

Eat Out Norfolk winter 2019 edition - editor's introduction

As autumn passes the baton to winter, we can find ourselves slowing down. The colder weather may keep us indoors, yet a nature walk can be just the thing to beat the winter blues. Norfolk may be flat but that means people of all ages can enjoy our countryside. With so many nature reserves and coastal and public footpaths, there's surely a walk for every day of the year.

Norfolk is also home to artisan food and beverage producers and talented chefs, inspired by timeless landscapes and villages, traditional farming and fishing, and locally grown produce. With greater public awareness of climate change and wildlife extinction, the demand for sustainable food systems is on the rise. Norfolk chefs delight in creating a slow food experience for customers, so in this edition of our guide, you can read about why slow food matters.

On our favourite topic of food, Christmas is coming, and the heat is on. Deciding what to serve for your festive feast can be challenging if your guests have different taste preferences or dietary requirements. If you're eating out, no worries. But if you're looking for new ideas for home cooking, going nuts this Christmas may not be such a crazy idea.

If you have a special occasion or business meeting coming up, you can find a choice of venues across Norfolk in this mini-guide. Our *Eat Out Norfolk* website and app have more information to help you. You can also keep up with events and special offers and share your feedback and photos by connecting with us on Facebook or Twitter.

I hope you enjoy browsing through this winter edition of *Eat Out Norfolk* and planning your winter walk. Whether you choose the coast, the countryside or the fine city of Norwich for your ramble, there's an eatery to welcome you – walking boots, rosy-cheeked children, thirsty dogs and all.

Cheers!