

Newsletter

December 2015
WINTER ISSUE

TABLEHURST & PLAW HATCH COMMUNITY FARM NEWS

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Tablehurst Sheep

Auke Zirkzee

Today there are around 23 million sheep in the UK. It used to be 44 million but the number has never fallen below 20 million. There are more than 60 native sheep breeds, a breed for every type of land and climate, and much of our landscape is the result of centuries of sheep grazing. The French who remained much closer to the soil talk much about *terroir*, a unique quality to everything that grows on it. This is strongly evident in the French wine market where you have wines from the same variety within the same valley but with their own *terroir*. [*Terroir* is the basis of the French wine appellation d'origine contrôlée (AOC) system, which is a model for wine appellation and regulation in France and around the world]. Our native sheep are just as much a product of our soil as are the Frenchman's grapes or cheeses. (continued on p. 2)



Jara with one of our new arrivals at Tablehurst

Plaw Hatch Cows

Robin Hall

Autumn calving at Plawhatch Farm

The great thing about calving time is going out in the morning and discovering that the Herd has expanded overnight! Every birth is a special event and with a block-calving dairy herd, we have half the herd producing calves over a few weeks. It is an exciting time, and before long, there is a gang of little ones in the barn.

Although we have a Sussex Bull, Winston, we cannot breed Dairy Cows with him. Therefore, we use AI (artificial insemination) with a Dairy Bull, to breed replacement milking cows. It is a principle of Biodynamic Farms that livestock should be self-sustaining, and so we do not buy cows but breed our own. To avoid inbreeding, the Bull has to come from a different herd, but all our cows are born here.

This year we have used a Montbéliarde bull to serve a number of cows through AI. Clearly we are hoping for a few heifers (females) and so far we have had three. These calves will grow



Clover with her calf

up on the farm and by their third year they will join the milking herd. The calving time also brings a welcome increase in milk as production falls during the dry period.

A Year of Fundraising - see page 5

Tablehurst Sheep

Auke Zirkzee
(cont/d from p. 1)

In the last century and a half Britain has developed a sophisticated meat producing system based on double crossbreeding, which we call the sheep pyramid. At the top are pure bred mountain or hill sheep of which there are millions; it's these sheep that Britain's lamb meat production depends on. These sheep are taken to lower grounds with better pastures and mated with a longwool ram such as Cotswold, Lincoln, Leicester or Romney. This produces breeding females which in turn are crossed with Down breeds to produce the butcher's lamb. Examples of Down breeds are Dorset Down, Hampshire Down and Oxford Down although European breeds such as Texel, Charollais and Beltex are frequently used.



Before the meat demand sheep were very much bred and kept for their wool; meat only came available after the sheep would have produced a number of years of wool. Much of Britain's wealth came from the wool industry and it has shaped big parts of the country. It has left us this great image of white woolly sheep grazing our pastures, the result of us breeding these animals for centuries. Britain's sheep are descendants of four different wild types of sheep from Tibet, central and north Asia and Siberia. Most of these sheep would have been hair sheep. In Britain we still have a few direct descendants of their ancestors, the most significant today being the Wiltshire Horn.

Wiltshire Horn belongs to a group of hair sheep that are again becoming important in today's sheep industry. Hair sheep have a more hairy coat and also produce a woolly under layer for the winter. As soon as summer arrives they shed their wool naturally leaving a white short hairy coat. There are many different breeds of hair sheep in the world (approx. 10%), known for their self-shedding abilities and their easy care; they are more resistant to parasites, make the best leather and grow good meat

from just grass without producing excess amounts of fat on the outside of the carcass.

Today it is no secret that farmers are selling their lambs under the cost price and that it costs more to shear a sheep than what the wool is worth; wool demand is declining as are the sheep breeds that are famous for their wool.

Farming sheep has many challenges, including keeping them free from different types of parasites and worms, avoiding flystrike (flies lay eggs in the fleece; these hatch into maggots which burrow in the flesh) and minimising footrot (caused by certain types of anaerobic bacteria). The products used in the modern sheep industry to tackle these problems are not harmless. They include insecticides, anthelmintics and other potentially toxic chemicals in very large quantities.

At Tablehurst we went for a different approach. The result is that we are breeding sheep that belong to Tablehurst, sheep that adapt, need minimal interference, add a lot of importance to the farm organism and provide us with good quality tasty meat for all of us to enjoy; you could say "lamb meat with terroir".

At Tablehurst we went for a different approach. We started using hair breeds such as Wiltshire Horn and Exlana. These sheep varieties are more resistant to parasites and in general don't need worming at all, if kept the right way. When the time comes the ewes shed their wool before the flies hatch and lay their eggs. Their hooves are hard but also wear naturally which means the farmer does not have to interfere often with trimming or shaping. We don't find many problems with foot rot or any other related foot issues. This means we don't use chemicals or other intrusive methods to farm our sheep and we let our sheep adapt to our land and our systems without interfering too much. The result is that we are breeding sheep that belong to Tablehurst, sheep that adapt, need minimal interference, add a lot of importance to the farm organism and provide us with good quality tasty meat for all of us to enjoy; you could say "lamb meat with terroir". From the middle of August onwards you can taste the first results of these hair breeds available in the shop. Because we are still in a transition period we will also be selling bought in lambs from biodynamic Hungry Lane Farm close to Leicester.

To be continued...

Tablehurst Farm Report

Daan de Ridder

Hello everyone,

I'm Daan, farmer at Tablehurst for nearly three years now. I live on the farm together with my partner Maaïke and we are expecting our first child in April. Maaïke is the farm's cook, cooking lunches for everyone working on the farm.

I came to Forest Row to work for Daniel and Karen (Orchard eggs) and lived and worked on the farm for a couple of days a week. Due to David moving more into the office I could take on a fulltime job.

My tasks are all-round farm work with the focus on arable and machinery. I do the arable together with David. In the Spring Report you could read about the seminars we had on soil. This summer and autumn we tried to bring this knowledge into practice. After some adjustments, I think, we are on the right path. Most of our crops have already been sown end of September: beans, oats, wheat, barley and rye. They are coming up nicely and we will keep you informed in the next report. Cont/d on p.6

Wastage?

On Using Things Better at Plaw Hatch

Not all beetroot look the same nor do broccoli heads or carrots. Actually parsnips sometime are dug entwined around each other and in other cases with more than one leg. Does that make them unsuitable? Inedible? One might get that illusion when shopping for food in the super market where all parsnips are the same. However, harvesting these vegetables and thinking of those impressive display makes me think about how much food is wasted in order to create that display. It is mostly the grower who pays for this wastage. This is not new and has been known for a while. People are campaigning to stop this waste.

I am lucky to grow vegetables for a small farm shop where odd looking vegetables are accepted and loved as much as the straight and 'normal' looking ones. There is not much wastage of food on the farm. Most of what grows in the garden and is of good quality is sold. However, there is always the slightly eaten beetroot or the glut of cucumbers and beans which are difficult to sell and sometimes find their way to the compost. (not necessarily waste...)

Now, another way to use these damaged or plentiful veggies is to preserve them for lean times or to eat as a relish and condiment. It has been a passion of mine for a while. These days we made first steps towards being able to use the second class and pre-loved vegetables in other ways which increase the diversity of produce in the shop and will mean that we can enjoy more Plawhatch vegetables in leaner months. Earlier this month, while harvesting beetroot, we kept aside the small ones and others which are unsuitable to sell fresh. On a Monday, Alex who works in the shop, worked for a whole day in the kitchen of the Organic café in Sharpthorne to prepare pickled beetroot which now you can buy in the shop.

Another new experimental product is herbal tea bags. Herbs grown in the garden are picked and dried in our drier. Alice (one of the garden volunteers) packs the herbs into tea bags and labels them beautifully. Some of you may have noticed the occasional appearance of Plawhatch Lemon Verbena tea bags. They are her creation. I hope both

these ideas will develop further to more preserves, herbal teas and spices.

Not only the garden is looking to use farm produce in a better and more diverse way. Gala has done wonders with the sheep by processing the skins and wool and even commissioning the first Plawhatch blankets. I haven't even began to mention the dairy...

Money is not the main driver here, but more the idea of making good use of the produce we grow, waste as little as possible and the satisfaction of finding more ways to bring diverse produce to the community around us.

Nir in the garden

The enthusiasm for this way of thinking is carried into the shop where we take great delight in finding yet another 'good' spot to show off the farm's latest enterprise. Just when you think there's room for no more, a bit of inventive thinking and hey presto another spot is found. None of these items sit there for long as in no time they are in someone's shopping basket

Jenny in the shop



Keep a look out for the Plaw Hatch blankets Nir mentions, coming sometime in the New Year.

Time to Think About Land

John Twyford

The agricultural year has now closed and we have been looking back on it, as one does in November. Our barns are full of straw, our silage stacked up high, and the bins are full of grain. We are particularly proud of the work we have done in the last years to secure and make food for our cows to eat this winter: 100% biodynamic silage. Less satisfying are the 600 bales of conventional straw we have had to procure to bed them down. You do of course know of our ambitions to produce all the biodynamic cereals required to secure our straw.

We would not be able to produce all the silage we need if it were not for 40 ha of land we are farming at Broadwater Farm in North Chailey, which is about 11 miles away from Plaw Hatch shown on this map. I would like to sketch what farming land that far away involves.

In the spring we prepare land for growing crops. From ploughing and muck spreading through to spraying the biodynamic preparations it takes us 10 tractor trips with 9 different pieces of equipment to establish our crops.

We then begin silage making which involves another 4 or 5 trips with 4 different pieces of equipment.

In the summer we return to plough up the oldest grass pastures to get them ready for planting wheat the following autumn or spring. We bank the nitrogen by sowing turnips on the ploughed up grass which the sheep or young stock will be able to eat later in the year. This process takes another 4 trips to North Chailey, followed by 9 trips to harvest and cart grain back to Plaw Hatch.

Con/d on p.6

Report on the 2015 AGM

The 2015 AGM of Tablehurst and Plaw Hatch Community Farm Ltd – The Coop was hosted at Tablehurst Farm on Sept 12, with over 70 attendees including shareholders, friends of the Farms, staff and Committee members. Both farms presented their yearly updates which included exciting new projects, babies being born to families at the farms and updates on work being carried out. The enthusiasm and positive feelings were much in evidence and the farms are going from strength to strength.

The Draft Minutes of the 2015 AGM will be available to shareholders with the Summer Newsletter 2016 for approval in time for the 2016 AGM.

If you wish to know more, have any questions and indeed, if you wish to become a shareholder (and encourage your friends to become shareholders, too), please contact:

Robert Mensinga, Coop Secretary at robert@mensinga.com or alternatively by text to 07785 394195

Tablehurst Housing Appeal Update We're almost half way to building Peter's house!

As many of you will know, the Tablehurst Farm housing appeal was launched last Midsummer with a celebration lunch to mark Peter Brown's 21 years as a farmer at Tablehurst.

Peter's House

The lunch, held in the beautifully-decorated Sheep Barn, was a lovely event, enjoyed by all, and it got the Tablehurst Farm housing appeal off to a great start. One of the main objects of the appeal is to build a house overlooking the pond in the garden of Mill Cottage for Peter Brown to live in, not only to thank him for his years of devoted work on behalf of community-owned biodynamic farming in Forest Row but also to ensure that we can keep his expertise on the farm.

Money

So far, just over £40,000 has been raised towards our total of £100,000. At the moment, designs for the house are being finalised and conversations held with the planning authorities. If all goes smoothly and we reach our target, we plan to begin building in Spring or Summer 2016.

Fundraising events

In the meantime, fundraising continues. The recent Barn Dance was attended by 350 people and raised £2000 for the appeal. Suzanne Hillen and Marc ter Kuile are holding a series of monthly fundraising dinners at their home, "Woodcote" at each of which one of the farmers attends to talk about their work and the farm. You will be very welcome to join Suzanne and Marc's guests. Dates for next year's dinners: 9th January; 20th February; 12th March; - please email Marc ter Kuile at: marcterkuile@gmail.com for further details.

Our Newsletter Editor, Eleana (Elle) Fox is running a series of monthly fermentation workshops at Tablehurst Farm which are proving very popular. All proceeds go to the Tablehurst Housing Appeal. Check the Tablehurst Café for future dates.

Fundraising ideas very welcome!

We would love to hear from you with your fundraising ideas! Whether you can contribute to the Fund or have ideas we could use, we'd be grateful for your feedback.

Please contact Jeremy Smith: jeremyess@yahoo.co.uk

Find out more on the website:

<http://tablehurst.farm/community/fundraising-appeal/>



Biodynamic Style: Woodcote Fundraising Dinners With Suzanne Hillen & Marc ter Kuile New Dates



The picture above is of the grand yet cosy Woodcote dining room where Suzanne and Marc entertain beautifully - and the dining suite has an illustrious history! Would you like to find out which famous bottom has graced the seat you will be sitting on? Then join Suzanne and Marc at one of the dates below. I guarantee you will be wined and dined in great style and help raise funds for the new eco-house at Tablehurst Farm. Rog, my other half, and I have already attended two of the dinners and I can tell you, hand on heart, they are one of the best ways to spend a Saturday evening. Marc and Suzanne are generous and entertaining hosts, Suzanne's cooking is superb and the accompanying wines fabulous! You'll get a 4-course meal, meat or vegetarian, with ingredients sourced from Tablehurst Farm.

Eleana (Elle)

FundRaiser

Details:

Each dinner will have one guest from Tablehurst to talk about a certain aspect of the farm, ten paying guests and your hosts, Suzanne and Marc.

Dates: 9th January 2016

20th February 2016

12th March 2016

Time: 7.00pm for 7.30 – 10.30pm

Place: Woodcote, Park Road, Forest Row, RH18 5BX

Price: £40 per person (or more if you feel like it)

All money will go in the fundraising pot

Dress: Casual

Book: By email to marcterkuile@gmail.com. Please put "Tablehurst Farm Dinner" in the Subject line.

Farm Apprentices - a Vital Part of Farm

and Community Life



Hello! I'm Debi and I am the Garden Apprentice at Plaw Hatch 😊

My time at Tablehurst Farm

Hello, my name is Emma Hams. This summer I am working at Tablehurst in the garden. This is a part of my studies in the Netherlands at the Warmonderhof College, this is a school for biodynamic agriculture. After the summer I am starting my third year.

My time on the farm started in April. In the beginning it was all a bit exciting because of the different language and a lot of new people. But now it feels good and I found out what a wonderful place Tablehurst is. My job in the garden is different every day. That is one of the things that I like about gardening; the work is different every day and during the day. But the job that I do mainly is taking care of the cucumbers, keeping them healthy and harvesting. I also like to work with the flowers, I pick them and make bunches. Sowing is great to do because when you come back after a few days you see how powerful a seed is when it's germinating. I very much like it that the garden is a part of the farm, for me it feels complete. The shop and picnic area are like the center where everything comes together.

Before I came here I had never followed a whole season in a garden. But my summer is going really fast. And I have seen seeds transforming into big plants with beautiful fruits, vegetables and flowers, like the cucumbers. It is giving me a lot of energy. Every day I am curious if the cucumbers are ready for picking and if that tray of broccoli is coming up. I have learned a lot in this garden from three very good gardeners who all have their own specialties. At the end of September my time is over here, but I am very happy with this experience and the time at Tablehurst and I will look back to an instructive, amazing internship.

I started in spring and hit the ground running: sowing, turning beds, planting and harvesting. Then the warmth of summer arrived and harvesting was in full swing. We initiated working longer days with the extras of soft fruit, cucumbers, tomatoes and flowers, together with the relentless task of controlling the weed population. Autumn arrived and we continued onto field crops, harvesting garlic, onions, potatoes and squash. It has been an intense time but a valuable experience.

It is exciting to be here in service of each plant from seed, anticipating their goodies and feeling much gratitude for the life that participates and supports the process. It gives me great satisfaction to then reap the rewards and share them with our customers who appreciate the deliciousness and the health benefits I do.

The land has been looked after well over the years because things grow beautifully. I love my job and my teachers give me something to aspire to and they continue to inspire and support me keeping my passion alive.

My time has mostly been an outward expression. I've loved the long days and warm nights, eating from the source and walking barefoot. I love my contribution to the earth, soil and local community but I'm also enjoying the nights and earth drawing in. The hours are decreasing and I have been allowing myself space and rest, and taking heed of inward work and preparing study. It's a special time attuning to the seasons and a fantastic opportunity doing the biodynamic work-based diploma at Plawhatch. There is a lot of stimulation and contrast to develop from. I believe this is excellent basis for me to continue to create a life of meaning, purpose and sharing.

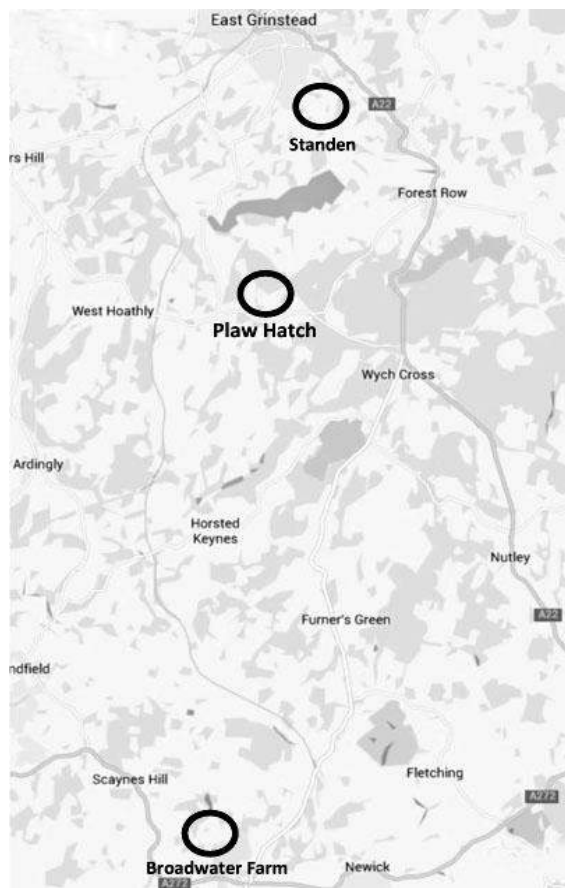
A note on the Biodynamic Apprenticeship

The Biodynamic Work-based learning programme (or more simply known as the apprenticeship) has been running on various farms and gardens around the country (including Tablehurst and Plawhatch) for over 30 years. The programme offers practical learning alongside a BD farmer/grower and theoretical learning in seminars, block courses and one-to-one tutorials. In recent years the training has become recognised as a level 3 diploma. With the increasing demand for local organic/biodynamic produce, there is an increasing demand for professional farmers and growers. Encouragingly, more people are interested in becoming apprentices and learning about Biodynamic growing. These days the training is looking for more farms and gardens to join the scheme. For more information contact Nir Halfon:

halfonwood@gmail.com

Time to Think About Land

continued from p.2



If we are growing winter cereals like rye, spelt or heritage wheats, 7 trips are required in autumn. Finally we make another cut of silage with 4 trips. During the winter, we cart muck back to the farm in North Chailey 20 times, and on the way back we bring back silage for cows.

One round trip is 22 miles and takes just over an hour on a tractor. By the time a year is through we have travelled 1500 miles on tarred roads to North Chailey and back, have burned about 1500 litres of diesel and released the equivalent of 1 ton of carbon. In the same year somebody has sat on a tractor between the farms for about 60 hours. This excludes the same number of trips we make to our land at Standen, 5 miles away in East Grinstead.

I hope this gives you a sense of what goes on behind the scenes. We love the land we work just the same, even if it is so far away. It is a great tribute to Johannes Nilsson our farm manager that all this work is carried out with the greatest efficiency and every trip planned to the last detail. It is a standing joke with the farmers in the area to see Johannes with his electric bicycle mounted on front of the tractor, which he uses to save a journey back when machinery had to left overnight in North Chailey.

It is time, however, for us to start thinking about farming land right around us at Plaw Hatch. Purchasing 100 ha of land seems like a daunting prospect at upwards of £10,000 / ha but long term tenancies may be possible. Farm business tenancies around here start at £250 / ha / year, i.e. the value of government subsidies for organically farmed land. For land that can grow crops a further £100 / ha is required, bringing the total to £350 / ha / year, or £35,000 per year for 100 ha of land. If 150 people in our community committed to pay £20 a month we would be able to acquire a long term lease on land right on our doorstep for 10 years or more and develop it properly for biodynamic agriculture. I think that this is one of the most important things that communities can do to support agriculture: give good farmers security of tenure on the land they need to produce the community's food. If anyone is interested in developing this scheme please contact me, **John Twyford** on jgtwyford@outlook.com



Tablehurst: Pouring concrete for the pig buildings' base

Tablehurst Farm Report continued from p.2

Food for the cows:

We harvested nine hundred bales of silage and some hay. This would be just about enough for the winter as we had some of year's hay left (we need around 1100 bales a year!). We also made a lot of straw bales to bed down in the barns.

Every year the farmers sit down after Christmas to review the past year and to plan the next season. For this year we had a lot on our agenda: excavating our new farm yard, building two new pig barns and building a dedicated area where we could wash our machinery and dump old wood, scrap metal and have a skip. We also completely refurbished the farm kitchen and build an extension to Woodyard Cottage.

Most of you might have noticed the excavations this spring. We had two massive dumper trucks and a big digger on site for about three weeks. We moved about 10,000 cubic metres of soil in total which we would have never been able to do without the big machinery we hired.

It came with some problems as well: the heavy machinery, weighing up to 50 tons, ruined the road up to Emerson which we had to repair. This delayed finishing the new pig buildings which are still being fitted out at the moment.

The whole of October we have poured concrete every week and now brick walls are being built and gates and drinkers are being installed.

So hopefully we can move the pigs into their new houses before Christmas.

For the next year we will finish all the projects and get the farm ready for the open day!

Regards, Daan

COMPOST EXPERIMENTS

Dorothea Leber



Well I thought I knew a lot about composting until recently, when I heard about totally different ways of doing it. It was first in the seminar with Friedrich Wenz at Emerson College. Friedrich Wenz's work is about building humus in the soil; the way he cultivates and uses green manure makes a compost that's very rich in fungi and humic acids.

Friedrich reported that cultivated crops like a balance between Fungi and Bacteria in the soil life. With frequent soil turning the mycelia of the fungi get badly disturbed, with the result that more often than not there are too few fungi in relation to the bacteria in the soil. He also showed with impressive photos that if you have soil life rich in fungi the weeds just don't thrive! Friedrich Wenz also talked about a way of composting. I got myself the book by Walter Witte, who's researched that process and calls it "microbial carbonisation". You take a substance rich in lignin i.e. woodchips, and add something rich in protein, like manure. You build a heap with layers of woodchips and manure, make sure there is enough moisture and in the end cover it either with manure or soil, and really make it air tight, by smearing the manure or soil, so that gases can't leave the heap so easily, and then do NOT cover that heap with anything else.

What happens is that on the surface photosynthesis bacteria will develop. These create an enzyme called lignase, which facilitates the breaking down of the lignin in the wood. You get a compost with about 30% humic acids and rich fungal life, and it's finished in 8-12 weeks!!!

Well I did try this out at my parent's house. I got a front loader of our neighbouring farm's manure and with the woodchips from thinning and pruning our mixed hedge made a heap as described above.

I went to visit again 2 months later. My mum had done a brilliant job in

watering the heap in the extremely dry summer they'd had. When I looked I couldn't believe my eyes. The woodchips, which usually take ages to break down were just lovely dark compost. I spread half of it then, the other half on my recent visit, really beautiful looking stuff and I made a new heap after that method straight away. Now, of course, I'm curious to see how the garden will grow in the next season.

Archaeologists have found that the deep black soil (sometimes 2m deep) which is found in many places around the Amazon, but also in other continents is manmade.

They found in all of these places pieces of earthenware crocks and traces of biochar (plant carbon). It seems that that soil was created through a fermentation process - yet another process than composting. What's similar though is that it works by encouraging multiplying micro organisms.

On that last visit I also came across a book on Terra Preta by Ute Scheub... and that will be my next experiment.

Archaeologists have found that the deep black soil (sometimes 2m deep) which is found in many places around the Amazon, but also in other continents is manmade.

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Terra preta seems to be a lactic fermentation process (like sauerkraut).

It's an anaerobic process at least to begin with, in contrast to compost which is made with the help of aerobic bacteria.

A really important addition is biochar, which according to archaeological findings was made by cooking on a kind of stove, that created that specific kind of charcoal. Biochar stoves can be fired with twigs, straw, etc... (i.e. I want one)!

Biochar has a structure that gives huge living spaces for micro organisms and they, therefore, can multiply and become very prolific. To make terra preta put kitchen scraps, animal waste, leaves, twigs, even cooked food if not too much, mixed with moist biochar 10:1 in an airtight container and press, like sauerkraut, to encourage the lactic fermentation. If one wants to be absolutely certain one can use a liquid with Effective Microorganisms (EM) with it. The anaerobic fermentation should take about 1 month, and the further aerobic process another 3 months, longer in Winter.

The really exciting thing is that in Bavaria there is a project, where Agricultural Consultant Christoph Fisher got 800 Farmers on board to work ecologically with mulch, compost, EM, terra preta and the like. Some farms found that they can make terra preta really easily, by letting their animals do the pressing (just by letting them walk on the muck, straw, and biochar mix) and then found that their crops grew a lot faster and bigger than their neighbours'.

I'm really excited about trying this out myself and also I'm about to make some microbial carbonisation compost here, even though I haven't got a chipper and will need to use larger bits of wood.

I will keep you posted about my findings...

Farm Diary: News & Events

PLAW HATCH



Mid-Winter Market
Old Plaw Hatch Farm

Stalls, fire,
storytelling,
hot food and drinks,
live music and
more...!

Saturday 19 December
10am-4pm

Join us! Become a Coop Shareholder

Our Co-op and farms are currently owned by over 700 individuals. They have each paid £100 for a share in the Co-operative. Join our circle of farm partners:

info@plawhatchfarm.co.uk
or call 01342 810201
tablehurst_farm@talk21.com
or call 01342 823173

MY FAVOURITE SEASONAL BLACKBOARD



New In
FRESHLY GROUND
PLAW HATCH

mid-winter market
SAT. 19th DECEMBER - HERE
10am-4pm

**Organically grown
ELEPHANT GARLIC**
And look out for smoked garlic.

NEW
For the Winter
Season
JAMS AND SYRUPS
LOCALLY MADE FROM PLAW HATCH
APPLES, CHILLIES & ROSEHIPS.

IT'S TIME TO.....
**ORDER YOUR Tablehurst
Christmas Turkey**
£13.85
PICK UP - 23rd & 24th DEC.
ALSO AVAILABLE:
Duck - £13.75
Goose - £14.75

TABLEHURST

- ➔ **Monthly, 10am-4pm KIDS CLUB** Ages: 8-12
To book: tablehurstfarmkids@gmail.com
- ➔ **Sacred Art of Geometry**
regular evening classes at Tablehurst Farm
visit/ sacredartofgeometry.com - call/ 01342 825545
email/ sacredartofgeometry@gmail.com
- ➔ **Monthly, 2-5.30pm Bubbling Health**
A series of Fermenting Foods workshops with Eleana.
Book at the Tablehurst Café. £25 per session. Proceeds go to the Tablehurst Housing Appeal Fund
- ➔ **Sat 26 Sept 7:30 for 8pm
Tablehurst Barn Dance & BBQ**
- ➔ **Natural Beekeeping Trust, Sun Hive courses at Tablehurst** contact Rachel Hanney at Tablehurst Farm Shop for more details

Become a member of the **Biodynamic Association**
help transform our food systems!

www.biodynamic.org.uk
01453 759501

demeter

INSIDE THE EARTH IN WINTER

Out on the land not much is happening above the soil. But inside the soil the earthworms and other soil life are busy preparing the soil for next year's abundant harvest.



A leaf being pulled under by a worm

When you next go on a walk you may notice that the earthworms are pulling the fallen leaves down into the soil. These leaves will in time become the rich dark humus we grow our lovely natural life-giving food.



Wormcast in the grass

This is exactly what the worms do to the cow pats that have been left by our wonderful cows over the summer and also with the compost that we have made throughout the winter. They bring it into the substance called humus: stable organic matter which gives our brilliant soil its dark brown colour.

Johannes Nilsson, Farm Manager
Plaw Hatch Farm