

food glorious food.

Ryan Ward, Chef at The Cove in Cornwall believes that the holiday mood makes children naturally more adventurous.



“It’s wonderful to see children eating olives, asparagus and rustic bread rather than fish fingers and beans. I go out of my way to make the plate look interesting and introduce fresh produce every day so they are tempted to try different things.”

Ryan is passionate about kids’ food and applies the same thought and dedication to delivering delicious meals for the children as he does for their sophisticated parents. “I come from Australia where families love the outdoor life and are really into cooking with seasonal produce. It’s all about sparking a lifelong appreciation of good food and helping children to understand the importance of eating fresh fruit and vegetables.”

If you’re having problems getting your children to eat their greens then Ryan recommends involving them in the cooking and preparation. The Cove go one step further by offering ‘Run Wild Food Walks’ where families can get together with an expert to identify and discover the wild edible plants grow-

ing in the hedgerows and woodland coast of Lamorna.

Perched high on the hill top in a wooded valley on the Lands End peninsula, The Cove in Cornwall is perfect for families with 15 stunning apartments with crisp white walls, pale wood floors and huge windows affording beautiful views. The breathtaking Lamorna Cove is on the doorstep and the pretty fishing village of Mousehole is a stunning 2-mile coastal walk away. This is Cornwall at its loveliest – turquoise sea, lush gardens and sandy beaches.

There is a great on-site restaurant run by Ryan which serves delicious local and organic food, including a junior menu that consists of steak kebabs with healthy jacket chips, poached salmon with asparagus and home made pizza.

For energetic youngsters and their parents there is an amazing outdoor pool, a play area and lush hillside gardens.

The Cove is a chic and stylish base from which to explore West Cornwall and ideal for families who love good

food and want to eat together or simply ensure that their kids are well catered for. Ryan will even pack them their very own picnic for a trip to the beach and you can be sure it will contain a rainbow selection of the most tempting fruit and a nibble or two of Cornish cheese. ❁

RESOURCES

Apartments sleeping 2-4 from £214 per night, apartments sleeping up to six from £318 per night.

❁ The Cove, Lamorna Cove, Nr Penzance, Cornwall, TR19 6XH Call 01736 731 411, or visit www.thecovecornwall.com

