



The Lovely Cow Shed

Outside Caterers of "Reyt good fodder!"



Join our Masterchef Winner -
Dan Merriman!



Welcome to more Reyt Gud Fodder!

Outside Caterers of Reyt Good Fodder!

The Lovely Cow Shed Newsletter

October Edition

October at Forty Acre Farm brings crisp autumn days and cozy golden evenings, and we're ready to make the most of every moment. We have an amazing announcement - Dan Merriman - winner of 2024 Masterchef - will be cooking for us!

Whether you're planning a wedding, christening, family gathering, or simply a relaxed evening of great food, laughter, and a glass of wine, **The Lovely Cow Shed** is here to make every occasion truly unforgettable.



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!

From Kitchen To Staying Over @ The Lovely Cow Shed

Annie is thrilled to reveal the next chapter: Hidden Fell Escapes and winner of Masterchef 2024 - Dan Merriman - will be joining us!

Tucked away on Jeffrey Hill, in the heart of Lancashire's Forest of Bowland, Hidden Fell Escapes is a peaceful retreat where rustic charm meets modern comfort.

Our two Shepherd Huts — lovingly named *The Swallows Nest* and *Curlews Rest* after a community competition — have already welcomed their first guests, offering a cosy and stylish countryside hideaway for couples or solo travellers. Each hut is thoughtfully designed to help you unwind, reconnect with nature, and savour a truly unique rural escape.


Food remains at the heart of everything we do. From private dining and locally inspired platters delivered straight to your door, to unforgettable evenings like our upcoming **Christmas Supper Club, where MasterChef winner Dan Merriman will be cooking up a storm**, there are so many ways to make your stay extra special.

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



Celebrate a Season of Creativity at The Lovely Cow Shed!

As the days grow cooler and the autumn leaves turn, it's the perfect time to come together for cosy, hands-on workshops that inspire creativity and connection. This month, we're offering a delightful mix of experiences — from Autumnal Macrame and Wire Work to children's Halloween workshops — all set within the rustic charm of **The Lovely Cow Shed** and **The Granary**.

 **Don't miss this opportunity** to spend time in a beautiful setting, spark your creativity, and connect with fellow enthusiasts. Bring friends, family — or just yourself and your curiosity!



Macramé Autumn Bunting

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.

Workshop Details

Date: 9th October 2025

Time: 7.00pm – 9.00pm

Location: The Lovely Cow Shed,
Forty Acre Farm, Jeffery Hill,
Longridge, PR3 2TU

Cost: £35 per person – includes tea, coffee, cake, and all materials.

[Book your place today!](#)



Wire Pumpkin Making Workshop

Join us at **The Lovely Cow Shed** for a creative autumn evening where you'll learn to craft charming wire pumpkins – the perfect handmade decorations for Halloween and cosy autumn displays.

What You'll Create

- Handcrafted wire pumpkins - one large or two small sized



- Unique rustic decorations for your home or garden
- Beautiful keepsakes that also make thoughtful seasonal gifts

Dates & Times

Date: Thursday 16th October

Time: 7:00pm – 9:30pm

Location: The Lovely Cow She

Book your place today!



Home Ed Halloween Craft Class

Join us on **Thursday 23rd October** for a spook-tacular **Halloween Craft Class** with India for home educated children!

We'll be making **Halloween fairy lights** with wool characters (just like the ones in the photos!) – a craft that's easy for all ages, fun to create, and perfect to bring out year after year.

What's Included:

- All materials and equipment provided

Date & Time:

Thursday, 23rd October

Session: 10am - 11.30am

Book your place today!

Monday Meet & Make AT THE GRANARY



www.thelovelycowshed.com

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!



Halloween Craft Class

Join us for a special **Halloween Craft Class** on **Tuesday, 28th October**.

Choose from two fun sessions:

10:00am – 11:30am or **12:30pm – 2:00pm**.

Get creative this Halloween with a variety of spooky and fun craft activities. Perfect for children and families looking for a hands-on, seasonal experience in a friendly and inspiring environment.

What's Included:

- All materials and equipment provided
- Step-by-step guidance throughout the class
- A fun and festive creative session

Date & Time:

Tuesday, 28th October

Session: 10:00am – 11:30a



Book your place today!



 Foraging Spotlight: Hawthorn Berry - The Heart of The Hedgerow



🍁 Foraging Focus: Hawthorn – The Heart of the Hedgerow

As autumn deepens and the leaves start to turn, the hedgerows across the UK are alive with vibrant reds — a sign that hawthorn berries (also called haws) are ripe for foraging.

Often overlooked, hawthorn is one of the most ancient and culturally rich native trees in Britain. You'll find it lining countryside footpaths, woodland edges, and even city parks — a humble tree with a long history in both herbal medicine and folklore.

🌿 Identifying Hawthorn (*Crataegus monogyna*)

Leaves: Deeply lobed and small, turning yellow or golden in autumn.

Berries: Small, red, and apple-like (botanically, haws are miniature pome fruits).

Thorns: Sharp and numerous – bring gloves!

Season: September through early November.

Look for them growing in tangled hedges or as standalone trees. The berries grow in dense clusters and are often still firm in early October, softening as the frost sets in.

💧 Hawthorn's Herbal Heritage

In folk medicine, hawthorn is best known as a heart tonic. Herbalists have long used the leaves, flowers, and berries to support circulation, blood pressure, and emotional balance. While you should always consult a professional before using hawthorn medicinally, it remains one of the gentlest, most well-regarded herbs for heart health.

In folklore, hawthorn was considered sacred — a tree of protection, love, and boundary-marking. Cutting it at the wrong time was said to bring bad luck, but harvesting its berries was a seasonal rite for many rural communities.

How to Use Haws

Fresh haws are dry and mealy raw — not exactly a trailside snack. But cook them down, and they shine. Their mild apple-rose flavour comes alive in jellies, syrups, wine, ketchup, or vinegar infusions. They pair beautifully with spices like cinnamon, clove, and orange zest.

RECIPE: Spiced Hawthorn Jelly

A gently tangy preserve perfect for toast, cheese boards, or roast meats.

Ingredients:

1 kg ripe Hawthorn berries

1.2 litres water


Juice of 1 lemon

Sugar (see method)

Optional: 1 cinnamon stick, 3 cloves, strip of orange peel

Method:

1. Rinse the haws and remove any stalks or leaves.
2. Put them in a large pan with water and optional spices. Bring to a boil, then simmer for 30–40 minutes until soft and broken down.
3. Mash the mixture with a potato masher. Strain overnight through a jelly bag or muslin cloth (don't squeeze – it'll cloud the jelly).
4. Measure the juice, then add 450g sugar per 500ml juice.
5. Bring to a boil, stirring to dissolve sugar. Boil rapidly for 10–15 minutes, or until it reaches setting point (105°C or test with the wrinkle method).
6. Pour into sterilised jars, seal, and label.

 Store in a cool place and enjoy through the winter — especially with game, cold meats, or sharp cheese.

Final Thoughts

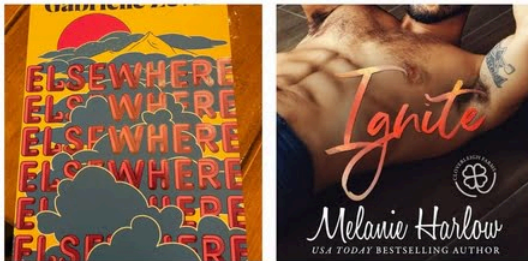
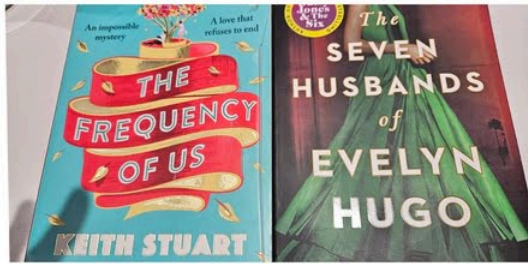
Foraging hawthorn in October is more than just gathering berries — it's a way to reconnect with the rhythm of the land. As the days shorten and the hedgerows flame with colour, take a slow walk, basket in hand, and harvest a little wild abundance before the first frost settles in.



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

Book your Grazing Table / Buffet / Outside Catering Today!

Book Club



🌟📚 Lovely Readers Book Club Recap! 📚🌟

Last night, the Lovely Readers gathered once again — books in hand, bellies ready, and minds buzzing for another evening of literary magic and top-tier comfort food 🍲



We dived into *The Frequency of Us* by Keith Stuart, a beautifully tangled story of love, memory, and mystery. The discussion got deep, the theories got wild, and the group gave it a well-earned 4/5. Not bad for a book that bent time and our brains!

Fuelled by legendary jacket spuds loaded with chilli and cheese (honestly, Michelin-star-worthy), we chatted, laughed, and possibly argued over who got the biggest helping. Dessert was none other than apple crumble and custard — aka the official love language of the Lovely Readers. 🥄💛

Next up: we're diving headfirst into old Hollywood scandal with *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid. Glamour, gossip, and probably a few gasps incoming.

Already counting down the days until our next meet — books, banter, and more buttery spuds await.

✨📖The Granary Book Club 📖✨

🔥 The Book Club Gets Spicy with *IGNITE* by Melanie Harlow

If there was any chance of a quiet night in, The Book Club quickly blew that out of the water with their latest read: *IGNITE* by Melanie Harlow — a flirty, fiery romance that certainly lived up to its name.

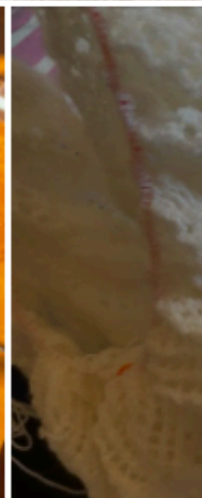
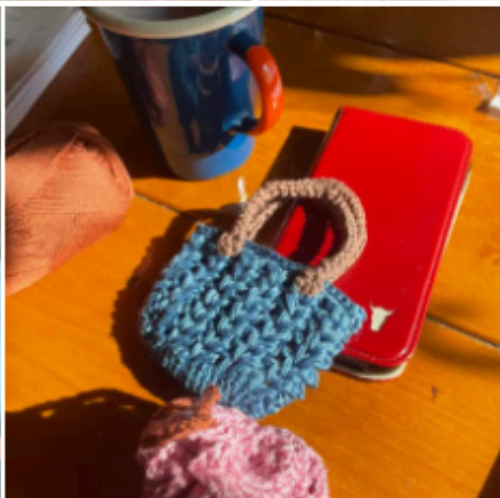
Described by members as an “easy, holiday read” and “definitely a bit naughty,” the book sparked a range of reactions. Some found the swearing and steam levels a little too full-on 🙊, while others (no names mentioned, but they know who they are!) declared it “bloody brilliant” and couldn’t get enough. One member even vowed it’s coming in their suitcase for an upcoming trip to Vietnam — clearly, *IGNITE* made a lasting impression!

As ever, food was a central character in the evening: hotpot with mushy peas and rich gravy, followed by not one but two indulgent desserts — apple & toffee crumble and a dreamy white chocolate cheesecake. Seconds were had. No regrets.

To round off the night, the club’s trusty wheel of fate landed on Maxine’s next pick: *Elsewhere* by Gabrielle Zevin, promising a thoughtful turn after the heat of *IGNITE*.

Next up for the Lovely Readers? A glamorous dive into scandal and stardom with *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid. Glamour, gossip, and emotional gut-punches are almost guaranteed.





Last Month's Highlights

🍂 September Highlights at The Lovely Cow Shed 🍂

September has been a month of stitches, stories, and shared creativity — as we stepped into autumn, our barn has been full of yarn, laughter, and the cosiest of conversations.

🧶 Knitting Together – From First Stitches to Finished Pieces

This month, our Meet & Make sessions have been brimming with encouragement and inspiration. From learning to knit for the very first time to proudly finishing the *back of a jumper* (👏 bravo!), we've seen patience, perseverance, and plenty of giggles. Even when projects take longer than expected ("might not finish before Christmas!" 🤔), it's all about the joy of making together.

♥️ **Thank You!**

From tangled yarn to triumphant jumpers, September has been a wonderful reminder that creativity is about the journey as much as the result. Thank you to everyone who came along, shared their skills, and supported each other around the table.

We're looking forward to October, with more workshops, gatherings, and the comforting tastes of Reyt Good Fodder to keep us cosy as the nights draw in.

With love,

The Lovely Cow Shed Team 🐮🍂



Stop the Press! Master Chef Winner - Dan Merriman - will be taking the Supper Club to another level!

Dan Merriman, crowned **MasterChef: The Professionals Champion 2024**, impressed judges with his intricate and outstanding dishes, winning over viewers and securing his place in MasterChef history. The 29-year-old emerged victorious after seven weeks of intense challenges, beating 31 other professional chefs.

We're thrilled to announce that **Dan will be cooking for our Christmas Supper Club on 13th December**—an evening not to be missed, filled with festive cheer, delicious food, and a chance to experience the talents of this remarkable chef up close.



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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