



Stockholm Country Break



EUROPEISKA UNIONEN
Europeiska regionala
utvecklingsfonden



Experience the culinary delights of Sörmland

Sörmland is a real haven for food lovers.

It's a region that grows and produces lots of food, creating new tastes and nurturing traditions. The love of artisan food production and respect for the land and animals here means there's a lot to discover and enjoy.

Visit Sörmland to explore farm shops, bakeries, drinks producers, unique dining experiences and more.

Food experiences



Stolt Mat & Dryckesfestival, a local food festival 11-12 august

This food festival is held once a year to celebrate local food and to have a good time. 2023's festival is held at the legendary micro brewery Nils Oscar, in Nyköping, 1 hour outside of Stockholm.

During the festival you will be able to meet around 30 food and drink producers and to experience great flavours.

Prices

60 SEK per person

To book or for further details

[Tickster](#)



A taste of Sörmland

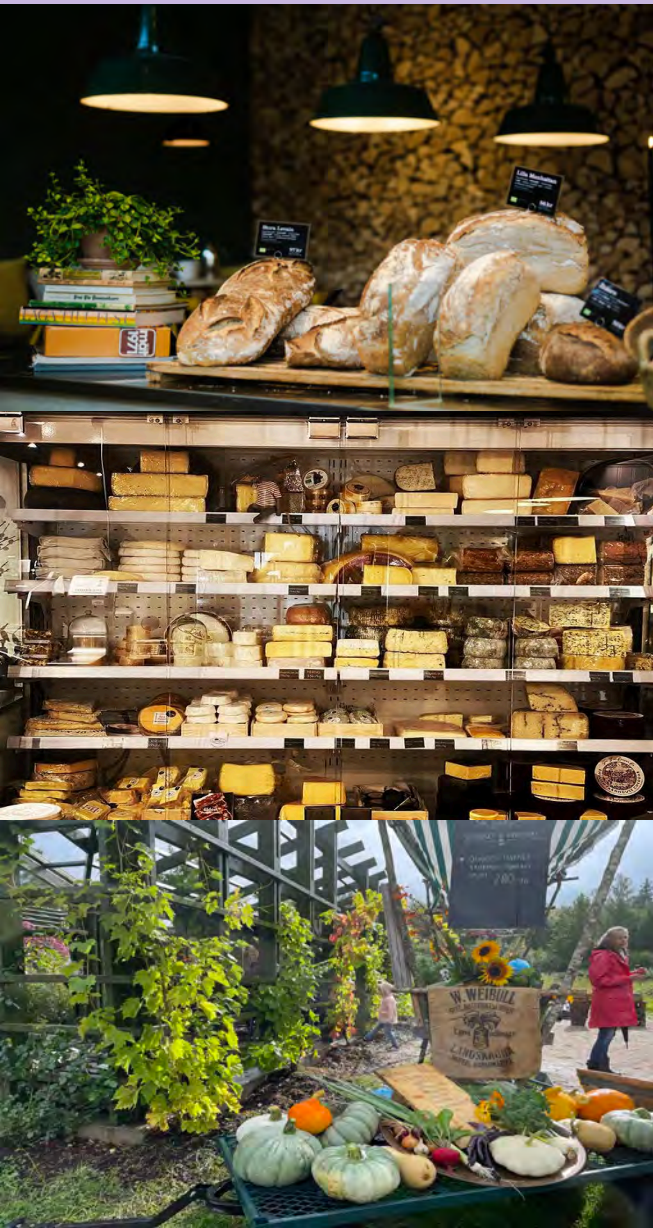
Multiple tables have been set up around Sörmland where you can enjoy a unique dining experience, with an emphasis on local Sörmland produce. The tables are located outdoors in interesting settings. You can even prepare the food yourself at some of the venues.

All tables are managed by the venue themselves but reach Stua for guidelines on how to find and book your experience.

malin@stua.se

[More information in Swedish here](#)





‘Aptitrundan’, taste tour

‘Aptitrundan’ is held twice a year by the association Sörmlands Matkluster of local food producers in Sörmland, once in the spring and once in autumn.

It’s a large food festival with a wide variety of produce on offer. See what sparks your interest and plan your own route.

For further details (in Swedish)
<https://matkluster.se/matfester/>



Discover farm shops

There's no shortage of farm shops in Sörmland, each with its own selection of produce. You'll find locally grown vegetables, high-quality groceries and meat, and more besides. Buying direct from farmers is a fun experience for both children and grown-ups.

Take a trip and find your favourite.

You can discover some of the region's farm shops at

[Visit Sörmland](#)





Refreshing drink discoveries

Sörmland produces lots of apples, berries, malt and other raw ingredients for quality artisan drinks. The region is home to many prestigious cider and juice presses, breweries and distilleries, so there are lots of local drinks to enjoy.

Be sure to visit a well-stocked bar while you're in Sörmland to try something special.

[You'll find a selection of bars here](#)



Lindeborgs Eco Retreat

Welcome to a field-to-fork dining experience at Lindeborg's Eco Retreat.

One weekend a month we invite some of Sweden's top chefs to come and get creative in the kitchen of our climate-positive farm in the heart of Sweden's rural Södermanland. The chefs conjure up delicious dishes made from fresh ingredients grown on our own farm or by local producers.

The whole experience lasts around three hours and is perfect for anyone looking for a fine vegetarian dining experience in a small, intimate setting, with the chefs on hand. Maximum capacity is for 20 guests in one evening, depending on the size of your group.

As our dinner guest, you can enjoy an enhanced experience that goes beyond the meal itself. Treat yourself to an overnight stay at our eco retreat, with its wonderful sauna, natural pool, forest trails and opportunities to explore the area around the farm.

Food experiences



Lindeborgs Eco Retreat

As a dinner guest with us, there is the possibility of a greater experience than the meal itself. Stay overnight at our eco retreat, here there is a wonderful sauna, the possibility of swimming in a natural pool, lovely loops for forest walks and much to discover around the farm.

Prices

Menu including wine or non-alcoholic beverage package:
SEK 2 150 per person

Accommodation including
breakfast:
From SEK 1 200 per person

Contact

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