



Autumn in Southeast Sweden

Welcome to Southeast Sweden in the autumn – a season which turns the forests red and yellow. During September there are numerous farmers markets and harvest festivals in the region where you can try fresh food from our local producers. Read more about were in this edition of our newsletter.

A taste of Småland

More and more people want to taste some of the culinary heritage and eat food that is locally and regionally produced. Many also value a good animal husbandry and a production that contributes to increased employment and a living countryside. This is the core of the network Regional cuisine, which covers 24 regions and with over 750 member companies. In the Småland region, there are 73 member companies, recognized by the blue mark with a chef hat. Småland is a landscape full of culinary experiences that vary with location and season. Please read more in "A taste of Småland".

Enjoy your holiday in Högsby

A fishing licence for tourists entitles you to fish for one or two weeks in 29 lakes and rivers. The licence is available from May to September at Högsby Tourist Office: www.hogsby.se. At Björkshults Glas AB in Björkshult you can visit the factory Outlet and see glass blowing. Learn how to blow your own glass! For more information: www.glasweb.se.

In Högsby there is also Aboda Klint with a 21-metre-high watchtower on the top of the mountain. Here you will get a breathtaking view over the landscape, café, cabins and the lake Kleven. Visit www.abodaklint.com and www.abodacafe.com for more information.

Hot shop herring

An old tradition in the Kingdom of Crystal is hot shop herring. It goes back to the times when the glass-works was the meeting place in the village. In the evenings, the visitors are invited to potatoes and herring that have been prepared in the furnaces where the glass has been left over night to cool down. During the evening there will also be musical entertainment and a glass blowing show. The visitors get a chance to try to blow glass. Hot shop herring is served to individual guests at Bergdala, Kosta, Målerås, Orrefors and Pukeberg in the summer and for Christmas. Group reservations can be made all year around. For more information see www.glasriket.se.



Traditional hot shop herring, "Hyttstill", in the Kingdom of Crystal.

A taste of autumn – the Småland way

Try local specialities such as elk, lingonberry and mushrooms during Småländska höstsmaker/a taste of the autumn in Småland. The event is held during the elk hunt October 16-25 at several places in the region. Visit Korrö handicraft village, Getnö Farm, JA Ranch, Bergdala Inn, Sussies' coffee shop in Flattinge, Hjortseryd, Hotel Björkängen, the tea shop at Stockhults farm, Gräddhyllan country café, Toftastrand/Villa Vik, Ekebacken Conference center or Öjaby Mansion.

Möckelsnäs Herrgård

Möckelsnäs Herrgård/Mansion and its surroundings is a place for conferences and holidays. The hotel, with Orangery and flowery manor garden, is situated by the lake Möckeln, in a shady beech wood, close to Linnes' Råshult. The nature parks Kronan, Taxås and Höö with pastures, groves, winding paths and dramatic ravines are our neighbours. In September Möckelsnäs opens an exhibition with the Maritime artist Th. Norling. In the garden Ellen Malmgard shows her glass sculptures. www.mockelsnasherrgard.se

Local food in Mönsterås

In Mönsterås there are several smaller companies keeping up the traditions of locally produced food. Nabbens Rökeri & Fisk is probably the most well known example of this. Located directly on the coast of the Baltic Sea in Timmernabben, this is the perfect location for many varieties of smoked fish. Their lunchroom and shop attract people from nearby and far away, who come to Timmernabben for this unique tasting experience.

Another specialty from Timmernabben are burnt almonds. It started with an accident in the early 20th century. The exact recipe is a well kept secret, but today there are two companies working with burnt almond as basic ingredient for a variety of confection and sweets: Råsnäs Konfektyr and Timmernabbens Karamellfabrik in Mönsterås.

Local products and services (Nybro)

In the beginning of August the non-profit organization Alsterbro-Bäckebo.nu together with Nybro kommun, AB Nybro Brunn and the Federation of Swedish Farmers - LRF started the project "Local products and services". Initially the project aims to identify sustainable products and services produced in the area of Nybro municipality. One kind of companies which we will map out is producers of food in the area. "Lately the interest among consumers to buy local produced food has grown very fast", says project leader Sofie Nyström. Read more about the project at www.alsterbro-backebo.nu.

Opportunity! Bed and Breakfast FOR SALE!

In Vimmerby in beautiful Småland there is a Bed and Breakfast/Boarding houses for sale in the countryside with lake/river within 125 m. Two newly renovated houses, ready to just move into, with about 18-20 beds and double garage and a wood workhouse. In the area there are about 1/2 million tourists all year round. All contacts included. Price: 1.325 000 SEK. Contact: mail: linneaafsmaland@passagen.se, phone: +46(0)703670779.



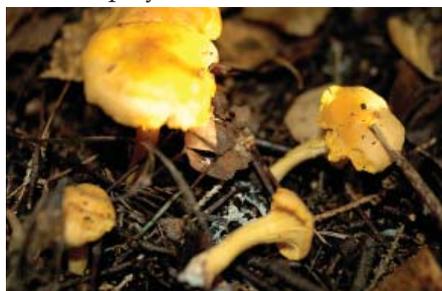
New Business Area in Oskarshamn

The 28th August the Mayor of Oskarshamn opened the new business area "Kvastmossen", which covers a building zone of 120.000 m². The area is situated alongside the E22 and offers excellent opportunities for participation in a logistic network. For sale are 18 building sites of different dimensions at the prize of sek 250/m² (ca. 25 euro/m²). The sites are completely finished and are provided of sewerage and water supply. Interested? Contact Göran Landenius, tel. 0046 491764180, email goran.landenius@oskarshamn.se.

Movies and mushrooms in Emmaboda

"Film of the Kingdom of Crystal" is a manifestation that wants to protect the cinemas role as a cultural meeting place in the local community. From October 23 to November 6 several movies are displayed in various cinemas. The Municipalities in Emmaboda, Lessebo, Nybro and Uppvidinge supports the project and it is expected to last for many years.

If you like good mushrooms, we can recommend a visit to our forests. Here you will find all sorts of goodies, such as chanterelles. Visit us at www.emmaboda.se.



Events

Aug. 8-Sept 19 Farmers market, Växjö
Come and meet our local producers every Saturday. The Farmers market is held on Vattentorget, the water square.

Sept. 9 Harvest feast, Linnés Råshult
Visit the harvest feast in Råshult, the famous Carl von Linné's birthplace, Sweden's tenth cultural reserve.
www.linnesrashult.se

Sept 11-13 Älmhultsdagarna
The whole family can enjoy three days of culture, food, music, dancing and many other activities and events. www.almhult.se

Sept. 12 Season finish at Huseby Bruk
Huseby has a long tradition of ironwork, agriculture and forestry industries. At the castle, the gates are open and in the halls and rooms you can enjoy the splendid uniforms and beautiful clothes from Stephens family time. In the lounges, we meet both the service staff and masters who can tell you about events and objects. www.husebybruk.se

Sept. 20 Harvest Feast in Bergkvara
(Torsås municipality), **Strandbygget Café.**

As usual there are a lot of interesting and appealing products. Vegetables, fruits, honey, cheese and pastries are just some of them. There are handicrafts made from wood, ceramics, wool and fabric. Music entertainment and a possibility to sit down with a cup of coffee with pastry or sandwich is an obvious possibility. Welcome to a small but very nice Harvest Feast.
See more events on the next page.

Öland's Harvest Festival

Enjoy, be surprised, wind down, harvest, experience, breathe out and taste.

As the summer draws to an end, it's harvest time on the island of Öland. The season culminates with Öland's Harvest Festival with four days of activities for the whole family **on 24-27 September**. This is Sweden's largest Harvest festival. The emblem of the festival is the pumpkin. Pumpkins share the lime-light with the harvest of Ölands onions, carrots, potatoes, brown beans and lots more besides. The festival also involves culture, art and spectacle. From Friday morning to Sunday night the entire island is celebrating. This year the kick-off is in the village of Föra, Ölands Årets by (Ölands village of the year) before spreading throughout the isle.

One of the featured events of this annual festival is Konstnatten, or the "Night of Art", taking place on the Friday evening. Other activities billed over the weekend include a fish festival, fire sculptures, dance shows, cooking competitions, special menus at many of the island's restaurants and Öland's Hot Air Balloon Rally. More information can you find here www.skordefest.nu or contact our touristoffice www.olandsturist.se or send an e-mail to Irene de Veer info@relocatesweden.com. Come over and see for yourself!



The best organic food is grown close to you!

Tingsryd Municipality has a strong tradition of producing local food. Local food is fresher, tastier and more nutritious than anything in the supermarket. It is also good for the local economy. Buying directly from family farmers helps them stay in business. During autumn 2009 there are a variety of events taking place that concerns local food.



On **September 27** we celebrate the day of the Apple and Honey in the wonderful garden of Kurrebo. There will be a market with freshly picked berries, fruits and vegetables. The area is part of the Apple Kingdom, where you can visit big growths of apple along the shore of the lake Åsnen.

One of the year's most popular events is the Farmers market at Börjes department store on **October 2-3**. Local producers will sell potatoes, root vegetables, vegetables and fruit. There will be demonstrations of old fashion cooking, like making porridge and cheese. In addition, visit the special Cheese Market on **November 27-28!**

Local food in Tingsryd

While driving around in the Municipality of Tingsryd, you will find small farmer's shops with self-service along the road with fresh products like vegetables, fruit, honey, Swedish Cheese-cake and more. You can find one of them in Ugglekull, Urshult, with products from a certified organic farm nearby.

When it comes to prepared meat like sausages, smoked pork, liver pâté, black pudding and more, Åke Perssons Hemlagade in Tingsryd is one of the foremost producers in the area. His products consist only of high quality, pure meat and no by-products. No product that you buy is more than three or four days old. Pay a visit to his local store in Tingsryd!

Welcome to Tingsryd - where it is easy to live a good and healthy life!



Recipes

Swedish smorgasbord

This specialty consists of a number of small dishes, from which you can take your pick. An average smörgåsbord may, for instance, contain a number of herring dishes (sweet-pickled herring, pickled herring with onions, mustard, dill, etc.), Swedish meatballs, salmon, pies, salads, 'Jansson's temptation' (sliced herring, potatoes and onions baked in cream), eggs, bread, boiled and fried potatoes and so on.



Meatballs - "Köttbullar"

- 1 dl (½ cup) fine dry bread crumbs
- 1 dl (½ cup) light cream
- 1 dl (½ cup) water
- 200 g (7 oz.) ground beef
- 200 g (7 oz.) ground lean pork
- 1½ tsp. salt
- ½ tsp. ground allspice
- 2 tbl grated yellow onion
(and/or 2 crushed garlic cloves)
- 1 egg, beaten
- 3 tbl margarine or butter



Mix the bread crumbs, cream and water; set aside for 5 minutes. Work together the beef, pork, salt, allspice and onion. Gradually add the bread crumbs, then the egg. Blend well and fry a sample to test the seasoning. Shape into balls. Make large meatballs to be served for dinner or small meatballs for the smörgåsbord. Heat part of the margarine or butter in a skillet. Add 10 to 15 meatballs. Fry over moderate heat until the meatballs are beautifully brown and cooked through. Transfer to a serving dish and keep hot while frying the remaining meatballs. Serve with boiled potatoes, lingonberry preserve and a tossed salad.

Recipe: "Ostkaka" Swedish Cheesecake from Småland

(cheese curd with no pastry)

Ingredients: (for 8 persons)

(Time required: about 135 minutes)

- 5 litres milk
- 5 tbs. fl our
- ½ dl rennet ("ostlöpe", may be found at pharmacies, an essential ingredient!)
- 1 ½ dl sugar
- 50 g almonds
- 2 bitter almonds
- 4 eggs + 1 egg yolk
- 4-5 dl whipping cream

Serve with: Lingonberry preserve, raspberry jam or poached pears, whipped cream

Mix 2 dl milk with the fl our until smooth. Warm the rest of the milk in a large saucepan and heat to 37 degrees. Add the milk/fl our mixture. Add the rennet and mix well. Remove saucepan from heat and let stand beside the heat for 30 min. The milk will then curdle and thicken into cheese curd. Carefully mix the cheese curd with a wooden fork to separate it. Let stand another 15 min. Heat oven to 200 degrees. Place the almonds in boiling water for about 1 min to make removing skins easier, chop the almonds into bits. Butter a pan (2 litres). Pour the cheese mass gradually into cheesecloth or sieve to drain liquid. Press carefully; turning to make sure all the liquid is removed. Place the cheese mass in a large bowl. Add eggs, sugar, almonds, and cream, mixing well. Pour the mixture into the pan and place in the lower part of the oven for 50-60 min. – after about 15 min. use the wooden fork to stir. Watch the colour towards the end! Serve lukewarm with jam and whipped cream. The "ostkaka" should be kept in the refrigerator. Freezes well.

Good luck!