

# **Our Local Larder.**

Beef from Blickling. 5 miles.

We are incredibly lucky to have two of the best beef cattle herds in the country less than 5 miles away from us! Tony & Emily Bambridge of Park farm Blickling have a herd made up of Lincoln Reds and Aberdeen Angus. Robert Mitchell of Flash Pit Farm has an Aberdeen Angus herd. Both herds graze on the Blickling estate on the meadows by the river Bure.

Our butcher in Aylsham (G.F.White) buys from both Tony and Robert. He hangs the beasts for about 28 days before butchering to ensure that the best flavour is delivered. Whites are open six days a week, but in a rather traditional way they are closed on Wednesday and Saturday afternoons.