

News | Who, what, where and when in the South West



Plymouth Flavour Fest, bigger and better

Prepare your taste buds for a local produce extravaganza at Britain's biggest and best farmers market, Plymouth Flavour Fest 2007 taking place from 17th – 19th August on Plymouth City Centre's Piazza. Now part of the Plymouth Summer Festival, Flavour Fest is set to be the highlight of the food and drink calendar.

With 150 stalls packed with tasty offerings from fine food producers from across the South West, a cookery theatre showcasing inspiring techniques by top chefs, a "Kids in the Kitchen" area and 30 stalls showcasing World Cuisine prepared using local produce, it has got something to suit all palates.

For more information go to www.plymouthcitycentre.co.uk

A True Pro

The Head Chef of one of Devon's top dining pubs has triumphed in a prestigious and industry competition.

Organised by Taste of the West in association with Abode Hotels, Matthew Mason from the Jack in the Green at Rockbeare, won the Professional Class in the region's largest cookery competition, the South West Chef of the Year 2007.

The annual search to find the West Country's very best chefs and is open to people working in the catering industry as well as enthusiastic amateurs.

The 2007 competition attracted entrants from across the region, with the 12 best

putting their talents to the test in the final, cooking a two-course meal.

For his winning dishes Matthew cooked a grilled fillet of red mullet with garlic chips and parsley coulis as a starter, followed by a rack of Fishleigh Estate organic lamb, sautéed sweetbreads, cos lettuce, chicken jus and hazelnuts for his main course.

The panel of judging chefs included Michael Caines MBE, from Abode Exeter and Gidleigh Park, Richard Guest from



Matthew Mason

The Castle Hotel at Taunton, Peter Gorton from The Horn of Plenty in Tavistock, and Christopher and James Tanner from Tanners Restaurant in Plymouth.

Going, going, green...

It's your holiday and in a busy world we all enjoy the opportunity to switch off and relax.

You might normally check whether or not the people and companies you deal with have eco-friendly policies, but if you don't know the business or the area, how can you make that choice?

South West Tourism's Green Tourism Business Scheme (GTBS) allows visitors to do just that and enjoy a guilt-free holiday knowing that some of what you take out of the environment during your stay is being put back in.

The GTBS is Europe's largest and most successful accreditation award scheme for tourism businesses operating in an environmentally and socially responsible way.

The South West of England now has more GTBS accredited businesses than anywhere else in England and is showing the greatest rate of growth in the UK. Currently there are over 200 businesses in South West England with GTBS accreditation and the target is to have at least 500 by 2008 and 1,000 by 2015.

Businesses are judged every two years by independent experts and graded.

The higher the level of award, the more action being taken. All GTBS award

winners have demonstrated that they are taking action across a wide range of areas including, energy and water efficiency, waste reduction, support for local residents and suppliers, use of ethical products, promoting alternatives to the car and contributing to wildlife and the environment.

Far from being back to basics, many of the actions taken by the business will add to your comfort and enjoyment.

All you need to do is 'Look for the Leaf' when travelling in the South West.

If you would like to view which business are GTBS accredited go to www.visitsouthwest.co.uk/feelgood