

For immediate release
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Lose Weight at a Food Festival

Jamie Oliver recently announced the impact of seaweed in his diet as Bude for Food welcomes the Cornish Seaweed Company selling their wares in the artisan food market.

News last week were awash with the revolutionary new diet of seaweed and sleep prescribed by none other than the country's food hero Jamie Oliver. One article flags the Cornish Seaweed Company's fresh range of seaweed in Tesco, sea spaghetti as an excellent source.

Rolling out its regal ropes and manicuring its lawns, Bude Castle opens up for its warm up on Friday night to a two day foodie extravaganza on Saturday 19 September and Sunday 20 September. As always, an open invitation to watch tongue tinglingly top chefs create tantalising tasters will be extended to the townsfolk and beyond.

Just as they did last year, the Cornish Seaweed Company are ready to participate in the food and music festival held annually, and are expecting large volumes to talk about their seaweed. Emma Gunn, foraging expert from The Eden Project will also be talking about the edible seaweeds available to forage on Cornish beaches, to educate townspeople and visitors about this natural phenomenon.

In line with The Cornish Seaweed Co's surfing ethos, The Surfing Chef, aka MasterChef 2008 winner, James Nathan from Retallack Resort will be making waves as he cooks some of his winning dishes to entertain crowds. An advocate of provenance, James uses Cornish Seaweed in some of his dishes.

Caroline Warwick-Evans from The Cornish Seaweed Company said, "We really liked doing the Bude for Food event last year, and we're so pleased to see public awareness rising concerning the huge benefit of seaweed."

With runners up in the British Street Food Awards, Devon based fish experts SEADOG providing a seaweed based menu, those visiting the festival could even come away a few pounds later if they play their cards right!



Where and when

Bude for Food, Bude Castle Lawns, The Wharf, Bude EX23 8LG

Friday 18 September opening time at 16.00 with kids' entertainment, food and bar for comedy from 19.30 to 23.00.

Food marquee opens on Saturday 19 September (10.00-23.00 including party night), Sunday 20 September (10.00-16.00)

Daytime entry free; Artisan Food Marquee wristband entry £1.50; evening events ticketed, see website for details

www.budeforfood.co.uk

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