# DELICIOUS LOCAL FOOD AND DRINK

The Forest of Bowland AONB has a reputation for fine food and local produce, so why not seek out some local producers and encourage your visitors to try our delicious local food and drink?

Food tourism is one of the fastest growing sectors of the visitor economy and delicious local food and drink is a special quality of the Forest of Bowland AONB - not only because it supports the economy, but also because it is an important factor in the area’s unique sense of place. Farming methods have shaped our land – creating field patterns with dry stone-walls and hedgerows; farmsteads, barns and working villages. Without food production our countryside would look very different. By supporting those farmers who choose to carry on farming in traditional ways, you can help to protect our living landscape for this and future generations.

Local produce is distinctive to the area and contributes to our sense of place. For example, creamy Lancashire Cheese was traditionally made from three day’s curd - this is because the original farm workers had little milk to spare on a daily basis, so they stored the curd for up to three days until they had enough to make a large cheese. Nowadays not all our cheese is made this way but it tastes just as good! Look out for tasty, creamy and crumbly Lancashire as well as other local cheeses made from ewes and goats milk; plus organic varieties.

Within the Forest of Bowland you will find:

* Delicious local lamb, beef and pork (and even wild boar!)
* Classic and modern varieties of Lancashire cheese, milk and ice cream
* Local ale and gin producers
* An increasing number of local pubs and restaurants serving up delicious local food and drink