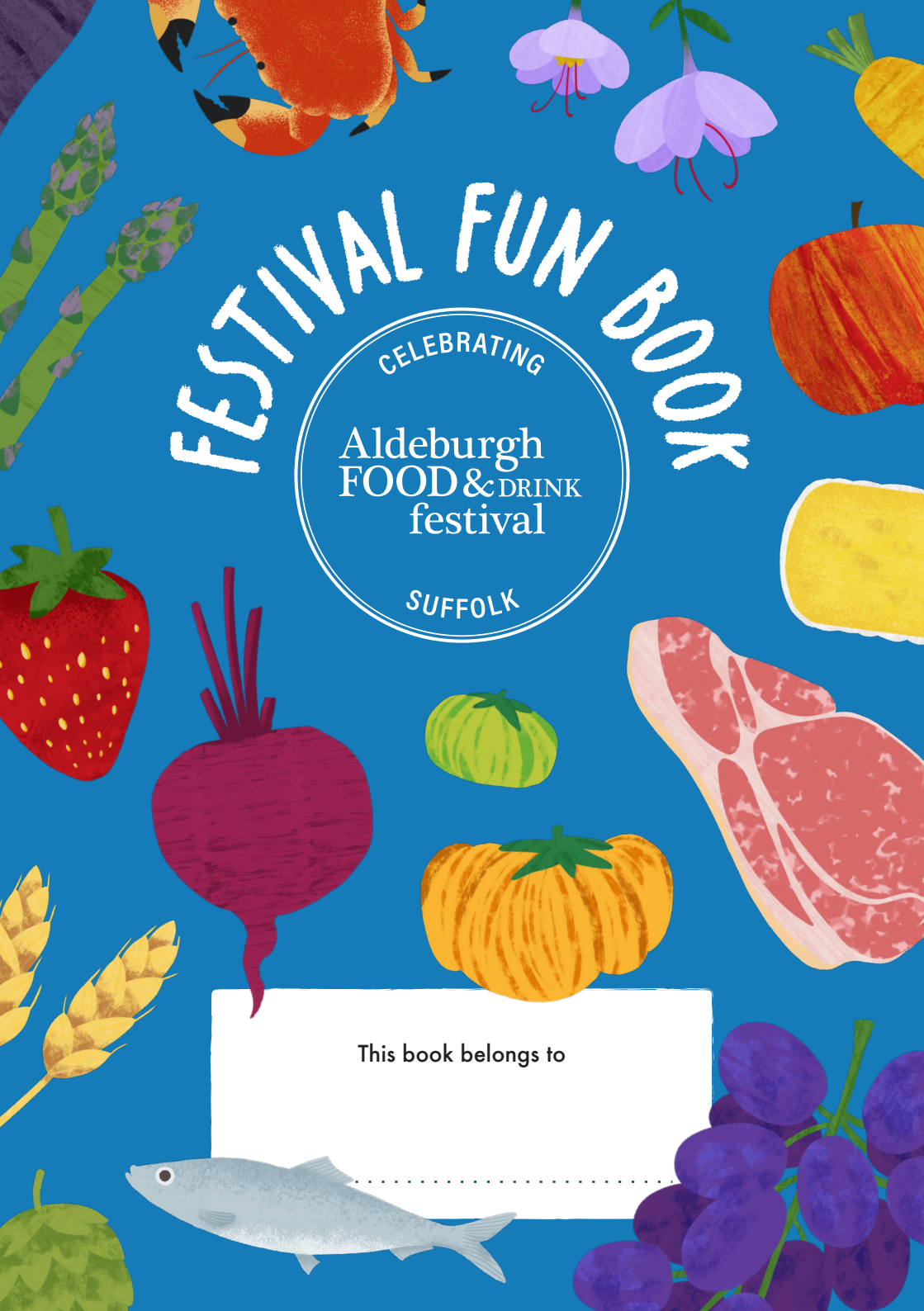
FESTIVAL FUN BOOK

CELEBRATING

Aldeburgh FOOD & DRINK festival

SUFFOLK



This book belongs to

.....

WELCOME TO THE ALDEBURGH FOOD & DRINK FESTIVAL!

The Festival is a labour of love, sustained by the generosity of our sponsors, supporters, friends and visitors. Each ticket purchased, each entry fee paid is a contribution that helps us cover the costs of the festival and ensures we can continue to support Suffolk's local producers for years to come.

Your participation isn't just about enjoying a day of festivities; it's investing in the future of our community. We take great pride in our commitment to promoting local businesses, which is why we only have producers from East Anglia trading at the festival.

With your help, we're not just keeping The Festival alive – we're making it bigger, better, and more impactful every year.

Time for the sensible bit...

You can get a special yellow wristband from the Info Tent at the Entrance Gate and write a name and number on it in case of emergencies. If you don't want your photo taken, you can ask for another special wristband so that our photographer knows.

Hand your design in at the Info Tent at the Entrance Gate and we'll choose the best design.



Did you know?

The Aldeburgh Food and Drink Festival is a **not-for-profit** organisation, working to raise the profile of Suffolk as a food and drink destination to people and businesses who may not be aware of the unique talents that make our region special.

Join us in the

FAMILY AREA IN THE MARSHES

Activities run all day to join as and when you like.
All free! Just turn up and create!



All day

The Playground Kitchen

Grow Cook Eat will be offering cooking workshops for the younger visitors throughout the day

- Seed sowing - plant seeds to learn how food grows.
- Still life drawing - draw seasonal produce and display your artwork on a gallery wall.
- Flour milling - have a go at hand milling your own flour.
- Hummus - choose a type of bean to make a unique hummus.
- Flatbreads - shape and make your own flatbread
- Vegetable fritters - choose from seasonal vegetables to make your own fritters.
- Grissini - shape your own sourdough bread sticks and choose your seed coating.

All day

RSPB Minsmere

- Mini beast themed crafts
- Nature weaving
- Colouring pages
- Bug hotels
- Bee hotels

All day

Naunton Farms

Perfect for the little ones, there will be friendly live sheep visiting for a hands-on petting experience.

All day

Face Painting

THINGS YOU MIGHT LIKE TO WATCH



On Stage Demo: Super Simple Seasonal Puddings by Grow Cook Eat

Saturday at 10:30am
Skills on Stage



Workshop by Lagom Chef

Saturday at 12:30pm
Skills On Stage

The "Lagom Chef", high-energy food waste warrior and entertaining culinary creator.

OTHER THINGS TO DO



Live Music Tent

All day, both days
The Courtyard

A full programme of fun, easy-listening music at the Live Music Tent in the Courtyard. Come and have a listen while you're having a bite to eat!



Tractor Run Bouncy Castle

All day, both days
Free to play on
The Marshes



Try this at home!

Lagom Chef

PEANUT CHILLI NOODLES VE/DF

Prep time
5 minutes

Cooking time
10 minutes

Serves
2 kids or 1 adult

Just because a dish is quick doesn't mean no thought goes into it. The ingredients list is a prime example of my style of cooking – lots of stuff from the dry store, then plug in fresh ingredients that you have kicking about. Chuck in any fresh bits you have: courgette, cucumber, mangetout, tofu, you name it!

Ingredients

100g noodles (200g if using fresh egg noodles)

3 tbsp soy sauce

3 tbsp sesame oil

1 tbsp honey

1 tbsp vinegar

2 garlic cloves

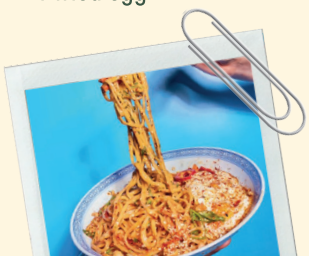
2 tbsp peanut butter

1 tsp chilli flakes

1 red pepper

2 spring onions

1 fried egg



Method

1. Follow the cooking instructions for the noodles. Sometimes they're boiled and sometimes they're just soaked in boiling water or you might not need to cook them if you're using fresh egg noodles. Once they are cooked, drain and refresh in cold water so you can fry them later.
2. For the sauce, use the 3:3:1:1 ratio (three parts soy, three parts oil, one part sweetness (honey), one part vinegar). You can use tablespoons or pick another measuring vessel. Pop it all in a bowl and whisk together, then **TASTE** and register the joy of a well-balanced sauce.
3. To the sauce add grated garlic, peanut butter, chilli flakes and whisk. **TASTE**.
4. Now it's as easy as heating a little oil in a frying pan on a high heat. Slice the red pepper and cut the spring onions into chunks, then toss them into the pan and fry for 1–2 minutes, just until they start to char and blister. Add the noodles and fry for 1–2 minutes before adding the sauce.
5. Scoop it all into a bowl, top with a fried egg and get involved!

IT'S TIME TO FOLLOW THE PRODUCER TRAIL...

How does it work?
There are 9 questions from 9 producers around the festival. Visit each of the stalls to get the answer and collect a sticker.

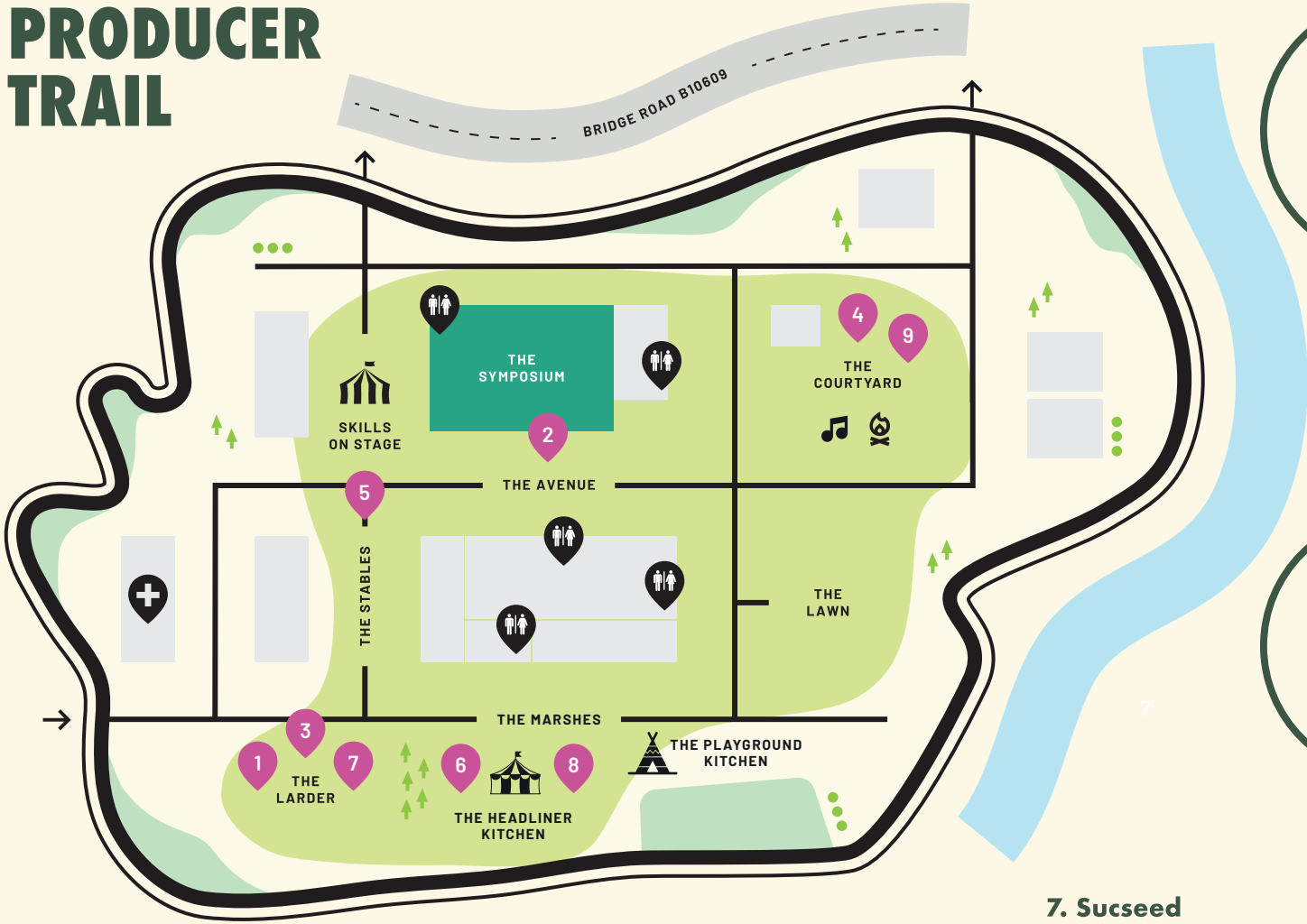


Turn the page and ready, set, go!

Collect your prize!
Show your collected stickers to the Info Tent to collect a prize. There are some really great ones to choose from!

Turn the page to find the map for the trail...

PRODUCER TRAIL



1. Sandlings Saffron
What spice is called "The Sunshine Spice"?

2. Chet Valley Vineyard
When's the grape harvest each year? (bring your grown-up with you to this one - they might like it!)

3. Roughstuff Oak
Our chopping boards are made in an unusual place... Come and find out where.

4. Fire and Feast
What is a flint and steel used for in fire cooking?

5. Tosier Chocolate
What three ingredients make up Tosier's chocolate bars?

6. The Aldeburgh Book Shop
What's been the best selling cookbook today?

7. Sucseed
How many different seeds are in our Gut Health blend?

8. Naunton Farms
Find out the name of our visiting sheep!

9. Sutton Hoo Chicken
What was buried at Sutton Hoo where our chickens live? Ask us at The Suffolk's BBQ stand!





RSPB MINSMERE

RSPB Minsmere is a stunning nature reserve in the Suffolk countryside. The reserve has several different habitats making it home to over 6,500 species.

With such an abundance of wildlife there is something for visitors to see all year round. With woodland, reedbeds, grassland, heathland, and the wild coast to explore, you can easily spend a whole day at Minsmere.

Throughout the year we offer a variety of family friendly activities, such as pond dipping, bug hunting, and guided nature walks.



We offer a seasonal trail, and we have a wild zone area, designed for children featuring den building and our newly installed (Summer 2026) nature-themed adventure play area! With climbing towers, slides, scramble logs, monkey bars, swings, an accessible roundabout, and refurbished Sand Martin tunnels, there's something for all ages to explore and enjoy.

You can also round off your visit by visiting the shop and café immersed in the tranquillity of nature.

During the school holidays you can join our enthusiastic RSPB guides at Snape Maltings as we take you on a fun family stroll along the reedbeds and hedgerow in search of Snape's birds, early butterflies and dragonflies. It's an active introduction to the wilder side of Snape.

For more information, visit
rspb.org.uk/days-out/reserves/minsmere



Come and visit us at the festival!

All day, all weekend
The Family Area,
along The Marshes

> We have colouring sheets in the family area. How many colours can you use?

Or at Minsmere

Minsmere, Westleton,
Saxmundham, Suffolk
IP17 3BY

Photo Credits
View from Whin Hill, Les Cater / Bug Hunting, Melanie Keable / Hide, Melanie Keable / Pond Dipping, Steve Everett

Spotlight on a Producer

TOSIER

Did you know chocolate starts life as a bean, not a bar? Meet Tosier, one of Suffolk's very own chocolate makers – they travel the world tracking down the tastiest cocoa beans, from steamy jungles in Belize to faraway wild cocoa growing in the Amazon.

Back home in their chocolate factory near Dunwich, they turn those beans into bars using nothing but three ingredients (and a lot of careful work) – no funny extra ingredients, just cocoa beans, cocoa butter and cane sugar.

Come and say hello at our stall – we'll have chocolate to taste, stories totell, and a few secrets about what makes each bar taste so different! We're also on the Producer Trail so grab yourself a sticker!







GROW COOK EAT

Grow Cook Eat is a Suffolk-based, community interest (not for profit) company focused on cultivating a love of nature, community, growing, cooking and eating in young people.

At the Festival, Grow Cook Eat runs The Playground Kitchen, but for the rest of the year they run workshops in Ipswich during the school holidays.

Our mission is to get young people excited about where their food comes from and build a strong connection with nature and the planet.

Our goal is to get young people to care about what they eat by giving them the confidence and inspiration to grow and cook their own food.

At our workshops children get hands on with our growing beds and our field kitchen at The Oak Tree Community Farm Ipswich and have fun by taking part in the following activities:

- Planting out seedlings, sowing seeds, harvesting soft fruits and vegetables for snacks and lunch.
- Cooking simple and tasty vegetarian food for their snacks and lunch as well as making some take home delights.
- They also explore the farm, take part in nature based activities such as plant identification, pond dipping and/or various outdoor nature crafts.

Workshops run during school holidays.

For more information or to book onto a workshop
follow @wearegrowcookeat or email hellogrowcookeat@gmail.com



ADNAMS.
SOUTHWOLD

We're indebted to Adnams who have supported the Festival since it started in 2006 and are delighted to have their continuing support and the support of all our Sponsors, Supporters and Friends. They really do help make the Festival what it is.

Sponsors

Adnams • Oxbury - Agricultural Bank • The Hotel Folk
Fen Farm Dairy • Debach • The Suffolk • Maldon Salt
EE Co-Op • OCS • Birketts • Aspall • Ironbridge Furniture
Kin Knives • Two Magpie's Bakery • Suffolk Hideaways
Suffolk Meadow Ice Cream • Yeti • Ofyr

Supporters

Red Rose Chain • Restaries

Friends

Racalia Olive Oil • Pump Street

Find out more

aldeburghfoodanddrink.co.uk
@aldeburghfood

Design by Lily Arundell

lilyarundell.co.uk
hello@lilyarundell.co.uk