**Episode 504 Lamb and Leeks Synopsis**

Art and Dan are enjoying a coffee at Cwm Ivy Café, Llanmadoc, South Wales when they overhear a conversation in the Welsh language. Café owner , Sian Griffiths and her father are Welsh speakers and have a lively discussion with Art about indigenous languages. Sian says you can’t visit Wales without trying its famous Saltmarsh lamb and their national symbol, the leek.

The northern coast of Gower Peninsula is a 4000 acres salt marsh where sheep love to graze. The guys visit Gower Salt Marsh Lamb, a family farm which produces award-winning meat with the special saltmarsh flavour. Farmer Dan Pritchard shows them around the farm and introduces them to the on-site butcher. Dan gets hints how to get the best Salt Marsh flavour when cooking and Art explores the 14th Century castle ruin right there on the farm.

Next Dan takes Art to Murton Farms to get some leeks. Owner Jeff explains his leeks are completely naturally grown and harvested by hand to ensure perfect condition. Leeks are a national symbol because in the 6th/7th centuries Welsh soldiers wore leeks on their helmets to be distinguished from their foe.

Sian offers the use of her home kitchen for Dan to prepare a traditional dinner of roast lamb and leeks . At dinner the guests insist that the hosts must not leave Wales without hearing an All-Male Choir – nothing could be more traditionally Welsh!

Art and Dan sneak into a choir practice and are simply blown away by the sound!

**Episode 504 One line.**

Art and Dan wander the Welsh saltmarshes in search of world renowned Saltmarsh lamb, harvest by hand the National Symbol of Wales – the leek , explore a 14th Century Castle and listen to the amazing sound of a Welsh All Male Choir.