



RICH PICKINGS: Jane Harrison teaches children about natural produce

## Food, glorious food

In an age when it's all too easy for children to stay indoors and become engrossed in their TVs and game consoles, one Tastes of Lincolnshire award-winner is teaching children the glories of nature

■ Set amid 12 acres of farmland, woodland and play areas, the Red Hen Day Nursery in Louth is using its tranquil location to educate children about food.

Nursery owners David and Jane Harrison are busy teaching children in their care more about where the produce they find on their tables comes from and how it is prepared.

For going the extra mile to promote local food among children and their parents, the nursery was rewarded with a Tastes of Lincolnshire Award.

From a long line of farmers, David and Jane picked up the prestigious Mr George honour, named after George Bateman of Bateman's Brewery, the independent family business in Wainfleet.

"It was really nice to be recognised," said Jane. "The foundations of future health are laid down from birth to five years old, which is why our work is so important."

At the nursery, children learn about the seasons and regularly help to grow, harvest and prepare vegetables, making sure that they get the best nutritional start in life.

"Children need to know

where food comes from, and that's not from a packet in the supermarket," Jane explained. "We only buy meat from local butchers to ensure traceability, and vegetables are either grown in our vegetable garden or bought from local suppliers."

The nursery's ethos is that children thrive outdoors and are never too young to learn about nutritious food. "We make bread daily and they love it because it's sensory and they can eat it while they are at nursery," continued Jane.

David and Jane also clinched the Best Food Award at the 2009 Nursery World Awards. "It was great to be recognised nationally," added Jane.

"They sent a top nutritionist from London with her daughter to come and see what we do. She saw the children picking sweetcorn and relating to nature. It was a special time."



For more information about the nursery call 01507 603535

### And the winners are...

The Tastes of Lincolnshire Awards began rewarding local food businesses in 2005. This year, the winners are:

**Producers:** Hirst Family Butchers, Woodhall Spa

**Retailers:** Fairfield's Fresh Farm Products, Holton-le-Clay

**Growers:** Redhill Farm Free Range Pork, Gainsborough

**Tearooms:** Pookey's Tearooms, Messingham

**Pubs:** Black Horse Inn, Ludford, near Market Rasen

**Restaurants:** Hickman Hill Hotel, Gainsborough

**Accommodation open to residents only (B&B):**

The Grange, Barkwith, near Market Rasen

**Accommodation open to residents only (Self**

**Catering):** Enfield Farm Cottages, Fulstow, Louth

**Accommodation open to non-residents:** Village Limits, Woodhall Spa

**Mr George Award:** Red Hen Day Nursery, Louth

For further information visit [www.tastesoflincolnshire.com](http://www.tastesoflincolnshire.com).