



# Food & Nature in Stockamöller

Memories made through flavour, gathering and the slow rhythm of the Skåne countryside.

## BEHIND HAGARNAS

### Meet Sara

*Chef, host and founder*

From competition stables in Idaho to Michelin kitchens in New York and hospitality school in Switzerland — the road has given me a wide view of what hospitality can be.

At Hagarnas, that experience becomes something simple and grounded: outdoor cooking, local and seasonal produce, and a table shaped by the woods, fields and people around us.

— Sara

## OVERVIEW

### A day in Stockamöller

Hagarnas Event & Catering is based in Skåne, southern Sweden. We create outdoor meals and nature-led gatherings with produce from nearby growers, chosen for flavour and season.

Choose between a lunch format, an evening format, or a full-day experience with a trail picnic and tasting before dinner is prepared together.

Every dish is prepared with care and served in a way that suits the moment — whether it is an intimate table for two or a gathering of friends.

● Format One

## Half Day: Forest Walk & Hands-On Lunch

Morning: arrival and an easy walk through the nearby woods, introducing the landscape, its history and the growers behind the meal.

Midday: back at the dining site, guests prepare lunch together over the embers using local and seasonal produce.

Lunch is served as a relaxed, multi-course meal.

● Format Two

## Half Day: Forest Walk & Hands-On Dinner

Afternoon: arrival and a relaxed walk through the surrounding landscape, with time for stories about the place and the people who farm it.

Evening: back at the dining site, guests prepare dinner together before sitting down to a shared meal.

● Format Three

## Full Day: Forest Walk, Picnic, Tasting & Hands-On Dinner

Morning: a woodland walk that sets the pace for the day and connects guests to the landscape around Hagarnas.

Midday: a forest picnic out on the trail.

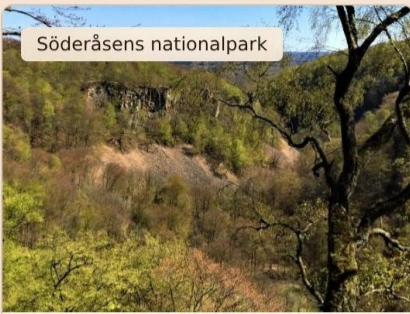
Afternoon: return to the dining site for a guided tasting chosen by the guests and centred on Skåne's food traditions.

Evening: guests prepare dinner together and end the day around a table filled with seasonal dishes.

## OPTIONAL ADD-ONS

# Guided Outdoor Activities

Designed for couples and families, any format can be extended with a guided outdoor activity in place of the woodland walk. Choose one together or let each guest pick their own — gentle, family-friendly options led by local guides.



Söderåsens nationalpark

### Guided Hike

A relaxed family-paced hike in Söderåsens nationalpark through beech woods, ravines and viewpoints. Suitable for children and grandparents alike, led by a local guide who knows every trail.



Kanotcentralen, Stockamöllan

### Canoeing on Rönne å

A calm paddle on the Rönne river with Kanotcentralen in Stockamöllan — perfect for couples sharing a canoe or families with children. Equipment, life vests and a short instruction included.



Söderåsens Turridning, Ljungbyhed

### Horseback Riding

A gentle trail ride with Söderåsens Turridning on Haflinger and North Swedish horses. Beginner-friendly and welcoming for children — the horses are calm and know the way.



## OPTIONAL ADDITIONS

# Stay the Night

Extend the experience with an overnight stay in a furnished canvas tent, pitched in the meadow beside the dining site with its own fire pit just outside.

Inside are proper beds, soft linens and warm lighting. Outside are the woods, the sky and the quiet of the countryside.

Wake up to coffee brewed over the embers and a breakfast basket delivered to your tent in the morning, filled with local and seasonal produce.

## OPTIONAL ADDITIONS

# Culinary Tastings

One or more tastings can be added to any format — short, focused sessions centred on Skåne's food culture. Tell us what you would like to explore, and we will shape the session accordingly.