



life feels good



THE BEST OF CORNISH LIFESTYLE • SUMMER 2023

02
OUTDOORS

—
Feast Foraged
From The Cornish
Shoreline

06
WILDLIFE

—
Let's Talk Bees!

16
NATURE TRAILS

—
Walking Cornwall's
Clay Trails

26
RECIPES

—
The Taste of Summer

46
EDUCATION

—
An Exciting Update
from Sky Primary

50
OUTDOORS

—
Where To Enjoy
an Ice Cream
with a View

A NOTE FROM THE EDITOR

Hello and welcome to the summer issue of Life Feels Good; a lifestyle publication created by us here at West Carclaze Garden Village. This magazine is for people just like you: Cornish folk who love these lands and living in this special part of the world.

We hope that these pages will ignite inspiration in you to try new things, to explore and experiment, whether that's cooking up a storm with a new recipe, wild foraging our abundant lands, or learning more about our native wildlife. In this edition, we'll shine a light on upcoming events, share our favourite foodie hotspots, provide an exciting update from Sky Primary School, and of course, much more in between.

The driving force behind this publication is to highlight local talent and Cornish creatives, to offer up ideas of how to fill those balmy summer days, and to share captivating stories. Our ethos also lies in an innate desire to encourage each one of us to fall in love with Cornwall over again, to celebrate the unique nuances of this land and all the things that make it truly inimitable. From our flora and fauna to our community spirit to our fascinating history; it all culminates in a truly extraordinary county.

We sincerely hope that you throw a blanket down on the grass somewhere tranquil, and enjoy delving into this summer edition of the publication.

All the best,

*Dorian Beresford, Chief Development Officer
& The West Carclaze Garden Village Team*

life feels good



APPRECIATING THE FLAVOURS OF THE SEA

An edible feast foraged from the Cornish Shoreline

With long summer days still ahead of us, make the most of the daylight and head to the beach to forage for ingredients that will add a delicious zing to your evening supper.

With over 400 miles of Cornish coastline to choose from, you are never far from an abundance of edible delights just waiting to be savoured. Many of us are used to delving into hedgerows for sun-ripened blackberries to make a warming crumble, or harvesting plump sloes to make juicy gin, but foraging along the shoreline is often forgotten about. So, this summer let us introduce you to the delectable treats our seashore larder offers.





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It's all there for the taking – If you know where to look

As foraging grows in popularity, there are many local secret spots but as these are often kept hush hush, you can still find delicious delights, you just have to know where to look.

Sandy beaches, rocky cliffs and estuaries are habitats that offer a diverse range of coastal plants just waiting to be picked and added to your pantry. Explore areas near freshwater sources, as they provide ideal conditions for plants like sea beet. Additionally, rocky outcrops and tide pools are bountiful with delicious seaweeds. Foraging the coast is a wonderful experience which connects us to nature and gives us feel good endorphins but as with all things, it needs to be carried out in moderation. Forage responsibly, only picking what you need so the delicate ecosystem remains in balance.

Now, get ready to delve into a natural world you may never have noticed before...

Seaweeds

Dive into the world of edible seaweeds, a Cornish delicacy



We’ve been collecting, harvesting and using coastal plants for a variety of uses for thousands of years. For example, seaweed has regularly been used in medicines, skincare, cosmetics, field fertiliser and of course, as food. It’s incredibly nutritious and a certified ‘superfood’, it’s one of the most foraged coastal plants in Cornwall.

There are thousands of types of seaweed and, of the 640 or so growing around the UK shores, all are edible - as long as you follow general safety guidelines and use your common sense, you can happily go nibbling and tasting without worrying about poisoning yourself. Classified as marine algae, seaweeds are packed with more vitamins and minerals than any other food group. Not only is it very nutrient rich, it’s also a diverse ingredient that can be used in salads, soups, stir-fries, or even dried and ground into seasonings.

Some of our most flavourful coastal plants like Samphire, Sea Beet and Sea Buckthorn absolutely thrive around the Cornish coast. These greens offer a distinct briny, salty taste, which adds a unique, coastal essence-like twist to dishes.

Top Tips

- Only gather fresh seaweed that is still attached and growing, not floating o washed-up fronds, as these could be old.
- Wash any coastal plants thoroughly in several changes of water before using or drying it to use later, and make sure you always choose a beach with clean waters.
- Make sure you cut seaweed rather than pull it up, so it can regrow from the holdfast and never collect more than one-third of an individual plant to allow for re-growth.
- If foraging in marshy estuaries, be sure to take care of sinking sand and thick squelchy mud which regularly lays claim to loose welly boots!
- Always be aware of tides and be respectful of the marine life and birds which thrive around our coast.

Embrace coastal culinary adventures and let the flavours of the sea elevate your dining experience to new heights
Happy coastal foraging, wherever you may roam!



Sugar Kelp also known as ‘sea belt’ or ‘devil’s apron’

Features: Single large brown fronds with distinctive wavy edges that are said to resemble large lasagne sheets.

Where: Found mainly on sheltered shores or deep rock pools. It seldom grows further up the beach, low tide is the only time you will be able to collect it. The kelp attaches itself to the rocks or seafloor by a single foot and its short stem is very flexible so that as the tide drops out it can bend over to keep itself submerged in the shallows.

Flavour: A strong salty taste with hints of sea and grass and can be used fresh or dried and eaten either raw or cooked. It dries out well on a washing line which tends to invite comments from your neighbours! Bake it into crisps and it’s very delicious.



Samphire also known as ‘sea asparagus’

Features: Bright green it has succulent, jointed stems with small, finger-like branches. The stems are smooth and fleshy resembling miniature cacti.

Where: Commonly grows in salt marshes, on cliffs and in mudflats.

Flavour: A strong salty flavour with a crisp bite. It has fleshy, aromatic leaves which are delicious when lightly steamed and served with butter and makes an excellent complement to fish and seafood.

When: It’s best between June - September.



Bladder Wrack also fondly known as ‘nature’s bubble wrap’

Features: One of the most commonly and easily recognised seaweeds on our shores. Olive brown in colour, it has branching fronds with air bubbles (bladders) that make the fronds float and stands the seaweed up in the water when submerged.

Where: Often found between the high and low water marks on rocky shores it is believed to have anti-ageing properties.

Flavour: A pleasantly briny taste combined with a strong bitter flavour. Use sparingly as a flavoursome and nutritious addition to soups and stews.



Sea Beet

Features: Glossy dark green, thick, succulent leaves that vary from oval to diamond-shape and can be smooth, wrinkled or twisted.

Where: Found on field edges, shingle, between rocks and among sand dunes.

Flavour: Superior in taste and texture to spinach, it is simply delicious and you can even eat the roots which taste sweet and can be used like sweet potato.

When: It’s best in late spring but can be eaten throughout the summer months and into autumn.



Sea Lettuce

Features: This seaweed looks like a lettuce leaf (hence the name) and resembles a thin translucent sheet of green plastic. Although fragile in appearance, it is tough in stature. Not only does sea lettuce look like lettuce, but it also doesn’t require cooking or much processing.

Where: A common and distinctive seaweed often found floating in rock pools or on the surface of the Cornish shoreline.

Flavour: Delicious when dehydrated and eaten as crisps, crumbled over salads, or used in sushi.



Sea Buckthorn also known as sea berries

Features: A spiny shrub with bright orange berries.

Where: Native to sand dunes all around the Cornish coast.

Flavour: The berries can be quite tart, sort of like sour orange with hints of mango or pineapple.

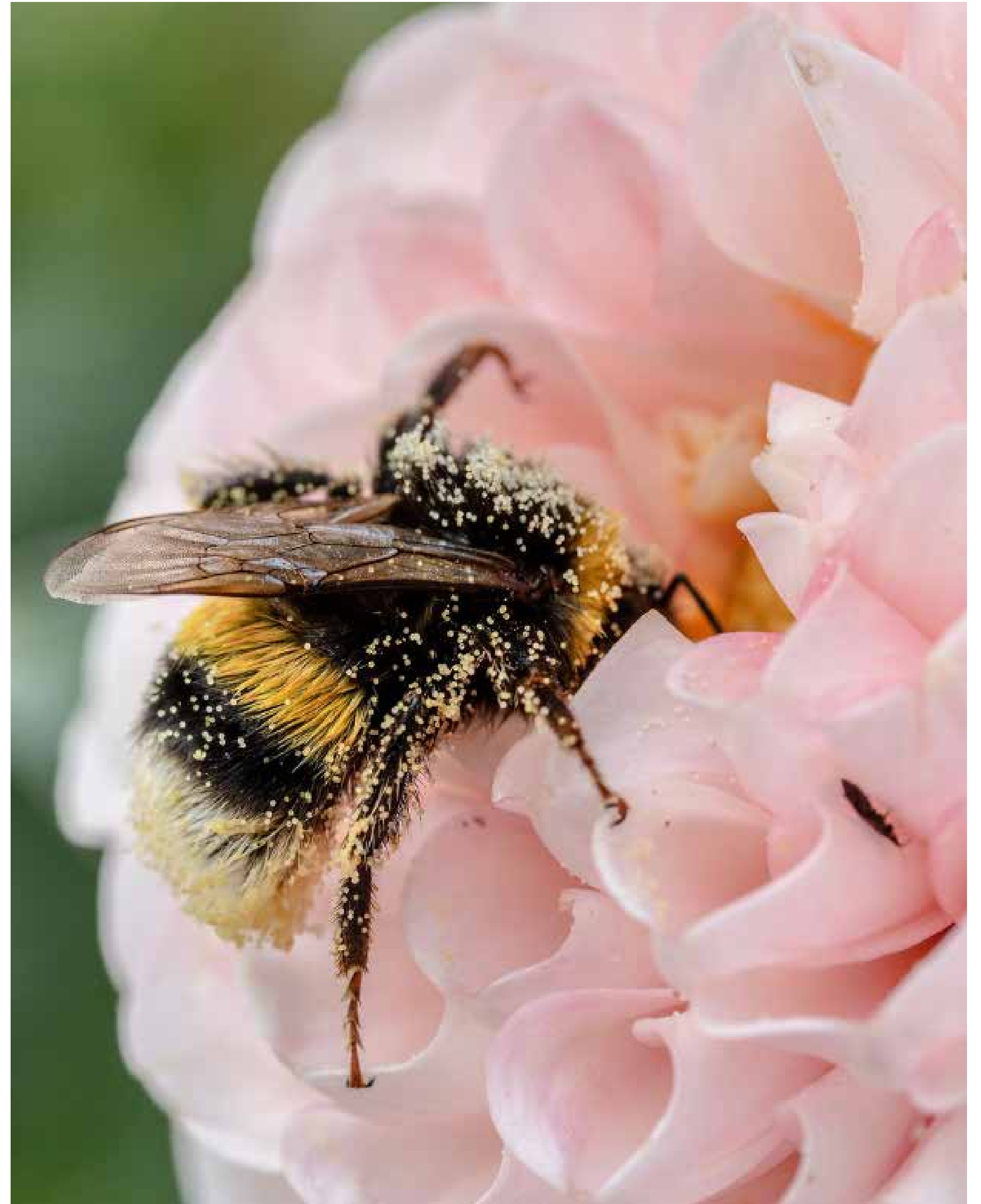
When: Most recognisable in autumn when it reveals a bright display of orange berries.

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Both social and solitary bees have a queen, who will lay all of the eggs for the group, however female social bees will allow worker bees to help with the young, whereas solitary bees will do this alone.”

Let's Talk Bees!

We all know how vitally important bees are to our natural environment, but did you know almost 90% of wild plants and 75% of leading global crops depend on animal pollination? A startling one out of every three mouthfuls of our food depends on pollinators such as bees, and crops that depend on pollination are five times more valuable than those that do not, making them an essential link in our eco-system. ‘Bee’-ing so vitally important means we all need to know more about these happy little species, so we can not only identify them, we can plant flowers to nourish them..



A LESSON IN
DISTINCTION

The easiest way to categorise bees is to put them into two camps: social and solitary. As the name suggests, social bees like to live together in large, well-organised family groups: they build a community. For example, honey bees are social and can live in groups of up to 50,000 in a single hive. The easily recognisable bumblebee are also classed as social, however live in much smaller groups of 50-150. Social insects are highly evolved and engage in a variety of complex tasks not practised by the multitude of solitary insects. In contrast, solitary bees like to live alone, although they may make their nests in close proximity to each other to discourage predators. They make burrows underground or create holes in rock faces, old wood and even masonry. Both social and solitary bees have a queen, who will lay all of the eggs for the group, however female social bees will allow worker bees to help with the young, whereas solitary bees will do this alone.

VARIETIES
OF SOCIAL BEES

While there are many different species to delve into, we’re focusing on the most common you might spot when in the garden or out and about on a walk. These are easily identifiable and great to point out to little ones to begin nurturing a deep appreciation of our super pollinators. One of our most recognisable types of bumblebee is the common carder bee, *bombus pascuorum*, which enjoy feeding on a wide range of flowers therefore can be seen in a vast range of habitats – these bees stand out as they’re covered in fox-red fur and lack a white tail. The red-tailed bumblebee, *bombus lapidarius*, nests underground and can be seen almost anywhere and everywhere from early spring through to autumn – as the name suggests, this bee has a red tail that stands out against a solid black body. The white-tailed bumblebee, *bombus lucorum*, is very widespread and can be seen feeding on flowers until as late as November – possibly the most easily recognised of all, with a striped black and yellow body and bright white tail.

VARIETIES
OF SOLITARY BEES

The ashy mining bee, *andrena cineraria*, feeds from a variety of spring flowers and shrubs including buttercups, hawthorn, blackthorn, gorse and fruit trees – this bee has striking black and grey or white markings and excavates small tunnels in the earth which they close the “door” to when finished foraging for the day. The red mason bee, *osmia bicornis*, can often be spotted in gardens as they enjoy the nectar from domestic flowers – a small, gingery coloured bee that nests in cliffs and the crumbling mortar of old buildings amongst other hollowed out spaces. The tawny mining bee, *andrena fulva*, is on the wing from April through to June to coincide with flowering fruit trees such as cherry, pear and apple – the tawny bee has a reddish-brown body with a striped tail and nests underground in flowerbeds and lawns: their nests are visible from little volcano-like mounds of soil near the mouth of the burrow.



Identifying Bees

Here’s a handy guide to identify the different bee species you might spot in your garden or out and about in Cornwall this summer -

White-tailed Bumblebee
Bombus lucorum



Tree Bumblebee
Bombus hypnorum



Tawny Mining Bee
Andrena fulva



Red-tailed Bumblebee
Bombus lapidarius



Red Mason Bee
Osmia bicornis



Honey Bee
Apis mellifera



Ashy Mining Bee
Andrena cineraria



Common Carder Bee
Bombus pascuorum



DATES FOR YOUR DIARY

What's On in Cornwall for Summer 2023

From festivals to concerts, food extravaganzas, historical celebrations, art exhibitions and everything in between, Cornwall has more than its fair share of things to do all year around, but the Duchy really comes into its own in summer. Whether it's dancing the night away in the dunes, sipping a cold beer as a band plays your favourite song, or trying new dishes at a food festival, here are our top recommendations for things to do in Cornwall to help you plan a whole summer of Cornish adventures...

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9TH — 13TH AUGUST BOARDMASTERS FESTIVAL, NEWQUAY

No 'What's On Guide' is complete without mentioning Cornwall's famous 5-day surf and music festival which attracts thousands every year to Watergate Bay. Joining the masses at Boardmasters on 9th-13th August this year are Florence + The Machine, Ben Howard, Cypress Hill, Liam Gallagher, Example, and many more amazing acts playing across ten stages. The whole of Newquay celebrates its surf culture roots across the week, and watersport fans can watch world-class surf competitions which take place on Fistral Beach.

<https://boardmasters.com/>



13 — 19TH AUGUST FOWEY ROYAL REGATTA, FOWEY

Transforming the town of Fowey from 13-19th August, is the ever-popular Fowey Regatta. A key event in any sailor's calendar, you can expect live music, boat races, children's entertainment, competitions, and the Giant Pasty Ceremony. There is also a traditional carnival procession to enjoy, followed by an evening of awe-inspiring fireworks. A week of fun for all the family!

<https://foweyregatta.co.uk/>



24TH — 28TH AUGUST CORNWALL FOLK FESTIVAL, WADEBRIDGE

Celebrate all things folk at Cornwall's Folk Festival in Wadebridge from 24th-28th August. Watch the town come alive with music as your favourite folk acts take to the stage across various venues throughout this historic market town. There are also instrument workshops, street performers, and plenty of entertainment for the children to enjoy making it one of North Cornwall's best celebrations of music.

<https://cornwallfolkfestival.com/wp/>



25TH — 27TH AUGUST
TUNES IN THE PARK,
PORT ELIOT ESTATE

The picturesque grounds of the Port Eliot Estate in St Germans plays host to a spectacular line-up of big names on the weekend 25th-27th August, including The Kaiser Chiefs, The Kooks, Sam Ryder, Newton Faulkner and so many more. A fun-packed weekend of entertainment, well-being activities, delicious food and live music for all the family, this festival is not to be missed.

<https://tunesinthepark.com/>



2ND — 3RD SEPTEMBER
THE HILLY HUNDRED CYCLE EVENT,
THE EDEN PROJECT

This iconic 100-mile 2-day charity cycle is now in its 10th year and is set to be one of the best yet. Join the riders (or watch them go by) 2nd-3rd September as they cycle a breathtaking route along coastal roads, through beautiful fishing harbours, over the moors ending up at the Eden Project's Rainforest Biome! The event is being run in aid of breast cancer charity CoppaFeel and generates amazing amounts of donations and awareness each year for this important cause.

<https://coppafeel.org/support-get-involved/fundraise-for-coppafeel/sporting-challenges/events/hilly-hundred-2023/>



8TH — 10TH SEPTEMBER
LITTLE ORCHARD CIDER AND MUSIC
FESTIVAL, PENHALLOW

Head down to Healey's Cider Farm from 8th-10th September and grab a glass of your favourite apple-y tippie to celebrate the 10th Little Orchard Cider & Music Festival. A charming Cornish party with some big live bands, a groovy silent disco, BBC Introducing stage, camping and glamping for the whole family. Look forward to three days of live music, activities and fun including hoe downs, and the famous battle of the sea shanties. Don't forget the delicious food and bubbling hot tubs to sink into after a day of dancing in the sunshine. The line-up for this year's event doesn't disappoint, with Willie and The Bandits, Emerald, Tankus The Henge, and Ocean Colour Scene among the names set to excite revellers.

<https://www.cornwallciderfestival.co.uk/>



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<https://www.cornwallciderfestival.co.uk/>



8TH — 10TH SEPTEMBER
INTERNATIONAL MINING & PASTY
FESTIVAL, REDRUTH

Celebrating the UNESCO World Heritage Site in the central town of Redruth, the festival runs 8-10th September and will begin with the creation of the giant Redruth Pasty at the Miner's Statue in Fore Street, which will then be baked and returned to be carved up and handed out to hungry festivalgoers later in the afternoon. The entire town will pay homage to its mining and pasty heritage with various themed events and edible offerings, so if you fancy a pasty fest and spot of Cornish culture, this is definitely a day out for you.

<https://discoveredruth.co.uk/pasty-festival>



9TH — 23RD SEPTEMBER
ST IVES SEPTEMBER
FESTIVAL

Ever since 1978, the St Ives September Festival has been celebrating the best of art and music found in this richly-talented corner of the world. The highly-anticipated festival will happen from 9th-23rd September this year and you can expect a feast of live music, exhibitions, poetry and art. There are also demonstrations and immersive workshops where you can unleash your inner artist and get creative. Not to be missed!

<https://www.stiveseptemberfestival.co.uk/>





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The dove-grey trails that remain today are a testament to this area’s rich mining legacy, beckoning adventurous souls to uncover the history and beauty that lies hidden within their paths...”

Walking Cornwall’s Clay Trails

When it comes to balmy summer days in Cornwall, most will instinctively head to the beach, full of excitement about sunshine, seaside and sandcastles. But if you’d rather bound merrily off into the wild on a different sort of voyage away from the clamouring beach crowds, the historic clay trails are the place to go. This fascinating network of multi-use tracks offers miles upon miles of breathtaking scenery, unique landscapes and intriguing history that wend their way through everything from heathland, to woodland, to coastline, all of which can be explored on foot, on two wheels, or on horseback (many are also wheelchair and pram friendly).

UNTANGLE TALES OF THE PAST

The historic clay trails of St Austell offer the intrepid explorer a captivating journey through time. Dating back to the 18th century, Cornwall emerged as the world's largest producer of china clay, firmly and forever putting St Austell on the map. The area soon became a hotbed of activity; seven thousand men worked hard to extract the clay from the land, what were once tiny Cornish villages burst at the seams and became bustling ports, railways and tramways were constructed to shift the weighty loads, and the landscape started to evolve as The Cornish Alps grew to dominate the skyline. By the mid 19th century, a whopping 65,000 tonnes of china clay were being mined in the St Austell area and by 1910, Cornwall was producing fifty per cent of the world's china clay, approximately an astounding one million tonnes every year. The dove-grey trails that remain today are a testament to this area's rich mining legacy, beckoning adventurous souls to uncover the history and beauty that lies hidden within their paths. Whether you're a history enthusiast, a nature lover, or simply seeking a different kind of outdoor adventure, exploring the clay trails promises an unforgettable experience.



IMMERSED IN NATURAL BEAUTY

Beyond their historical significance, the clay trails are a gateway to breathtaking natural beauty. It's not just about the brilliantly sparkling blue lakes and silver peaks at the heart of Clay Country, the trails journey through contrasting landscapes, from lush woodlands to sweeping moorlands to golden sand beaches. Due to the sheer range of habitats and environments, the trails do a fantastic job of showcasing our diverse flora and fauna native to Cornwall, so be sure to take your binoculars. Exploring the trails offers ample opportunities to spot both common and rare species of wildlife and plant life that call these pockets of land home.



HISTORIC LANDMARKS ALONG THE WAY

Along the trails, you'll stumble upon a number of historic landmarks that offer a glimpse into Cornwall's past. For example, if you're itching to delve a little deeper into the historical side of the area's history, open-air Wheal Martyn Museum allows visitors to explore the remains of a Victorian clay works, wander through restored buildings, and get hands-on with the interactive exhibits that bring the area's clay heritage to life. As you navigate the trails themselves, you'll come across various artwork and way markers depicting both the heritage, and modern day elements of the clay industry, along with sculptures that mark the entrances of trails.





A FEW POPULAR TRAILS TO TRY

Name: The Pentewan Trail
Length: It's around 2.5 miles (4km)
Difficulty: Easy, the trail is flat and accessible

Where does it go?: This trail follows a former railway that opened in 1830 in order to transport clay, tin and coal from the pits to the quay at Pentewan Harbour.. The harbour silted up in 1916 and the railway, which originally used horses before moving onto steam trains, ceased to operate. The trail begins in London Apprentice village, near Mevagissey, and ends at the harbour, which due to a sand barrier, has created a fabulous inner waterway that attracts many species of bird year-round, making it great for wildlife spotting. Reward yourselves with a well-earned refreshment at The Ship Inn with sea views.

Name: The Bugle to Eden Trail
Length: It's 4 around miles (6km)
Difficulty: Moderate, this is an off-road trail with some inclines and a narrow, muddy section

Where does it go?: This one starts in the old mining town of Bugle and ends at the world famous Eden Project. This trail meanders through beautiful woodland, heathland and past a large fishing lake before finishing at the impressive 30-acre outdoor gardens of Eden.

Name: The St Blazey Trail
Length: Around 3 miles (5km)
Difficulty: Easy, the trail is mostly flat

Where does it go?: Running from St Blazey to Par beach, the trail takes in the changing scenery as it leaves the undulating industrial landscape of vibrant tips and pits and makes its way to the coast, where tall clay-drying chimneys keep watch over the sea.

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Our favourite walk to do is a circular hike on site, as it takes you around two of the beautiful lakes that our Garden Village is built around, Pentruff and Baal.

- 1.** Park in the small car park at the top of Mount Stamper Road. This is a free car park used mainly by dog walkers on the clay trail. There are spaces for about 10-15 cars, but there is plenty of parking on the road leading up to it on busier days.
- 2.** Cross the bridge that goes over the A391 just in front of St Austell Printing Company.
- 3.** Head in the direction of Carn Grey. The path is clearly worn and marked. Keep your ears open for Cuckoos, they can occasionally be heard on this section of the path.
- 4.** Once you get to the end and Baal Lake comes into view, the road bends around to take you up Carn Grey mound.
- 5.** At the top of this view point there are some standing stones. Sadly, they have no historical value but the views from this vantage point are exceptional. In one direction there are panoramic views sweeping over the whole village, and in the other direction the views extend over St Austell bay. From here, the Daymarker at Gribbin Head can be seen on a fine, clear day. This area at the top of Carn Grey grows plenty of striking wax cap mushrooms in the summer, and is a common trail used by horses.
- 6.** Walk down the mound and follow the trail to round Pentruff Lake.
- 7.** The trail continues in between Pentruff and the back of the village, eventually leading you to the top of Baal Lake.
- 8.** Follow the gorse lined hedgerow that runs alongside the A391 until you come to the bridge again.

Add on: If you wish to extend your walk, you can continue along the path and not turn off to the car park. Follow the trail for a wooded walk around Ruddle Lake, or head in the other direction and follow the path around the solar panel fields and the sky tip.

APPRECIATING THE FLAVOURS OF THE SEA

Everything You Need To Know About Mussels

Magnificent mussels; a delicate yet distinctive delicacy with a slightly salty tang. These fruits of the ocean are not only faintly sweet to taste naturally, but they're excellent sponges and easily absorb the flavours they're cooked in. From paellas to stews to simply steamed, mussels make an exquisite ingredient that's also the star of the show. And if you're wondering how to get the freshest, most delicious mussels of all, the answer is to forage them yourself! There's something distinctly grounding about entering into the prehistoric ritual of seeking out your food, and foraging on the coast turns your beach trip into a hunter-gatherer adventure and affords your visit the same purpose it gave our ancestors: to nourish and sustain.

We're lucky that Cornwall is especially great for mussels. The combination of our deep, rocky beaches and the strong, clean ocean currents that wash away pollutants means that mussels easily take the top spot as one of the most sustainable fish sources in Cornwall. Easily identifiable and plentiful, there are a few things you will need to take into consideration before you get stuck into your foraging adventure.

First Things First

The most important thing to remember is to avoid harvesting mussels from May to August (the months without an 'R' in them), and this is for a few very good reasons. Firstly, this is their breeding season, and it's only gracious of us to give them a chance to flourish before we look to satiate our own indulgence. Secondly, as the majority of their energy is channelled into reproducing during these months, the mussel meat can become thin, stringy, and generally disagreeable. Thirdly, these months are prone to a phenomenon known as "The Red Tide." This is when the ocean naturally contains high concentrations of algae that are toxic to humans if consumed. There are even strict measures in place that formally constitute it illegal to harvest when this occurs, therefore, for safety, avoid mussel foraging during these months.

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Our Mussel Foraging Top Tips

- Check that the beach that you're on has a 'good' ranking of water quality as a minimum. Avoid beaches with rivers and/or streams running through them and if surrounded by farmland, it's also best to avoid foraging after heavy rain. The easiest and most up to date way to understand the water quality of your beach is to visit the Good Beach Guide online, type in your location or postcode and you'll be given a full breakdown of your area.
- When collecting mussels, the largest typically tend to be submerged in the water. In September and October, when the water is at its warmest, why not take a snorkel mask and dive down to the rocks that aren't exposed at low tide and grab yourself some juicy molluscs. The rest of the year, a pair of welly boots and a spring or low tide is all you need to collect the big ones down in the shore break. Check tide times online or buy a pocket tide book from newsagents in coastal towns. There's also a variety of apps that you can refer to.
- If you don't want to brave going beneath the waterline, try to forage for mussels that are a little bit higher up on the rocks instead. The ones found lower down are often full of sediment and sand (because of where they sit) and do not make for good eating.
- If any of the mussels you collect are open, make sure you give them a little tap with a rock. If they don't clam up immediately, discard them. Make sure all the mussels have unbroken shells and are firmly closed.
- Be sure to collect mussels around 5cm long if possible. Any smaller than this and they won't have developed enough flavour to enjoy, any bigger than this and they become quite rubbery.
- Collect clean mussels that are free from barnacles and aren't covered in seaweed. It makes the cleaning process much easier and quicker.

And now we move on to the tasty part...





Our favourite Cornish cast iron Mussel Recipe

There's nothing quite like sharing a huge bowl of mussels cooked over a fire on the beach, but when it's been a family effort, it's even better. There's something healthy and wholesome when both little and large hands have played a part in pulling a meal together, and this creamy, moreish recipe is sure to be a hit with the whole family.

- YOU'LL NEED:**
- 1kg of freshly foraged mussels, scrubbed and debearded
 - 3 x cloves of minced garlic
 - 1 x chopped white onion
 - 1/2 a bunch of flat leaf parsley
 - A pack of pancetta or smoked streaky bacon
 - 150ml of your favourite Cornish cider
 - 100ml of double cream
 - Olive oil
 - Chilli flakes and pepper to taste

- TO PREPARE:**
- Place the pancetta in a hot, dry, heavy bottomed pan or cast iron pan if you're working over a fire, and cook until crispy.
 - Remove the pancetta and place in a separate bowl, ensuring to leave the fat behind in the pan.
 - Add the onion and garlic to the pancetta fat and cook until softened, slightly brown.
 - Add in the herbs.
 - Check the mussels and discard any that are opened and remain open when you give them a little tap with a stone or the back of your knife.
 - Add the mussels to the pan along with the cider, pepper and pinch of chilli.
 - Cover with a lid and leave them for 4-5 mins until they are all open.
 - Pour in the cream and pancetta bits and give the pan the occasional shake.
 - Serve with some fresh herbs sprinkled over the top - don't forget a chunky piece of ciabatta on the side to mop up the sauce.
 - No cutlery needed, just use an empty shell to pinch the mussel meat out and enjoy!

Have a safe, happy and delicious foraging trip!



Outdoor Cooking and Fire Safety:

Teaching children to enjoy nature responsibly

We sat fireside with Mum of two and fan of outdoor cooking, Hayley Bisofsky Pope also better known as @stovesincoves on Instagram, to ask her how she navigated bringing together two seemingly impossible worlds, open fires and small children. Can they really mix? Hayley says, “there’s nothing quite like lighting a fire, sitting around its glow at night while stargazing. It’s something I remember doing with my parents when I was a child, and I was naturally keen to pass on the same experiences of togetherness to my own children”. Like any new parent, she had concerns about bringing fire and her precious children into the same space, but fire was a non-negotiable presence that she wanted to be in her life, so Hayley set about learning how to make the two work together.

It goes without saying, but children must be supervised at all times around fire.

1. Start At An Early Age

As soon as my daughter could walk, she was passing me logs to put into our fire and ‘helping’ to build it. She felt part of the process. Once the fire was lit, I would hold out my hand slowly towards the fire and as soon as I feel the heat I would shout “hot!” and pull my hand back. Under my guidance, I encouraged her to follow this same slow process of holding out her hands to feel the heat and pulling back swiftly when she felt it was hot. This gives children an understanding of what fire is, and how to self regulate how close they get to it.

2. Packing Before You Go

Before setting off to make a fire outside whether for warmth or to cook on, run through a list of things needed. Logs, lighter, kindling, bucket, shovel, metal fire bucket etc. Ask your children to tick the items off a list with you, again, it makes them feel part of the process. We often take logs with us but depending on where we are, I may ask the children to gather kindling. The rules of kindling are that it’s wood only (possibly a bit of dried seaweed) but never green plants, weeds, plastic or food. Their next job is to fill the bucket with water which will sit in a safe, reachable spot by the fire.

3. Safe Seating

Asking children to collect rocks to build a safe fire perimeter is a great job for little hands. They’ll enjoy darting off to find stones and this gives them a sense of responsibility. Some good, general guidance is that children will likely kneel on the sand around the fire. There is the danger that a chair will become unstable on the sand and topple towards the fire so it’s wise to avoid this. Set up blankets and your seating area, a safe distance from the fire, and when moving around, always encourage children to go around the outside, farthest away from the fire, rather than via the inner circle.

4. Choose The Area – Location Is Everything

Talk aloud about why you’re choosing the spot you plan on using and give them reasoning they’ll understand e.g. “the tide is coming in so let’s move further up the beach” or “the wind is blowing in that direction and we don’t want smoke to blow in that family’s face” or “under the tree does look like a pretty spot, but what do you think would happen if the flames caught those low hanging branches?”

5. The Importance Of Structure

Learn and teach children about the different structures of fire that can be used for different purposes. The main ones to use are teepee and log cabin style: discuss what you plan to do with the fire today and which style they think would be better for that purpose, then help them to build it.

6. Lighting The Fire

Light the kindling. There are various means of doing this: matches, lighter, steel flint and even a magnifying glass. Pick an age appropriate means and teach them the safety behind the practice of using the equipment. Recognise that this may not be something they do for a while, they may be actively involved with all the other stages before you encourage them to try lighting the fire themselves. Be guided by your child, after all, you know them best.

7. Supervise At All Times

Whilst the fire is lit, an adult must always stay with the fire. Children should never be left unattended near open flames or hot cooking equipment. Assign an adult to be responsible for supervising the cooking area and instruct them on potential risks.

8. Use Appropriate Cooking Tools

When cooking with children, it’s best to use long-handled utensils, such as tongs and forks, to keep their hands away from the heat source. Demonstrate proper handling and reinforce the importance of not waving or playing with utensils near the fire.

9. Extinguish Fires Properly

Once you have finished cooking, it’s really important the fire is extinguished correctly. Pour water on it, stir it with the shovel and feel it (adults only). The golden rule is, if you feel any heat, repeat. Once all the embers are cold, put them in a fire bucket and take them home. We also check the site for litter while packing up and before leaving, re-scatter the stones and move sand over the spot where the fire was. There you have it, fire safety and children can go hand-in-hand if done carefully, and correctly. We hope these tips help with your adventures this summer as well as equip your children with lifelong skills.

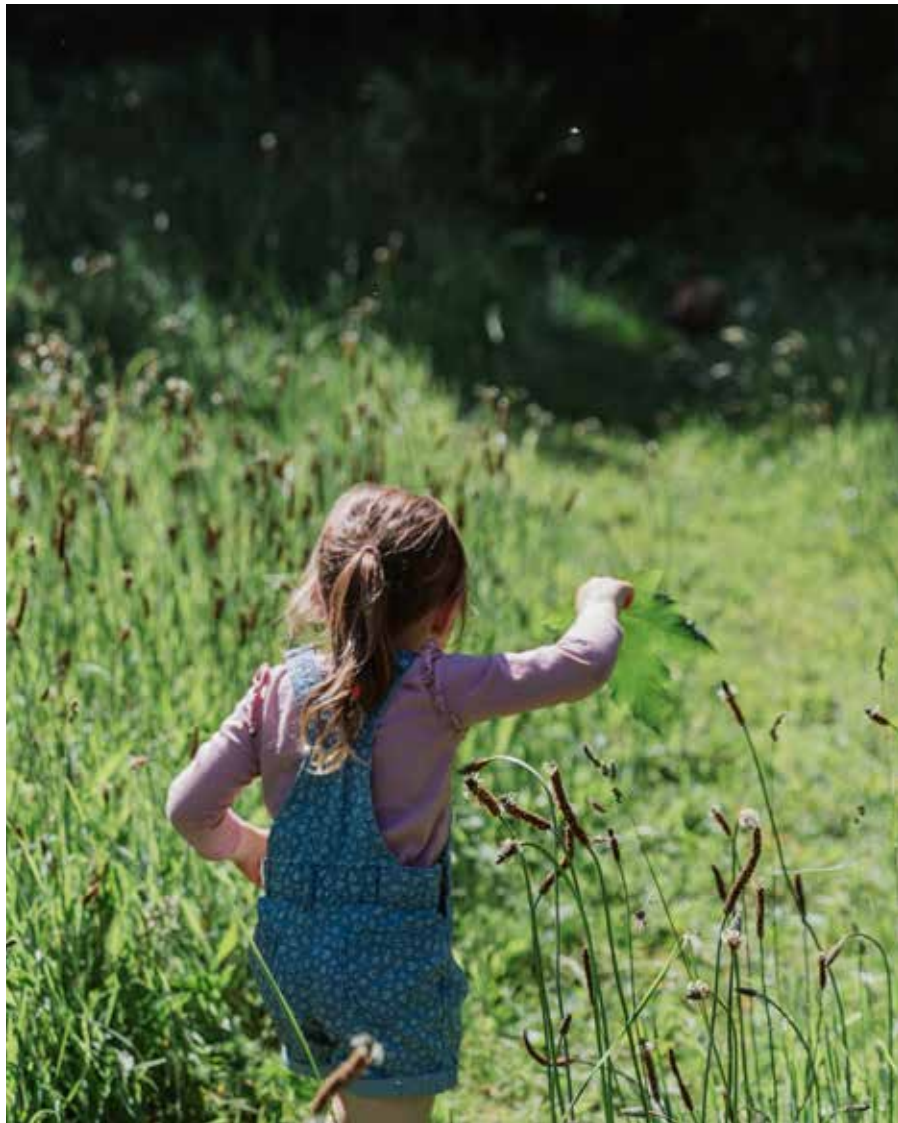




7 Ways to Keep the Wildlife in Your Garden Thriving all Summer Long

For many of us, back-to-back sunshine in Cornwall is cause for celebration and means lazy afternoons, after-school sea swims and picnics by the river. Warm weather means clear blue skies, sausage sizzles and supping a cold cider as the sun goes down. However whilst beachgoers and sun worshippers might delight in a summer heat wave,, it can prove a struggle for the wildlife in our gardens.

Long hot dry spells can have a real impact on the birds and animals that live alongside us. So how do we keep our garden visitors happy when a heatwave means their food and water sources are scarce?



Here we look at how to create a nourishing haven to support your garden’s wildlife and ensure it thrives happily all summer long...

“Supporting the wildlife in your garden through the summer months (and beyond!) will ensure that your outdoor space thrives with life.”

Create Sheltered Spaces

During scorching summer days, shade is essential for wildlife seeking relief from the heat. By planting trees or large-leafed shrubs and creating simple shelters in your garden, you can provide cool, protected areas under which wildlife can find some shade. These lovely shady spots will become havens for birds, insects, and small mammals seeking refuge from the glare of the sun’s rays.

Provide Fresh Water Sources

Water is an essential element of a wildlife-friendly garden, particularly during hot summer days. Placing shallow dishes or birdbaths in your garden offers bees, insects, hedgehogs and birds a refreshing oasis in which to quench their thirst and get clean. Just remember to regularly replenish water sources, and don’t forget to add pebbles, marbles or floating plants for insects to rest upon while hydrating.

Offer Food and Feeders

Natural food sources can become scarce during dry spells so provide supplementary feeding stations in your garden to keep birds and other wildlife well fed. Fill bird feeders with high-quality seeds and nuts to attract a diverse range of species and keep them happy when their natural food sources are lacking. Consider putting out a dish of hedgehog food nightly as well to keep these loveable (but rare) creatures happy and nourished.

Plant Native Wildflowers

Not solely an attractive addition to any garden, native wildflowers also play a vital role in supporting local wildlife throughout the hot summer months. Local wildflowers provide nectar for pollinators like bees and butterflies and protect the overall health of our fragile ecosystem. Select plants with different flowering times to provide a continuous nectar source throughout the summer months.

Mulching for Moisture

Applying a layer of organic mulch (such as wood chip, bark or straw) around the base of the plants in your garden will help to conserve moisture in the soil, reducing the need for extra watering. Mulch also acts as an insulating layer, protecting the soil from extreme temperatures and is a really beneficial way of protecting the fragile soil ecosystem and the creatures dwelling there in summer months.

Nesting Opportunities

Garden creatures need safe havens to seek refuge from the heat of the summer. By introducing features such as rock piles, log piles or hollowed-out branches, you will be able to provide hiding spots and nesting areas for reptiles, amphibians, and insects alike. Installing bird boxes, bat houses, and bug hotels can also create nesting opportunities for a variety of species and keep your garden critters happy and safe.

First Aid for Bees

Even in gardens with plenty of nectar-rich plants and shrubs, bees can become dehydrated and die in hot conditions. If you see a bee in trouble, provide a droplet of two parts sugar to one part water in front of the bee and allow it to drink. This solution should revive it. However, contrary to some advice you might read, you should not leave out a shallow dish of the solution as it can make bees reliant on this and they will stop looking for their natural food sources which can hinder pollination. Use as a method of first aid only for happy, healthy buzzy bees.

Supporting the wildlife in your garden through the summer months (and beyond!) will ensure that your outdoor space thrives with life. By taking proactive steps to create a cool and nurturing environment, the plants and creatures living in your garden will benefit from a thriving ecosystem all year long. Enjoy the sun!

SUMMER RECIPES

The Taste of Summer

Summer – a time to linger in the sunshine, indulge in the refreshing flavours the season brings and dine in the fresh air as much as possible. Whether you're hosting a garden party, packing a picnic or looking for some simple supper ideas, we have some easy breezy recipes that celebrate the taste of summer. From juicy fruits and vibrant vegetables to mouth-watering grilled dishes, it's time to cook up a storm and dine al fresco.



FRESH AND WILD DANDELION SALAD

Most people know what dandelions look like and most also know that they’re edible. But what people don’t really know, is how to get the most out of these deliciously bitter leaves in the kitchen.

They say “what grows together goes together”, and although that’s not always true, it certainly is in the case of dandelions and strawberries! Our recipe perfectly combines the two to bring you a beautiful salad that is a great accompaniment to any spring barbecue.

INGREDIENTS

A knob of butter
1 x red onion (sliced)
A handful of dandelion leaves
6 x strawberries (sliced in half)
1½ a ciabatta or French baguette
4 x garlic cloves
3 x tablespoons of balsamic vinegar
1/2 a teaspoon of Dijon mustard
A few healthy glugs of olive oil
A few sprigs of rosemary
Salt and pepper

METHOD

1. Cut your ciabatta or French baguette into inch-thick slices and then slice again until you have large chunky squares. Then smash the garlic cloves lightly with the back of a rolling pin and gently bruise a few sprigs of rosemary by rolling them between your hands.
2. Throw the chunks on a sheet pan with a good few glugs of olive oil, the garlic, rosemary and salt and pepper. Use your hands to make sure everything is mixed well and the bread has a good coating of olive oil and the other ingredients. Pop the pan on a low heat to allow that garlic to caramelize and wait until the croutons achieve your desired level of crispness. Throw the bread chunk on a sheet pan with a good few glugs of olive oil, the garlic, rosemary and salt and pepper.
3. Submerge your leaves in a bowl of cold water and agitate them a bit to shake free any dirt, and then discard the water. Do this a few times over to ensure that your wild dandelion leaves are clean. Once you’re happy, remove them from the bowl leaf by leaf to ensure that you haven’t accidentally picked up any other leaves too. Place them in a salad spinner, on tissue paper or a tea towel to dry.
4. Slice your onions and slowly brown them in a pan with butter and some salt.
5. Cut the green tops off your strawberries and half them, placing them into a bowl. Pour over a tablespoon of balsamic vinegar and allow them to macerate whilst the onions are browning.
6. Drain the balsamic off the strawberries and into a pan, then add an extra 2-3 tablespoons of balsamic vinegar and the Dijon mustard. Whisk this over a low heat until the Dijon is fully combined with no lumps, and the dressing is slightly warm.
7. Assemble your salad by placing the clean, dry dandelion leaves into a bowl with the browned sweet red onions, fresh strawberries, your croutons and the dressing (make sure to set some strawberries, croutons and onions aside for serving). Toss the salad well to combine all the flavours, and cover the dandelion leaves with the sweet, earthy flavours from the dressing and the onions.
8. Add the reserved strawberries, croutons and onions to the top of the salad and serve. Delicious!





FISH TACOS AND MANGO SALSA

For the mango salsa

INGREDIENTS

- Flesh of 1 ripe mango finely chopped
- 8 medium sized tomatoes deseeded and finely chopped
- 4 inch stick of cucumber finely chopped
- 2 whole red onion finely chopped
- Chilli flakes (to taste)
- Sea salt large pinch
- Apple cider vinegar 50ml
- Fresh coriander (a whole bunch if you love the stuff, less if you don't)
- Juice and zest of 1 lime

Finely chop all of the ingredients and mix together in a bowl and set aside. Tomatoes always taste better when they're at room temperature so if you've just taken all the ingredients out of the fridge, make sure you give it enough time to warm up to room temp before serving.

For the fish tacos

INGREDIENTS

- 200g meaty white fish such as cod or rock salmon or if you want to make it extra fancy you could use monkfish
- 1 egg
- 30ml milk
- 70g Panko bread crumbs
- Packet of Mexican spice mix of your choosing
- 150g plain flour
- Salt
- Pepper
- Tortilla wraps
- Fillings of your choice
- Frying oil. 500ml maybe more. You need to cover the base of your pan and come up the side by an inch.

METHOD

1. Chop the fish into bitesize chunks.
2. Prepare 3 bowls. In the first bowl place the flour with a pinch of salt and pepper. Combine then set aside. In the second bowl add the egg and the milk. Combine and set aside. In the third bowl add the panic bread crumbs and the mexican spice mix. Combine and set aside.
3. Take a chunk of fish and drop it into bowl 1 (flour) making sure all sides are lightly covered. Then drag it through the egg in bowl two again making sure that all sides are completely covered. Move it onto bowl 3 and ensure that the whole fish chunk is covered in panko bread crumbs. Place on a plate ready to fry. Coat all of the fish.
4. Once all of the fish is coated gently place them into a pan of hot oil. Fry for a minute or two on each side until all the chunks are completely golden on all sides. Remove from the oil and place onto kitchen roll.
5. Take a warm tortilla wrap and fill with your chosen toppings. A few suggestions are salad, rice, coleslaw, refried beans, guacamole & sour cream but the choice is yours. Add about 3/4 chunk to each tortilla and serve with a healthy dose of mango salsa on top.

Delicious! The perfect late spring dinner that is light, fresh and dazzlingly colourful.

BLUEBERRY CHEESECAKE AND LEMON POSSET FILLED LEMONS

This is the perfect pairing for any summer barbecue. This citrusy dessert can be made in advance meaning you can spend more time outside with your guests and less time in the kitchen. Served inside lemon skins, they make for quite the talking point and despite the look, they're super easy to make.

Tip - When choosing lemons, search for bigger lemons that have more pointed ends and thicker rinds. They tend to look better when halved and hallowed out. When serving there is no need to provide a plate. Serve on a share board with teaspoons and let everyone help themselves. Serving this way also means less washing up. Win-win.

You will need

INGREDIENTS

3 large lemons
100g soft cheese
15g caster sugar
2 large tablespoons of blueberry jam
150ml of double cream
2 large tablespoon of lemon curd

METHOD

1. Half the lemons length ways and hallow them out reserving the flesh and juice.
2. In one bowl mix the soft cheese with the caster sugar and jam (blueberry cheesecake mix).
3. In another bowl whip the double cream until thick but not quite spreadable. You want it to be a thick pour.
4. To the double cream add the lemon curd and some of the lemon juice. Do this to taste. You want it to be tart to cut through the cream and sugar but not too tart that it makes you squirm. Once the juice has been added you will need to whip it again. This time you want to take it to an 'almost' spreadable texture. It should be a thick dollop like texture, not pourable but not quite a thick spread. (lemon posset mix).
5. Using a spoon, fill the lemon skins half full with the blueberry cheese cake mix and then with a completely clean spoon, fill the remaining lemon skin with the lemon posset mix.
6. Place in the fridge for at least 12 hours but preferably overnight, loosely covered with cling film so that they don't absorb any odours from the fridge.

When it comes to serving they can be served simply as they are or you can adorn them with the top 3 leaves from a mint sprig or some raspberries and blueberries. Or for an extra pretty topping, serve with some caster sugar that has been blended with rose petals from the garden. It gives the top a nice crunchy texture and the slightly floral scent from the rose comes through adding a nice touch.





An Exciting Update from Sky Primary



After being temporarily based at The Eden Project so far to date, we're thrilled to share some exciting news about our school.

Our new school home is on the way

It has been fantastic to be housed at Eden since September 2022, and we have developed our unique partnership alongside our nature inspired curriculum. All the children and families have certainly enjoyed the access to amazing learning opportunities, events and activities that being based here has provided, along with the regular exploration of the outer Eden estate, biomes and grounds. We are now delighted to share that construction on our new school building based on the West Carclaze Garden Village site will begin in the coming months, and should be ready in summer 2024.

What this means

The building will complement the school's eco-friendly and sustainable ethos, and will include exciting landscape design to inspire children's learning and play. We aim to welcome our pupils at the start of the September school term, housed in the new building. This means that our first Key Stage 1 and Early Years Foundation Stage families will start their 2024-25 school year with us, already settled in our permanent home.

Everyone is welcome

If you are looking for a placement, please note that the school currently has places available for Reception and Year 1 children, and the nursery has places available for little ones from 3 years old. If you're interested to learn more about our school or would like an application, please see the details below.

Contact details:

01726 438609

sky@kernowlearning.co.uk

www.sky.kernowlearning.co.uk

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6 Foodie Hot-Spots You Must Try

If there are two things Cornwall does really well, it has to be delicious food and stunning scenery. Combine the two and it makes for some seriously good foodie hot spots. With celebrity chefs flocking to our shores drawn in by the sea views and abundance of fresh produce, it's sometimes hard to choose which restaurant to visit first so we've chosen six must-visit summer destinations you'll want to book right now.



Appleton's Bar & Restaurant Fowey

Former head chef of Jamie Oliver's Fifteen Cornwall, Andy Appleton has created this exciting foodie 'must visit' that quickly became one of the best restaurants in Cornwall when it opened in 2016. The emphasis here is on sourcing, selecting and showcasing the finest seasonal ingredients from Cornwall.

The ever-evolving menu spotlights dishes that celebrate the best of Italy and Cornwall, from Nduja stuffed olives to squid ink linguine with Cornish crab. There is a buzz at Appleton's – split across two levels, guests can also sample artisanal wines, spirits and beers in the bars. Heaven.



Fitzroy Fowey

Having already established three neighbourhood restaurants in London, owners David Gingell and Jeremie Cometto-Lingenheim turned their attention to an old bank building in Fowey for their next Michelin-rated hang-out. The deep-rooted local and sustainable philosophy remains the same here at Fitzroy, except here the dishes have more of a seafood slant with delicacies such as fried lemon sole, lobster and John Dory adorning their daily-changing seasonal menus.

This stylish restaurant is open Wed-Sat throughout the summer between 6 - 9:30pm. Check their Instagram for the daily menus. Definitely one to try if you're looking for a real treat for the senses and impeccably cooked food.



Knightor Winery St. Austell

Just outside of St. Austell is where you'll find this pretty four acre winery surrounded by wild flower meadows. This sunny spot produces premium quality, limited production wines that can be sampled during one of their guided winery tours that take place daily at midday throughout April – October. After a tour, sit down at their restaurant aptly named, The Vine.

A highlight is their light lunch cheeseboard, made with a handpicked selection of locally sourced cheeses. As evening arrives, the tempo switches up a notch with delicious street food which includes their famed Cornish Crab Flatbread. All this is wrapped up surrounded by beautiful countryside with sweeping sea vista. Drop in and enjoy. Dogs are welcome.



Edie's Carlyon Bay

After twenty years spent working with culinary luminaries such as Raymond Blanc at Le Manoir aux Quat' Saisons and Bill Granger at his eponymous Sydney restaurant, chef Nigel Brown brings his finely-honed skills and foodie flair to the beautiful Cornish setting of Carlyon Bay.

It's a family affair at this relaxed, friendly restaurant, with Nigel at the stoves, and his wife Kelly out front, aided by their daughter (and namesake of the premises) Edie. Inside, brightly coloured chairs stand out against whitewashed brick walls; the shelves are crammed with cookbooks, and there's a buzz from the open kitchen. The Michelin Guide says "Nigel's experience shows in the unfussy modern British dishes, which deliver appealing and effective flavour combinations with notable clarity". It's a yes from us.



Springtide Charlestown

New to the foodie scene in charming Charleston, Springtide is a seafood restaurant that packs a punch. The imaginative menu is stacked with lobsters, oysters and fresh from the daily catch specials - it is all so good! Add in the view over the historic harbour and it's a place that's hard to tear yourself away from. Owned by the family-run collective that runs the ever-popular Longstore restaurants, if you love fresh-from-the-boat seafood you definitely need to give this place a try.

One delicacy not to miss is the 'one-mile mussels' which are fresh from just around the corner at St Austell Bay. Open daily with lunch served between 12-3pm and dinner between 5-9pm, this is a foodie hot spot you'll be glad you visited this summer.



Coombeshead Farm Lewannick

Arguably one of Cornwall's best farm-to-fork restaurants, Coombeshead Farm is run by two of the UK's top chefs, April Bloomfield and Tom Adams. This indomitable duo have teamed up to create the ultimate Cornish farmhouse feast hidden down winding Cornish lanes near Lewannick in South East Cornwall. The five-bedroom Georgian guesthouse and dining room sits among 66 acres of rolling hills and hidden valleys and is a real treat for those who covet a true locally-sourced experience; you won't find olive oil or citrus here - everything is grown/reared right here on the farm. The farm shop and café are available to anyone to take a seat or browse the shelves Thursday - Sunday 10 - 5 pm each week.

Dinner bookings are sometimes required up to 6 months in advance, so be sure to book early to avoid missing out on this very special slice of culinary heaven.



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Enjoy a view across the river to St George's Island and beyond whilst savouring a delicious ice cream. This beach is a real suntrap which will make an ice cold sorbet all the more tempting.”

Where to Enjoy an Ice Cream with a View

Lunch breaks and beach trips, strolls in the sun and breathers in the shade, it's hard to think of a summery situation that is not improved by the welcome coolness of an ice cream. Make it a clotted cream one and the delight is even more joyous! We might be biased, but Cornish ice cream is simply the best – we've rounded up our favourite places to grab an ice cream and soak in the views.

Ice Creams and Dolphins

Enjoy a feast for your eyes and your taste buds at Talland Bay Beach Cafe. Small yet perfectly formed, Talland Bay is a hidden gem with picturesque scenes and crystal blue waters to gaze over as you devour your sweet iced treat. With 11 tantalising flavours of award-winning Roskilly's to choose from, plus vegan/dairy-free options too, this is the perfect spot to enjoy the finest gelato Cornwall has to offer. If you are really lucky you may spot dolphins weaving in and out of the boats. Basking sharks have also been spotted in the bay on various occasions and make an amazing sight.

Gelatos and Castles

Close to the mouth of the River Fowey, the curiously named Ready Money Cove is a beautiful small sandy beach sheltered by cliffs and is the perfect spot for enjoying an ice cream with a view. Stop off at the beach shop for a scoop of your favourite flavour (they sell doggy ice cream too so that Fido doesn't miss out on the slurping action) before kicking off your shoes and taking in those remarkable views. As you savour the iced delicacy, gaze out over the Fowey estuary to the ruins of St Catherine's Castle which was once a hideout for Henry VIII.

River Views and Rockpools Galore

Enjoy a view across the river to St George's Island and beyond whilst savouring a delicious ice cream. This beach is a real suntrap which will make an ice cold sorbet all the more tempting. Sitting up on the grassy banks offers the best views to enjoy an ice cream from the charming little kiosk - the only difficulty will be choosing which flavour! Tastebuds satiated, you can then clamber down onto the sand where you'll find a myriad of rockpools - adventurers young and old will love to explore the magical micro-worlds which thrive there.

Nothing goes better with a creamy scoop than incredible coastal views, and here in Cornwall we certainly have our share of both. Wherever you enjoy your favourite scoop this summer, just slurp it quickly because seagulls are also big fans of the coned creamy delicacy and you might just find yours disappears skyward if not eaten rapidly!



Support Local Business

Atlantic Blankets

Outdoor / Lifestyle

Blankets designed in Cornwall and made sustainably in the British Isles, each one carrying the essence of the Atlantic in its soft fibres.

www.atlanticblankets.com
shop@atlanticblankets.com

Bee Retro

Homewares

Bee Retro Wraps are all handmade in Cornwall with locally produced high quality wax from hives not far from where we make them. Simple, clean and environmentally friendly.

www.beeretro.co.uk
hello@beeretro.co.uk

Bloomtown

Beauty

100% palm oil-free, vegan & cruelty-free body and skincare, hand-crafted in Falmouth.

www.bloomtown.co.uk
info@bloomtown.co.uk

Copperfish Distillery

Food & Drink

Copperfish Distillery is the home of the Copperfish and Looe Gin brands. Made with passion and pride for great tasting spirits in small batches.

www.copperfishdistillery.co.uk

Cornish Milk Mineral Paint

Interiors

A Cornish handcrafted mineral paint, which is environmentally-friendly and made without the use of solvents/toxins found in traditional paints.

www.cornishmilkmineralpaint.co.uk
hello@cornishmilkmineralpaint.co.uk

Dick Pearce & Friends

Outdoor / Lifestyle

Sharing their passion for surfing as it was meant to be: without the fuss, with all the fun. Sustainable wooden bellyboards, clothing and more.

www.dickpearce.com
jamie@dickpearce.com

Digital Natives

Media

A creative digital marketing agency who specialise in social media working with inspiring, exciting lifestyle brands to help them get the attention they deserve.

www.digital-natives.co.uk
hello@digital-natives.co.uk

Ebb Flow Cornwall

Outdoor / Lifestyle

Inspired by life in the wilds of the West Cornish peninsular, they source beautiful products for a spirited life outdoors. Bright, natural and versatile, they compliment the less-is-more ethos to life.

www.ebbflowcornwall.co.uk

Elemental Gin

Food & Drink

Established in 2013, Elemental Cornish Gin was one of the first gins to be exclusively distilled and bottled in Cornwall in over 300 years. A classic, premium gin with a beautiful bottle that pays tribute to the elements, Cornwall and their traditional methods of distillation.

www.elementalgin.co.uk
elemental@cornishgin.co.uk

Harbour Brewing Company

Food & Drink

Reflecting the land (and shores) from where it comes from, and taking the best raw ingredients - awesome hops, Cornish spring water tapped straight from the source - and bringing them to life through dedication to technique.

www.harbourbrewing.com
orders@harbourbrewing.com

Haywood Farm Cider

Food & Drink

Located near the beautiful village of St Mabyn in North Cornwall. They are traditional cider makers, growing, pressing and fermenting all of our ciders and juices on the farm.

www.haywoodfarmcider.co.uk
tom.haywood@hotmail.co.uk

Josh's Chocolate

Food & Drink

Made in Cornwall with quality ingredients and delicious flavours, beautifully presented with illustrated packaging.

www.joshschocolate.co.uk

Kernow Crayons

Children / Craft

Children can have fun and learn while drawing and colouring in with uniquely designed non toxic Kernow Crayons. These crayons are shaped in favourite creatures and characters.

www.kernowcrayons.co.uk
kernowcrayons@outlook.com

Knightor Winery

Food & Drink

A working winery situated amongst four acres of vineyards and orchards perched above St. Austell Bay. From weddings and events to wine tours and tastings.

www.knightor.com

Lizzie Churchill Photography

Media

Working with brands, publishers and creative agencies across Cornwall and the UK.

www.lizziechurchill.com

Lobbs Farm Shop

Food / Drink

The Lobb brothers pride themselves on producing premium-quality, Cornish grass-fed Beef & Lamb. They also grow a variety of vegetables too. These, together with a huge range of other Cornish and Westcountry produce is available to buy in their Heligan shop, with the majority of products also available online.

www.lobbsfarmshop.com

Open Surf

Outdoor / Lifestyle / Food & Drink

Surfboards, shaping workshops, surf hardware, plants and strong coffee.

www.open.surf
hello@open.surf

Potterbeans

Food & Drink / Homewares

Artisan pottery and coffee roasters Potterbeans, thoughtfully source the finest exotic flavours from around the world for roasting right here in Cornwall with local, sustainably sourced and carbon neutral wood to maximise the exquisite taste.

www.potterbeans.coffee
sales@potterbeans.coffee

Pixel Rain

Media

A video production company who capture videos that inspire, create films worth sharing and craft stories that leave a lasting impact.

www.pixelrainfilm.com
hello@pixelrainfilm.com

Seakisses

Homewares / Outdoor / Lifestyle

They sell a wide range of gifts and practical products for your kitchen, beach life, home and beach dog. A stylish twist on seaside living.

www.seakisses.co.uk
hello@seakisses.co.uk

St Eval Candle Co.

Homewares

St. Eval craft candles inspired by nature using traditional methods and sustainable production on their farm in North Cornwall.

info@st-eval.com
www.st-eval.com

Studio Lowen

Homewares / Lifestyle

Studio Lowen was created by artist / illustrator / designer Lisa Claire Stewart, inspired by the sea and the natural world around her.

www.studiolowen.com

The Cornish Cheese Co.

Food & Drink

Based on the edge of Bodmin Moor, they have been producing artisan award winning cheeses for 20 years. They produce Cornish Blue, a soft creamy blue cheese made from cows milk and Cornish Nanny, a soft blue goats cheese.

enquiries@cornishcheese.co.uk
www.cornishcheese.co.uk

The Little Naturalists Club

Children / Craft

Monthly nature subscription boxes for children aged 3 - 10 years old and their parents. Fuel their curiosity.

www.littlenaturalistsclub.co.uk
info@littlenaturalistsclub.com

Trenance Chocolate

Food & Drink

Luxury hand made chocolates. They believe everyone should have chocolate in their lives and have made it their mission to produce chocolates that appeal to all ages, tastes and diets!

www.trenancechocolate.co.uk
sales@trenancechocolate.co.uk

Wild Cornish Soap

Beauty

Traditional artisan cold process soaps handmade in Cornwall using ethically sourced, wild and natural ingredients.

www.wildcornishsoap.co.uk
hello@wildcornishsoap.co.uk

HAVE YOU GOT AN ETHICAL, SUSTAINABLE OR ARTISAN BUSINESS?

If you're a creative crafter or local business owner, or know a business that you love, we'd love to have you on our list, so that we can spread the word about the companies that make life feel good in Cornwall!

Email us and let us know!
hello@westcarclaze-gardenvillage.co.uk



A unique lakeside community based on the best of traditional values, with health & sustainability at its core. West Carclaze Garden Village is built around the unique and historic china clay landscape of St Austell, enjoying far reaching views towards the coast.

Feel good about your future, your family, your health & well-being, with homes priced to be attainable, and everything you need conveniently close at hand.

life feels good

LAST FEW PROPERTIES AVAILABLE IN PHASE 1

For further information contact

sales@westcarclaze-gardenvillage.co.uk or call the agents on 01208 74888



life feels good

Our printers source all of their paper from responsibly managed forests and producers that have met a strict set of environmental and socially responsible standards.

This issue of Life Feels Good is printed on 52gsm recycled paper - 100% recycled and made from UK-sourced recycled material, and is FSC, PEFC and Blue Angel certified, using VOC free inks.

The printing facility is powered entirely by solar energy, and recycles all paper waste that is generated as part of the printing process.



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www.garciaandpartners.co.uk

WORDS

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