFE AND TEAROOMS

- 1 **Buttery, Lorna Doone**  
Tea Room Malsmead [www.nationaltrust.org.uk/lorna-doone-valley](http://www.nationaltrust.org.uk/lorna-doone-valley)
- 2 **Caffyns Farm**  
Cafe Lynton [www.exmoorcoastholidays.co.uk](http://www.exmoorcoastholidays.co.uk)
- 3 **Cliff Top Café**  
Cafe Lynton [www.cliffrailwaylynton.co.uk](http://www.cliffrailwaylynton.co.uk)
- 4 **Kitnors**  
Tea Room Bossington [www.kitnors.com](http://www.kitnors.com)
- 5 **The Tantivy**  
Café/Shop Dulverton [www.tantivyexmoor.co.uk](http://www.tantivyexmoor.co.uk)
- 6 **Watersmeet**  
Tea Room Lynmouth [www.nationaltrust.org.uk/watersmeet](http://www.nationaltrust.org.uk/watersmeet)
- 7 **Watermill Tea Room (NT)**  
Café Dunster [www.nationaltrust.org.uk/dunster-castle-and-watermill](http://www.nationaltrust.org.uk/dunster-castle-and-watermill)
- 8 **Withypool Tea Room**  
Tea Room Withypool [www.withypoollexmoor.co.uk](http://www.withypoollexmoor.co.uk)

## RESTAURANTS AND PUBLIC HOUSES

- 9 **Ancient Mariner**  
Restaurant Lynmouth [www.bathhotellynsmouth.co.uk](http://www.bathhotellynsmouth.co.uk)
- 10 **Cross Lane House**  
Restaurant Allerford [www.crosslanehouse.com](http://www.crosslanehouse.com)
- 11 **Exmoor Forest Inn**  
Restaurant/Public House Simonsbath [www.exmoorforestinn.com](http://www.exmoorforestinn.com)
- 12 **Exmoor White Horse Inn & Country Hotel**  
Restaurant/Public House Exford [www.exmoor-whitehorse.co.uk](http://www.exmoor-whitehorse.co.uk)
- 13 **Foxes Hotel**  
Restaurant Minehead [www.foxeshotel.co.uk](http://www.foxeshotel.co.uk)
- 14 **Locanda on the Weir**  
Restaurant Porlock Weir [www.locandaontheweir.co.uk](http://www.locandaontheweir.co.uk)
- 15 **Rest and be Thankful**  
Restaurant/Public House Wheddon Cross [www.restandbethankful.co.uk](http://www.restandbethankful.co.uk)
- 16 **Riverside Caravan and Camping Park**  
Restaurant South Molton [www.exmoorriverside.co.uk](http://www.exmoorriverside.co.uk)
- 17 **Royal Oak Withypool**  
Restaurant/Public House Withypool [www.royaloakwithypool.co.uk](http://www.royaloakwithypool.co.uk)
- 18 **Staghunters Inn**  
Restaurant/Public House Brendon [www.staghunters.com](http://www.staghunters.com)
- 19 **Tarr Farm Inn**  
Restaurant/Public House Tarr Steps [www.tarrfarm.co.uk](http://www.tarrfarm.co.uk)
- 20 **The Beach Hotel**  
Restaurant Minehead [www.thebeachhotel.org](http://www.thebeachhotel.org)
- 21 **The Coleridge Restaurant**  
Restaurant Wootton Courtenay [www.dunkerybeaconaccommodation.co.uk](http://www.dunkerybeaconaccommodation.co.uk)

# Exmoor Food Map



Please note the map is intended as a guide only. For more details see [www.visit-exmoor.co.uk](http://www.visit-exmoor.co.uk)

<b>22</b>	<b>The Luttrell Arms Hotel</b> Restaurant/Public House	Dunster	<a href="http://www.luttrellarms.co.uk">www.luttrellarms.co.uk</a>
<b>23</b>	<b>The Porlock Weir Hotel</b> Restaurant	Porlock Weir	<a href="http://www.porlockweirhotel.co.uk">www.porlockweirhotel.co.uk</a>
<b>24</b>	<b>Woods Bar and Restaurant</b> Restaurant	Dulverton	<a href="http://www.woodsdulverton.co.uk">www.woodsdulverton.co.uk</a>
<b>25</b>	<b>Yarn Market Hotel</b> Restaurant	Dunster	<a href="http://www.yarnmarkethotel.co.uk">www.yarnmarkethotel.co.uk</a>

#### LOCAL SHOPS

<b>26</b>	<b>Brompton Regis Shop</b> Shop	Brompton Regis	<a href="http://www.bromptonregis.com">www.bromptonregis.com</a>
<b>27</b>	<b>Ruxtons Horner Farm Shop</b> Shop/producer	Horner	<a href="http://www.ruxstons.co.uk">www.ruxstons.co.uk</a>
<b>28</b>	<b>Stuart Lowen Butchers</b> Shop	Minehead	<a href="http://www.stuartlowen.co.uk">www.stuartlowen.co.uk</a>
<b>29</b>	<b>West Somerset Garden Centre</b> Shop	Minehead	<a href="http://www.westsomersetgardencentre.co.uk">www.westsomersetgardencentre.co.uk</a>
<b>30</b>	<b>Withypool Village Shop</b> Shop	Withypool	<a href="http://www.withypoolexmoor.co.uk">www.withypoolexmoor.co.uk</a>

#### PRODUCERS

<b>31</b>	<b>Exmoor Ales</b> Producer/Shop	Wiveliscombe	<a href="http://www.exmoorales.co.uk">www.exmoorales.co.uk</a>
<b>32</b>	<b>Exmoor Distillery</b> Producer/Shop	Dulverton	<a href="http://www.exmoordistillery.co.uk">www.exmoordistillery.co.uk</a>
<b>33</b>	<b>Exmoor Feasting Company</b> Producer/Shop	Withypool	<a href="http://www.exmoorfeasting.co.uk">www.exmoorfeasting.co.uk</a>
<b>34</b>	<b>Grown Up Marshmallows</b> Producer/Shop	Minehead	<a href="http://www.grownupmarshmallows.co.uk">www.grownupmarshmallows.co.uk</a>
<b>35</b>	<b>Miles Tea &amp; Coffee</b> Producer/Shop	Minehead	<a href="http://www.milesteaandcoffee.com">www.milesteaandcoffee.com</a>
<b>36</b>	<b>Porlock Bay Oysters</b> Producer/Shop	Porlock Weir	<a href="http://www.porlockbayoysters.co.uk">www.porlockbayoysters.co.uk</a>
<b>37</b>	<b>Quince Honey Farm</b> Producer/Tours/Café	South Molton	<a href="http://www.quincehoneyfarm.co.uk">www.quincehoneyfarm.co.uk</a>
<b>38</b>	<b>Wellhayes Vineyard</b> Producer/Tours	Tiverton	<a href="http://www.wellhayesvineyard.co.uk">www.wellhayesvineyard.co.uk</a>
-	<b>Brendon Hill Crafts</b> Producer	Barnstaple	<a href="http://www.brendonhillcrafts.co.uk">www.brendonhillcrafts.co.uk</a>
-	<b>Croft &amp; Cottage</b> Producer	Dulverton	<a href="http://www.croftandcottage.co.uk">www.croftandcottage.co.uk</a>
-	<b>Exmoor Tea Company</b> Producer	Dulverton	<a href="http://www.exmoorteaco.uk">www.exmoorteaco.uk</a>
-	<b>Higher Hall Farm</b> Producer	Brayford	<a href="http://www.higherhallfarm.co.uk">www.higherhallfarm.co.uk</a>
-	<b>Little Oak Farm</b> Producer	Timberscombe	<a href="http://www.littleoakfarm.co.uk">www.littleoakfarm.co.uk</a>
-	<b>Wicked Wolf Gin</b> Producer	Lynton	<a href="http://www.wickedwolfgin.com">www.wickedwolfgin.com</a>
-	<b>Yeo Valley</b> Producer	Blagdon	<a href="http://www.yeovalley.co.uk/things-we-make">www.yeovalley.co.uk/things-we-make</a>

= Business does not have kerbside presence. Please check website for stockist information.

# EXMOOR TEA<sup>CO</sup>

"Expertly blended in Exmoor using the finest ethical ingredients - designed to look beautiful and taste amazing"

RACHEL - CO-FOUNDER

organic - biodegradable - plastic free  
shop online or at selected independents

[www.exmoorteaco.uk](http://www.exmoorteaco.uk)

## Plan your trip to Exmoor

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#HereAllYear

WELCOME TO OUR FRIENDLY TEAROOM AND VILLAGE SHOP  
 LOCATED IN THE HEART OF PICTURESQUE WITHYPOOL

# Withypool

## TEAROOM & VILLAGE SHOP

Come and try our popular Withybig Cream Tea alongside the famous 1950's Petrol Station. We also serve homemade cakes, freshly filled rolls, delicious ground local coffee and Exmoor teas. Look out for our daily homemade specials.

Our quaint Village Shop supplies a range of locally sourced products including jams and marmalade, honey, bread, meats and cheeses, cakes, tea and coffee, alongside a great range of other groceries, off-licence and Post Office.



**POP IN, WE WOULD LOVE TO SEE YOU!**

Tel: 01643 831279 or visit us online  
 at [www.withypoolexmoor.co.uk](http://www.withypoolexmoor.co.uk)

### CROSS LANE HOUSE

RESTAURANT & HOTEL

Cross Lane House is an independent, award winning restaurant and hotel with cosy interiors, delicious food and a focus on home grown locally sourced produce.

Whether you're looking to dine al-fresco in our ancient cubbed courtyard, sip one of our popular cocktails by the roaring log fire or perhaps you wish to stay with us during your time in the area - our team would love to welcome you.

Visit the website for restaurant opening times and further details or call Billy & Ellen to check availability.

and social With us

Instagram Facebook Twitter

Cross Lane House, Allerford, Exmoor National Park, TA24 8JW.  
[www.crosslanehouse.com](http://www.crosslanehouse.com)  
 TEL: 01434 851401 | E: [hello@crosslanehouse.com](mailto:hello@crosslanehouse.com)

### WEST ILKERTON FARM TOURS

#### RED RUBY DEVON BEEF & EXMOOR LAMB

from grass-fed cattle and sheep born on our farm and raised with care.

Beef and lamb boxes straight from the farm. Delivery by courier available.

For details contact The Eveleigh Family  
 West Ilkerton Farm, Lynton, Devon EX35 6QA

[www.westilkerton.co.uk](http://www.westilkerton.co.uk)

Passionate about conserving Exmoor's local breeds plus its wildlife and beautiful scenery.

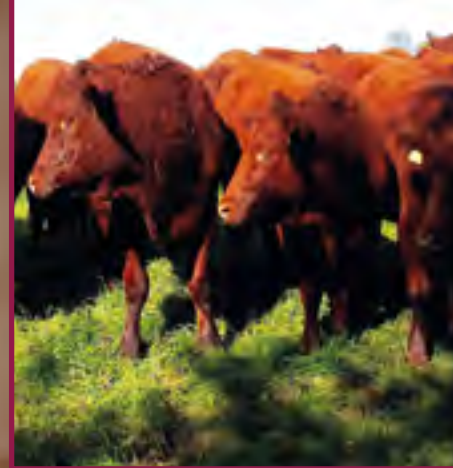
Exmoor Horn Sheep Breeder's Society

**01598 752 310**

Facebook Twitter @westilkerton

# Red Ruby Devon Beef

By Victoria (Tortie) Eveleigh  
from West Ilkerton Farm and  
Samantha (Sam) Boyles from  
Higher Hall Farm



antioxidants and vitamins than those fed grain-based diets.

Happily, there's also been a revival of interest in buying high-quality local food with a known provenance, coupled with the realisation that buying local can cut food miles and help the local economy. Some farms – like ours – are meeting this demand by selling Devon beef direct to the public.

We're both passionate about our Devon cattle and ensuring they have the best possible care throughout their lives. They have a good life that's as natural and stress-free as possible and, when the time comes, we take them to our local abattoir at Combe Martin ourselves.

Our beef is dry-aged on the bone – a process that enhances its tenderness, depth of flavour and cooking qualities – and a master butcher then cuts and packs it. The final stage of selling our home-produced meat direct is very rewarding. We particularly enjoy sharing cooking tips with our customers and each other, so please take a look at our websites for recipes: [www.westilkerton.co.uk/recipes](http://www.westilkerton.co.uk/recipes) and [www.higherhallfarm.co.uk/recipes](http://www.higherhallfarm.co.uk/recipes) Article originally featured in Exmoor Magazine [www.exmoormagazine.co.uk](http://www.exmoormagazine.co.uk)

Today there are several farmers on Exmoor who have carried on the tradition of keeping Devons, including the Dart family who now live at Great Champson. For a while the breed became unfashionable as farmers switched to larger animals like Charolais and Limousin, but British breeds are becoming popular again due to their ability to produce high-quality meat from a forage-based diet with minimal inputs. It's becoming clear that our native cattle can be an important part of a regenerative, sustainable farming system that increases biodiversity and adds organic matter to the soil. The ecological value of permanent pastures and their soils, along with their phenomenal ability to sequester carbon and help to combat climate change, is only just being appreciated and is the subject of ongoing research.

Exmoor has a lot of permanent pasture, and Devon cattle thrive on it. They also produce excellent beef, which is tender, well-marbled and full of flavour. Scientific studies are revealing not only that grass-based production systems can be beneficial to the environment, but also that the meat and milk from grass-fed cattle have much higher levels of essential nutrients like omega-3 fatty acids,

Locally reared, grass-fed Devon beef really is the flavour of Exmoor. Devons also known as 'red rubies' due to their rich red colour, are native to Exmoor and are well-suited to the conditions here.

Red cattle in this area were noted by the Romans, but Devon cattle were only developed as a distinct breed in the early-nineteenth century when Francis Quartly from

Great Champson, Molland, started a breeding programme and founded the Champson herd.

The Davy family from Rose Ash were also important Devon cattle breeders, and in 1850 Colonel John Tanner Davy founded the Devon herd book, which was kept by the family until 1884 when the Devon Cattle Breeders' Society was formed.

Photo © Guy Harrop



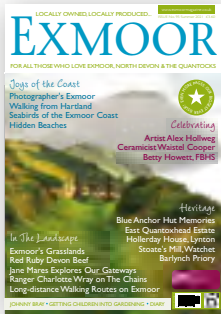


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The Luttrell Arms Hotel  
*...at the heart of Dunster*

“ Great food, honest prices, lovely service and views from the garden are of the castle. Would return in a heart beat, mussels are insane, steak pie was full of meat and the gravy off the chart. The burger was excellent. We had a peak inside and it's so cozy in the bar. I can really imagine a sunday lunch here in winter with the fires on is not to be missed ”

- Tripadvisor, September 2021



The Luttrell Arms Hotel

Dunster, Exmoor National Park, Somerset, TA24 6SG - [www.luttrellarms.co.uk](http://www.luttrellarms.co.uk) - 01643 821 555

# Find your perfect Exmoor pub

Everyone has their own ideas about the essentials of the 'perfect' pub, and while opinions are bound to vary, the Pubs, Inns and Alehouses on Exmoor must come very close to ticking all the boxes on everyone's list. The pubs sit at the heart of their local communities, are steeped in history, and have been providing a focal point for social interactions for both locals and travellers alike, over many centuries. Not to mention superb, locally sourced seasonal food, well-kept local ales and ciders, fine wines, well-appointed accommodation, and of course, the friendliest of welcomes.

## The Rest and Be Thankful Inn

sits at the crossroads in Exmoor's highest village, Wheddon Cross. Originally a staging post, as its name suggests, on the (steep) road between Minehead, Dunster and Dulverton, the inn is also a stone's throw from the halfway point of the Coleridge Way. To complement the lunch and dinner menus, there is a fine range of beers, including the eponymous 'Rest's Best', and a carefully selected wine list. The log fires in the cosy bar lift the chill on a winter's day, while the patio affords views across to Dunkery Beacon, perfect with a pint on a summer's evening.

**The Exmoor White Horse Inn** in Exford, in the heart of the National Park, dates from the 16th century. The building,

The Exmoor White Horse Inn



**The Luttrell Arms Hotel**, Dunster, stands on the site of three medieval houses, with the present building dating from the late 15th century. The hotel is an ideal spot for refreshment after a day exploring the pretty Dunster medieval



village and castle, and is a short walk from the beach and West Somerset Railway. The building's bars and lounges

wrapped in its Virginia Creeper coat that blazes flame red in autumn, stands by the bridge over the River Exe, with a riverside terrace, perfect in summertime. An extensive menu is served in the two bars and dining room, together with local beers, including the ubiquitous Exmoor Ale, and a collection of over 200 single malt whiskies.



The Royal Oak Inn

offer a cosy setting for lunches, afternoon teas and dinner, or just a quiet drink.

**The Royal Oak Inn** sits in Withypool, where the River Barle flows under the six arches of the picturesque Withypool Bridge on its way to Tarr Steps, and has views across the river valley to Withypool Hill and Common. The Two

Moors Way also runs past the front door. The inn has been welcoming guests for over 300 years, including RD Blackmore, who stayed at the inn while writing 'Lorna Doone', and General Dwight D Eisenhower, not



long after the D-day landings in 1944, and a previous landlord was the inspiration for 'M' in the Bond films!

**The Staghunters Inn** nestles in the River Lyn valley, in the village of Brendon, close to the magnificent North Devon Coast. The Inn has been recorded on historic maps for at least 180 years and sits across the river from the last (or first) section of the Coleridge Way as it wends its way along the river, past Watersmeet to Lynmouth. The Inn offers a tempting selection of local dishes and refreshments served in comfortable surroundings, and an idyllic peaceful location.

**The Exmoor Forest Inn**, in Simonsbath, dates from the mid 1850's. Known originally as the "Refreshment House" (licensed for wine only), it then became the William Rufus Hotel, named after William Rufus (William II), who according to legend, caused the land to become a Royal Forest. The Inn stands near the Two Moors Way and MacMillan Way West, and only a few miles from Exe Head, the source of the River Exe, and has comfortable and cosy rooms, seasonal menu, and well stocked bar.

**Stephen Thompson**

# Fabulous Minehead

Minehead has a wealth of independent cafes, pubs, and hotels serving freshly cooked seasonal meals and homemade treats... come and enjoy a taste of the town!

Hotel where you can sit back, enjoy the kitchen theatre inside and watch the hustle and bustle of the world going by outside.

Further along the seafront you'll find Foxes Hotel, the UK's only training hotel for young people with learning disabilities. The kitchen is a hive of activity; the Foxes style of cuisine is modern British twists on classic dishes. In addition to the regular restaurant menu, the hotel also hosts themed events including seafood nights and meze evenings.

Make sure you also pop in to visit the wonderful Grown Up Marshmallows. The marshmallows are free from gluten, dairy, egg, fat, and palm oil. The luxury marshmallows are handmade on Exmoor National Park using 100% natural ingredients and packaged in 100% recyclable, biodegradable, compostable material.

What's not to love?

The Avenue in Minehead is a wide and leafy boulevard stretching in from the seafront; it provides a relaxing experience for picking up holiday essentials and gifts. Plus, of course, sampling all the fantastic local food and drink on offer!

Meander along the promenade with a delicious, locally produced, ice cream or stop off for lunch at The Beach



Don't forget that there are also some great places to stay in Minehead to really make the most of the wonderful hospitality on offer, from the luxury Beachside Suites on the seafront, with serviced and self-catering options, through to family friendly accommodation such as the Brewers Fayre.

## Minehead Gift Card

Treat a loved one to a delicious lunch or dinner, a delightful afternoon tea, clothes and much more with the Minehead Gift Card. It is the perfect gift for all occasions, with so many options to choose from. Whether it is a birthday or other special occasion, there is plenty of choice among the wide range of independent shops and businesses in the town.

The Minehead Gift Card can be spent in any of the participating businesses, so whilst out enjoying the local experiences, you are also helping to support local. The Minehead Gift Card is available in values of £25, £50, £75 or £100.

## Farmers' Market

Minehead holds regular food markets and events. The weekly Farmers' Market is held in The Parade each Friday between 9am and 2pm with a range of local producers

For more information, please visit [www.visit-exmoor.co.uk/minehead](http://www.visit-exmoor.co.uk/minehead)  
**Cally Elston**





The impact of climate change on the world is clear to us all and we are all conscious of our carbon footprint. We are learning that every one of us can make a difference by considering the climate in all our actions and decision making. One of the ways we can all make a difference is by changing the way we shop and buy our food.

Buying local produce is a great way to start. Look out for locally produced or grown, seasonal produce, with minimal single use plastics.

Tony Howard, who runs Withypool Tea Rooms and Village Shop, explains why he stocks and uses local produce. "We recognise the importance of supporting our local producers within Exmoor's

**"I have learned you are never too small to make a difference."**

**Greta Thunberg**

*rural economy, but the real benefits are much wider – emissions from road and air transport are having a huge impact on greenhouse gases and we must do as much as we can to reduce the miles our food travels before it gets to our plates.*

*We're proud to be selling a range of locally grown and produced food and drinks. A further reduction in emissions and air pollution is also achieved by customers supporting local village shops and reducing their own travel to major towns and supermarkets".*

To help shoppers identify locally produced food and drink on the shelves, brightly coloured 'Produced in Exmoor' labels are being used by retailers and hospitality businesses around the National Park.



Stuart Lowen Butchers and Farm Shop in Minehead have built a reputation for quality meat and produce, always sourced as locally as possible, coupled with excellent service. They also sell a range of loose dry goods for you to buy using your own containers.

Guests and diners at Dunkery Beacon Country House Hotel and The Coleridge Restaurant are often treated to fresh fruit, herbs and vegetables picked that day by Chef proprietor John Bradley. John explained, "Cooking is my passion and there is nothing better than the taste and freshness of produce from our own garden or a nearby supplier. Drinking and eating out is a treat and whether it's a Wicked Wolf gin, grass-fed Exmoor lamb or just picked berries or beans from our own garden, there's nothing quite like local produce to add to the experience without having a negative impact on the environment."



Dave Knight, an Exmoor farmer and Chair of the Exmoor Hill Farming Network said, "Our farmers are rearing cattle and sheep within the National Park using less intensive, sustainable practices that are better for the environment, the landscape, the animals and the public. When customers choose Exmoor grass-fed lamb and beef, they are getting a high quality, tastier meat - there is no reason to be eating imported meat that has travelled halfway around the world."

**Katrina Munro**  
Exmoor National Park

To find out more about buying local:  
[www.exmoor-nationalpark.gov.uk/eat-exmoor](http://www.exmoor-nationalpark.gov.uk/eat-exmoor)



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