

How your food gets to plate

A taste of Italy – from Yorkshire

YOU might know how to cook the perfect pork chop, but do you know about the process that brings the meat to your kitchen?

As a food festival hosted in the middle of a farming community it is only natural that organisers wanted to involve the people who help produce the food that we eat.

Farming for Food is a special section of the festival designed to help people, particularly the young ones, understand the importance of farming.

As well as livestock, including locally-reared dairy cows, sheep and pigs, visitors can also get to know other farmland animals, such as sheep, dogs, pheasants and chickens.

There are also a number of demonstrations across the weekend from a variety of producers and enthusiasts, from sheep shearing and bee keeping, to herb gardening and soup making.

But not all of the exhibitors in the Farming for Food section are directly associated with food production.

Demonstrations in drystone walling by the Otley and Dales Dry Stone Walling Association will see them build a dry stone bridge over the three days, which will be installed near Carperby for the Yorkshire Dales National Park

A COMPANY specialising in infused oils, antipasti and delicious fresh pesto is among the new exhibitors at this year's festival.

Well Oiled, based at Hackforth, near Bedale, is run by Emma Notman, an Air Force wife, as well as a mum to two teenagers, and carer to various animals – dogs, horses and hens.

She moved home to North Yorkshire last spring, after

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spending two years in Fife, Scotland, and a year in Alabama, US.

The inspiration for the business came in the mid-1990s, when Mrs Notman was living in Puglia, the heel of Italy. She learnt how to make the speciality products from Italian friends and neigh-

bours. However, life as a busy mum, and a further six house moves in the following years left little time for starting a business.

Mrs Notman always enjoyed giving her beautifully packaged Italian recipe products as gifts to friends and relations, but in Scotland, those friends began asking to buy them as well.

She started producing small batches of handmade pesto

and infused extra virgin olive oils, and attended her first farmers' market, in St Andrews, the home of golf, in 2006.

Things really took off when she attended the Blair Castle International Horse Trials and Country Fair, over a four-day period in August.

By the end of the fair, the whole family had been roped in to production and selling, with ten-year-old Heather manning the cash box, 13-year-old Alistair as apprentice salesman, and husband Scott taking time away from flying supersonic Tornados to wash basil leaves, zest lemons and grate parmesan cheese at home in the evenings.

As well as her regular stall on the farmers' market, through the autumn and winter, Emma attended various charity fairs and won the "best dressed stall" competition, beating off 84 other stall holders, at the Perth Cancer Research UK Christmas Fair, in 2007.

Unfortunately, real life intervened again, and the Notman family moved again, to Alabama this time, causing the business to be put "on hold" once more.

Having returned from the States, Emma is now based full time in Lower Wensleydale.

Following a major kitchen renovation project, she attended a number of regional



food and gift fairs last winter, including Living North Fairs, the Camp Hill Christmas Fair, and Ripon Cathedral Food and Gift Fair.

All Well Oiled products are hand prepared using traditional recipes, in the kitchen, at home. The extra virgin olive oil used in her recipes is produced using olives grown on private estates in Italy.

Wherever possible, other ingredients are locally-sourced Yorkshire products, such as Shepherd's Purse Cheese and fresh basil, from Carricks of Snape.

The packaging is a particular feature of all Well Oiled's products; the infused oils still contain their dried whole chillies, garlic or herbs, and all the bottles and jars are finished with hand cut, homespun gingham "hats", hand tied with jute rope.

Mrs Notman said: "The products are designed with giving, as well as eating, in mind"



BOTTLED GOODNESS: Emma Notman with some of her products, also, above right