



The Lovely Cow Shed

Outside Caterers of "Reyt good fodder!"



Welcome to more Reyt Gud Fodder!

Don't forget us when planning your special events – big or small, we'd love to be part of your day
Book now to avoid missing out!

Outside Caterers of Reyt Good Fodder!

The Lovely Cow Shed Newsletter

September Edition

September brings the warm glow of autumn to Forty Acre Farm, and we're embracing every golden moment, there's something for everyone to enjoy. Whether you're planning a wedding, christening, or family gathering—or simply looking for a cozy night filled with food, laughter, and a glass of wine—The Lovely Cow Shed is here to make every occasion unforgettable.



From Kitchen To Staying Over @ The Lovely Cow Shed

Now, Annie is excited to share the next chapter: **Hidden Fell Escapes**. Nestled on Jeffrey Hill in the heart of Lancashire's Forest of Bowland, Hidden Fell Escapes is a tranquil retreat where rustic charm meets modern comfort. The two Shepherd Huts — lovingly named 'The Swallows Nest' and 'Curlews Rest' after a community competition — are now ready to welcome guests. Each offers a cosy, stylish space designed for couples or solo travellers to unwind, reconnect with nature, and enjoy a unique countryside experience.

Of course, food remains close to Annie's heart — which means guests can choose to make their stay even more memorable with bespoke private dining or

locally inspired platters, brought right to their door.

Thank you for supporting the journey so far — from the early catering days to this exciting new venture. We can't wait to welcome you to Hidden Fell Escapes and share many more meals, stories, and stays together.


#HiddenFellEscapes #ForestOfBowland #ShepherdHutStay #GlampingLife
#FromKitchenToCountryside



Join Us for a Season of Creativity at The Lovely Cow Shed!

As the days turn cooler and the leaves begin to change, there's no better time to gather together for cosy, hands-on workshops that spark creativity and connection. This month, we're bringing you a wonderful mix of experiences — from baking and crafting to foraging and floristry — all set against the rustic charm of The Lovely Cow Shed and The Granary.

Whether you're kneading dough or simply enjoying a morning of cake and conversation, each session is designed to inspire, relax, and leave you with something special to take home.

 Don't miss this chance to spend time in a beautiful setting, get inspired, and connect with fellow creatives. Bring your friends, bring your family — or just bring

[View All Workshops](#)



Autumn Bread Workshops

Get your hands floured and your kitchen smelling amazing in this fun, hands-on bread workshop with Annie. Whether you're a beginner or a passionate home baker, you'll leave feeling inspired and full of baked goodness!

Workshop Details:

Dates: 7th September

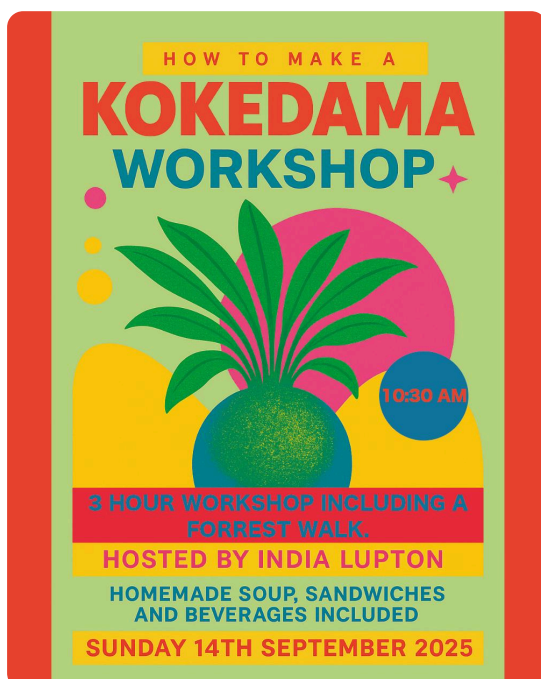
Time: 10am – 2pm (ish!)

Price: £95 per person

Includes a light lunch

Just 4 spaces per session – small, personal, and friendly!

[Book your place today!](#)



Kokedama Workshop

This one's for all the plant lovers!

Join us for a relaxing and creative **Kokedama Workshop** on **Sunday, 14th September at 10:30am**, set in the beautiful surroundings of *The Lovely Cow Shed*.

We'll begin with a gentle forest walk to gather natural moss, before diving into the art of Kokedama—a traditional Japanese planting style that transforms soil and plants into a stunning, natural “planted string garden.”



By the end, you'll leave with your own handmade Kokedama and the skills and confidence to continue creating more at home.

Book your place today!



Elderberry Forage & Make Workshop

You'll begin with a gentle forage around the farm, where you'll handpick elderberries growing in abundance during this special time of year.

Afterwards, head indoors for a hands-on workshop where you'll learn how to turn your foraged finds into delicious Elderberry Balsamic Vinegar and a sweet, nourishing Elderberry Cordial to take home and enjoy.

This relaxing and rewarding session also includes a wholesome lunch to keep you fuelled and inspired throughout the day.

Book your place today!



Autumnal Felt Wreath Workshop

Join us for a cosy and creative evening at **The Lovely Cow Shed** as we craft beautiful autumnal felt wreaths. This hands-on workshop is perfect for both beginners and experienced crafters who love seasonal décor.

Relax in our rustic barn setting, enjoy a delicious charcuterie board, and feel free to **bring your own favourite drinks** to make the evening extra special.

Book your place today!



Monday Meet & Makes

Join us at **The Granary** for a relaxed creative morning.

When: Monday at 10:00 AM

Cost: £5 per person (includes cake and a hot drink)

No booking needed – just bring your current craft project or a good book. Enjoy a cosy morning of **creativity, community, and cake**

Stay updated: [Join the mailing list](#)

#MondayMeetAndMake

#CraftAndConnect

Book your place today!



Macramé Autumn Garland

Celebrate the cosy season with an evening of knotting and creativity as you make your own beautiful macramé autumn bunting. Using rich seasonal tones and natural textures, you'll craft a charming garland perfect for hanging across mantles, doorways, or shelves. Whether you're new to macramé or looking to refine your skills, this workshop is a perfect autumn treat.


Macramé is a mindful and satisfying craft using knots to create decorative and practical items. In this session, you'll learn step-by-step how to make a rustic bunting design that brings a handmade, harvest-inspired charm to any space.

Date: 9th October 2025

Time: 7.00pm – 9.00pm

[Book your place today!](#)



 Foraging Spotlight: Elderberries – Nature's Immune-Boosting Treasure



As summer fades and the first hints of autumn appear, elderberries ripen in quiet hedgerows and forest edges—waiting to be discovered by keen-eyed foragers. These small, dark purple berries grow in clusters on the elder tree (*Sambucus nigra* in Europe or *Sambucus canadensis* in North America), and they’ve been prized for centuries for their medicinal and culinary uses. But before you grab your basket, let’s walk through what you need to know about foraging elderberries safely and responsibly.

How to Identify Elderberries

Elderberries grow on tall shrubs or small trees that can reach up to 10 feet tall. Key features to look for include:

Leaves: Compound leaves with 5 to 7 leaflets, each with serrated edges.

Flowers (in early summer): Flat-topped clusters of tiny, creamy white blossoms.

Berries (late summer to early fall): Small, glossy dark purple or black berries hanging in umbrella-like clusters.

⚠ Important: Don't confuse elderberry with pokeweed (*Phytolacca americana*), which also produces dark berries on red stems but is toxic throughout. If you're ever in doubt—don't harvest!



Harvesting Tips

Timing is key: Berries ripen in late August through September. Only harvest fully ripe, dark berries—green or red ones are toxic.

Use scissors or garden snips to clip entire berry clusters. This is easier than picking individual berries and less damaging to the plant.

Wear old clothes: Elderberry juice stains like you wouldn't believe!

And remember: never eat raw elderberries. They contain cyanogenic glycosides, which can cause nausea or worse when consumed uncooked.



What to Do With Elderberries

Once you've harvested your haul, the possibilities are delicious:

Elderberry syrup: A favorite for immune support, often made with honey and spices.

Jams and jellies: Combine with sugar and lemon for a flavorful spread.

Wine and cordials: Elderberries ferment beautifully. Tea and tinctures: Dried berries make a rich, antioxidant-packed tea.

Pro tip: Freeze the clusters for a few hours and then gently roll the berries off the stems. It's cleaner and quicker!



Elderberry Syrup Recipe

Here's a simple, tried-and-true recipe you can make at home:

Ingredients:

1 cup fresh or ½ cup dried elderberries

3 cups water

1–2 tsp fresh ginger (grated)

1 tsp cinnamon (optional)

½ tsp cloves (optional)

1 cup raw honey (adjust to taste)

Instructions:

1. Simmer the berries and spices: Combine elderberries, water, ginger, and optional spices in a saucepan. Bring to a boil, then reduce heat and simmer for 30–40 minutes.

2. Mash and strain: Remove from heat and mash the berries carefully. Strain the liquid through a fine mesh strainer or cheesecloth into a bowl.

3. Add honey: Let the liquid cool to lukewarm, then stir in honey until fully dissolved.

4. Bottle and store: Pour into a clean glass jar or bottle. Store in the refrigerator for up to 2–3 months.

Dosage: Adults can take 1 tablespoon daily for general wellness. If feeling under the weather, take 1 tablespoon every 3–4 hours. (Reduce to 1 teaspoon for children over age 1.)

Forage Responsibly

Only take what you'll use, and leave plenty for wildlife (birds especially love them). Harvest away from roadsides or polluted areas. Know your local laws—foraging is legal on most public lands, but always double-check.

In Closing...

Foraging elderberries is a seasonal ritual that connects us to the land and its rhythms. With a bit of care and knowledge, you can enjoy one of nature's most generous (and delicious) offerings—right from the wild.
Happy foraging!

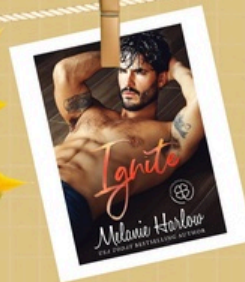
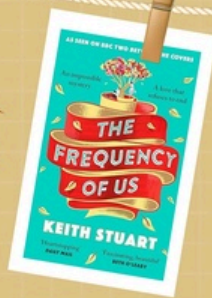


Amazing food that uses higher quality ingredients and with no hidden extras charged. Everything included for amazing celebrations and occasions!

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Book Club


Book Clubs




Our early-evening group, the Lovely Readers, met to discuss this month's pick — and, well... let's just say it wasn't love at first chapter.

This month's book a 'Serial Killers Guide To Marriage' scoring a polite but unenthusiastic 2 to 3 out of 5, the book left many cold. The main characters, Fox and Hazel, split the room — with Fox earning some quiet praise, while Hazel... didn't. "We just couldn't connect with her," one reader admitted. The ending also didn't do any favours, being written off as "a bit too far-fetched." And although there's a sequel, no one's rushing to read it.

 Next month's read: The Frequency of Us by Keith Stuart — a blend of love, loss and time-slip mystery.

 Want to join in? We still have a couple of spaces available in the Lovely Readers Book Club — perfect for those who love a good story (even when it's a bit of a flop!) and a great night out.

 The 'second' Tuesday club brought completely different vibes — and a book that blew everyone away. The Sky Beneath Us by Fiona Valpy received an almost-universal 5 out of 5, with members describing it as "powerful," "deeply emotional," and "impossible to put down."

Then came the big reveal for the first Tuesday book club: the next pick is Ignite by Melanie Harlow — a spicy change of pace that had the entire group clicking buy now before the plates were cleared. "The cover alone sold it," laughed one member. "We're ready for something a bit more fun — and fiery!"

Whether they're raving or ranting about the reads, both Tuesday night groups at The Lovely Cow Shed prove that it's not just about the books — it's the company, the conversation, and, let's be honest, the dessert that make it special.

Book your place today!





Last Month's Highlights

🌸 August Highlights at The Lovely Cow Shed 🌸

August was a month of sunshine, stories, and spectacular creativity — filled with laughter, learning, and plenty of delicious treats!

✂️ Summer Art Classes – A Creative Hit!

Our Tuesday art sessions with Apricot Sulphur Design brought colour, imagination, and joy to every corner of The Lovely Cow Shed. From foil embossing to bunting making, little hands and big hearts created treasures to take home and memories to last.

🍞 Bread Workshops – Baked with Love

Guests rolled up their sleeves and floured their aprons for another round of Annie's bread workshops. The smell of freshly baked loaves, scones, and flatbreads filled the air — and every last crumb was happily packed away to enjoy later.

💛 Thank You!

From bread flour on aprons to laughter around the craft tables, August has been

another beautiful month at The Lovely Cow Shed. Thank you to everyone who joined us, supported local makers, and filled our farm with creativity, conversation, and community spirit.

We can't wait to step into autumn with you — September is brimming with workshops, gatherings, and plenty of *Reyt Good Fodder!*

With love,

The Lovely Cow Shed Team 🐮🌸



Stop the Press! Exciting times ahead...

Hidden Fell Escapes is almost ready to welcome you! This peaceful retreat offers the perfect blend of rustic charm and modern comfort — ideal for couples or solo travellers looking to relax, recharge, and reconnect with nature. 🌿✨

We're putting the finishing touches on our luxury Shepherd Huts, complete with cosy interiors and breathtaking countryside views.

To make your stay even more special, you'll be able to order delicious extras such as our **Fish Platter for Two** 🐟🍴, the perfect way to unwind after a day exploring.

We're also proud to be working with **local artisan partners** — including the brilliant *Field & Fire Coffee*, who will be keeping every guest well-supplied with freshly roasted and ground coffee for that perfect morning brew. ☕👏

💡 Shepherd Hut Names Revealed!

A huge thank you to everyone who joined in our Shepherd Hut naming competition — we were blown away by your creativity and thoughtful suggestions. After much deliberation, the names have now been chosen and our **lucky winner has been selected!** Gemma Ferguson and Louise Greenwood who will both be coming for a stay after naming the shepherd huts 'Swallows Nest' and 'Curlews Rest'. 🎉👏

Our huts now have their own unique identities, ready to welcome guests for a truly magical stay in the countryside. Keep an eye on our socials for the big name reveal, and once again, thank you for being part of the journey. 💛

It's going to be an amazing year ahead — and we can't wait to welcome you to Hidden Fell Escapes very soon.



Book Your Spot Today!

Our workshops are filling up fast, so don't miss out! Visit our website or contact us to reserve your place and be part of our vibrant creative community. We can't wait to welcome you to The Lovely Cow Shed!

If you'd like us to organise a bespoke workshop or event please let us know and we'll create an event for you to experience. We're new to newsletters so please let us know what you would like to see.

And, of course, you'd like some 'Reyt Good Fodder' outside catering you know who to call. All events from weddings to parties and celebrations catered for with quality ingredients, local suppliers and amazing presentation!

Call Annie on [07968 905607](tel:07968905607)

Email thelovelycowshed@gmail.com

Forty Acre Farm, Jeffrey Hill, Longridge, Lancashire, PR3 2TU.

Best wishes, Annie X

Book a Lovely Cow Shed Event Today!



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