Thanks to the Lancashire Cheesemakers Association and The Three Fishes, Mitton for use of photography.

**Crumbly Lancashire Cheese Trail**

Crumbly Lancashire is the most recent addition to the family of Lancashire cheeses. It was created in the 1960s as a lighter more acidic cheese and, unlike Creamy and Tasty, it is made from the curds of one day’s milking.

Crumbly Lancashire has a huge following in parts of Lancashire and particularly Manchester. Its mild and tangy flavour makes it ideal to eat with fruit cake, a crisp apple or crumbled in a salad, where it can be a bright British alternative to feta.

Lancashire's artisan cheesemakers, known as "the Lancashire milk fields" protect and maintain the quality and reputation of Lancashire cheese. The Crumbly Lancashire Cheese Trail is south of the picturesque market town of Garstang with a start in the village of Churchtown and it follows the line of both Garstang with a start in the village of Churchtown and it follows the line of both the River Wyre and the historic canal. The route circumnavigates Dew Lay, the largest of the Lancashire cheese makers, which has a small factory shop, open during working hours.

At the centre of Churchtown you will find the Kenlis Arms, or before leaving the canal, walk a few extra metres to the historic Th'Owd Tithe Barn. To assist navigation the route is sample and buy Lancashire cheese. This walk also passes close to several pubs which offer excellent meals and refreshments, so please ask to see their walking section.

Lancashire is the only county to have its name linked to the cheesemaking process. More than 300 cheese stones, lying close to the farm where they were originally used, are known as cheese marks, marking the Lancashire cheesemaking process. More than 300 cheese stones, lying close to the farm where they were originally used, are known as cheese marks, marking the Lancashire cheesemaking process. More than 300 cheese stones, lying close to the farm where they were originally used, are known as cheese marks, marking the Lancashire cheesemaking process. More than 300 cheese stones, lying close to the farm where they were originally used, are known as cheese marks, marking the Lancashire cheesemaking process.

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**Crumbly Lancashire Cheese & Roast Root Vegetable Salad (Serves four)**

METHOD

1. Preheat the oven to 200°C / 400°F / gas mark 6.
2. Peel the vegetables and cut into approximately 1 inch chunks. If using pumpkins or butternut squash, cut these into slightly larger chunks as they cook more quickly. Peel the onions, leaving the root intact. Cut into quarters, lengthways through the root.
3. Put all the vegetables into a large roasting tin, drizzle over the oil and toss together. Season and scatter the thyme over the top.
4. Roast in the oven for 30 minutes, turning the vegetables once during cooking.
5. Break the Crumbly Lancashire into small chunks and add to the vegetables.
6. Return to the oven and cook a further 10-15 minutes. When the vegetables are golden and the cheese is soft, remove from the oven and serve.

SERVE

As a roasted vegetable or with salad leaves.
There are 7 Lancashire Cheese Makers all situated within a 10 mile radius in and around the Forest of Bowland Area of Outstanding Natural Beauty. All 7 cheese makers make Lancashire Cheese in the traditional method using Lancashire milk. In most cases they are family businesses and are 2nd, 3rd and 4th generation.

Mrs Kirkhams

Mrs Kirkhams have been making cheese on their farm for more than 30 years. Using only unpasteurised milk from their own herd, this unique cheese is made by blending curd from 6 milkings and maturing in cloth for up to 6 months. Each evening, without fail, Ruth Kirkham still makes the all-important culture using the heat from the dying embers of the farmhouse kitchen fire.

Leagram Organic Dairy

Owner Bob Kitching has spent 30 years making Lancashire Cheese and is now based near the picturesque village of Chipping. A passionate exponent of artisan cheese-making, Bob Kitching produces a range of cheese using milk sourced from herds run on organic farms close to the dairy. Leagram’s range includes all 3 styles of Lancashire.

Dew-Lay

Established in 1937 by George Kenyon and now run by his sons Neil and John, Dew-Lay has won many accolades for its fine cheeses, including the 2003 Supreme Champion title in the North West Food Producer of the Year Awards for their Gorgeous Blue Lancashire. This amazing cheese has a soft, delicate flavour and smooth, creamy texture.

Butlers Farmhouse Cheeses

The Butler family first began making farmhouse cheese in 1932. Run by the third generation of Butlers, the company has become one of the best known names among Lancashire cheese. Based on recipes handed down through the family Butlers Farmhouse Cheeses are made from milk sourced from local farms and all cheeses continue to be made and turned by hand.

JJ Sandham Ltd

Founded in 1929 by John James Sandham, cheese produced by Sandhams stays true to traditional recipe. Now in the hands of Chris Sandham, grandson of the company’s founder, cheese is still produced from the site where Chris’ great grandfather first built the family house in 1894. JJ Sandham’s range of hand made cheese includes the delicious smoked Lancashire.

Singleton’s Dairy

With the reputation for producing the strongest tasting of the county’s cheeses, Singleton’s Dairy began making cheese on their farm near Beacon Fell over 80 years ago. Their range includes the famous Bosca Felt Traditional Lancashire which has EU protection. Bill Riding is the fourth generation of cheese makers in the family, collecting many major awards including the Queen’s Award for Enterprise.

Greenfields Dairy

The Procter family - Peter, his wife Coce and their son-Steven – combine the cheese-making expertise from two Lancashire farming families. They produce a wide range of cheeses from Greenfields Dairy including several distinctly flavoured cheeses including a Lancashire Creamy with Black Pepper.

Start Point: The Punch Bowl Inn, Churchtown, Nr Garstang

Distance/Time: 6 miles/3hrs

terrain: B roads, lanes, tracks, fields

OS Explorer: OL 41 Forest of Bowland and Ribblesdale

Walk description:

From the Punch Bowl Inn head south down Church Street through the field gate into St Helen’s churchyard and out onto the embankment. Cross the River Wyre on the suspension bridge and then cross the canal.

1. Pass through a squeeze stile next to a cattle grid and turn left, passing through a field gate and follow the track.

2. On reaching “Old Lancaster Rd” turn right. After 150m turn left and onto the pavement of the A6. Cross the A6 with care. Walk down “Ian Yard-how” away from the A6 for approx 200m.

3. Turn left onto the path and follow the track.

4. Pass over the small ditch with care at the back of the farmhouse. Cross over the small ford and onto the field to the left.

5. Cross over at the ford and continue on the path between the fields. Pass over the small ford and turn right onto the tarmac path past the village hall up the steps out to the road.

6. Turn right and follow the track.

7. At the top of the hill turn left and cross the road and onto the field. Follow the path through the fields, keeping hedge to left.

8. Out onto a track and turn right and down to Shakerake House. On reaching the cottages take the track to your left towards the canal, just before the bridge over the canal, turn right through the gate and pass down onto the towpath of the canal.

9. Turn left under the canal bridge and follow the canal (north) for approx 2 miles (3.3km).

10. Shortly after crossing the ‘Wyre Aqueduct’ pass through a double set of gates on your left, into the school playing field. Follow path straight ahead in the far side of the playing field. Out through a kissing gate and continue straight across field. Through a kissing gate and continue straight across field to a small bridge over a ditch. Continue straight ahead (with the river on your left). At the river start to bear left a finger post should point the diagonal route of the path across the field.

11. Pass over the small ditch and up the steep embankment to the gate onto the A6. Cross over the A6 with care and turn left and walk along A6 towards Cross House Farm.

12. Just past the farm buildings turn right along the farm track and continue past the rear of Dew Lay.

13. When the track bears sharp left (back towards the A6) there will be a gate on your right. Pass through this gate and walk across the field, heading towards Kirkland Hall amongst the trees. Cross the stile and bear right through a field gate and follow the track.

14. On reaching the building turn right and follow track, which bears left in front of a farmhouse. Turn left onto the track. Once past all the buildings bear left along a tarmac track and follow this out to the main A586 road.

15. Cross the road with care and turn Left and walk into Churchtown village via Ainspool Lane.

For more information about Lancashire cheese visit: www.lancashirecheese.com

For more information about the Forest of Bowland Area of Outstanding Natural Beauty visit: www.forestofbowland.com