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THE BACK

BRITISH

FARMING

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50 GREAT BRITISH FOOD AND FARMING ENTREPRENEURS TO DISCOVER

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...WITH CHEF RACHEL GREEN

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The Great British Food Edition

Well, the title says it all really. At Countryside, we’re unashamedly proud of British food and the people who produce it.

‘British food’ was something of a source of mockery to our Continental cousins in the 1970s and 80s, but we now enjoy a food culture that’s a world-beater and underpins a frankly staggering four million jobs in the UK economy. From delicious ice cream and cheese to Welsh lamb and rapeseed oil, and my personal favourite, beer and gin – yes, down Britain’s country lanes and highways, a new food and farming revolution is being forged.

It’s doubly fitting this month, as it’s harvest time and Back British Farming Day this year falls on 11 September, so it’s an opportune time to celebrate this success. And, this being Countryside magazine, we’ve decided to celebrate in ambitious style with our regular food columnist Miranda Gore Browne making a very special ‘Back British Farming Day’ cake. If you feel brave enough to take it on, the finest effort will win a very swanky Kenwood food mixer worth £499 – so dust off that mixing bowl, get that apron on, and give it a go!

We’ve also got an epic 10-page tribute to just a fraction of these British food entrepreneurs, across the land, who are at the heart of this food renaissance and providing many of the jobs that power our rural economy. Sadly, I fear, we’ve only just scratched the surface, so, if you believe there’s someone in your neck of the woods that deserves championing, please drop me a line – I’d be delighted to hear from you.

We continue to steer through uncharted waters with the latest Brexit deadline looming on the horizon, so it’s vital that we continue to support one another and buy British whenever possible.

Lastly, this month, it’s a very sad and fond farewell to our longstanding farmer columnist and true gentleman, Trevor Foss. This month is his 150th column for Countryside and we both thought that it’s always good to leave on a high. So, we have a special ‘View from the Farm’ on pages 84-5 with some rural reminiscences, plus Trevor’s hopes for the future of UK farming - and you also get to see a very young Trevor in his short trousers! And on that note, enjoy the edition.

Meet the team

**Andy Cawthray**
Andy looks at all things fowl, with a focus on the Japanese bantam, and advice on how to minimise rats around your coop *(see page 66)*

**Steve and Ann Toon**
Steve and Ann have headed to the Lake District to meet some of Britain’s rarest animals, the characterful Bagot goat *(see pages 100-102)*

**Clare Hunt**
This month Clare gets to grip with the fragrant delights of a suet bath, but all doesn’t quite go according to plan *(see page 83)*

**Lorna Maybery**
If you’re heading to Devon, Lorna’s got the rundown of the best pubs, farm shops and restaurants to visit during your stay *(see pages 13-18)*
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NFU urges orderly EU exit

NFU President Minette Batters has urged new Prime Minister Boris Johnson to strain every sinew in an effort to ensure a smooth exit from the European Union.

Mrs Batters said: “British farming is one of the nation’s most important assets, delivering safe, traceable and affordable food to millions, all while taking care of the beautiful countryside we have such great pride in. It underpins the nation’s largest manufacturing sector, food and drink, contributing more than £120 billion to the economy and employing almost four million people.

“To achieve the best outcome from Brexit, we need to leave the EU in a smooth and orderly way. A deal with the EU is crucial to maintaining free trade with our closest neighbours and largest trading partners, as well as access to people that want to come to the UK to work on farms.”

PM ON THE FARM: Boris Johnson is pictured with poultry farmer Victoria Shervington-Jones on his first visit to Wales as Prime Minister

Gene bank bid for the British Lop

The British Lop, as featured in Countryside last month, has for many years been one of our rarest native pig breeds.

But its future has become a little more secure thanks to a £94,500 donation from the Gerald Fallowes Discretionary Trust in support of the Rare Breeds Survival Trust’s (RBST’s) conservation work. The money will fund cutting-edge genetic work, semen collections from boars and embryo freezing, helping to ensure that populations can be built back up in a sustainable way.

“The aim is to secure the future of the British Lop forever,” said RBST chairman Gail Sprake. “It will enable us to fill our national gene bank for the breed, and also safeguard it against diminishing numbers and potential threats posed by disease outbreak.

“This will be the ultimate genetic insurance policy.”

Eat Game Awards 2019 - let's get the nation voting

The Eat Game Awards are an original and national way of celebrating the innovators, creators and revolutionaries in the wild game world. They bring together the best chefs, farmers’ market stalls, creative producers, restaurants, pubs, butchers and retailers in the country, all nominated and voted for by the general public.

Adam Henson, farmer and rural TV presenter and this year’s Game Awards presenter is a fan: “Farming is my first love, but other rural pursuits run a close second. One of those is the game industry, which provides a sustainable and wild source of really good food for people to enjoy. I think that people are a little afraid of game, because they’re not sure how to get hold of, handle or cook it. Well, the Eat Game Awards are aiming to change all of that.”

Nominations are open now.

● Nominating and voting details can be found at: eatgameawards.co.uk/nomination

Farming is part of climate solution

British farmers are absolutely committed to the challenge of ‘greener’ food. That was the message from NFU President Minette Batters at a recent climate change conference hosted by the NFU and the Sustainable Food Trust. She said: “The industry is pushing itself to become ‘net zero’ on greenhouse gas emissions by 2040. This does not mean downsizing production or exporting our production abroad. Instead, we need to implement a portfolio of methods to improve our efficiency, capture more carbon on farmland, and boost our production of bioenergy and land-based renewables. Effective incentives are going to be vital in each of these areas.”

The NFU recently set 2040 as its target for British farming to reach ‘net zero’ – some ten years ahead of the timescale for all UK sectors set by government advisers, the Committee on Climate Change.
Could you give ‘Ratty’ a helping hand?
One of our most charming species - the water vole - needs your help to make watercourses more conducive to its continued survival.

Wildlife charity the People’s Trust for Endangered Species (PTES) has produced a free guide for landowners, which shows how to make rivers, streams, lakes and ponds more accommodating for the diminutive mammal.

The species, also known as ‘Ratty’ from its appearance in Wind in the Willows, has experienced mixed fortunes in the past 30 years, impacted by habitat loss, climate change and predation by the American mink. The guide offers advice on simple improvements that can create habitat and help to connect colonies across the countryside.

● Find out how you can help at: ptes.org/water-voles

Rural crime is on the rise
The latest rural crime figures from NFU Mutual show an increase of 12% on the previous year. In 2018, rural crime cost the UK nearly £50m.

The report says the sharp rise was driven mainly by the theft of tractors, quad bikes and other farm vehicles.

A 26% rise in claims for stolen farm vehicles, such as tractors and quad-bikes, to £7.4m last year, was behind the overall increase. Animal theft claims rose 3.7% to £2.5m in 2018.

Tim Price, from NFU Mutual, said: “In a single generation, we have seen rural crime change from the opportunist theft of a single lamb, to brazen heists of tractors worth over £100,000 and rustlers stealing hundreds of sheep.”

The predator that can dispatch 50 bees a day...
Gardeners and those out and about in the countryside this summer are being asked to keep their eyes peeled for a non-native insect which can munch through 50 honey bees a day.

The first sighting of an Asian hornet this year came in Hampshire in July, one of 14 confirmed findings in England since 2016. Experts are asking anyone who sees Vespa velutina to report it, using the Asian Hornet Watch app available for iPhone and android.

“By ensuring we are alerted as early as possible, we can take swift action to stamp out the threat to honey bees and other beneficial insects,” said government chief plant officer Nicola Spence. “Please look out and if you think you’ve spotted one, report your sighting.”

Hornet Spotter’s guide
● Dark brown or black velvety body
● Yellow or orange band on fourth segment of abdomen
● Yellow-tipped legs
● Smaller than the native European hornet
● Not active at night
● No more dangerous to humans than a wasp or bee

Will intervention boost the hen harrier?
A project to help save the majestic hen harrier from extinction in the UK has been given the green light by Natural England. Eggs and fledglings will be removed from nests on upland moors this summer and hand-reared, before being transferred to special pens in hen harrier habitat, and finally re-introduced into the wild. Announcing that licensing conditions for the project had been met, the Natural England chairman, Tony Juniper, said: “Conservation and protection of the hen harrier is at the heart of what we are doing in licensing this trial of brood management. This decision takes forward but one element in a far broader recovery strategy for the species.”

Growing through gardening
City schools swept the board in this year’s Royal Horticultural Society School ‘Gardeners of the Year’ contest, winning all three categories.

Now in its eighth year, the nationwide competition celebrates the positive differences gardening can make to young people’s learning, development and wellbeing. Judges said that was clear across the entries.

Individual winner, Edinburgh Academy Junior School’s William Rae, 11, grows everything from rhubarb to radishes, spreading a healthy eating message while cutting down on food miles and the use of plastic.

Meanwhile, Springshallow School in Ealing, London has seen its autistic pupils flower in confidence through gardening. It took the team prize.

‘Mum on a mission’, Michelle Jones, was named Gardening Champion for her work setting up a club which grows food in the grounds of Ashmount Primary in Crouch Hill, London.

● Find out how the NFU is taking farming into the classroom at: farmvention.com
From your region

1 ABERDEENSHIRE

Balmoral ghillie wins Fred Taylor
Despite being a relatively new pairing, Rebecca Cantwell and Highland pony Balmoral Harmony, from The Queen’s Balmoral Estate, have won the seventh annual Fred Taylor Memorial Trophy for Working Hill Ponies, sponsored by London gunmaker John Rigby & Co.

Following a centuries-old tradition, the partnership hauls provisions onto the hills for deer stalks, and removes culled animals. Victory at the Game & Wildlife Conservation Trust Scottish Game Fair bought the estate one of Rigby’s Highland Stalker rifles, engraved with the winning ghillie, pony and estate name, while Rebecca took home a medal – and a bottle of Scotch whisky.

2 TEESIDE

Tees triumph for conservationists
Decades of work to restore wildlife to the Tees Estuary has resulted in the creation of the Teessmouth and Cleveland Coast Site of Special Scientific Interest (SSSI).

Landowners and farmers, port authorities, local councils and the Tees Industry Nature Conservation Association have all worked together to boost habitat crucial for rare birds, seals and invertebrates. More than 3,000 hectares of sand dunes, saltmarshes, grasslands and lagoons will now be protected under one SSSI. Natural England manager Steph Bird-Halton said: “The Tees Estuary shows how sustainable development can go hand-in-hand with environmental enhancement, exemplified by the return of harbour seal to the estuary in the 1980s, and the colonisation by avocet in the 21st century.”

3 CUMBRIA

Victorian viewpoint
An 18th century ‘gravity-defying’ tourist attraction that once drew crowds from across the country has been given a new lease of life thanks to the National Trust.

Approximately nine metres high, and weighing in at 1,250 tonnes, the stone is thought to have fallen from the crags above following the last ice-age, coming to rest at its current improbable angle. A new metal ladder will allow future generations of visitors to stand atop the attraction.

4 YORKSHIRE DALES

Show business for Malham 2019
Malham, the ‘honey pot’ of the Yorkshire Dales, is holding its annual Agricultural and Horticultural Show, on 24 August and is expecting in excess of 3,000 visitors through the gates.

The show this year sees an introduction of a number of different classes of livestock, a produce tent, which gets larger each year, and also offers a Yorkshire Dales food fest for those discerning palates of locally-produced food.

Other attractions include a trial bike display ferret racing and gun dogs.

malhamshow.co.uk

5 SNOWDONIA

Back a beacon for adventurers
A call has gone out from legendary mountaineer Sir Chris Bonington CBE to help save a much-loved Welsh youth hostel.

The future of YHA Snowdon Bryn Gwynant is at risk unless £2 million can be raised. Generations of adventurers, young people, school trips, groups and families have visited the Victorian mansion house and its grounds since it became a hostel in 1959.

“It has played a critical role in making Snowdonia accessible,” said Sir Chris.

6 SHROPSHIRE

Celebrating a scrumptious quarter of a century
One of the UK’s first-ever food festivals celebrates its silver jubilee this September.

And to mark the milestone, Ludlow Food Festival (13-15 September) will host a spectacular line-up of talks, workshops and tastings – as well as showcasing 180 top-quality local food and drink producers from across the Marches. And the ever-popular Sausage and Ale Trails will return once more. 15,000 visitors are expected.

foodfestival.co.uk

7 LONDON

Urban growers’ 21st
More than 2,000 community gardens and 17 city farms will come together for the 21st London Harvest Festival on 28 September.

Held at Woodlands Farm, near Greenwich, there will be prizes for the best cows, horses, donkeys, ducks, and flowers, alongside delicious food and drink and have-a-go activities – all against the backdrop of a stunning 89-acre working farm. This year the event is also part of the 2019 Urban Food Fortnight, which connects restaurants and retailers to produce growers.

The day’s festivities run from 10am to 5pm. You can find out more at:

@LondonHarvestFestival on Facebook or @LDNFarmgarden on Twitter.
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1st-4th
- 28 Aug-1 Sept
  Freedom Festival
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- Aug 31-1 Sept
  The Bee and Pollination Festival
  University of Bristol Botanic Garden
- 1-4 September
  Autumn Fair
  NEC, Birmingham
- 3-8 September
  RHS Garden Wisley
  Flower Show
  Woking, Surrey

5th, 6th, 7th
- 5-8 September
  Land Rover Burghley Horse Trials, Burghley House, Stamford, Lincs
- 6-8 September
  The Victory Show
  Cosby, Leicestershire
- 7 September
  Keighley & District Agricultural Show
  Keighley, West Yorkshire
- 7 September
  Moreton-in-Marsh Show
  Moreton-in-Marsh Showground, Gloucestershire

13th
- 13 September
  Conwy Honey Fair
  Conwy, Wales
- 13-15 September
  International Sheep Dog Trials
  Shandford Farm, Fern, Brechin, Scotland
- 13-15 September
  The Handmade
  The Handmade Festival
  The Green at Hampton Court Palace
- 13-15 September
  Harrogate Autumn Flower Show
  Great Yorkshire Showground, Harrogate
- 13-15 September
  The Cycle Show
  NEC, Birmingham
- 13-15 September
  Sky Safari
  Longleat, Wiltshire
- 13-15 September
  Ludlow Food Festival
  Ludlow, Shropshire

15th-20th
- 14-28 September
  Rye Arts Festival
  Events around Rye, East Sussex
- 19-21 September
  The Glamping Show
  Stoneleigh Park, Warwickshire
- 19 September
  Forest of Arden Agriculture Society Hedging and Ploughing Match
  Heath Farm, Banbury Road, Stratford-upon-Avon, Warwickshire
- 19-22 September
  Blenheim Palace International Horse Trials
  Woodstock, Oxfordshire
- 19-22 September
  Hexham Abbey Festival
  Hexham Abbey, Northumberland

23rd-26th
- 21-27 September
  Sidmouth and East Devon Walking Festival
  Walks around Sidmouth’s Jurassic Coast
- 21-28 September
  Tenby Arts Festival
  Pembrokeshire, South Wales
- 23 September
  The Nidderdale Show
  Bewerley Park, Pateley Bridge
- 25 September
  Cheshire Ploughing Match
  Doddington Park Farm, nr Nantwich, Cheshire
- 26 September
  Newbury Riding for the Disabled Autumn Fair
  Hillfields Farm, Lower Basildon
8th-12th

- 7-8 September
  Dorset County Show
  Dorchester Showground, Dorchester
- 7-8 September
  Malpas Yesteryear Rally
  Hampton, Malpas, Cheshire
- 7-8 September
  Sandringham Game & Country Fair
  Sandringham
- 7-8 September
  Haddenham Steam Rally
  Haddenham, Cambridgeshire
- 7-14 September
  25th Scottish Borders Walking Festival
  Walks across the Scottish Borders
- 9-15 September
  Wellington Walking Festival
  Walks around Shropshire’s Wrekin Forest
- 11-14 September
  St Leger Festival
  Doncaster Racecourse
- 12 September
  Westmorland County Show
  Lane Farm, Kendal, Cumbria
- 12-15 September
  The Good Life Experience
  Hawarden Estate, Hawarden, Flintshire

14th

- 14 September
  Romsey Show
  Broadlands, Romsey, Hampshire
- 14 September
  The Henley Show
  Henley Showground, Hambleden, Bucks
- 14 September
  Kington Show
  Kington, Herefordshire
- 14 September
  Frome Agricultural and Cheese Show
  West Woodlands Showground, Somerset
- 14th September
  Hodder Valley Show
  Slaidburn, Lancashire
- 14-15 September
  Paws in the Park
  Kent Showground, Detling, Kent
- 14-22 September
  Yorkshire Dales Cheese Festival
  Wensleydale Creamery, Hawes, North Yorkshire

21st-22nd

- 21-22 September
  Berkshire County Show
  Newbury Showground, Thatcham, Berks
- 21-22 September
  Abergavenny Food Festival
  Events around Abergavenny
- 21-22 September
  Henry Cecil Open Weekend
  Locations across Newmarket, Suffolk

27th-30th

- 27 Sept - 6 Oct
  Bath Children’s Literature Festival
  Events around Bath
- 27-29 September
  Ross-on-Wye Walking Festival
  Herefordshire
- 28-29 September
  Wiltshire Game and Country Fair
  Bowood House, Wiltshire
- 28-29 September
  Malvern Autumn Show
  Three Counties Showground, Malvern
BASC is the largest shooting and conservation organisation in the UK with a membership of 155,000.

If you’re already a shooter, you should be a member of BASC. See here for more information on BASC membership basc.org.uk/join-basc

If you want to learn more about shooting and how to get started, you should become a member of BASC. See here for more information on BASC training courses and events basc.org.uk/sporting-services.

If you want more ideas on how to cook game, take a look at the Taste of Game website tasteofgame.org.uk

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Eat, walk sleep... North Devon

While North Devon is renowned for its landscape and dramatic cliffs, there’s also much to relish for the palate...

The beautiful county of Devon is filled with delightful coastal villages, sweeping sandy beaches, dramatic moorland and rolling countryside. It also boasts two separate coastlines, each with their own, very different character. It’s difficult to cover the whole county in a single weekend, so I concentrated on the north and east, saving the south coast for another time.

This area of Devon is bursting with foodie delights and people passionate about their produce, from homemade pub pies and scrumptious cream teas to fresh honey and dreamy ice creams. So let’s see what there is to tantalise the tastebuds in North Devon.

Otter Valley Ice Cream and Field Kitchen
What started out as a little summerhouse in 2010 as a diversification project for the Bond family to sell their gelato-style ice cream, has now expanded to a full-blown café and ice cream parlour for Otter Valley Dairy.

The state-of-the-art Field Kitchen is a vision of wood and glass surrounded by the beautiful countryside of the Otter Valley. It opened in 2018, the culmination of years of dreaming, then planning, and the result is a light, airy space with sweeping views across farmland. There’s outside seating too, and you can watch the cows gently grazing while enjoying the delights of the farm’s award-winning ice cream.

The family pride themselves in the fact that their ice cream is made from scratch in small batches using the milk from their own cows, which means they can be creative with their flavours. Salted caramel with chocolate brownie, strawberry and balsamic vinegar, lemon curd, rice pudding and jam - all unusual but tempting, nonetheless. So we indulged in salted caramel and in strawberry and were not disappointed. It didn’t matter that it wasn’t a hot day – we sat beside the café’s picture windows, enjoying backdrop of the Blackdown Hills while café life gently buzzed in the background.

Otter Valley Ice Cream and Field Kitchen, Monkton, Honiton, Devon EX14 9QN
ottervalleydairy.co.uk
Darts Farm Shop

If you arrive here expecting a small quaint little farm shop, then you are in for a surprise – Darts Farm Shop is huge! But that doesn’t take away from the fact that it’s championing its own farm foods as well as those sourced from local farms and businesses. It’s a food-lovers haven with its own master butcher, fishmonger and cider maker, who are all experts in their fields and happy to chat to visitors about their craft.

Originally established by farmer Ronald Dart in the 1970s, it’s now run by Ronald’s three sons, Paul, Michael and James and they have the same passion for food and farming as their father. “We really try to stick with local products as much as we can, from Devon and Cornwall,” says supervisor Shorali Hewitt. “Often the different producers will have tastings so people can try their products. We want people to have an experience here, so when you have been to the shop you can then do one of the walks around the farm and see the animals. Every season there is something to celebrate.”

Darts Farm Shop, Topsham, Exeter, Devon EX3 0QH  
www.dartsfarm.co.uk

Quicke’s Cheese

On arrival at the farm shop at Quicke’s Devon farm, I am met by Stuart Dowle, a former marketing manager for the company and a passionate advocate for great British cheese. Quicke’s specialise in clothbound Cheddar using milk from their own cows which are a mix of breeds including Scandinavian red, Friesian, and Montbeliarde, and not only can you buy their cheese here in the shop, you can also book yourself in for cheese tours. These are led by Stuart and involve a tour of the dairy to watch the cheesemakers at work, a tutored tasting, a tour of Home Farm and finishing at a local pub for lunch.

“The cheeses spend their first four months in the storing shed on wooden racks and every week each cheese has to be taken off the shelf, turned and put back again,” he explains.

“This is done by hand, otherwise the moisture would sink to the bottom, the top would dry and crack, air would go in and cheese would spoil. We sell our mature cheese at 12-14 months, extra mature at 18 months, and vintage at something over two years.

“The earliest that a cheese goes out is three months old and this is a goats’ cheese. Our youngest Cheddar, the Buttery, takes four to five months. We make hard cheeses and do our own version of a Double Gloucester that we call Double Devon and a Red Leicester that we call Devon Red.”

Back at the farm shop I get the chance to taste the cheese and, to be honest, it all tastes lovely, but I think the oak-smoked cheddar and the extra mature top the list, and after seeing the work, love and passion that goes into making the cheese, they tasted all the better.

Quicke’s Farm Shop, Home Farm, Newton St Cyres, Exeter, Devon EX5 5AY  
www.quickees.co.uk

Laura Ashley Tea Room

When in Devon, whether you’re a cream-first then jam or jam followed by cream, enjoying a cream tea is all part of the Devon experience. It feels so decadent to be savouring sweet luxuries mid-afternoon, more so in the gorgeous Laura Ashley Tea Rooms, situated next to the High Bullen Hotel.

This is no cosy little tea room; instead it’s large, light and spacious with a variety of seating options including booths with plush seating and individual tables, modern furnishings (in the signature Laura Ashley style, obviously).

We were treated to a Champagne high tea and when it arrived on an elegant tiered cake holder we were amazed at the amount of food and its beautiful presentation. There was so much gorgeous food accompanied by a glass each of champagne and also your choice of loose leaf tea or coffee that we ended up leaving with a posh doggie bag. A common occurrence, apparently, and it saves waste.

Laura Ashley Tea Room, Chittlehamholt, Umberleigh, North Devon EX37 9HD  
www.highbullen.co.uk/dining/laura-ashley-the-tea-room

Win two places on Academy of Cheese course at Quicke’s

Devon-based cheesemaker, Quicke’s is offering two free tickets, worth £390, on the first ever Academy of Cheese courses to be held on a working farm. The winners will be able to immerse themselves in all things cheese and gain a recognised certification. Open to all, the Academy of Cheese Level 1: Associate one-day course will cover cheesemaking, provenance, terminology and more, including meeting the specially-bred Quicke’s cows, available dates:

- 24 September 2019
- 26 November 2019
- 25 February 2020

To enter, send your full details to: Cheese Competition, Countryside magazine c/o Liz Khalili, NFU HQ, Stoneleigh Park, Warwickshire CV8 2TZ or email liz-khalili@nfu.org.uk. Closing date is 6 September 2019 and for full T&Cs, see p56.
**The Thatch at Croyde**

Friendly and with bucketloads of character and serving great value, locally-sourced food – really what's not to like about The Thatch at Croyde?

Visiting the day after a bank holiday we missed the crazy buzz of holiday crowds and instead enjoyed the more mellow atmosphere of a week day. But that’s the uniqueness of The Thatch – it has multiple personalities, depending on the time of year, week or even day. But it’s never dull and the food is always top notch. We sat indoors for lunch, beneath a high beamed ceiling, but there’s also plenty of great outdoor seating for alfresco diners.

Pub manager Sam Marley pops over to tell us there are specials on the board and I ask him where he sources his food from.

“We try to be as local as possible,” he says, “and that includes the ales as well as the food. The beef is grass-fed on the pastures of Exmoor National Park by the Lerwill family who farm at Combe Martin. We also have Westcountry lamb sourced locally and use Westcountry cheese.”

The pub is famous locally for its nachos, but I was drawn to the steak and ale pie, with its meaty heart covered in gorgeous gravy and topped with a puff pastry lid – simply delicious – while my husband tucked into a surprisingly hot and spicy chilli and my son tackled the freshly battered fish and chips. The portion sizes were generous and there are no pretentions – it’s good, honest pub grub made with quality ingredients that will fill you up.

- The Thatch, 14 Hobb’s Hill, Croyde, Braunton EX33 1LZ
- thethatchcroyde.co.uk

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**Highbullen Hotel**

When you call your restaurant The North Devon View, you have to be pretty confident that it will live up to its name. But on entering the dining area at the Highbullen Golf and Country Club, I realised that, in fact, the name doesn’t do justice to the sweeping vistas that greeted us through panoramic windows, across the Mole Valley and towards Exmoor. This is taking fine dining to another level offering a feast for the eyes as well as the palate.

I took my gaze off the view for a moment to digest the a la carte menu - hand-picked Devon lobster, pressed terrine of Devon ham hock, roasted rack of Exmoor lamb, a trio of John May local 85-day aged beef, roast fillet of locally-reared pork – it’s heartening to see so many choices with local ingredients. Attention to detail and a great combination of flavours means the food is as exceptional as the setting. Throw in a Belgian dark chocolate marquise for desert and you are approaching heavenly.

At least we didn’t have too far to walk to our room, situated in the first floor with elegant décor and individual stylish touches, including a gorgeously carved wooden headboard on the bed and similar breath-taking views across Devon’s glorious countryside. A joyous sight to wake up to in the morning, before returning to the restaurant for a hearty Devon cooked breakfast.

A walk around the gardens gives me a chance to take in the exterior of the hotel with its impressive gothic façade and I’m told it’s a fine example of the architecture that emerged from the Arts and Crafts movement of the time. It certainly looks impressive and fits beautifully with the rolling countryside that surrounds it, 127-acres of which form part of the hotel’s estate, so there’s much to explore.

The hotel also boasts a spa if you want to indulge in a spot of rest and relaxation, and, for the more active visitors, there’s the golf course, tennis courts, a gym, a swimming pool, croquet and miles of country walks on nearby Exmoor or the South West Coastal Path.

The hotel also offers a series of special breaks you can book including, golf, a garden break and a beekeeping experience in conjunction with nearby Quince Honey Farm.

- Highbullen Hotel, Golf and Country Club, Chittlehamholt, Umberleigh, North Devon EX37 9HD
- highbullen.co.uk
Cornish way to an Idyllic Dog Walk

Picking up toxic dog poop to keep the environment clean is good, but carrying a bag of horrendous smelling poop is bad. Dicky Bags are Neoprene portable airtight bins. You can’t smell it, can’t see it, freedom from that bag at last! Lightweight, odour-proof, machine washable and made in Cornwall. Easily carried on any lead with the Karabiner and Velcro wrap. The Dicky Bag, It’s everything you need on your lead.

www.dickybag.com
01637 874 849
**Indicknowle Cider Farm**

For a truly authentic food and farming experience I would recommend Indicknowle Cider Farm, where owners Mark and Sue West stress there’s no airs and graces, just great tasting cider.

We turned into the farmyard and smiled at the sign that declared: “Yes, this is a cider farm. You are in the right place, Please walk around and find someone” – which is what we did.

I popped my head into an outbuilding and Sue appeared. She disappeared momentarily and came back with Mark who was delighted that we wanted to come and look around.

“We have 136 acres with pigs, sheep and cows, a little bit of arable and eight acres of cider apples,” he explains. “We sell our own meat at certain times of the year, but the main thing we do is cider.”

We stop in a large room filled with old barrels – there’s no tasting bar or posh seating, just wooden barrels with taps, clean glasses and a passion for all things cider.

“People can just come along and try whatever they want,” says Mark, whose family has been making cider for five generations. He and Sue have been farming at the intriguingly-titled Indicknowle for 25 years and use the same Victorian equipment and methods used by the family since the 1870s.

They used old varieties of apples such as Sweet Coppin, Browns, Cornish Gilly Flower and Morgans Sweet which are grown as standards rather than the more intensive bush type trees.

“I’ve got six barrels on the go at the moment and each one is different, so it’s case of trying them until you find the one you really like.”

The cider is stored in whisky, rum, port and brandy barrels and each one will infuse the cider with a subtly different flavour.

I try one of their sweetest ciders and I’m no expert, but the delicate balance of sweet and sour went down very well. There are no branded bottles to buy, Mark will fill a plain container with whichever cider you select for you to take home.

“It’s all about the cider, that’s what’s important,” he adds.

- Indicknowle Farm, North Devon EX340PA
- Indicknowle.co.uk

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**Quince Honey Farm**

Things have changed quite dramatically since my last visit to Quince Honey Farm in South Molton. I remember an old building, full of character but not particularly practical for beekeeping, situated in the middle of the village.

Now, Quince Honey Farm has a new home just down the road on 54 acres of land with a fantastic modern visitor’s centre, honey factory and gardens. The 12-acre development within the new site opened its doors in April, offering visitors a full bee experience from seeing the inside of a hive, making wax candles to donning a suit and having a go yourself with a trained beekeeper.

The buildings are all light and airy, wood and glass structures surrounding a newly-planted bee-friendly garden that will fulfil its full potential in a couple of years. Gravel paths wind their way through the gardens allowing visitors to enjoy the sounds and scents of flowers and pollinators working in harmony.

Marketing manager Ruby Mapp explains: “There are daily activities in each building. The bee shed has beekeeping demos and there’s a dedicated education team who will open up a hive and show the inside workings. For an additional fee, visitors can be a beekeeper, get suited up and go into the hives with the beekeeper.

“There’s also a regular tractor tour that goes to see a couple of our local apiaries. In the honey factory lots of story boards explain the journey of the hive to the honey. And our head gardener also does garden tours each day, so there’s a lot going on. Education is really important to us,” Ruby adds. “We have seven people in our education team to teach everyone about the crucial role of bees and pollination. We are very popular with local schools, too.”

The honey farm is still a family business, currently run by Ian Wallace, who took over from his father and his grandfather before that. The farm has 1,500 hives all over North Devon. “We site the bees on farmers’ land, it’s good for farmers and good for us. We move the hives around too, for instance in October we will move hives to the moors for heather for a short time.”

To cap it all, there’s the new restaurant, The Nectar, with panoramic windows looking out over the gardens, with some superb locally-sourced food put together by new head chef Michael Stone, who is looking for innovative ways to incorporate Quince honey into more of the dishes. Altogether a very back-to-nature experience.

- Quince Honey Farm, Aller Cross, South Molton EX36 3RD
- quincehoneyfarm.co.uk
Lynton and the Valley of Rocks

**Difficulty:** Easy - The Coast Path from Lynton to the famous Valley of Rocks is relatively level and has been surfaced with tarmac to make it easier for everyone to use. While the path description is based on starting in Lynton, the walk can be shortened by starting in one of the car parks in the Valley of Rocks, and just doing the loop.

**Start:** Lynton Cliff Railway Station - EX35 6HU

**Finish:** Lynton Cliff Railway Station

**Length:** 2.9 miles (4.7 km)

**Summary:** A classic easy walk along a relatively level section of high cliffs between Lynton and the spectacular Valley of Rocks.

1. From the lift station follow the track out to Lynton’s main street, and then turn left to descend to the church. Although the tower of the St Mary the Virgin Church dates from the 13th Century, most of the rest of the building is Victorian.

2. At the church, turn left down North Walk Hill. At the bottom of the hill, you cross a bridge over the cliff railway and join the South West Coast Path, which follows North Walk to the Valley of Rocks.

   The bridge affords good views over Lynmouth and along the coast to the lighthouse at the end of Foreland Point. The construction just offshore in the bay, resembling a small oil platform, was the world’s first open-sea tidal turbine, generating electricity using the powerful tidal currents of the Bristol Channel.

3. Continuing along North Walk the road turns into a path. Please close the wooden gate behind you, to keep the feral goats from wandering into the town.

   The 11th century Domesday Book recorded 75 goats in the Manor of Lyntonia, and a herd of feral goats roamed the valley until the mid-19th century. Their habit of killing the more valuable sheep by butting them off the cliffs made them unpopular with local farmers, however, and they were culled. Later it was recognised that the goats provided a valuable service by keeping the vegetation and scrub under control, and, at the start of the 20th century, a replacement herd of white goats was brought in. The current herd was introduced in 1976 from the Cheviot Hills in Northumberland.

4. After about half a mile, the craggy tor of Rugged Jack appears on the left. Continuing onwards, the towering mass of Castle Rock comes into view, and soon you enter the Valley of Rocks and the end of the tarmac path.

   It is thought that the dry valley was originally created by the River Lyn flowing through it, before it changed its course to flow down to Lynmouth. As you join the road from the footpath, look out for the White Lady whose shape appears in the cracks between the boulders making up Castle Rock, now on your left. On the opposite side of the valley to Castle Rock is the ‘Devil’s Cheese Ring’, home of the White Lady herself, white witch Mother Meldrum in RD Blackmore’s novel, ‘Lorna Doone’.

5. To return to Lynton, turn left to walk up the road, passing a couple of car parks, a café, public toilets and a picnic area. After going past what must be one of the prettiest locations for a cricket ground anywhere, a tarmac path leads off on the left, signed Lynton and Lynmouth via North Walk.

6. If you follow this path it will take you through a small ‘pass’ between Chimney Rock and Rugged Jack and onto the Coast Path whereupon you can retrace your steps back to Lynton. Alternatively, for a shorter, but less scenic walk, continue following the road which leads directly back to Lynton.

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The South West Coast Path Association

The South West Coast Path Association is a charity that has existed for more than 45 years, looking after the path and protecting it for all to enjoy. Working with their wide network of partners, the Association champions the Coast Path as a place to improve your physical and mental wellbeing, funding key path improvements and community engagement work.

**For more information, please visit:** southwestcoastpath.org.uk
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Celebrating
Great British food and farming entrepreneurs

ASK A PERSON on the Clapham Omnibus to name a famous British industry and they might say banking or the service sector. Possibly the automotive or aeronautical sectors. How many, I wonder, would say food and farming? Which is surprising as each year this truly great British industry contributes some four million jobs and £122bn to the UK economy. And this isn’t just for internal consumption.

Overseas sales of UK food and drink have continued to soar in recent years, with current exports running at record levels of some £22 billion, demonstrating a clear desire for British taste, quality and high standards around the world.

In 2017 alone, the UK sent £85 million worth of cheese to France and the UK’s ‘ginnaissance’ continues apace, with international sales reaching over £500 million.

Harnessing traditional artisan techniques with modern flavours and savvy marketing, these are just some of the entrepreneurs making British food culture the envy of the world.

Two Farmers – crisps

When friends Mark Green and Sean Mason combined their potato growing skills and merchandising knowledge to set up Two Farmers, a brand of crisps, they had no concept of where the journey would take them.

Passionate about their home county of Herefordshire, they were adamant that all their ingredients should be locally-sourced, and that the product should have excellent green credentials too.

“We both had businesses in Herefordshire and have been friends for years, Sean working in the merchandising side of potatoes and myself in growing and processing potatoes and supplying crisp factories, and I thought I should be doing it myself,” says Mark. “I talked to Sean and he was very interested.”

From that point on, they began researching flavours, determined to utilise the best of Herefordshire produce.

Mark explains: “When we first started we wanted to put Herefordshire into as many of the flavours as we could, so we turned to Charles Martell for his Hereford Hop cheese and sourced our salt from Droitwich Salt, just over the border into Worcestershire.

“We have our own pub and make cider for it, so we decided to convert some of that cider into vinegar and see if it would work on the crisps and it did.”

“Flavour was a big learning curve as we knew next to nothing about it,” says Sean. “So, I got in contact with a flavouring company and went to see them and learned a lot as a result.

“But we needed a point of difference and wanted to look at a type of packaging that was beneficial to the end users. After a lot of research, we came across cellulose film, which is plant-based and compostable.

“It took two and half years of trial and error before the film was right and to finally get certified for having a fully compostable packet.”

The production process is all done on site at Mark’s farm, from growing and picking the potatoes through to the crisp making, adding the flavours, and packaging them in the 100% compostable bags.

“Our crisps go to farm shops, delis pubs, farm shops and independent retailers,” says Sean.

Mark adds that production started fully in November last year: “It’s going very well. We didn’t realise how much people would like the fact we are using other small artisan producers. They are really buying into our story, provenance and green credentials.

“It has been an exciting journey and we are so proud of the flavours and the Herefordshire connections.”

• twofarmers.co.uk
**FOOD ENTREPRENEURS**

2 **Colston Bassett Dairy - cheese**
Colston Bassett is the home of award-winning traditional Blue Stilton and Shropshire Blue cheese. It is one of the last remaining hand-ladled Stiltons. Hand-ladling produces an intensely rich and creamy cheese; and the Colston Bassett flavour is deep, lingering and complex to the taste. Established in 1913, even today all their milk comes from cows located less than one-and-a-half miles from the dairy. Colston Bassett cheese can be found at quality specialist cheese shops, delicatessens, and wholesalers across the UK.

- colstonbassetsdairy.co.uk

3 **Mrs Middleton’s - rapeseed oils and sauces**
Mrs Middleton’s award-winning cold-pressed rapeseed oil is produced from the highest quality seed which is grown on the family farm in Bedfordshire. We’ve tried it and we love it! Whether you’re baking, roasting, frying or creating salad dressings and drizzles, it’s the perfect versatile ingredient in any kitchen. High in omega oils and vitamin E, and low in saturated fats, their cold-pressed rapeseed oil is healthy, nutritious and delicious. And if you want something with a bit of a kick to it, we particularly recommend the cold-pressed rapeseed oil with chilli. You can buy online or from a variety of farm shops, delis and farmers’ markets. More details are on the website.

- mrsmiddleton.co.uk

4 **Farmison - butchers**
The folks are Farmison & Co are online butchers with a passion to encourage the nation to eat better meat. They’ve won a slew of awards including Best Independent Retailer 2018 at The Observer Food Monthly Awards and Farm Shop & Deli Awards in both 2017 and 2018. All their prime beef is dry-age matured, with meat cut fresh for your order and not before, for optimum quality. They also aim to pass on a fair price to their farmers, which gets our seal of approval.

- farmison.com

5 **Silent Pool Distillers - gin**
Drawn by a common passion for craft distilling, a group of friends joined forces to create a new kind of distillery, producing handcrafted, artisan spirits with uncompromising quality. In an extraordinary location on the Albury Estate in Surrey, a group of dilapidated farm buildings on the banks of the legendary Silent Pool has been transformed to become the home of the Silent Pool Distillers. They employ a unique four-stage process which allows them to precisely control the quality and flavour of their gins. The resulting spirit is bright and floral with endless depth and complexity, making an award-winning G&T, yet is smooth enough to sip neat. Buy online, at Waitrose, or at farmers’ markets in the south east of England.

- silentpooledistillers.com

6 **Purity Brewery - beer**
A visit to Purity is an absolute joy, not only because their beer tastes flippin’ marvellous, but the sense of a job being done well with care to suppliers, customers and the environment. For example, their spent grain goes to the Longhorn Cattle on the farm as well as to Brewers Goose beer. The spent yeast goes to the local pigs and the used hops are used as fertiliser on the farm and their waste water goes through a natural filtration system. And the beers, from cask to keg, truly hit the spot. Our beer of choice? The UBU. An pure delight.

- puritybrewing.com

7 **Fairburns eggs - eggs**
Go to work on an egg they said, and thousands of Britons do each day thanks to Fairburns eggs. Fairburns is a young family business and the British Lion mark on all their eggs means that they’ve been produced by hens vaccinated against salmonella and that the eggs have been produced to the highest standards of food safety.

They’re also keen supporters of the Woodland Trust. To date, they’ve planted over 7,000 trees to complement existing woodland and help to fund tree planting projects in the UK. Not content with general egg-cellence, they’ve also developed a spectacular pastel blue shelled egg. With a vibrant golden yolk and rich luxurious taste, the egg has been acclaimed the ‘perfect egg’ since achieving a Great Taste Award in 2017.

- fairburnsegs.co.uk

8 **Colwith Farm Distillery - spirits**
Colwith Farm Distillery is founded upon five generations of farming history. The idea to build the Cornwalls first plough to bottle distillery was developed by brothers Steve and Chris in 2010. Producing premium spirits represented the perfect way to add value to the crops produced on Colwith Farm. Every step of the production process is delicately carried out in-house and due to the variety of crops being grown on Colwith Farm, and the complexity of the equipment in the distillery, a plethora of premium spirits can be lovingly crafted from one site. Avel Dor (Cornish for potato) vodka is created from King Edward potatoes and Stafford’s gin is made by infusing a blend of botanicals.

- colwithfarmdistillery.co.uk

9 **Farmyard ales - beer**
Moss Edge Farm, Cockerham, has been in the Holmes Family for five generations with Steven (the sixth generation) deciding a diversification was needed to keep the show on the road - and what better than the burgeoning craft beer market. They’re keen to create a unique high-end product while exploring beer styles from around the world; this includes a range of eight core beers, from a traditional golden ale to ajadged-up IPA (and everything in between). They have a fully licensed Tap Room above the cold store which is open to the public every weekend - cheers to that!

- farmyardales.co.uk
10 Brindle Distillery - spirits
The refreshingly smooth gins from Brindle Distillery are not only award-winning but they also use fresh spring water from the artesian aquifer in the field next to the distillery and natural ingredients that are locally sourced and grown on the farm. Oh, and did we mention their bar, The Cuckoo’s Nest, where you can taste all their award-winning Cuckoo Gins (they also serve beers and wine, which is nice)! Buy online or through stockists listed on their website.

brindledistillery.co.uk

11 Lyburn farm Cheesemakers - cheese
Lyburn farm makes a variety of different handmade cheeses in the New Forest, all of which are made from their own cows’ milk. Their cheeses range from Lyburn gold, a hard cheese similar to a continental Gouda, the creamy buttery texture of Stoney Cross and the nutty magnificence of Old Winchester. They’re stocked at a range of farm shops and delis and often sell direct to the public at local farmers’ markets.

lyburnfarm.co.uk

12 The Hop Shed - beer
From the easy drinking Wybar amber ale to the refreshing Pekin pale ale and the rich floral notes of the Frizzle, this Worcestershire brewery has developed a reputation for great beers. They’re located on Stocks Farm, one of the leading hop growers in the UK, and the majority of hops used are grown and processed literally on the doorstep. So naturally they’re proud to only use British hops. And September, hop picking time, is their favourite time of year – we’ll drink to that! The brewery has a bar at one end, open Fridays 4.30-9pm and Saturdays 2-6pm; there are 3 or 4 beers on draught as well as a couple of local ciders, plus a small selection of wine and soft drinks.

thehopshed.co.uk

13 Corkers Crisps - crisps
At Corkers Crisps, based in the heart of the Cambridgeshire fens, they even have their very own potato - the Naturalo potato - the perfect frying potato and it’s what gives Corkers their unique flavour and crunch. They grow, store, prepare, cook and package on the farm, so you know that everything is done in one place, giving you seriously fresh crunchy crisps. Oh and they can also lay claim to producing the biggest bag of crisps in the world, weighing in at 11.4 tonnes. Now that’s a packet that even we’d probably share.

corkerscrisps.co.uk

14 Napton Water Buffalo - ice cream and meat
After several generations of milking Friesian cows in Napton, the team decided to diversify and bring a novel sight to the English countryside – water buffalo. They butcher the buffalo meat into joints, steaks and burgers. In their own meat room on the farm. They also produce an ever-changing, seasonal selection of buffalo milk ice creams, naturally flavoured, including English strawberry, Belgian chocolate, honey crunch and rum and raisin. They sell direct from the farm and a number of outlets locally.

naptonwaterbuffalo.wordpress.com

15 Fen Farm Dairy - milk and cheese
The Crickmores of Fen Farm Dairy are seriously passionate about all things dairy, particularly milk in its raw state. Their herd of happy Montbeliarde cows graze the beautiful marshlands of the Waveney River Valley in Suffolk and they carefully make their delicious raw milk into the finest cheese and raw cultured butter, on the farm. Their cheese is something of a one-off; the only traditional raw milk Brie-de-Meaux style cheese produced in the UK. In fact, even the French would be jealous, as it’s one of only a handful of its type in the world to be made by the farmer on the farm, and can genuinely be called a true farmhouse Brie.

fenfarmdairy.co.uk

16 Fussells rapeseed oil - rapeseed oils and sauces
Somerset farmer Andy Fussell is passionate about British food, so, in 2005, he set up his own company to turn rapeseed into a variety of vegetable oils, mayonnaises and sauces. It has 10 times the essential fatty acid Omega 3 versus olive oil, a terrific balance of Omegas 3 and 6, half the saturated fat of olive oil, it’s high in monounsaturated fats and is an excellent source of vitamin E. Oh yes, and it cooks to a higher temperature than olive oil, making it a seriously versatile oil choice. They also run a series of tours and classes to spread the good word about rapeseed.

fussellsfinefoods.co.uk

17 White Heron Drinks - cassis
At White Heron they use a technique similar to winemaking in order to perfectly capture the intensity of freshly picked British blackcurrants and produce a deliciously decadent blackcurrant liqueur. Once the blackcurrant juice has fermented naturally with champagne yeast, they blend it with a little vodka to fortify and add sugar to bring out the rich fruity flavour. Under the stewardship of founder Jo Hilditch, British Cassis has become something of an international hit.

whiteherondrinks.co.uk

18 Grahams - dairy products
Milk, cream, cheese and skyr are among the products produced by stalwarts of the Scottish dairy industry, Grahams, the family dairy. They’ve just celebrated their 80th anniversary in the industry, which we think is very much worth recognition! Not one to rest on their laurels, the Grahams have just launched their latest product - Protein 40, a product with 40g of natural protein per bottle designed for the fitness and health markets, and available exclusively at Sainsburys throughout the UK. Their full range of dairy products can also be found in independent shops, delis and farm shops throughout Scotland and nationwide.

grahamsfamilydairy.com

19 Sandford orchards - cider
From the heart of traditional cider country, Sandford Orchards produces a range of session, heritage and contemporary ciders for modern and traditional drinkers. Good cider needs time to develop, say the folk from Sandford Orchards, so every pint from Sandford Orchards is blended from cider matured between six months and three years, to develop the rich, smooth complexity that makes their cider truly special.

sandfordorchards.co.uk
Pinkster Gin - gin

Making a product that stands out from the mainstream is not easy in a crowded market, but when Stephen Marsh discovered a way to use fresh raspberries in his gin, it was a real Eureka moment, especially as he’d been told that it wouldn’t be possible to make a gin using wet fruit.

But, after years of trial and error, and through close collaboration with a local fruit farmer, Pinkster Gin is now a brand to be reckoned with.

Based in an old converted barn dating back to the Civil War, the gin is only made between June and October when fresh raspberries are available.

“The raspberries are grown about 10 miles away,” Stephen explains. “I wanted a local raspberry grower and I discovered a big fruit farm just the other side of Cambridge. The farmer, John Harrold, grows vast quantities of raspberries and mostly supplies supermarkets, but the advantage for him is that, unlike a supermarket, there is no risk of us returning anything; but we are dependent upon the crop.

“I’m interested in flavour and we know we get a good flavour from raspberries from mid-June,” adds Stephen. “We are unusual in that we only make gin seasonally.”

Stephen only began to make gin following an illness that was identified as a problem digesting yeast and sugar. This meant for years that alcohol made him very ill and he had to live on a rather basic and bland diet. When he finally reintroduced foods and alcohol, he found he could drink gin, but none seemed to go with food. “So I set out to find a gin that would satisfy this need.”

Stephen began making the gin in his kitchen and then made use of an old chicken shed in his garden.

“Juniper doesn’t go with much – except game – and it’s a strong botanical. It took about a year and I went through the fruit bowl before I had the Eureka moment and discovered that raspberries took the edge off. I then spent another four years playing around with other botanicals to get the balance between raspberry and juniper and discover what botanicals I needed to support the other two and make it work.

“I soon realised why people don’t work with wet fruit but I persevered and, following conversations with scientists in Cambridge, I worked out how to make it work; this is still a trade a secret.”

Pinkster is now sold throughout the UK in bars, delis and farm shops and is also exported to countries including Australia, Germany, France and Holland.

“Farm shops and delis are really good on provenance, on local things, and we are uniquely placed as a national brand to sit beside local brands.

“We have the farming element and also the byproducts. When we have finished making the gin the raspberries are left over and a lot are turned into gin jam and others into boozy berries to add to drinks and then we also take the liquid the fruit is preserved in and bottle it to make Pinkster Royale.

“This means there’s no waste and the products all look good when placed together in a farm shop. It works extremely well.”

pinkstergin.com
Simply fill out this form and present it to the ticket kiosk at the Midland Game Fair.

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21 Droitwich Salt – salt
Worcestershire farmers, the Kertons, are no strangers to diversification having taken their family dairy business into the world of ice cream several years ago. Droitwich Salt is a significant departure, but one rooted in the history of the area; it’s sourced from one of the oldest and purest brine springs in the world, originally attracting the Romans to the area two millennia ago. The salt is harvested by hand at Churchfields Saltworks where the gentle process of crystallising the natural brine to pure salt is done using renewable energy. While they remain a family business, they hope to become a major player in the wider UK gourmet salt market and firmly position Droitwich Salt as a delicious natural alternative.
● droitwichsalt.com

22 Paddlesworth Produce – meat and produce supplier
Paddlesworth Produce was started by enterprising 27-year-old townie-turned-farmer, Katie Anderson. Originally based on the produce from her own smallholding, the concept has grown to bring together the best of the county’s artisan producers, to create boxes full of tasty Kentish food and drink, for all to enjoy. Crucially, Katie only wanted to sell items that she would be happy to have in her kitchen at home and that meant she wanted to ensure high animal welfare, low environmental impact (including being 100% plastic-free) and no artificial nasties - and has produced the Paddlesworth Produce Promise based on those values. To create their Breakfast Box, Sunday Roast Box and BBQ Box, she works with nine local farmers, three independent butchers, two artisan bakers and more than 15 other small businesses, who are all based within the beautiful county of Kent.
● paddlesworthproduce.co.uk

23 Danns Farm – ice cream
Generations of family dairy farming experience goes into creating the delicious ice cream from Danns Farm, along with milk from their 400-strong herd of pedigree Holstein-Friesian cows and eggs from the free-range chickens. They also use fresh, local ingredients to create a truly Norfolk product. Using their own produce means that their ice cream can go from cow to cone in under an hour. Their ice creams, lollies, and sorbets have won awards and are sold in gastro pubs, restaurants, retail outlets, and tourist attractions across the region.
● dannsfarm.co.uk

24 Wallings ice cream – ice cream
Three generations of the Walling family operate this working farm in rural Lancashire with a diverse range of enterprises. The ice cream and gelato is made using milk, from our herd of cows in the fields across the road, giving it superb provenance. They also produce their own handmade chocolates made on the farm.
● wallings.co.uk

25 Palette and Pasture – gelato
Paul and Rachel Candy are third generation dairy farmers from Frome in Somerset. With their love for quality food, especially of local provenance, Palette and Pasture Somerset Gelato was created in April 2018. Gelato typically contains much less air and more flavouring than other kinds of frozen desserts, giving it a greater density and richness. With a 200-cow Holstein Friesian herd that graze outside on lush pastures as much of the year as possible, a small amount of milk production is used to produce luxury artisan gelato at the farm and the remainder of the milk goes to supply local cheese maker, Barbers.
● palateandpasture.co.uk

26 Dawlicious – ice cream
Dawlicious Ice Cream is made on farm by Claire Daw using the milk from the family’s prized Jersey herd. All of the ice cream has zero food miles, going from cow to tub in a matter of metres and hours. The ice cream is kept as natural as possible using local ingredients, such as strawberries from Cammas Hall in Hatfield Heath. The ice cream is available to purchase from the farm and local outlets and they also cater for events, so you can have ice cream on tap - now there’s a thought!
● dawlicious.co.uk

27 Giebe Farm Foods – gluten-free cereal products
Rebecca Rayner started selling bread at farmers’ markets in and around Cambridgeshire nearly two decades ago. Being constantly asked for bread, free from wheat or gluten, she decided there was a need for a gluten free range of flours. Realising that pure oats were gluten free, the first crop of oats was planted in 2008 from which a range of porridge, muesli and granolas were created... then came gluten free breakfast cereals, porridge oats, granolas, beers, ciders, bread and oat milk drink.
● giebefarmfoods.co.uk
Almond Trees - The English Almond Company

The Almond Trees - The English Almond Company is a growing business. They are passionate about their product, the almond, and have developed a range of almond products. They are committed to using only the best ingredients and to producing high-quality products that are both healthy and delicious. They also work closely with their suppliers to ensure that the almonds are sustainably sourced. The company has a range of products available online and in selected supermarkets. For more information, visit their website: www.almondtrees.co.uk

Food Entrepreneurs

28 Andy Rumming - beef

The Rumming family have been farming cattle on the banks of the Thames at Waterhay near Cirencester, and at Lydiard near Swindon for more than 60 years. They provide the highest possible animal welfare which, together with the grass-fed diet, produce some absolutely mouth-watering beef. Their beef is hung on the bone for three- to four-weeks to give the best flavour and texture, and then expertly butchered locally. Customers then pick up the meat from the farm on their bi- monthly pick up morning or, alternatively, they can arrange delivery by courier for larger boxes outside of the local area.

www.andyrummingsbeef.co.uk

30 Uncle Henry’s - farm shop and butchery

With a delightfully folksy name, Uncle Henry’s is part of a Lincolnshire family farming business, run by the Ward family. They are farmers with a passion for home-reared, local and great tasting produce, manifested in a farm shop, butchery and café which is at the heart of the community. And it serves up seriously scrummy food such as Uncle Henry’s roast loin of pork with apple and cider gravy. The surrounding arable and pig farm is an integral part of Uncle Henry’s and provides customers with a real ‘farm to fork’ experience.

www.unclehenrys.co.uk

31 Packington Free Range - pork and poultry

If you like your pork and poultry, the folks from Packington Free Range produce a richly-flavoured meat with a passion for provenance and sustainable farming. Robert and Alec Mercer are fourth generation farmers and the family have been farming in the heart of rural Staffordshire since 1930. They have a simple philosophy: what’s good for the pigs, chickens and the land will naturally be good for them and better for their customers. They supply butchers and outlets across the country and also do home delivery on a Friday (just in time for the weekend!).

www.packingtonfreerange.co.uk

32 KellyBronze - turkeys

Paul Kelly has a lifelong passion for turkeys, re-establishing the bronze turkey as a staple of our festive plates. His birds free range with lots of exercise and a natural diet of corn, soya and foraging, enhancing their flavour and texture. Even Jamie Oliver is a fan, saying: “KellyBronze turkeys are the best of the best, the most joyful treat. Christmas wouldn’t be Christmas without a KellyBronze turkey.” High praise indeed.

www.kellybronzeco.uk

33 Swannington Farm to Fork - pork

The Mutimer family have been rearing pigs outdoors since 1973 and, in recent years, have developed Swannington Farm-to-Fork into a multi-award winning rural business. The animals are reared to the highest welfare standards and are recognised by schemes such as the RSPCA’s Freedom Food Scheme and the Red Tractor Assurance Scheme. They sell a range of meats such as homemade traditional sausages, quality mince and matured, flavoursome roasting joints. Whole carcasses can also be bought.

www.swanningtonfarmtofork.co.uk

34 Chilly Cow - ice cream

Established in 2014, Chilly Cow produces exceptional artisan ice cream using fresh milk from the family farm. The farm has been in the family for over 40 years and is nestled in the foothills of the Clywdian Range, North Wales. Anna and David farm a herd of Brown Swiss cows, which may not be the most common of breeds in Wales but, with their brown coats and flppy ears, produce delicious milk that’s higher in butterfat than most cows; perfect as they’ve found out, for yummy ice cream! The ice cream is handmade in small batches and each flavour carefully considered, developed and taste tested (they usually have lots of volunteers for that bit!) with flavours including sticky toffee fudge and raspberry Eton mess.

www.chillycow.co.uk
Rosebud Preserves – Preserves and chutneys

From humble beginnings in a small kitchen, Elspeth Biltoft has developed her love of making preserves into a successful business that reflects her passion for the countryside and of her native Yorkshire.

“I was making preserves when I was 15 and I loved gathering wild ingredients,” Elspeth remembers. “I probably didn’t have the understanding of foraging that I do now, but we had a calendar and would start with watercress in January when it’s at its best, and then through the season we’d pick elderflower and end up with berries and mushrooms. I was making fruit jellies, and my mum was making chutneys.”

Elspeth did a degree in dress design and worked for the Bowes Museum before setting up a specialist curtain making business. But the demands of having three children got her looking to do something closer to home and her love of making preserves and chutneys, along with the availability of old barns that would serve as a production base, resulted in her establishing Rosebud Preserves.

Thirty-one years later the business now employs 17 full and part-time people over two premises and Elspeth is as passionate as ever about her recipes and the ingredients that goes into them.

“I started with just a few products: classic marmalade, cucumber pickle, which I still make, a piccalilli, which is not too harsh or vinegary or too sweet, and then standard plum chutney. The catalogue has built to about 60 and we monitor sales so we drop a few products and add a few new ones each year. You start to see a pattern of what people like.

“Our most popular sweet preserve is strawberry jam, which we have been making for 31 years; Seville orange marmalade is close second. On the savoury side we make a standard sweet picante chutney using local Bramley apples which accompanies the Wensleydale Creameries’ most popular cheeses.

“The creamery has helped to make it our most popular chutney. Most of our products are quintessentially English and we are perceived as a traditional British preserve manufacturer.”

Five years ago she stepped back from the kitchen side of the business and took on a professional chef, John Barley, who has developed new ideas and product ranges, but Elspeth, now 69, is still very much involved in the tasting side of things but is also concentrating on roots to market and countryside conservation.

“I have always lived in the countryside and been defined by the countryside. My father was a keen walker, angler and gardener. He had his own garden and an allotment and mum cooked everything he grew. I love to foraging for ingredients, we pick elderflower from the fields behind us by the kilo and make elderflower liquor, which is used in the gooseberry jam.

“Our chutneys are made almost exclusively from fresh produce, from Yorkshire if possible, otherwise from around the UK. We go to Lincolnshire for our onions; the beetroot is grown in Yorkshire, all Bramley apples are from the UK, damsons from Cartmel, quality and plums from Cambridgeshire.

“We use English Conference pears, and fresh honey, provided by three apiaries in Yorkshire.

“Chef John has developed a whole range of new recipes and it has been amazing to have a professional chef on board. I still get to taste and we evaluate new products as a team and sometimes it gets a thumbs down and we try something else.”

Rosebud preserves are sold online and at farm shops and delis around the country and they also have a stand at Borough Market in London, from Tuesday to Saturday, which is managed by two of Elspeth’s daughters who are also running fledgling fashion businesses.

“We get a high proportion of one-off visitors, but a lot of repeat sales too,” says Elspeth. “It’s a high profile place for us to sell, although a lot of our business is online orders.”

The other passion in Elspeth’s life is wildlife and conservation and when she isn’t immersed in the business of preserves and chutneys, she is supporting bee, hedgehog and butterfly conservation

“I’m working with the Wildlife Trust to bring the field next door up to meadow status,” she explains.

“It’s four and a half acres and very weedy. We are getting on top of the creeping thistle and once we get it right we will plant seeds and reinstate the hedgerow. It would be lovely to bring in local schools to look at it and talk about all the wildlife you find there.”

rosebudpreserves.co.uk
The all-terrain scooter that just soldiers on

Mark Newton, ex-Queens Dragoon Guardsman has been awarded the Guinness World Record for “Longest Journey on an Electric Mobility Vehicle”.

Disabled ex-soldier Mark covered over 12,000 miles of UK coastline starting in April 2013 and finishing in November 2014. Mark says his trip went without incident: “I have been delighted by the reliability of the Tramper and grateful to the many kind supporters who allowed me to recharge my batteries each night along the way.” (See our website for the full story.)

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Fuel consumption and CO₂** figures for the Volvo XC60 T5 R-Design FWD Automatic, in MPG (/100km): WLTP Combined 30.1 (9.4) – 34.0 (8.3), NEDC CO₂ emissions 169 – 165g/km. Figures shown are for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results, which will depend upon a number of factors including the accessories fitted (post-registration), variations in weather, driving styles and vehicle load. **There is a new test used for fuel consumption and CO₂ figures. The CO₂ figures shown, however, are based on the outgoing test cycle and will be used to calculate vehicle tax on first registration. Preliminary data. Please contact your retailer for latest information.

*Finance subject to status. Subject to availability at participating retailers only on vehicles ordered between 01/07/2019 and 30/09/2019. At the end of the agreement there are 3 options: (i) Renew: Part exchange the vehicle, (ii) Retain: Pay the Optional Final Payment to own the vehicle or (iii) Return the vehicle. Further charges may be made subject to the condition or mileage of the vehicle. Terms and conditions apply. Applicants must be 18 or over. Guarantor/indemnity may be required. Santander Consumer (UK) PLC trading as Volvo Car Financial Services, RH11 9SR. Retail offer only. Excludes fleet operators and business users.
36 Penrhos Spirits - gin
From the Penrhos dry gin to the copper distilled rhubarb gin, founders Richard Williams and Charles Turner have launched a distillery with the aim of capturing the natural essence of the Herefordshire Marches in an exceptional range of small-batch spirits. With strong farming roots, their spirits use ingredients carefully grown by them or that are local to their distillery, foraged, found or farmed. From the fragrant blossom of their cherries to the uplifting scent of their blueberries, the spirits are evocative of their rural roots with every ingredient carefully selected with reason.

penrhosspirits.co.uk

37 Fiddlers Lancashire Crisps - crisps
Fiddler’s Farm takes huge pride in making original Lancashire Crisps – using potatoes grown on the farm. They’re hand-cooked in their own kitchens and enhanced with traditional Lancashire flavours. Each potato is hand cooked in small batches in pure sunflower oil. They then add the best natural flavours Lancashire can offer – Lancashire Cheese, Elsley’s Malt Vinegar and the delicately spiced Lancashire Sauce – all made by producers who care about taste and tradition every bit as much as they do.

fiddlerslancashirecrisps.co.uk

38 Black Cow Vodka - vodka
Black Cow is the only vodka made entirely from grass-grazed cow’s milk, which results in an exceptionally smooth vodka with a unique creamy character. Their vodka is made at The Black Cow Distillery, located right in the heart of Childhay Manor organic farm, a 13th-century Manor set in the beautiful rolling countryside of West Dorset on the coast of South West England. Black Cow vodka is sold across the country and you can also visit their bar and kitchen for the full Black Cow experience.

blackcow.co.uk

39 E Oldroyd and Sons - fruit and vegetables
The area between Wakefield, Morley and Rothwell is famous for rhubarb among foodies. E Oldroyd & Sons Ltd are producers and packers of high quality fruit and vegetables and have five generations of experience in forced rhubarb production. Each year, tourists from far and wide flock to their farm at Carlton to see rhubarb growing in the dark and being harvested by candlelight. Visits can be arranged throughout Wakefield’s Rhubarb Festival, and group visits can be arranged from January to March. Janet Oldroyd Hulme has become affectionately known by the media as the ‘High Priestess of Rhubarb’, which is quite some title.

yorkshirehubarb.co.uk

40 Cornish Moo - milk
Gemma Smale-Rowland has a lifelong passion for dairy farming. While many receive the keys to a brand new car for their 21st, Gemma received a calf and it was the beginning of her herd. She’s recently installed a specialised milk vending machine, selling bottled milk, at the family farm at North Petherwin, Launceston, with her brand charmingly called ‘Cornish Moo’.

She says: “My cows graze on pastures for as many days throughout the year as the British weather will allow. We believe strongly in high standards of animal health. Every bottle will be ever so slightly different. The cream settles to the top, and each bottle is unique.”

facebook.com/CornishMoo/
Malt the Brewery - beer
This gem of a place is a must for anyone who loves a good ale. Not only can you stand at the bar tasting the beer, thanks to a large window in the bar/shop, you can also look down into the brewery and watch as the magic happens.

The brewery is the combined effort of Nick and Jenny Watson and depending on the time of year, brews about 1,800 litres two to three times a week. There are three core beers, Voyager, Starry Skies and Missenden Pale Ale and three seasonals at any one time. The brewery is open from Tuesday to Saturday and visitors are welcome to drop in for tastings.

● maltthebrewery.co.uk

Wensleydale Creamery - cheese
The Wensleydale Creamery, in Hawes, is home of the famous Yorkshire Wensleydale cheese. The creamery is geared up for visitors, and sees thousands through the door each year who are able to watch the cheesemaking process and taste the many different varieties.

The creamery makes around 4,000 tonnes of cheese in the traditional way each year and the Yorkshire Wensleydale cheese now has European Protected Geographical Indication, which means no other cheese can call itself Yorkshire Wensleydale. For the visitor, there is plenty to see and do, including a new interactive family experience which includes a visit to the viewing gallery and a tour of the museum. Then, having seen how it’s made, you can go to the tasting room where there are dozens of cheeses awaiting your tastebuds.

● wensleydale.co.uk

Farrington Oils - oil
Run by Duncan Farrington and his wife, Eilidh, Farrington Oils is a farm diversification that drew on Duncan’s research into rapeseed oil for his university degree. It fired up his passion for the culinary seed and he launched Farrington’s Yellow Mellow in 2005 as one of Britain’s first ‘seed to bottle’ cold pressed rapeseed oils. His mother helped to bottle the oil and he would drive around the local village shops gaining customers, while Eilidh developed a range of salad dressings and mayonnaises to complement the selection of oils.

Farringtons can now be found in many of the major supermarkets, but Duncan maintains that attention to detail and quality ingredients still go into every bottle.

● farrington-oils.co.uk

Hootons Homegrown - fresh produce
Hootons boast that on their family farm they work in food miles not miles. They grow their own fruit and vegetables and rear their own livestock and everything is carefully handpicked, butchered and prepared on site. Any extra produce is then sold in their farm shop and café so nothing goes to waste.

The farm is run by Michael and Rosalind Hooton and their three sons Andrew, James and Simon. The farm shop was opened in 1998 and then a pick-your-own field was established in Menal Bridge.

The family now have three farm shops where you can buy fresh food, tasty homemade pies, cakes jams and chutneys, knowing it has all come from just down the road.

● hootonshomegrown.co.uk

Astley Vineyard - wine
Like most vineyards in the UK, Astley Vineyard enjoyed a bumper harvest last year, in only the second year of ownership by the Haywood family.

It’s a gamble that has paid off for accountants Tim and Beya, who were looking for a new challenge that would take them away from London and enable them to work around Stourport, where they have lived for the past 25 years.

The vineyard is one of the oldest in the country, with vines growing continuously for more than 50 years. “We are one of the only vineyards to grow the kerner grape commercially in the UK, and we also have Madeleine Angevine, Bacchus and Siegerrebe.”

Astley’s produces still white wines, with an occasional sparkling kerner if there are enough vines. And it’s a real family affair as son Christopher and his wife Matieena run the sales side of the business, while daughter Daisy, a landscape architect, manages the woodlands, which are important for the visitor experience.

● astlevineyard.co.uk

The Pie House at Cinderhill Farm - pies
Cinderhill Farm is home to Neil and Deborah Flint and their herd of British Saddleback pigs. In 2013, Deborah had a small professional kitchen built on site so she could develop a range of gourmet pies and sausage rolls.

Her signature products include The Foggy, a type of pasty, the Original Cinderhouse Sausage Roll of Exceeding Enormity, which is made with real meat joints and is low in fat, and the Forest Ridgeback wild boar sausage roll. Selling them in local shops and delis, they very quickly grew in popularity and now they’re made by the thousands and sold at the M5 Gloucester Services, as well as through mail order and online.

● cinderhillfarm.com

White Castle Vineyard - wine
White Castle Vineyard is run by Robb and Nicola Merchant, who produce award-winning wines, some of which are red wines, much to the surprise of almost everyone who visits.

“We get a different climate here, even to nearby Abergavenny,” says Robb, “and we have a reputation for red wines, which is more unusual. We have six varieties, on one side of the vineyard are the whites and the other is all reds: Pinot Noir Precoce, Regent, Rondo, Seyval Blanc, Siegerrebe, and Phoenix.”

Robb is passionate about his vines and loves educating people about the quality of Welsh wines, especially his reds. He runs tours of the vineyards from Fridays to Sundays and Bank Holidays and his enthusiasm for his vines shines through as he talks through the wine-making process.

● whitecastlevineyard.com
Cote Hill – cheese

Cote Hill attribute contented cows and a lot of skill and expertise to the quality of its cheese. Milk is taken straight from the cows into the cheese rooms to be hand-crafted into the award-winning Cote Hill Cheeses. They say that by not pasteurising the milk it allows the full complex flavour of the milk to be part of the finished cheeses.

You can have Cote Hill cheese delivered to the door; it’s just a matter of choosing your favourite. Is it the Cote Hill Blue which received a Great Taste award in 2018? Or perhaps you would prefer the Cote Hill Yellow with its lovely buttery texture? Or the Cote Hill Red, a semi-hard cheese that’s matured for four months?

Maybe try them all – just order online or drop into The Cheese Shed on-site.

- cotehill.com

Cheviot Brewery - beer

Cheviot Brewery is run by three friends with a passion for beer who decided to have a go at their own microbrewery in Cornhill-on-Tweed, Northumberland.

“Two years ago I decided I wanted a career change,” says Peter Nash, “and Jonathan Hodgeson was passionate about beer, so we came up with the idea of setting up a microbrewery.”

The third partner in the business, Neil Baker, designed the labels for the beer, inspired by the picturesque Cheviot Hills that form the backdrop to the region. Names include The Schil, which offers some of the best views in the Cheviots, and Black Hag, an imposing peak popular with hikers.

There are five beers available at the moment from a pale IPA, a standard bitter, an oatmeal stout to a strong full-bodied blonde. “We can do around 2,000 litres per brew and use UK hops in all but one of the beers,” adds Peter.

- cheviotbrewery.co.uk

50 Kibworth food community

A group of food entrepreneurs in rural Leicestershire have joined forces to put together a series of pop-up events to sell directly to the public and promote fresh, local produce.

The first event in June, held at the Vickers family farm and home to Bridge 67 in Smeeton Westerby, was a resounding success, with more than 400 people coming along to try, taste and buy a range of locally-made and produced food from cakes and chutneys to cider and milk. The next event is planned for 21 September at the same site.

“At the first event we had a marquee with chillers where we were selling fresh beef and lamb,” says owner of Bridge 67, Jill Vickers. “And then we had the producers’ paddock in the field and a steady stream of people came in and wandered around. As a nation we need to change the way we shop and, as farmers, we need to show people what we are doing.

- The next pop-up event is on 21 September at Bridge 67, Binleys Bridge Farm, Debdale Lane, Smeeton Westerby, Leicester LE8 0QD

Jill Vickers
Bridge 67

“I set up a cookery school on our farm 15 years ago. I have now moved the business more towards the corporate market. Three or four years ago we decided what we do best on the farm is beef and lamb and decided to start selling it directly from the farm.

“I bought a chiller and was able to showcase our beef and lamb at the pop-up event and was thrilled with the response.”

- bridge67.co.uk

Sarah Barbour and Janet Pearson
Oven and Hob

“We started in November last year selling mince pies for Christmas and focusing on sweet treats from cakes and puddings to desserts,” says Sarah, who runs Oven and Hob with her mum, Janet.

“We love meeting people and learning about what sells and are looking forward to our next pop-up event.”

- facebook.com/pg/ovenandhob/posts

Caroline Barbour
Kingarth Farm Dairy

“We are dairy farmers in Burton Overy. We started selling some of our milk directly to consumers three years ago. We sell whole milk, semi-skimmed and also double cream. We now have a shop called The Old Milk Shop. Our milk is fresh every day and it hasn’t travelled anywhere – six metres from our parlour to where we sell it.”

- burtonoverypc.org.uk/
kingarth-farm-dairy.html

Chris Baker
Simply Cider

“I had my first apple harvest in 2017. We hand pick, press, mill, and blend all the apples into juice, put them into big tanks and leave them for six months as they ferment. It’s real cider not filtered or pasteurised, its done in the most simple and traditional way, hence the name. The pop-up event was my first selling directly to the public.”

- facebook.com/simplycider

Claire Coppin
Carma’s Bar

I started my mobile bar business in May with my partner James. We bought an old horse trailer and it’s taken about a year to convert it.

“I make sure I stock locally-made drinks as much as possible – Langton ales, Two Birds gin in Market Harborough and Warners Gin in Harrington, along with Belvoir fruit farms cordials.”

- facebook.com/Carmas-Bar

Liz Vickers
Farm Pantry

“I have always made home preserves because they taste so much better. It’s quite time-consuming but its great using whatever is in season, fruit and vegetables and hedgerow crops. I like to forage for ingredients. Everything is made from scratch by hand. It’s been lovely to see people’s faces at the pop-up event as they taste the chutneys and really enjoy them!”

- facebook.com/
Great British Food
with Miranda Gore Browne

AS WE STOOD with a huddle of excited children and watched our friend’s combine harvester hug the edge of the field; steadfastly and with immense power, it carried out its task of bringing in the crops.

The trailers were filled with unwavering determination and, one after another, the tractors hauled their precious cargo away, heading out of the gate to the grain co-operative a few miles away to unload their contents. A carefully organised team, diligently working, not stopping until “all is safely gathered in”.

The tradition of celebrating harvest with festivals at church and in school has always been a way of reminding everyone in the community of the role of farmers in providing our food. It’s also important we show our support by buying as much British-grown produce as we can, taking the time in our weekly shop to look at the labels on our food, to buy meat or fruit or veg that’s marked as coming from local farms; to look out for the Red Tractor mark.

I have had many an inquisitive look in our supermarket as I have sorted through vegetables from Peru in order to find Sussex grown instead (we live in the heart of a farming community, after all). As customers look to ditch plastic packaging and are challenging supermarkets at the till-point by leaving behind unnecessary wrapping, we must also be decisive with our choices, buy wisely, and support farmers with what we choose to put in our trolley or basket.

“
I have sorted through vegetables from Peru in order to find Sussex grown instead.

What’s for lunch?
Although September might feel like it’s about endings and summer is almost over, it’s also about new starts, new terms, whether that be at a new school, a new class, or just going back to work.

I try hard to hold onto that holiday feeling and not let go! I refuse to feel sad that the school holidays have ended, that our holidays have been packed away, the sand shaken out of shoes, the swimsuits hung to dry and the time together we have enjoyed consigned to photos and memories.

My challenge is to blend our return to routine with adventures and fun. One of the things I love to do is to try to recreate holiday recipes at home, flavours we have loved, pastries we have nibbled over and over again and tastes that remind us of carefree days, and to combine these with the abundant produce available locally in September.

I hope you will enjoy making some of my holiday-inspired recipes (see page 37). They’re simple to make and perfect for everyone’s lunch boxes so a homemade parcel of the taste of the holidays can fill your lunchtime at work or school!

If you need more inspirations, above are tips on how to make your lunch box more interesting.
Top lunch box tips

1. Make one recipe on a Sunday and slice or portion this up ready for the week ahead – both the tortilla and the Greek pasties are brilliant for this (see recipes on page 37). Or, if you are even more organised than me, bake a bigger batch and freeze so you have a good stockpile in the freezer.

2. Be creative with leftovers, chop roast chicken and add to quinoa, couscous or rice. Be experimental and make your own tubs of homemade hummus and dips from broad beans or beetroot.

3. Be environmentally aware – use beeswax wraps, bamboo or wooden cutlery and Bento boxes to avoid unnecessary cling film and foil wrap.

4. Put in handfuls of peas in their pods, chopped raw vegetables and fruits.

5. Make pudding or yogurt tubs - perfect for breakfast or lunch on the go and far cheaper than buying them en-route. Layer yogurt, granola, seeds and honey and spoon into little pots with lots of berries. Leave them ready in the fridge to grab and go.

6. Make your own energy balls. Melt 70% cocoa chocolate or cacao with a little sunflower spread and stir in nuts, seeds, desiccated coconut and finely chopped or whizzed dried fruits. Use an ice cream scoop to spoon onto a lined baking tray and pop into the fridge to set.

7. If you have time, put in a little note for the recipient of the lunchbox to find as a surprise when they open it up. A note to say good luck or that you have remembered an exam or something important that’s happening in their day. Maybe they will surprise you when it’s their turn to make yours!

Simply Great Taste...

Looking back, I think I have always had a fascination with taste, with how people enjoy food and experience it differently. I was a fussy child, but perhaps my sensitivity helped, made me read taste more effectively.

One of the reasons I love baking is because, for me, it has always seemed a much more emotional way to cook: a way of conveying feelings through food, of showing you care.

For the past two years, I have been delighted to have been a judge at the finals of The Great Taste Awards, a prestigious panel that I am humbled to be part of. The knowledge about food that hums around the tables is awe-inspiring. As we taste, we discuss the tiniest of details, are fascinated by the stories one tiny mouthful can generate and start planning recipes or things we might make. Look out for those Great Taste stickers and don’t forget to pop them in your food shop as well. There are plenty of great farm products that have been awarded three stars in this year’s Great Taste Award, including:

- Lincolnshire Haslet - Redhill Farm Free Range Pork, Gainsborough, Lincolnshire
- Apple and Cinnamon Syrup - Melbury Farm, Somerton, Somerset
- Beauvale - Cropwell Bishop Creamery, Cropwell Bishop, Nottinghamshire
- Special Reserve - Worley’s Cider, Shepton Mallet, Somerset
- Beef and ale pie - Waterperry Farm Shop, Waterperry, Oxfordshire

What’s growing...

A boisterous climbing squash knows no boundaries in our raised beds. Impatiently rushing from seeds to tiny plants, a few nights of rain have seen it grow beyond belief. One day it’s casually tumbling out of its own bed, the next it has sent out long runners, which, in cheeky Mr Tickle style, have crept across the gravel path and into the neighbouring beds with no respect for invitation or the current residents. I just hope its determination and growing power will convert into lots of tasty produce we can use in the kitchen.

After a brutal cut back in June, our rhubarb has shot out fresh stalks and is again a regular addition to cakes and bakes, chopped in raw, it couldn’t be easier to add to biscuit and cake mixture. From kitchen garden to oven in less than 10 minutes.

Our Bramley apple tree is heavy with fruit; it’s a compact low tree and the easiest to pick from and for little people to climb. We have four established apple trees and every year I try my hardest to use lots of the fruit (I never do). After an inspirational visit to The Newt in Somerset and their incredible state-of-the-art cider rooms, I’m motivated to try my hand at juicing and pressing, and perhaps even cider making too. I am still a little giddy from the tickle of their cyder champagne.

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Spicy potato and chorizo tortilla

The taste of holidays abroad, of sunny, lazy lunches at gingham-clothed tables in the shade. Simple ingredients thrown together and perhaps jazzed up with some leftovers. This recipe is a great standby for packed lunches and will happily sit in the fridge for a few days, ready to be popped into your lunch box as you dash out of the house.

Ingredients

1 red onion, thinly sliced  
500g waxy potatoes (I used British Anya potatoes from Norfolk) thinly sliced  
100g chorizo (thinly sliced)  
6-8 eggs  
Salt and pepper  
Fresh herbs

Method

• Slice the onion thinly and put it into a frying pan with some olive oil. Cook until starting to caromelise.
• Break the eggs into a large bowl, beat together well and season with salt and pepper.
• Remove the onions from the heat and put in a bowl to cool.
• Slice the chorizo and cook in the frying pan, put in a bowl to cool.
• Slice the potatoes (I don’t peel them but you can, if you prefer), put them into the frying pan and cook on a medium heat, stirring regularly for about 15 mins or until cooked through. Waxy potatoes will hold their shape, other varieties may crumble or break up, but don’t worry if this happens.
• Once the onion is cooled, stir this into the egg mixture.
• Remove the potatoes from the heat and put them into a bowl to cool. After about five minutes, add them to the egg and onion mixture.
• Leave the egg mixture to stand for at least 20 minutes.
• Heat up your frying pan, add a tablespoon of olive oil, pour in the egg mixture and sprinkle the chorizo on top.
• Cook for about 15 minutes on the hob.
• Once the tortilla starts to set and is almost cooked but still a little runny on top, find a large plate and invert the tortilla onto it. Then carefully slide the tortilla back into the pan, runny side down to finish cooking.
• Chop a few fresh herbs on top, some freshly ground pepper and a drizzle of olive oil.
• Serve warm with salad or leave to cool, cut into wedges and have ready in the fridge for packed lunches.

Lamb, mint, courgette and feta parcels

Some of my favourite flavours are bundled together in these delicious pastry parcels. Inspired by the picnics we bought from little bakeries we found when we ran away to the Greek islands a few years ago. Lovely to grab for a snack, to pack for lunch or to make for a party. Try to find a locally-produced feta-style cheese or crumbly goat’s cheese if you can.

Ingredients

1 tbsp of olive oil  
Half a red onion, finely chopped  
180g Red Tractor assured lamb mince  
A pinch of dried chilli flakes  
100g feta-style cheese  
200g courgette, chopped into small pieces  
80g peas  
½ tsp fresh thyme  
A pinch of cinnamon  
½ tsp orange zest  
A pinch of dried mint  
Salt and pepper  
2 tbsp of tomato puree or sundried tomato paste  
2 sheets of roll-out puff pastry  
1 tbsp of poppy seeds  
A little beaten egg to brush the pastry

Makes 12

Method

• Put the oil into a frying pan with the onion and cook until softened.
• Add the mince and brown, then add the courgettes, peas, zest, chilli flakes and the herbs and spices and salt and pepper.
• Cook for about five minutes then add the tomato puree. Stir in and continue to cook.
• Remove from the heat and crumble in the feta-style cheese, then leave to cool while you get the pastry ready.
• Preheat the oven to 200 degrees.
• By all means make your own pastry but ready-rolled puff pastry works a treat with these and makes them much quicker to make!
• Unroll the pastry and sprinkle the poppy seeds on top. Press a piece of baking paper on top and then flip so the poppy seeds are underneath.
• Use a pastry cutter or pizza cutter (or sharp knife) to cut each sheet into six squares or oblongs.
• Spoon the filling onto one half of each pastry square. Wet the edges of one side with some water on your finger, fold together and press to seal with a fork.
• Brush generously with beaten egg and put in the preheated oven to bake for about 20 minutes, or until they look flaky and golden.
**The Back British Farming cake**

**Ingredients**

For the cake:
- 600g unsalted butter
- 600g British Silver Spoon caster sugar
- 12 eggs, lightly beaten
- 600g self-raising flour
- 3 tsp of baking powder
- Blue and red colour gel paste (I used Squires Kitchen Professional Paste Food Colour)
- 3 tbsp of thick plain yogurt
- 2 tsp of vanilla bean paste

For the buttercream:
- 500g unsalted butter
- 1.6kg of icing sugar
- 160ml semi-skimmed milk
- 2 tsp of vanilla bean paste

To decorate:
- British strawberries,
- blueberries,
- raspberries or any other seasonal berries and fruits

**Equipment:**
- 6 x 7-inch sandwich cake tins, lined with non-stick baking paper
- 2 x wooden skewers or cake dowels

**Method**

- Preheat oven to 180°C/350°F/ Gas mark 4.
- Cream/whisk the (softened) butter, sugar and vanilla bean paste until light and fluffy.
- Add the eggs a little at a time, beating/whisking well after each addition and checking they are fully incorporated before adding more to the mixture.
- Sift the flour and baking powder into a large bowl.
- On the lowest speed mixer setting or with a metal spoon, fold the dry ingredients into the cake mixture, adding a little at a time.
- Divide the mixture equally between three bowls - add a different colouring paste to each with a cocktail stick, a little at a time, until a good colour is achieved, and a tablespoon of yogurt to each bowl and mix gently with a spatula to combine.
- Line the tins and scrape the mixture into them, smoothing gently.
- If you only have two tins, then bake two cakes and remove from their tins to cool on a baking rack. Run the tins under cold water and re-line with fresh baking parchment before using to bake the remaining cakes.
- Bake the cakes in the middle of a preheated oven for approximately 20 to 25 minutes or until springy to touch.
- Leave the cakes to settle in their tins for about 10 minutes before carefully removing them from their tins and putting them to cool on a wire rack.
- The cakes will look golden on top; don’t worry, the colour will be revealed when you cut them.
- If the cakes are not completely flat, you may wish to level the tops a little so the layers stack neatly – wait until they have completely cooled before doing this.

**To make the buttercream:**

- Soften the butter then put it in a mixing bowl with half of the icing sugar, the vanilla extract and the milk.
- Beat very firmly – ideally with a hand mixer or in a stand mixer – or with a hand balloon whisk, then add the remaining icing sugar. You may need to make it in two batches.
- Beat for 2 to 3 minutes (longer if doing by hand) until the mixture is smooth, creamy and quite fluffy.
- Once the cakes are completely cold, stick the bottom cake to the cake board or plate with a dollop of buttercream. Put a layer of buttercream on top, level a little and then place on the next cake and keep layering until all cakes are stacked together. Keep checking the individual cakes sit as flat as possible as you build up the cake. It’s worth pushing a couple of long wooden skewers or cake dowels from the top of the cake to the bottom to give a bit of stability.
- If you prefer a more traditional Victoria sponge, add a layer of jam after the buttercream (I omitted this as we wanted the red, white and blue layers to sing out!)
- Chill or leave the cake to stand to firm up a little before spreading a thin layer of buttercream over the top and sides of the cake, scraping off any excess. This is your crumb coat.
- Chill or leave to stand for about an hour before adding the final layer of buttercream.
- Decorate with berries and edible flowers.
- I made a tiny strip of union jack bunting using flags cut from a flag design ribbon, cotton thread and stripy straws.
- Don’t forget to take out the skewers or dowels when you cut the cake!
Win a Kenwood Chef Elite worth £499

To help you cook up a storm in the kitchen, *Countryside* has joined forces with Kenwood to offer one lucky reader the chance to win this fantastic Kenwood Chef Elite KVC5100S food mixer. Surprise and delight family and friends with great tasting food, whether you’re experimenting with a brand new recipe, or cooking an authentic dish tried and tested by generations.

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- Find out more at: kenwoodworld.com

To win this amazing prize we would like you to bake the showstopping Back British Farming cake that Miranda Gore Browne has designed for our front cover. The recipe is on the left and once you have baked it, take a photograph of yourself with the cake and send it to us.

Alternatively, perhaps you have your own idea for a Back British farming showstopper? If so, bake it and send us a picture of yourself with the cake and a brief recipe description. We will then ask Miranda to judge the photos and pick out the winner, who will receive this splendid Kenwood Chef Elite food mixer.

Email your pictures to lorna.maybery@nfu.org.uk or post them to: Lorna Maybery, Countryside magazine, NFU HQ, Stoneleigh Park, Warwickshire CV8 2TZ.

Closing date is 12 September 2019 and full terms and conditions can be found on page 56.
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Early September is ‘Love Lamb Week’, a chance to enjoy one of Britain’s favourite meats and support our sheep farmers

Shoppers are being urged to look out for British lamb in September, as the annual celebration of ‘Love Lamb Week’ gets underway from 1 to 7 September.

This year’s champion of the week is 24-year-old Coventry-based sheep farmer, Charlie Beaty (pictured below). She says: “Lamb has a taste unlike any other meat and that’s what makes it perfect for a variety of dishes, from curries through to a slow cooked roast. We produce our sheep on permanent pasture, which helps to absorb carbon from the atmosphere and produces quality feed to give our lamb its delicious flavour.”

Find out more at: ahdb.org.uk/lovelambweek

Indian Spiced Lamb Burger

Serves 4
Preparation time: 15 mins, plus chilling time
Cooking time: 12–16 mins

Ingredients:
For the burgers:
500g British lamb mince
2 garlic cloves, peeled and finely chopped
1 x 2.5cm piece fresh root ginger, peeled and finely chopped
1-2 small green chillies, deseeded and finely chopped
2 teaspoons ground cumin
3 tablespoons garam masala or medium curry powder

For the pea and tomato relish:
100g fresh or frozen peas, (thawed if using frozen) mashed
4 medium tomatoes, roughly chopped
Large handful freshly chopped coriander

To serve:
4 burger buns
Salad leaves

Method:
• In a large bowl, mix all the burger ingredients together. Season. Using slightly damp hands, shape the mixture into four 5cm burgers. Cover and chill for 20 minutes.
• Meanwhile, prepare the pea and tomato relish: in a small bowl, mix all the ingredients together, season to taste and set aside.
• Cook the burgers under a preheated moderate grill or on a prepared BBQ for 6-8 minutes on each side until thoroughly cooked and meat juices run clear.
• Serve in burger buns with salad leaves, a spoonful of the relish and selection of accompaniments of your choice.

Win a Farmison & Co lamb box!

We’ve teamed up with our friends at Farmison & Co to offer you this delicious British lamb meat box worth £39.85. Curated to showcase staple British lamb cuts perfect for your weekly menu, you’ll find a selection of delicious lamb cuts, perfect for creating superb meals. Sourced exclusively from heritage breed lamb, expect English lamb reared in the Yorkshire Dales National Park with outstanding natural flavour.

To enter, just tell us what your favourite lamb-based meal is: Send your answer and details to: liz.khalili@nfu.org.uk or by post to: British lamb competition, c/o Liz Khalili, Countryside magazine, NFU HQ, Agriculture House, Stoneleigh Park, Warks, CV8 2TZ filling in the form below. If you do enter via email, please mark your entry ‘Newsletter’ to confirm you’re happy to be added to Farmison & Co’s monthly e-newsletter list or tick the box below if entering by post, inc email address. Closing date: 12 September. See page 56 for Ts & Cs.

My favourite lamb-based meal is:

☐ Yes, I am happy to be added to Farmison & Co’s monthly e-newsletter
Say cheese...

Wensleydale Blue
The Wensleydale creamery is based at Hawes, in the heart of the Yorkshire Dales, where they revived the production of the original type of Wensleydale cheese from an ancient recipe from the Cistercian monks. Today, they make the cheese with milk from their own milk producer group of 38 dairies, farming within a 20-mile radius of the creamery. Wensleydale Blue is made with pasteurised cow’s milk and vegetarian rennet; the blue mould spores are added to the milk during cheese making and resulting cheeses are pierced after 1-2 weeks to facilitate development of the blue veins. The cheese is matured for a further 6-7 weeks creating a mellow, yet full-flavoured blue cheese. It is slightly firmer and a little less salty than traditional Blue Stilton. Feeling adventurous? Try atop a crunchy, stem ginger flapjack.

Wigmore
Named after the artisan cheesemakers Anne and Andy Wigmore, of Village Maid Cheese in Berkshire, this iconic ewe’s milk cheese has been produced for more than 30 years, using milk from a flock of Dorset Friesland cross-breed sheep. Wigmore is made twice a week with the unpasteurised ewe’s milk and vegetarian rennet. It’s a washed curd cheese (not to be confused with a washed rind cheese). The curd is washed by removing some of the whey and replacing it with hot water; this helps to retain moisture and gives the cheese a brie-like texture. At three weeks old, the cheese has a bright white rind and is semi-soft, slightly chalky in texture, the paste is sweet and lactic in flavour. At six to eight weeks, it becomes more nutty in flavour and the paste soft and gooey. Delicious on the cheeseboard with a dollop of apple and rosemary jelly, accompanied by a glass of sweet white wine.

Mayfield
This Swiss-style cheese is made by Arthur Alsop at his dairy in East Sussex, using full-fat pasteurised cow’s milk from several local farms. It’s named after the village nearby and has won multiple awards – it’s an excellent alternative to continental Alpine cheeses. Mayfield is a semi-hard cheese coated in wax and rather than cooking the curds, they are heated to 35°C and washed by replacing some of the whey with hot water. It’s pressed and brined before waxing and maturing for 5-7 months. The resulting 18kg cheeses have a hokey, golden paste that’s semi-soft, with a smooth pliable texture and caramel, almond flavours.

Use in dishes as a substitute for Emmental or Gouda. Superb paired with the neighbouring Sussex sparkling wines from Ridgeview, or a fruity IPA style beer.

Tracey Colley is never cheese bored

Raise a glass...

Cooking something up
Beer and food. It’ll never catch on huh?
Just kidding, beer and food is amazing! The world of beer is so immensely diverse that there’s something to go with everything, in my opinion.
However, sometimes it’s all about the way that the culinary world pushes back on the beer world to inspire their recipes, so this month’s column is all about beer that has taken its inspiration from culinary classics.

Pilot Peach Melba, 4.3%
Available from beerzoo.co.uk
If you are a Twitter person, first and foremost follow the Pilot account, it’s hilarious and, fortunately, they also make excellent beers. This one continues that impressive run, it really is like a Peach Melba in a can. Lightly sour, full of that magical combination of peach and raspberry that somehow becomes more than the sum of its parts and lightly back sweetened with a touch of lactose, to just give it that rounded effect of eating the iconic dish. I think Dame Nelly would be proud.

St Austell Sayzon, 5.9%
Available from Tesco stores nationally
I have to put my hand up and say that this is a collaboration of mine, but the culinary inspiration behind it fits perfectly with the theme. Upon researching local Cornish delicacies I came across the Cornish farning biscuit, so taking the ginger from that we also added some citrus peel and used a traditional saison yeast, which gives it some serious spritz and a lovely dry peppery note too. Head brewer Roger Ryman gave me a very funny look when I first suggested all this, but I’m incredibly proud to say it’s now one of his favourites.

Northern Monk x Queer Brewing Project West Coast Routes, 2.8%
Available from northernmonk.com
I’m unashamedly proud of my friend Lily Waite, who has set up the Queer Brewing Project to support LGBTQ+ charities across the land with her collaborative brewing efforts, and this is an absolute beaut that will be fantastic in the (hopefully) late summer sun. Think of this as a modern shandy (modelled on the fantastically thirst-quenching German radler style of beer) and you’ll be in the right ballpark. Full of luscious lemons, low alcohol and perfect straight from the can as a BBQ beer.

Melissa Cole toasts some beers with a culinary connection
From field to fork

From farmer, to butcher and chef - food provenance doesn’t get much clearer than this, discovers Lorna Maybery

QUALITY AND FRESHNESS are essential ingredients for chef Lorna Nanda Gangotra (pictured below). And she’s teamed up with Surrey farmer Tim Metson and butcher Simon Taylor to ensure her popular dishes receive exactly that. Tim is on the verge of opening a butchery on his farm, which will be run by local butcher Simon Taylor, and is set to provide fresh lamb for chef Lorna, winner of the BBC’s ‘Family Cooking Showdown’ in 2017.

And to demonstrate their joined-up thinking, the trio are attending events together where Tim showcases the meat, Simon demonstrates his butchery skills, and Lorna then cooks a delicious dish with the different cuts.

This productive relationship shows how, by working hand-in-hand, rural businesses can bring the field to the plate and help people understand the journey their food has undergone and the value of buying British and local.
TIM METSON, Farmer
Coverwood Lakes Farm,
Ewhurst, Surrey

“Lorna comes directly to me to buy the lamb and Simon butchers the meat to give her the cuts she needs,” he says, “but rather than keep the butchery off-site, I decided that I could build one here on the farm and increase production.

“The big project at the moment involves working with Simon. He’s young and dynamic and even on the British butchery team. He’s based just down the road in Oxshott but he has the contract to do all our butchery here at the new facility. He’s an advocate for old-style butchery, which is just what I’m looking for.

“I want to get back to the farming and allow the meat make the money,” he says. “I tried a boxed beef scheme where you buy a 10kg pack and it was great for the first two times I did it, but it rather waned within six months. People have the ‘buy it now’ culture. They have good intentions but then the supermarket is easier.

“That got me frustrated. So I also started a catering concept of taking cooked meat out in an Airstream trailer to events and that has worked well. But what I’m looking to do is more on the wholesale side, and provide premium, absolute top-end meat that has a real story behind it; its provenance is British and local.

“The facility we have built on the farm is quite big so we can process fresh local meat on a larger scale. We already supply our local school and I’m approaching other independent schools to do the same for them.”

The concept involves working with other farmers, putting their meat through Simon’s skilled team at the butchery, and supplying schools in the area with meat that’s local to them.

“We will buy in from local farmers and create a scheme whereby, so long as they meet our criteria of how their animals are managed and fed, they can join our buying scheme and we can pay more than they can get through mainstream abattoirs,” he explains.

“To make it truly local, I’ll talk to a particular school’s nearest farm, and, so long as their beef is good quality, I will buy it from them and then the school can have meat that’s from the farm next door.

“Farmers are great at what they do but are notoriously bad at marketing, but, if we can help each other, we can create a good local story behind the products we are supplying. I was worried about doing things on a bigger scale for fear of not having enough stock ourselves, but, by using other farmers, I can make it work. The butchery will have a lot of kit in there for Simon and his team to use. They will be doing high street skilled butchery on a wholesale level.

“I have also put in a developmental kitchen so we can experiment with products and come up with different ideas and ways to use our meat.

“We will also do pop-up events where we will have a lamb carcass there and Simon will give demonstrations on how to cut the meat and get people to have a go at it and then it will go through to Lorna and she will cook it – so you can see the end product.

“As well as the butchery, I want to start working more with people like Lorna who want quality and local for their businesses. We can help each other.”

● For more information on Coverwood Lakes Farm, visit: coverwoodlakes.co.uk

RURAL ENTREPRENEUR: Tim Metson is working with businesses and other farmers in Surrey to promote local meat, including butcher Simon Taylor and chef Lorna Nanda Gangotra

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SIMON TAYLOR, Butcher
Surrey Hills Butchers, Oxshott, Surrey

Simon has waited a long time for a state-of-the-art butchery to unleash his talents on a wider market. The opportunity to take on the work at Tim’s farm in a purpose-built facility was one the 38-year-old jumped at.

“I haven’t spent masses of time on a farm but I’m learning so much from Tim and how he does things,” says Simon. “It’s become so difficult for me as a butcher to find local produce where we really connect with the farm. We deliver to local businesses. Here we are going to build on the Surrey Hills Enterprise, which Tim and I are part of, and use the Surrey Hills trademark and give that outlet to local farmers which will be great for all of us, including the consumer. Speaking to farmers through Tim, there are some who have been winding down their herds, but now they know what we’re doing, they’re working their herds back up again so they can supply our meat to us.”

Simon has been passionate about butchery for most of his life.

“I ended up working at the village butchers shop from the age of 13 and worked through apprenticeships after school. Then, about eight years ago, I got the shop in Oxshott. I have been working with Tim for six years now.

“I’m 38 so have a lot of experience on the block. You could say you are a butcher after three or four years but, even with the skills, you still need experience as no two animals are the same and there’s always something to be learnt.”

Simon is one of the best butchers in the country, and, as a result, qualified for Team GB for the World Butchers Challenge.

“A lot of people don’t realise we have a Team GB called ‘British Beefeaters’. We are six qualified butchers and compete against butchers around the world. The next one is in Sacramento, California, in September.

“Each team is given a whole lamb, a side of pork, a side of beef and six chickens and you get three hours and 15 minutes to prepare the meat. We are judged on cookability, sellability and cleanliness.”

Simon believes education is the key to getting more people to buy their meat locally. And he loves talking to chefs such as Lorna about how to use the more unusual cuts of meat.

“Lorna gets her meat from Tim and then I give her the cuts she needs for her meals,” says Simon. “Educating people on how to use the more unusual cuts is really important as it helps to reduce waste. Some chefs are great at using the old cuts. They’re nothing new, but my Nan would have known exactly what to do with a hand of pork, whereas a lot of people don’t know what this is.

“It’s actually the other side of the shoulder of pork, a similar muscle to the shoulder but a bit cheaper and often used as a sausage cut but also makes a fantastic dish.

“It’s a tricky landscape that we have to deal with, but people are aware of animal welfare more now and we are lucky in the UK to have the highest standards in the world.

“I love being on Tim’s farm and the new cutting room is a fantastic facility that will benefit local farms and businesses as well as consumers.”

● For more information on Surrey Hills Butchers, visit: butcherscook.com
FOOD AND FARMING

LORNA NANDA GANGOTRA,
Chef and food entrepreneur, Ripley Farmers’ Market, Surrey

“It has been great meeting Tim and Simon. We all sing from the same hymn sheet and there’s a lovely synergy,” says chef Lorna Nanda Gangotra, who won the BBC’s ‘Family Cooking Showdown’ in 2017.

Her passion for food stems back to her childhood, watching her mum and gran and cooking for the family.

“My grandparents lived with us and I learned from gran, watching her cook with a few local spices. She is from the Punjab and could conjure up a whole load of dishes from nothing. Culturally, even though I was born in Birmingham, it was still very much an Indian roots upbringing and we show our love and affection through food. If you go to an Indian event, you won’t leave hungry!”

Having worked in the City for a few years, Lorna finally took the plunge, with the help of husband, Rohit, and set up a small restaurant in London called the Little Indian Kitchen serving real, fresh street food at lunch times.

“They started asking how I made everything, so I set up small cookery school. People were looking in for weekend and evening classes and I would also go out to demonstrate at food festivals. I kept it small and real, what you see is what you get. Word of mouth helped it take off.”

After three children, Lorna felt the restaurant was too much to combine with family life and so she gave it up and they moved to Surrey. It was here she happened across Ripley Farmers’ market and the idea of making fresh ready meals using local produce to sell at the local markets.

“To be able to sell at Ripley you have to use a certain percentage of local produce in what you make. We have been doing that for five years now. We use free range chicken from a local farm and now I get our lamb from Tim and use Simon the butcher. I make oven-ready meals with free-range chicken, lamb and a veggie option too. I believe with farmers’ markets that if you make it, you stand there and sell it, come rain or shine. I have a lovely following of people, from old to young, and they get that personal touch. I still offer cookery classes but I travel to client’s homes to teach them.

“I make the food in my 5-star rated kitchen at home which helps me to juggle work and family life.

“Traceability is also important. With three kids I want to know where food comes from. I use all fresh real ingredients, there’s no preservatives, just fresh real herbs and spices, and the taste of my dishes is so different.

“It’s about the layers of the flavours and even on the BBC TV show, one of the judges, Rosemary Shrager, was blown away with the ginger garlic layers, the onions and tomato, which make a full-bodied curry.”

The BBC’s Family Cookdown was a great experience for Lorna, who won the show alongside her sister and sister-in-law. Presenters Zoe Ball and Nadia Hussein were joined by judges Rosemary Shrager and Giorgio Locatelli for a show aimed at filling the gap left by the Bake Off move to Channel 4.

“My favourite dish was the one we cooked in the semi-finals when we had to do a national dish with a twist and our category was fish and chips. We did triple fried masala chips with a spiced battered haddock and I made spicy mushy peas and spiced coriander chutney which blew their socks off.”

Lorna loves to visit Tim on his farm to see the ‘field’ element and understand the full journey her lamb takes from the farm, to Simon in the state-of-the-art onsite butchery, and then to her kitchen where she works her culinary magic to produce curries of distinction with full traceability and fantastic flavours. It’s a real field to fork experience.

● For more on Lorna’s cookery classes, visit: thelittleindiankitchen.com

Lorna’s Lamb Curry
Serves 4

Have a go at making Lorna’s lamb curry for yourself using British lamb.

Ingredients:
1 kilo British lamb – leg or shoulder (bones are optional but add more flavour)
3 onions – finely chopped
3 tbsp fresh garlic – finely chopped
3 tbsp fresh ginger – finely chopped
2 tsp cumin seeds (Jeera)
1 tsp onion seeds (black) also known as Nigella seed (Kalonji)
4 tbsp cooking oil (vegetable or rapeseed)
2 tsp turmeric powder (Haldi)
2 ½ tsp salt (add more or less to taste)
2-3 tsp chillies – finely chopped
1 can plum tomatoes – chopped
1 cup boiled water
2 tsp garam masala
2 tbsp fresh coriander to garnish

Method:
● Heat the oil in a pan, add cumin seeds and onion seeds – allow seeds to darken and ‘pop’.
● Add the garlic and ginger – fry until slightly golden brown.
● Add the onions and stir. Add ½ cup water and cover pan for 8-10 minutes to allow onions to soften. Uncover pan and fry until golden brown.
● Add salt, turmeric and chillies and fry for 2-3 minutes until all ingredients are mixed together.
● Add tomatoes and cover pan for 10 to 15 minutes on a low-medium heat. This simmering allows all the flavours to come together and intensify.
● Uncover the pan and cook on full heat for a further 5 minutes until the oil runs free from the masala mixture.
● Add the lamb and cook on full heat for 5 minutes until all the lamb is coated in the masala sauce. Cover the pan and cook on a low-medium heat for a further 25-30 minutes. Add ½ cup water midway to prevent the masala sauce from becoming too dry.
● Add garam masala and taste. Garnish with coriander.
● Serve with hot chapattis or rice.
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Farmventors assemble!

Transforming an urban primary school into a farm for a day was the challenge for the NFU Education team – Orla McIlduff looks at how it went.

Children at an urban primary school in the centre of London experienced rural life at close quarters this July as they ditched their textbooks and donned wellies to take part in a host of exciting farming activities.

As part of eight-year-old Afeefa Haroon’s grand prize for winning this year’s NFU Farmvention competition, her school underwent a transformation from urban primary school to rural farm, and children learned about what it takes to be a British farmer and a custodian of the countryside.

The competition, which taught Science, Technology, Engineering and Maths (STEM subjects) through the lens of food and farming, was a huge success, receiving more than 1,000 entries from schools all over the country. And due to its success, it will be now be rolled out for a second year, launching again this September.

This is all part of the NFU’s aim to reconnect children with the countryside and rural life, develop their understanding of agriculture and provide the information needed so they can maintain a healthy, balanced diet in the future.

NFU President Minette Batters said: “It has been great to see so many children here today getting excited about food and farming, asking about where the food they love comes from and how farmers produce it.

That’s what our Farmvention competition is all about – bridging the gap between the next generation, especially those in urban areas, and the food on their plates.

“On the education system has such an important role to play in opening children’s minds to new opportunities,” she added. “The success of this year’s Farmvention competition shows how well the food and farming context fits within STEM learning, and offers children the chance to explore a new area that they otherwise might miss.”

Ronald Ross headteacher Abby Brady commented: “Farmvention has shown our pupils that there are amazing opportunities awaiting them in Britain’s countryside. It has really helped broaden their horizons, especially as many of the children haven’t even been outside of London.

“As a headteacher there’s nothing better than pupils who are enthusiastic about learning and it’s been amazing to see them so excited to experience new things, from making pizzas and flying drones to brushing ponies and caring for newly-hatched chicks. I think it’s safe to say that all the children have loved stepping into the shoes of our wonderful farmers.”

● Do your children or grandchildren want to bring the farm to their school? Look out for ways to enter next year’s competition for a chance to win this superb prize. Visit: nfueducation.com
FARMING FUN FOR ALL: From chicks, ducks and goats to pizza-making and tractors, the children at Ronald Ross Primary School - most of whom have no connection to the countryside - immerse themselves in the world of food and farming for a day.
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Win stylish leather boots and gilet from Le Chameau

Since 1927, Le Chameau has hand-made boots of such exceptional fit, comfort and quality that they’ve been called “the Rolls-Royce of the wellington world”

Now they’ve drawn upon their expertise as one of the world’s most iconic boot brands to design a range of men’s and women’s attire that sets new standards for country clothing.

Combining style and craftsmanship with innovation and new technologies, each element is designed to work harmoniously with every other piece in the collection to offer unparalleled freedom of movement in the country. What’s more, each item has been tested to the limits by country professionals for more than two years, to ensure the exceptional performance you expect from Le Chameau.

Le Chameau is giving two lucky members the chance to win a pair of Jameson Unisex leather boots, worth £385, and a Fairford Gilet, worth £199, in a colour of their choice.

To be in with a chance of winning one of these fabulous prizes, send your full details and membership number to the address on page 56.

The prize supplier will contact the winner to discuss the sizes required and fulfill the prize.

For more information, visit: lechameau.com
A recipe book with a difference!

From fourth generation farmer Ollie Bartlett in East Anglia to the Timmis family near Shrewsbury, who’ve been farming for a hundred years, and Bal Padda, a community-spirited grower from the Vale of Evesham, the NFU Countryside Kitchen recipe book talks about the importance of the provenance of our food and tells the stories of the British farmers and growers behind the ingredients in our 77 delicious seasonal recipes.

So if you’re planning to eat al fresco with a barbeque or a picnic, look out for great British seasonal produce, and whether it's Cajun chicken burger, tomato tarte tatin or strawberry trifle with Pimm's, there's bound to be something to tempt your tastebuds!

Order your copy at countrysidesonline.co.uk for £15.95 plus P&P.

NFU Countryside members can save £8 on the RRP of £15.95. Just log in at the online checkout and your discount will be deducted. Alternatively, members can purchase the book through the Countryside Helpline on 0370 840 2030.

★ Plus, we’re giving 20 lucky members the chance to win a copy of this fabulous book. To enter, send your full details and membership number to the address on page 56.

Win a Drinkwell Pet Fountain

We're offering three lucky members the chance to win a Drinkwell 7.5-litre Pet Fountain from PetSafe Brand, worth £70. It features a free-falling water stream with adjustable flow control, allowing you to tailor the water flow to your pet's needs.

The large capacity bowl is perfect for big dogs and multiple pet households and the square design makes it large enough for several pets to drink out of at the same time with minimal splashing.

To be in with a chance of winning, send your full details and membership number to the address on page 56.

★ For more information visit: petsafe.com/UK

Win tickets to the Midland Game Fair

For more than 30 years, the Midland Game Fair has provided one of the UK’s finest showcases of country life and, this year, returns to the stunning grounds of Weston Park in Staffordshire on 14 and 15 September.

Visitors can enjoy a superb line-up of activity with headline act, The Lightening Bolts Parachute Display Team. There’s the ever-popular Folk Roots Festival, the prestigious Gunmakers Row and a food festival, including ‘Beer in the Park’.

With more than 700 trade stalls selling all kinds of outdoor goods and country attire and sporting finals that draw to a close, including the Chudleys Gundog Championship, there really is something for everyone.

★ Advance priced tickets can now be purchased at: midlandgamefair.co.uk.

Plus, we’re giving five lucky Countryside members the chance to win a pair of adult passes for one day of the event. To enter, send your full details and membership number to the address on page 56.
5 FREE* Strawberry Summer Breeze Rose postiplug plants and 100g of fertiliser

Strawberry ‘Summer Breeze Rose’
An ornamental strawberry that looks as good as it tastes! There’s no need to hide your strawberry plants away in the vegetable plot – recent breeding has produced a real beauty! With double blooms in a deep shade of red-pink, Strawberry ‘Summer Breeze Rose’ will look equally at home among your favourite herbaceous perennials.

Ornamental strawberry plants keep their flowers for longer than their single-flowered cousins. The dark green foliage forms neat mounds with fewer runners, so they can concentrate all of their energy into producing superb crops of delicious fruits. Perfect for the front of sunny borders, patio pots or window boxes. Height: 20cm (8’). Spread: 30cm (12’).

- Call: 0844 573 1686 quote TM_NFU24 - lines open 9am-6pm (weekdays) and 9am-6pm (weekends)
- Visit: thompson-morgan.com/TM_NFU24

Please send details of your order, along with a cheque to cover postage (payable per free collection), to: NFU Countryside, Free* Strawberry Summer Breeze offer, Dept TM_NFU24, PO Box 162, Ipswich, Suffolk, IP8 3BX. Please make cheques payable to T&M and remember to write your full name and address including postcode on the back of your cheque. (Do not send stamps or cash). Please note Free* strawberries are one per reader. Image for illustration purposes only, pot shown not included.

Delivery to UK addresses only. Free* Strawberries dispatched from August 2019 onwards. Orders will be acknowledged by post or email acknowledging dispatch and sent separately. Offer closes 14/09/2019. Please note that your contract for supply of goods is with Thompson & Morgan. Poplar Lane, Ipswich, IP8 3BU. Terms & conditions apply (available upon request). Maximum call charge for BT customers is 7p per minute. Calls from other networks may vary. All offers are subject to availability.

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- Access your discount by logging onto our website at cottagesonline.co.uk and book directly via our dedicated booking site for participating properties or call the Countryside Helpline on 0370 840 2030.
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Visit countrysideline.co.uk or call the Countryside Helpline on 0370 840 2030

Plus, quote promotional code NS4150 and we’ll also send both you and the lucky gift recipient a copy of our fabulous Countryside Kitchen recipe book, worth £15.95.*

This offer makes up 12 September 2019. If this is a gift membership the gift giver will receive the Scope book.

Competition entries

To enter, send your name, address, postcode and membership number on separate postcards for each competition to: Competitions, NFU Countryside, Agriculture House, Stoneleigh Park, Warwickshire, CV8 2TZ

Or you can enter online via competitions and offers at: countrysideline.co.uk

TERMS AND CONDITIONS: Closing date for all competitions unless stated otherwise is 12 September 2019. The prize draw is open to residents of United Kingdom only, excluding NFU employees, their families, agents or anyone else professionally connected with this promotion. Entry to this prize draw is free. Participants must be 18 years or over. Only one entry per person per competition is permitted. All entries are verified and duplicate entries will be removed. In order to enter participants must complete the entry form between the start and closing dates shown above. The NFU accepts no responsibility for incorrectly completed, lost or delayed entries. By entering, all entrants will be deemed to accept these terms and conditions. The prizes will be awarded to first participant selected at random from all eligible entries whose decision is final. No correspondence will be entered into regarding the selection of the winner. The prize is non-transferable and there is no cash alternative. The winner will be notified as soon as possible after the closing date. Please note, we are required to make the name and county of residence of the winner available publicly. We may also ask you to take part in additional publicity connected with this prize draw. The winners name and county will be available on request and may also be published online and on social media. The NFU reserves the right to amend these terms and conditions or to cancel, withdraw or amend the promotion at any stage, if deemed necessary in its opinion or if circumstances arise outside its control. Entrants’ personal data will be collected, held and processed by the NFU (as data controller) for the purpose of administering this prize draw. Please note, your name and county of residence may be disclosed if you win this prize draw. Our online privacy statement (countrysideline.co.uk/countryside-terms-and-conditions) explains more about how we use your personal data. If any provision of these terms and conditions is held invalid by any law, rule, order or determination of any court of a competent jurisdiction, such invalidity shall not affect the enforceability of any other provision not held to be invalid. This promotion is governed by English law and is subject to the exclusive jurisdiction of the English courts. The promoter is the National Farmers Union (‘NFU’), Agriculture House, Stoneleigh Park, Stoneleigh, Warwickshire, CV8 2TZ. For full T&Cs visit countrysideline.co.uk/competition-terms-countryside-gbdpbl/
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Win an Arthur Price cutlery set, worth £475!

Impress your friends and family - and dine in style - with this incredibly swish set of Arthur Price cutlery.

British, family-owned cutlery firm Arthur Price has teamed up with *Countryside* magazine to offer readers the chance to win an amazing prize... an Arthur Price 84-piece cutlery set, worth £475!

Arthur Price is a family-owned British company founded in 1902. Now run by the fourth and fifth generations of the Price family, the company makes the finest cutlery found across the world in top restaurants, stylish hotels, first-class cabins... and even royal households. Only using the finest materials and craftsmanship, their cutlery is a byword for quality. Whether you want everyday use or silver-plated pieces for those special occasions, you just can’t get better than Arthur Price. And the Henley set in this competition even has a 50-year guarantee!

The Henley pattern is perfect for entertaining both your friends or family. Speaking of family, this pattern has a wonderful ‘family’ story behind it. Henley is one of four patterns in the Arthur Price Signature collection – created by the Simon and James Price, the fourth and fifth generations of the family to be involved with the company.

John Price – Simon’s father and James’ grandfather – registered four names and patterns over 50 years ago – Warwick, Henley, Cascade and Camelot but never produced them.

So, Simon and James found the paperwork and decided to produce the collection and as a ‘doffing of the hat’ to the founder of the company back at the start of the 20th century, the signature of Arthur Price was placed on every single piece.

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**Arthur Price - generations of cutlery excellence**

1902 - Arthur Price & Co Ltd is founded.
1912 - Supply cutlery to RMS Titanic (Arthur Price cutlery can be found at the bottom of the North Atlantic).
1922 - First to manufacturer chromium plate spoons and forks.
1930 - First cutlery company to guarantee its products.
1943 - During WWII, works for Ministry of Aircraft Production.
1957 - Double size of Sheffield factory.
1976 - Official supplier to Concorde.
1977 - Granted Royal Warrant to Her Majesty The Queen.
1988 - Second Royal Warrant, HRH The Prince of Wales.
1999 - The Beckhams have a canteen as a wedding present.
2012 - Fifth generation, James Price joins the company.
2014 - First concession opened in the Middle East.
2019 - What next?...

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**How to enter**

To be in with a chance of winning this amazing prize, please answer the following question:

**In what year was Arthur Price founded?**

a. 1902  
b. 1912  
c. 1942  

To enter, send your answer and details to: Arthur Price cutlery competition, c/o Liz Khalili, NFU HQ, Stoneleigh Park, Warwickshire, CV8 2TZ or to: liz.khalili@nfu.org.uk. Closing date is 12 September 2019. See page 56 for Ts&Cs.

If you want to take a look at all the cutlery and gifts Arthur Price has on offer, simply visit: arthurprice.com

Plus, there’s a 20% discount for all Countryside readers until 30 September 2019. Readers should visit arthurprice.com and insert the code COUNTRY20. It’s not valid on any other website, and there’s no cash alternative.
MOORCROFT

There is nothing quite like gambolling lambs peppered among soft rolling hills to warm the heart. Spring Lambs by Vicky Lovatt is more than simply a landscape design – it is a celebration of spring. Holding the essence of springtime, the Suffolk breed are a fine choice for any composition as lambs with curious, little blackened-faces peep out from under ridiculously large ears.

A distant stone-clad farm melts into the horizon and bright, mustard-yellow buttercups are hidden in apple-green grass as the flock grazes by glistening waters. Leaping and racing for pure joy or nestling into a ewe, the Suffolk sheep is a sight to behold.

READER OFFER

Orders at Moorcroft.com using coupon code NFUSL for the special price of £175 (RRP £295).

This offer is for NFU readers only and ends 30th September 2019. Cannot be used in conjunction with any other offers, discounts or vouchers.
The Countryside puzzler

The winner of this month’s crossword will receive a Timothy Foxx adult tweed cape in aquamarine, worth £215. This stunning adult tweed cape, shown here in gorgeous aquamarine tweed, is the perfect warm accessory and a great alternative to wearing a jacket.

The Scottish tweed drapes beautifully over the shoulders, it’s lined with a pretty spotty print and has a soft cotton ruffle collar around the neck. It’s fastened with three hand-sewn buttons at the front. It also matches the Mini Foxx Cape for children for those times you want to be ‘twinning’ with your little one.

For your chance to win this cape, worth £215, send your completed crossword and contact details, by 10 September 2019 to Countryside Crossword, NFU HQ, Stoneleigh Park, Warwickshire CV8 2TZ and we’ll print the answers next month.

The winner of the July crossword is: Barbara Angel of Herts

ACROSS
1 Piece of beef cut from the lower back of cattle (7)
2 Coniferous tree with bunches of deciduous bright green needles (5)
4 Rope with a noose at one end used especially in North America for catching cattle (5)
6 National Park in Wales where hill farming is widespread (9)
7 A fleshy, typically large fruit with a hard skin, some varieties of which are edible (5)
8 Horn, British black-faced sheep breed raised primarily for meat (7)
9 Ditch with a wall on its inner side below ground level, forming a boundary to a park or garden without interrupting the view (2,2)
11 Quantity of a crop produced from an area of land (5)
12 A female sheep (3)
14 Soft edible part of a nut (6)
15 Large hardwood tree that grows in temperate areas (3)
17 East Asian country that used to depend upon exports such as coffee and sandalwood (5)
19 Semi-hard cheese that originated in the Netherlands, and is named after a town in the province of North Holland (4)
20 Name of a large, round gall, commonly found on a species of tree producing acorns (3,5)
22 Variety of lettuce having a compact head of crisp pale leaves (7)
23 Alcoholic drink made from fermented apple juice (5)
24 Barn, a building that was commonplace when farmers were required to give 10% of their produce to the established church (5)
25 Branch of biology that deals with the relations of organisms to one another and to their physical surroundings (7)

DOWN
1 Aromatic plant whose greyish green leaves are used as a culinary herb (4)
3 Goat, a female goat (5)
5 Plot of land rented by an individual for growing vegetables or flowers (9)
8 Beekeeper (8)
10 Established church (5)
11 Horn, British black-faced sheep breed raised primarily for meat (7)
13 Name of a large, round gall, commonly found on a species of tree producing acorns (3,5)
16 East Asian country that used to depend upon exports such as coffee and sandalwood (5)
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25 Branch of biology that deals with the relations of organisms to one another and to their physical surroundings (7)

The answers to last month’s crossword

STAMPEDE LASSI TAU PR GNE EI GSWED WOULD G'S PURPLE ON HEAT K A L I Y E\N GELDING BEECH ELE BEE REED P ESE

CONGRATULATIONS TO:
The winner of the Red Letter Days Experience is Claire Simpson of Cumbria
Forthglade Hamper winners are Adrian Fett of Bedfordshire and Christine Shubrook of Surrey
Five Arrows Hotel stay winner is James Dalgety of Devon
ON THE WING

The listed migratory birds have been hidden – up, down, across, diagonally, back and forth – in our wordsearch grid. Find them all to discover a line (3,4,5,3,4,4) from a nursery rhyme in the unused letters.

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DID YOU KNOW?

For the Ancient Romans, September was the seventh month of the calendar, which is why it’s named after the Latin for seven: septem. It was also the shortest month back in 1752, when it lost 11 days in the change from Julian to Gregorian calendar.

September is when visiting swallows will turn tail and head back to warmer climes. They will start to flutter restlessly and gather in large numbers on telegraph poles. Their return journey to Africa takes them about six weeks and the birds will cover an average of 200 miles a day, flying quite low and in daylight hours. At night, they roost in large flocks in reed beds in traditional stopover spots.

Michaelmas Day falls on 29 September and is the feast of St Michael the Archangel, the patron saint of the sea and maritime lands, shops and boatmen, horses and horsemen. The date is traditionally the last day of the harvest season and is sometimes also called Goose Day. Goose Fairs are still held in some towns, although geese are rarely sold.

One of the UK’s more unusual festivals is held in September - the Egremont Crab Fair and World Gurning Championships, which runs from 20th to 21st of the month. Established in 1267, it’s one of the oldest fairs in the world and became established after the Lord of Egremont began giving away crab apples to the townspeople. The gurning competition is a newer addition, but has become an established part of the fair. To gurn means ‘to snarl like a dog, look savage, distort the face’ and the idea of the competition is to look as disgusting, monstrous and funny as possible. The winner for the past three years has been Adrian Zivelonghi from Coventry.

DAHLING

1. Roald Dahl Day is celebrated annually on 13th September – the date of the author’s birth in 1916 – but in which city?

2. What is the forename of Dahl’s granddaughter, a former model and author of ‘The Man with the Dancing Eyes’?

3. The quest of which Dahl character was to rid the world of the Bloodbottler, the Fleshtumpeater and their friends?

4. Dahl’s Norwegian parents christened their son Roald after which 20th century explorer?

5. The title character of Dahl’s children’s book ‘Charlie and the Chocolate Factory’ has which surname?

6. To which American actress was Roald Dahl married in New York, on 2nd July 1953?

7. Dahl produced a screenplay for which 1968 film musical, based on a book by Ian Fleming?

8. Which term is used to describe Dahl’s invented language of words that include ‘snoozwanger’ and ‘zoizimus’?

ANSWERS

WORMSFAKE, FLY AWAY PETTER, FLY AWAY PAUL, G, FRAIL, JAY, ZILLY, CHITTY BANG BANG B’s, ADDIBUNCH, J. CANFIELD, 2. SOPHIE, 3. THE BEG, 4. ROALD, ANMUNDE, 5. BUCKET.
Browned off

We are being invaded... but not by little green aliens. Something far worse: the Rattus norvegicus or more simply, the brown rat. I have never seen the population of these rodents so high before.

Before long we shall be at epidemic numbers - is it their fault or ours? Without a doubt it's ours - longer times between refuse and food waste collection, littering, fly-tipping and, more importantly, a real lack of education.

I strongly believe that every household should have some form of rodent control around their front and back garden, not so much poison due to the risk of a bird of prey becoming cross-contaminated and also rats are becoming more immune to poison than ever before.

Another fact is that they are now simply not scared of humans, so they're coming out more during daytime hours.

Let's go back to education. Hardly any UK councils have issued information leaflets regarding health warnings of the diseases they can pass onto humans, Weil's Disease is just for starters. Surely the younger generation should be taught at schools of the dangers of rats and the potential health risks involved. It's about time something was done about it, before it's too late.

Michael Dower, Merthyr Tydfil, South Wales

EDITOR REPLIES: Is Michael right? Is the rat on the rampage?

The aerial menace

Your magazine has been great in recent times in continuing to highlight the scourge of litter and fly-tipping.

Can you also make mention of the issue of sky lanterns and similar which can be lethal to wildlife and livestock? The RSPCA has a story on their website that provides an opportunity for concerned readers to email their councillors, simply by completing their contact details, and an email letter, which you can view, is generated. This is a particularly good idea.

Sarah Crawford, by email

EDITOR REPLIES: Yes, litter in all its forms continues to be a scourge on the countryside - and we've certainly campaigned about sky lanterns in the past. Our website has a big section on it (see the link below), which sounds very similar to that of the RSPCA.

We remain very clear that sky lanterns should be banned - it's not acceptable and is illegal to throw a crisp packet into a field, so why is it acceptable to let off a burning lantern that will end up who knows where?

● countrysideonline.co.uk/care-for-the-countryside/sky-lanterns/

WIN our star letter prize

This versatile and rugged Tor 65L Rucksack from Mountain Warehouse is our star letter prize. The Tor 65 Litre Rucksack is a great backpack for travelling. Packed with great features, this large rucksack includes a padded air mesh back, a dividable main compartment, load balance, and back adjusters for comfort while carrying a heavy load. Comes in Berry, Dark Blue and Khaki and is worth £79.99. Don’t forget that members get a 15% discount at mountainwarehouse.com or in-store by showing their membership card.

MOONSTRUCK: We were very impressed this month to see this amazing aerial view from the National Forest Adventure Farm of their maize maze commemorating the 50th anniversary of the moon landing in July of this year. The Staffordshire maze is open until 2 September if you’d like to explore it.

● Find out more at: adventurefarm.co.uk/event/moonmaze
CAPTION COMPETITION...

With a few summer heatwaves passing through, this month's caption competition picture is from our friends at Geiston Lamb – but can you think of a witty caption of no more than 20 words? The best caption wins this fun 1,000 piece ‘I love Summer’ jigsaw from Gibsons Games (find out more at: gibsonsgames.co.uk). Send your captions to: martin.stanhope@nfu.org.uk or to the address on page 5 and we'll publish the best next month. Closing date is 12 September.

● Last month's winner: Gill Perry with 'You get the boots and I'll sort the picnic!'
“Your child can build a real wind-up clock which they will be so proud of!”

Outstanding fun... and educational too!

- Both sides of the wind-up clock are transparent, meaning that the workings of the clock are completely visible.
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Grand Total

*Our 0844 numbers cost 7p per minute plus your phone company’s access charge.

Offer ends 11.59pm 31st March 2020!
RURAL WISDOM AND REVIEWS

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“Ask Andy”
I bought some electric fencing this year to help protect my flock from predators but it’s been a constant task to keep the grass down to stop it shorting. Do you have any tips?”
Shirley B

Keeping electric poultry netting free from shorting can be a bit like painting the Forth Bridge. Once you’ve cleared any grass or plants touching the fence you have to go back to the beginning and start all over again.
This usually has to be done by hand as a trimmer or hand clippers run the risk of damaging the netting.
I know of some people who spray herbicide or weed killer along the fence line to stop any growth, but if, like me, you try to avoid the use of chemicals and/or frequently move the netting, then try using a roll of damp-proof membrane they use in the building trade.
Simply roll it out along the ground where you are putting the fence, use the fence spikes to hold it in place and the membrane will help reduce the likelihood of shortages from overgrown weeds or grass. It has the added advantage of being reusable when you move the netting, too.

Did you know?
Chickens have a hearing range that is slightly narrower than that of humans. It falls within the range of 15-10,000Hz, with their most sensitive range being between 1,000-4,000Hz.
Their main vocalisations, of which there are around 20, tend to fall in this range and run from around 500-6,000Hz.
Slight differences in pitch, tone and rhythm enable recognition of individuals (or imposters) even if the bird calling cannot be seen. Chicks will learn this at a very early age ensuring they always respond to the right mothers call.

Feathered focus
Breed Name: Japanese bantam
Region of origin: Japan
Profile: The Japanese bantam is an ancient breed, occasionally known as Chabo. The original birds hailed from China, however, it was in Japan where the bird gained popularity and was perfected to its current standard. These tiny birds were first seen in Europe around the 16th century and are the shortest legged of all the breeds, coming in three different plumage types.

Plumage/colours: Multiple, black-tailed white, black-tailed buff, columbia, white, black, greys, mottled, blues, cuckoo, red, tri-coloured, black-red. Three main feather types, silked, frizzled and flat.

Particulars:
Eyes: Colour dependent upon plumage colour
Comb: Single, large, serrated 4 or 5 points
Feet and legs: Short, featherless, colour dependent on colour of plumage

Weights:
Cock: 18-20oz (510-600g)
Hen: 14-18oz (400-510g)

Egg production: Low
Egg Colour: Cream
Classification: True Bantam

Chicken Nugget
Sometimes when flicking through old books or almanacs I stumble across the odd pearl of wisdom or statement that finds me scratching my beard and nodding in agreement.
One that springs to mind at this time of year concerns rats. Keeping chickens can attract the attention of the local rat population, however it’s only when the keeper fails to address their presence that it becomes a problem. This one particular old farming journal said ‘see one, count ten’. In other words, for every rat you see there will be nine others nearby, so be sure to deal with the problem rather than let it be. Remember, rats need three things – food, water and shelter, and often if you remove one of those things the rats will move on. So don’t leave chicken feed lying around, and try to position your poultry housing so that underneath doesn’t seem like such a nice place for rats to hide.
**British rare breeds**

**Breed: Balwen**

**Breed history:** The Balwen is a breed of Welsh mountain sheep developed in the Tywi Valley, in central Wales, where it remained confined to the surrounding area for many years. Traditionally, Welsh mountain farmers bred flocks with distinctive markings to make them easily identifiable and the Balwen is a prime example - its name means ‘white blaze’ in Welsh.

As the area's coniferous plantation increased, the breed declined and during the disastrously cold winter of 1946-7 it was nearly wiped out, with only one ram surviving.

Numbers started to increase again in the following decades and in 1985, the Balwen Sheep Society was formed to help safeguard its future. The Balwen has since become more widespread and is now much in demand as a smallholder’s sheep.

**Breed appearance:** Balwen sheep have a base colour of black, brown or dark grey and a white blaze on their face. They also have four distinctive white feet and a white tail tip. They are a small, slender sheep, although not as thin-looking as a primitive breed. All males are horned, while ewes are polled. The average body weight of a mature Balwen is between 38 and 43kg.

**Characteristics:** Like other Welsh mountain breeds, Balwen sheep are very hardy and able to survive on harsh upland grazing. They're more docile and easier to manage than other varieties and can also easily be bucket trained. The breed is quick and agile though, and does require firm handling once caught.

Ewes are long-lived and can still produce lambs at 10 years old. They have very few lambing difficulties, with lambs born small and lively.

**What the experts say:** Smallholder Sally Newing, who keeps a flock of around 30 Balwens near Ashford, in Kent, said: “The Balwen are ideal for smallholders as they’re very easy to care for; they don’t suffer any trouble with their feet or illness and we don’t have any issues with flystrike.

“They really are very easy to manage, delightful to look at and their meat tastes really great.”

---

**Buzz from the beehive**

Most people are aware of honey and beeswax as products harvested from honeybee hives, but very few are aware of propolis, even though it’s potentially one of the most intriguing and versatile products harvested from our beautiful British bees.

Bees actively forage for propolis in the height of the summer, seeking out the sticky sap from buds, young shoots or the bark of trees and plants nearby to the hive, and carry it back to the colony on their back legs just like pollen. Once in the hive, the propolis is worked by younger bees who mix the sap with their enzymes and beeswax before placing it in sticky lumps around the hive ready for use.

Aristotle, the ancient Greek philosopher, wrote several works on bees and beekeeping around 350BC and mentions “propolis”. “Pro” means in the front or defender, and “polis” means city. It’s an accurate description of how bees use propolis in multiple ways to strengthen and protect their colonies. The bees use a thin coating of propolis to stabilise the hive walls. It’s also used to seal any small gaps in the hive and in late summer the bees use propolis and beeswax to reduce the size of the hive entrance to protect the colony from wasps and other intruders.

Generally, its major components are resins (45-55%) and waxes (7.5-35%) together with essential oils (5-10%) and also pollen and fatty acids. The large volumes of highly potent flavonoids together with essential oils seem to provide a fantastic range of pharmacological properties including anaesthetic, antibiotic, anti-inflammatory, antioxidant, antiviral and even anti-cancer capabilities!

Propolis has been used by humans for thousands of years to treat various medical conditions, especially dental problems. Also, its presence in varnish is a crucial means of identifying a genuine Stradivarius violin.

To maximise our harvest of propolis we place flexible, gridded screens in the top of the hives each summer. The bees have a rough surface and fill in the gaps with collected propolis. Every six weeks or so we can remove the screens and collect the propolis without harming the colony - it’s then processed with natural oils and used as a key ingredient across our range of Bee Good skincare.
At Millies Wolfheart our goal is to provide a range of complete working & sporting dog food which is made from only the best quality ingredients. We want your dogs to thrive, not just survive, and with our bespoke range of 24 recipes there is something to suit all activity levels and ages.

We have developed some truly outstanding choices for weight control and dietary requirements. All of our recipes are hypoallergenic and grain free. Each is carefully formulated to offer everything a dog needs to be completely nourished and healthy.

Our selection of training treats are a highly palatable and nutritious option, when it comes to offering a reward for your dog. Designed to be perfect for Ring-Craft, Flyball, Agility & all obedience training, or just as a tasty treat. These truly are the ultimate choice.

Our range of 8 wet foods continues our focus on offering only the best possible quality. From single source recipes, to low fat, our nutritious meals for dogs are produced in Britain using only 100% human grade ingredients. Combining a blend of meats, fruits, vegetables, vitamins & minerals. It is easy to see why these are an award winning choice.
The Dogfather

The confidence trick

You see that photo? My Mum dug it out of a drawer last week and sent it to me. I’d never seen it before. There I am, aged about two-and-a-half, outside a neighbour’s house, apparently being a Dogfather-To-Be.

The two dogs were strays who were hanging around the building site opposite when they saw me and came running over. It was my first encounter with dogs. Although it was no doubt a heart-stopping moment for Mum, confident little me didn’t back off, but stood my ground and started talking rubbish to them. What happened next was… drum roll… nothing. Which was good. I carried on talking rubbish and they hung around long enough for someone to go grab a camera.

And the point of this is what, exactly? To show off how clever I was and how I was destined to be a dog trainer some day? No. The point is that toddler-me was much more confident than he had any right to be – because he hadn’t yet learnt to be scared. And dogs, it turns out, like ‘confident’, even when it comes in little packages. Not ‘overbearing’ or ‘dominant’ or ‘trying-too-hard-pushy’, you’ll note, just quietly (or chattily) confident. It works especially well with nervous dogs.

A few years passed and the inevitable happened. I learnt to become scared. When I was about eight, I was chased, screaming and terrified, along that same road by another dog, narrowly avoiding getting bitten. The trouble is, when you lose your confidence, things tend to spiral downwards. The more nervous you look, the worse some will behave, which, of course, makes you nervous and so it goes on.

Unwanted dog behaviours often seem to start when something in life rocks an owner’s confidence. It can be something completely unrelated to their dog – a relationship breakup, an illness, the death of a loved one, perhaps. Once confidence is lost, it’s hard to get back. A good start is to try to look more confident on the outside, to pretend. “What would it look like if you knew that everything on this dog walk would be fine, that you could handle everything that was thrown at you?” I’ll sometimes ask. The reason it works is that although dogs aren’t stupid, they’re certainly not mind-readers. They don’t really know what you’re thinking until it’s written all over your face and your posture, but then the game is very much up. If you look half scared-to-death, you are. Dogs’ ability to read our body language, including very subtle facial expressions, is well documented. Put simply: they’re brilliant at it.

The great news is that you are in control of how you look, even if it doesn’t feel like that. It’s entirely possible to be nervous – scared even – and yet look quietly confident on the outside. It’s not easy, but anyone can teach themselves to bluff it enough to convince a dog.

It turns out that even I am not as confident now as I was when I was two (I have the photographic evidence). There absolutely are times with some dogs when I’m not as confident inside as I look on the outside. I’m faking it – but for all the right reasons. Truth be told, it’s a bit of a confidence trick.

A day in the life of a vet

Cats naturally groom to remove old hair, debris and dirt, to assist in this they have barbs on their tongue. Hair that gets trapped in these barbs is typically swallowed. Most normal, healthy cats should be able to pass the hairs through their gastrointestinal tract, with the hairs coming out in the faeces.

Long-haired cats obviously have more hair to groom, this sometimes can just be too much for the digestive system to handle, hence they can be prone to bringing up more hairballs than short-haired cats.

There are two main factors in why cats suffer more than usual with hairballs. Firstly, any condition that causes your cat to over-groom, this can include stress, pain and skin problems. Anxiety and emotional stress can cause a cat to groom more often than normal.

Pain can also cause over-grooming as cats may lick and groom the painful area to try and help soothe the pain and reduce stress. Common painful causes of over-grooming include muscle and bone pain, bladder and urinary issues and abdominal pain. Skin problems can cause over-grooming as cats will commonly lick themselves to relieve itchiness. Skin problems include parasites such as fleas and mites, allergies and bacterial and fungal infections.

The other big factor includes any condition that stops ingested hair moving normally through the digestive tract. Cats commonly suffer from inflammatory bowel disease, which can affect the motility of the gut, meaning that the intestinal contents can’t move along normally, and outwardly we can see this as vomiting. The other major cause affecting the passage of hair and food through the guts is gastrointestinal cancer.

There are many reasons as to why your cat may be suffering from hairballs. If this is happening less than a couple of times a month then you could consider putting your cat on a hairball control food. If your cat is vomiting or bringing up hairballs significantly more than this, then it may be worth seeing if there is an underlying cause.
WorldHorseWelfare

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Colleen Macrae, Lucas’s rehomor

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- Receive honest and trustworthy advice
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- The reward of knowing you are helping give a horse the life they deserve

Lucas featured in our World Horse Trail which launched at The Royal Windsor Horse Show

www.worldhorsewelfare.org/rehoming
Equine behaviour

Melissa Volpi is studying equine behaviour. To find out more about the Society of Equine Behaviour Consultants (SEBC) professional training course, please email Felicity George at: felicity@equinecarecentre.com or visit: equinecarecentre.com/course.html

Seasonal signs of distress
Horses are powerful animals - and we must never forget that when handling them or riding them. They have the strength to bite or kick us if they feel threatened or unhappy. They have the strength to push us out of the way when we enter their space or lead them. And they have the strength to take off with us during ridden work.

This power can lead to dangerous behaviour in horses. But it's also what makes horses amazing animals and why our interactions with them feel so special. When horses trust us to look after their basic needs, they are just as vulnerable as we are in their presence.

The main relationship problems that we have with our horses though is not understanding why they behave in a certain way sometimes, and then not reacting as we should because of the misunderstanding.

At certain times of the year, external factors come into play that may make even the most well-trained and beloved horse display behaviour that can be dangerous to the owner, trainer or handler.

So, what should we do when our horses' behaviour becomes uncharacteristic and difficult to deal with? Should we sell the horse to someone more equipped to deal with the problem or should we find out what is causing this change in behaviour and get some help to resolve it?

In my view, selling a horse with a problem is not an option - because all that generally happens is that the horse's issue is never resolved and the owner, trainer or handler's fear is never resolved either, leading to future problems for both parties. I believe the best way is to practice safe horsemanship and seek help from a qualified BHS instructor or equine behaviourist.

The bain of a horse's life
The biggest problem that we have with our horses at this time of year is to do with flies. Flies are the bain of a horse's life. They can start off by annoying the horse and finish off by distressing the horse so much that it damages its hooves irreparably from pawing and stamping for extended periods of time.

Flies can cause our horses to toss their heads violently in a sporadic manner; they can make them rear up and kick out and take off during handling or ridden work.

So, what can we do to help our horses remain calm and collected and handleable/rideable when in the presence of flies?

Firstly, make them as comfortable as possible when they're enjoying their time out in the paddock or stable. Fly sprays and creams are a nice idea, but they don't tend to last long in reality. The most effective methods of fly control are fly rugs and boots and fly masks. By stopping the flies from landing on our horses as much as is possible, we are giving our horses the best chance of peace.

Feeding for flies is also important. Garlic supplementation is not to everyone's liking – as with all horse supplements, there are pros and cons to feeding garlic to horses – but the reality is that it does seem to stop the swarms of flies from landing on horses.

Providing an area of shade that's cool in temperature is important, too. Changing our routine to help our horses during the fly season is the best though. By understanding our horses change in behaviour we can decide to do things differently to keep everyone safe. Maybe it's not safe to ride some horses on days when the flies are at their worst. And maybe it is a good idea to ride early in the morning or late at night during the fly season.

There are lots of ways of dealing with these issues that suit you and your horse. Just remember that your horse doesn't want to hurt you.

Continues next month...
Business tips & tricks
With Rhea Freeman

ARE YOU WORKING REALLY hard to grow your Facebook page? Getting up to many thousands of followers on Instagram? Have the biggest email list in the world! Do I need to go on? Now, I’m not going to tell you that you shouldn’t be trying to grow any of these, far from it, but don’t overlook the power of ‘one’.

Because it’s not thousands of people who change your business. It’s one. And another one. And another one.

I spend a lot of time listening to people and their wants and desires for their businesses. Obviously I spend a lot of time in the marketing/social media space and, so, that’s what I hear a lot about. And one easy way to measure success is the number – the bigger the better, right? With sales, of course, numbers matter… but with marketing? More followers don’t always equal more sales. Well, not if the number alone is the only focus.

There’s a really funny conflict on social media. Big numbers ‘signal’ that you’re doing well. And I’ve heard people boast about mailing list size too. Now, I don’t think I have the power to change this perception alone but I want to try and help you, because at this moment, you’re my one.

It’s pretty easy to build huge followings on social media, but are these people actually engaged? If you’re on Instagram and use it regularly, I would imagine you’ve had a helpful DM or email offering you the opportunity to buy followers? Yes? You can get thousands of them for a few hundred pounds. Phew, that’s a lot of work saved, right? No, no, no!

If your sole goal is to have a large following, that’s one thing, but if your goal is to grow a following of your tribe, who might be actually interested in what you have to say and might buy from you… it’s a hard slog. But it’s worth it.

For every one follower or subscriber gained, you’re a step closer to making a new connection, learning more about what your ‘people’ like, what might work for your business and so much more. They are people you can survey and ask questions to help you grow your business and develop your following. With each genuine follower or subscriber or fan, you’re growing your chances of making sales and genuine connections.

So even if your Instagram account or Facebook page or email subscriber list has a zero in the follower/fan/subscriber count – don’t worry too much. Not only does everyone start at zero, but you only need one person to change the game. One fan that shares what you do and loves you. One subscriber who buys from you. One follower who wants to work with you on a collaboration. Then you gain another one. And another one. 🧡

● If you take one thing from this column – work on growing individual powerful connections. Each individual connection matters and when you get the right individuals behind you, you’ll grow in all the ways that matter.
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HAYLOFT PLANTS, MANOR FARM NURSERY, PENSHAM, PERSHORE, WORCESTERSHIRE WR10 3HB
MOST OF US have a dark, gloomy corner of our garden, where not much grows due to a lack of light. Looking for a way to add interest to a neglected, north-facing border and always keen to attract more wildlife into the garden, I have used dead wood, ferns and other shade-loving plants to gradually transform it.

I drew inspiration from the ‘stumpery’ at Burnby Hall Gardens at Pocklington in East Yorkshire, a garden that I regularly enjoy visiting with my family. If you’re unfamiliar with the term or it all sounds a little ambitious, don’t be deterred! It’s really not as complex as it might sound and is a style of planting that you can use in any garden, regardless of size.

Popular during the 19th century, stumperies are gardens where dead wood is used as a backdrop for a naturalistic planting scheme, typically incorporating ferns and woodland plants. They’re ideal for shady plots and a real haven for wildlife, including hedgehogs, amphibians and insect life.

Ian Murphy, estate manager at Burnby Hall Gardens, explains: “The stumpery is one of the most popular features here at Burnby and a relatively recent addition.”

“The roots are arranged artistically to create a feature that’s architecturally pleasing to the eye and, once the stumps are in place, plants are used to break up the strong lines and soften the angles.”

Traditionally, stumperies were made using upturned tree stumps, but it’s possible to incorporate fallen branches, bark and logs. There are no set rules, so you can be as creative as you like.

Kids can get involved in the process too; my daughter, who was only four years old when we first made ours, thoroughly enjoyed helping me. Now that the border has become established, it’s home to various frogs and insects.

Here’s our step-by-step guide...

Find some dead wood: I’d saved a couple of large segments from a fallen tree that would otherwise have been cut up for firewood, but also spotted several attractive branches and tree stumps, some festooned with lichen and fungi, on my daily dog walks on the disused railway line near my home. You could just as easily ask a local wood merchant for some logs, or put any fallen trees or branches from your own garden to good use.

Plan your layout: After digging over the soil, I planned the layout for my stumpery by positioning the tree stumps, logs and branches at different angles until I had an arrangement I was happy with. I then dug holes in which to partially bury the larger pieces of wood, creating a natural, rather than uniform, look.

Choose your plants: I knew that I wanted to include a selection of hardy ferns to soften the look, but also liked the idea of incorporating native woodland plants. My daughter and I positioned our chosen plants around and in between the pieces of dead wood in an informal planting scheme, adding foxgloves towards the back of the border to give height. I originally planted cowslips and bluebells; a trio of hostas, which create a lush focal point during the summer months; and some spring bulbs - snowdrops and narcissi. My idea was to try to ensure there would be interest all year round. Although the stumpery has gradually begun to look more attractive as the plants have matured, the green ferns worked their magic instantly, providing a delicate foil for the sharp angles of the dead wood.

Don’t be afraid to make changes: As your plants mature, you might want to add to your stumpery garden. I’ve brought in new pieces of wood and added a little fairy house that someone made for my daughter from deadwood, which ties in with the theme perfectly. Earlier this year, I planted some wild garlic, which thrives in this kind of environment, and has the added bonus of being something you can pick and eat!
Gardening with Pippa Greenwood

Pippa Greenwood is a trained botanist and a regular presenter on Radio 4’s Gardeners’ Question Time. Visit: pippagreenwood.com

This is definitely one of the best months for reaping gardening rewards – especially if you’ve been growing fruit and veg. If this makes you feel you’ve been missing out, don’t forget that now we are moving into autumn, it’s the beginning of the best season for planting most trees, shrubs and climbers. And that doesn’t just mean those with fabulous flowers or fascinating foliage, but also those whose fruit is fantastically tasty, so get planting – as well as eating!

Edibles
- Onion sets are the easiest way to grow your own tasty onions with minimal effort, low costs and maximum reward. These mini-onions are available in garden centres and by mail order and, if planted now, will happily overwinter in all but the wettest soils. There are red, white and yellow varieties available, often with rather too many per bag, so why not share a few bags with friends so that you can grow a range of varieties with different colours and ‘strengths’? They produce roots and shoots quickly after planting but, until they’re rooted, I do find that birds tend to pull the sets out of the ground. I like to cover the rows with net-covered pull-out tunnels for the first month or so after planting.
- Pumpkins and squash may be at risk of damage while they’re still on the plants. Ground-level munching pests can graze the skin of the fruits and, even if the damage they cause may look inconsequential, it’s often enough to allow the fruits to start to rot. I always raise the fruits off the ground slightly, on wooden crates or scrubbed up chicken wire and this really helps to keep away slugs and snails.
- Autumn-planting vegetables such as radicchio, purple sprouting broccoli, spring cabbages, oriental pak choi and Mizuna and spring onions, if planted out as small plants this month, can either bring you some crops over the next few months or be there cropping for you next spring.

Ornamentals
- Once climbing roses have finished flowering it’s time to tackle them with some really sharp secateurs. Start by removing any dead, diseased or dying growth. Next cut old stems back to about 8cm above the soil surface, then take back side shoots which are growing from the main framework, cutting each back to about three buds. Always aim to prune back to a healthy-looking bud and one which is facing in the direction you’d like the new growth to grow. Once finished, tie-in new stems to the support system.
- This is a great month to plant both wallflowers and other biennials, including sweet Williams. Either transplant them from the nursery beds you’ve been growing them in or do as I did last year and buy some! Many pick-your-own outlets, farmers’ markets and garden centres sell bundles of bare-root wall flowers and sweet Williams, often very cheaply and sold in inauspicious-looking rubberband-bound bundles.

Classic cannas
- Introduce an instantly tropical look and feel to your garden using cannas. Their showy flowers and often rather flamboyant foliage make them into real showstoppers. All they need is plenty of sun and plenty of moisture and they’ll provide a tropical wow-factor for much of the summer and into early autumn. Here’s some of my favourites:
  - Picasso (blue-green foliage)
  - Tropicanna (multicoloured foliage)
  - Striata (golden yellow striped foliage)
  - Tropicanna Black (reddish black foliage)
  - Cannova Yellow
  - Cannova
  - Bronze Scarlet (bronze foliage)
  - Cannova Orange
  - Cannova Bronze

Gardenwide
- At this time of year the soil still holds a lot of warmth and, as rainfall also tends to be increasing, it makes the perfect conditions for planting. Trees, shrubs, climbers, fruit bushes and trees all do well if planted in the autumn; the only main exception being if you garden on a particularly heavy or wet soil. Remember that with container-grown plants it may be necessary to tease out the roots if they have become at all pot-bound.
- Ahead of the autumn leaf-fall chaos, create yourself a leaf mould ‘bin’. It just takes four posts or stakes driven into the soil to form the corners of a square, then some chicken wire attached around the outside vertical faces and it’s done. Then, as soon as the leaves start to fall in earnest, you’ll be able to start cramming them into the bin so they can rot down to form gorgeous leaf mould, a great, environmentally-friendly and free soil conditioner and mulch.
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Before science took over and medicine was formalised, healing was necessarily a folk practice. Everyday ailments like sprains and cuts, indigestion and toothache were dealt with at home, using whatever was close to hand.

With mass migration to the cities, the privations of two world wars, then the establishment of the NHS in 1948 – offering healthcare for all, free at the point of delivery – things changed drastically. In a relatively short span of time, the common connection with herbal healing was broken. The population came to rely on medical institutions and pharmaceuticals to (seemingly miraculously) cure illnesses both minor and major.

The empirical certainty of conventional medicine cast a shadow over herbal treatments, resulting in a commonly-held doubt that they had any efficacy at all. Medical herbalist Katrina Werren says: “A lot of modern medicines are extremely powerful and often have rapid, quickly observable effects on the body, whereas herbal medicines, for the most part, take longer to have an effect and make more gradual changes.”

People wanted fast results and they were no longer prepared to wait.

But, these days, herbalism is fighting back. To be persuaded, you only have to look at the number of synthesised drugs (including morphine and tamoxifen) which are derived from plants.

With changes in public mood towards the environment and personal responsibility has come renewed interest in treating ourselves with herbs. Gardening – whether in a vast plot or a windowsill container – has therapeutic effects in itself. Add to that the reward of making a remedy from something you grew and you have instant gratification.

Inna Duckworth, a medical herbalist practicing in London, recognizes that while people are willing to grow and eat culinary herbs, they’re more cautious about using them curatively. She recommends growing a sensory garden as a way into understanding herbalism. Fragrant plants such as lemon balm, rosemary, lavender and rose have relaxing properties and can improve concentration and mental alertness.

When added to a warm bath, their natural oils are released to soothe the skin, too. Nothing scary about that.

Growing or foraging for medicinal herbs and using them to treat common ailments will certainly save you money. And, by keeping you away from your GP, it could lighten the burden on the NHS while reducing unnecessary antibiotic use. Happily, there are environmental benefits, too, with pollinating insects being big fans of flowering herbs.

Even humble plants often considered weeds have plenty to boast about. Medical herbalist Helen Kearney cites the case of dandelion, which has a strong diuretic in its leaves, digestive benefits in its roots and contains a prebiotic for the gut. Its flowers are edible, it attracts bees and it can be made into wine. Like all of its herbal counterparts, that’s one multi-talented plant.

### Turning herbs into healers

With a little bit of magic, herbs can be:

- Dried and taken in capsules
- Chopped and used as a poultice
- Bruised and rubbed onto the skin
- Soaked in alcohol to make a long-lasting tincture
- Infused in oils to be used as a rub
- Added to soothing balms, lotions and salves
- Brewed up when dried or fresh to make a tisane or tea

### Medical herbalists

In the UK, the National Institute of Medical Herbalists (nimh.org.uk) is the main professional body for herbal practitioners. Qualification to become a medical herbalist involves a four-year course and most NIMH members hold a BSc in herbal medicine. These highly trained individuals have sound scientific grounding in anatomy and physiology as well as botany and diagnostics. They also have knowledge of conventional medicines and are required to undertake extensive clinical training as part of their qualification. Professional medical herbalism should not be confused with homeopathy.
What to grow or pick

**Calendula**
Cheerful marigolds are much-loved easy-to-grow garden flowers and are significant in many religious ceremonies in India. **Known for:** protecting against infection, promoting healthy skin, reducing inflammation. Helen Kearney recommends calendula tea to soothe the mouth ulcers that are a common result of chemotherapy.

**Elder**
A small tree known for its abundant flowers and juicy deep-purple berries. Versatile healing properties mean it’s known as the ‘herbalist’s medicine chest’. **Known for:** anti-inflammatory, anti-viral and anti-catarrhal properties. Can be used to tackle hay fever and prevent colds.

**Thyme**
The numerous varieties of thyme are appreciated as culinary, medicinal and ornamental plants. It was one of the herbs carried in medieval posies to ward off plague. **Known for:** alleviating coughs and sore throats, boosting immunity, anti-bacterial properties. Inna Duckworth infuses thyme with honey to treat kids’ colds.

**Lemon Balm**
A member of the mint family, lemon balm grows vigorously and can be cut and re-cut. A refreshing, citrusy flavour makes it readily palatable. **Known for:** enhancing mood and relaxing the nervous system, stimulating digestion and having anti-viral and anti-bacterial properties.

**Mint**
Diverse and versatile, mint is a much-used culinary and medicinal herb. It’s easy to grow, with a tendency to run riot if allowed. **Known for:** relieving hay fever, tackling nasal congestion, easing digestion, calming skin irritations, freshening breath.

**Plantain**
Commonly found growing wild, plantain is often sown in pastures to boost livestock nutrition. Its diverse medicinal uses mean it has a long history as a herbalist’s favourite. **Known for:** easing gastric problems and acting as a diuretic, alleviating symptoms of asthma and allergies, treating wounds and skin inflammation. Follow Helen Kearney’s advice and chew the leaves, then rub them on insect bites.

Fancy making some of your own herbal remedies?
Try these recipes from *The Green Physic*, Katrina Warren

**Elderberry Syrup**
Taken in winter, a spoonful of this syrup tastes good and helps to keep coughs and colds at bay, too.
- Gather ripe elderberries, give them a wash then leave them to dry slightly overnight.
- In a large pan, combine 300ml of water for every 500g of berries. Bring to the boil then simmer for 15 minutes. Press the mixture through a sieve into a clean saucepan. Discard the pulp and pips.
- Add 800g of caster sugar to the juice, stirring over a low heat until the sugar has fully dissolved then simmering for five minutes. Add the juice of four lemons.
- Decant the syrup into sterilised jars. Store in a cool, dry place or in the fridge, where it will keep for at least three to four months.
- Adults and children over 12 should take one dessertspoon, three times a day.

**Marigold Tincture**
A tincture employs alcohol to extract the medicinal constituents from the plant. Use this one on wounds to prevent or tackle infection and aid healing. Or add a teaspoon of tincture to about 20ml of salt water and use as a gargle or mouthwash to relieve sore and inflamed gums, sore throats and tonsillitis.
- Harvest the flower heads on a bright and sunny day (ideally before they’ve been pollinated) and chop them finely.
- Place the chopped flowers in a wide necked jar and fully cover with vodka of at least 40% alcohol by volume.
- Shake daily for two weeks before straining and storing in a dark glass bottle. This tincture should keep for two to three years.

Useful contacts:
- To learn more or to find a medical herbalist near you, visit The National Institute of Medical Herbalists at: nimh.org.uk
- For training in medical herbalism, see: betonica.co.uk
- NIMH-registered medical herbalists: Inna Duckworth - Facebook @MedicalHerbalistLondon /innaduckworth.com
- Helen Kearney - elderfarm.co.uk
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Beetlemania

When British biologist and atheist JBS Haldane was asked what one could conclude as to the nature of the Creator from a study of creation, he is said to have replied: “It would appear that God has an inordinate fondness for stars and beetles.”

With some 400,000 species of beetle (Coleoptera) in the world compared to around 6,500 species of mammal, Haldane had a point. Ground beetles, burying beetles, water beetles, diving beetles, dung beetles, marsh beetles, stag beetles, chafers, glow-worms, mealworms, woodworms, ladybirds, weevils and whirligigs are just some of the 4,072 species in 103 families found in the British Isles (UK Beetle Recording, 2019). Some are predators, others plant-feeders; some are considered pests, others are valued as important recyclers.

AA Gill (2006) perfectly summed up their diversity and adaptability: “Beetles embody all the talents of the middle classes. They are not aristocratic, vain esoterics, like butterflies and moths, or communists, like ants and bees. They’re not filthy, opportunistic carpet baggers like flies. They are professional, with a skill. They’re built for a job, and get down to it without boastfulness or hysteria. And there is nowhere that doesn’t sooner or later, call in a beetle to set up shop and get things done.”

Stag beetles

The oversized antler-like jaws, heavily armoured thorax and head, and rutting behaviour of males during breeding season, make the Stag beetle (Lucanus cervus) an unforgettable sight (pictured right). Yet despite their aggressive appearance and intimidating colloquial names (‘thunder-beetle’, ‘horse-pincher’, ‘devil’s imp’, ‘billy-witch’), Britain’s largest beetle is relatively harmless. For the first six years of their lives, stag beetle larvae feed on rotting wood; then during the few short months as adults, they don’t eat at all – surviving on water, tree sap and fruit juice.

Dung Beetles

Dung-rolling scarab beetles were worshipped by the ancient Egyptians as the behaviour was linked with Khepri, the god of the rising sun. Although the UK is not blessed with such ‘ball Rollers’, we do have approximately 60 species of dung beetle, which according to Dr Ceri Watkins (2019) have been estimated to “save the UK cattle industry £367 million per annum through the provision of ecosystem services.” If you want to find out how these beetles can benefit farms, visit the Dung Beetle UK Mapping Project, affectionately known as DUMP (dungbeetlemap.wordpress.com).

‘Most invasive ladybird on Earth’

When a Harlequin ladybird (Harmonia axyridis) was sighted in England for the first time in 2004, there was trepidation among entomologists. Originally from Asia, ‘the most invasive ladybird on Earth’ had already conquered America, having been introduced as aphid pest-control in the 1980s.

Dr Michael Majerus, of Cambridge University’s Evolutionary Genetics Group, said: “This is without doubt the ladybird I have least wanted to see here... It is critical to monitor this ladybird now, before it gets out of control and starts to annihilate our own British ladybirds.”

2005 saw the launch of the UK Ladybird Survey, a citizen-science project which encourages the public to record ladybird sightings online. A decade later, the survey findings were published, with Helen Roy and Peter Brown concluding: “The dramatic spread of H. axyridis suggests that it is one of the fastest spreading invaders worldwide and is worthy of this description.”

More resistant to pesticides, able to outcompete aphid-feeding species, and even eating ladybird eggs and larvae, their arrival and spread across the UK was strongly linked to the decline of native species of ladybird. These voracious predators are also a threat to moths and butterflies as their eggs and caterpillars are also on the menu.

Buglife summed up the pace and impact of the Harlequin ladybird in the following terms: “It took the grey squirrel 100 years to spread throughout the UK - but it took the Harlequin ladybird less than a decade to do the same.”

Of the 46 species of ladybird found in Britain, the most common is the seven-spot ladybird (Coccinella septempunctata). One seven-spot ladybird can eat around 5,500 aphids in its life.
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What the suint is that smell?

Clare Hunt is the victim of woolly thinking...

LIVING IN THE COUNTRYSIDE, you get used to all sorts of smells. Some, like freshly-cut hay or apple blossom, are delightfully bucolic. Others are so distinctive they have words all of their own to describe them. ‘Petrichor’ is the smell you get when rain falls after a warm, dry spell. Along with ‘gargoyle’ and ‘lolly’, it’s up there in the list of the English language’s best words.

Many smells are less appealing. Chicken slurry, for example, will simultaneously scour your nasal passages and put hairs on your chest. Anyone downwind of my place recently would have smelt an especially ungodly waft, but I doubt in a million years they’d have guessed what it was.

In my pursuit of all things medieval and unnecessarily laborious, I’ve taken up suinting fleeces. ‘Suint’ is also a rather marvellous word and is derived from the French ‘suier’ meaning ‘sweat’. Essentially, suint is the grease and dried perspiration found in sheep’s wool. Lovely.

If you’ve ever tried to wash raw wool, you’ll know it takes a lot of soap and a fair amount of effort to rid it of sticky lanolin. To make matters trickier, you can’t use very hot water, as that way a knotted ball of felt lies.

But there’s an alternative – a suint bath. It works like this: half fill a plastic dustbin with rainwater. Stick a freshly sheared fleece into the bin and put the lid on. Leave the bin in a sunny spot for a couple of weeks. As the sun warms the water, the fleece starts to ferment.

An unappealing black film of grease floats to the surface and the whole thing starts to bubble in the manner of a diabolical witch’s brew.

At first, the suint bath smells innocently of wet sheep. Then it gets a bit farmyardy. When an all-pervasive honk of rotten egg comes into play, you’re ready to liberate the fleece from the bin.

This is no mean feat. The intention is to remove the wool and leave the water to reuse as an even more powerful bath for another fleece. With hindsight I possibly shouldn’t have experimented with the enormous coat from my vast Dorset-Shropshire-cross ewe. Because, waterlogged and stinking to high heaven, it wasn’t easy or pleasant to handle. I tried hoiking it out with a pitchfork (not enough leverage) and a broom handle (too slippery) before resorting to all I had left: bare hands.

Though I have in my possession those arm-length plastic gloves you use if you need to stick your hand up a cow’s bottom, it didn’t occur to me to use them. I ploughed on, unprotected, manually hauling the fleece into a fresh bin for rinsing. A bit more elbow grease and a drop of non-biological washing liquid were needed to launder out the stench, but the fleece was amazingly squeaky clean and fresh-smelling.

Unfortunately, the same could not be said of my hands. The suint stink had migrated from fleece to skin and could not be scrubbed off or disguised by any amount of lotions. I just had to wait for it to fade, at its own snail’s pace.

So, if anyone passing by my place smelt a funny aroma the other day, it may have been the wool bubbling gently in the suint bath, or it may just have been my hands. Next time, I’ll remember the gloves. ☺
View from the farm: September

Trevor Foss celebrates his 150th column and bids a fond farewell to Countryside

I HAVE LIVED in a small village called Ravensthorpe in the rolling countryside of Northamptonshire all my life. Born at Holly Farm with an amusing postal address of Backside, renamed Guilsborough Road (I wonder why!) when more houses were built back in the sixties.

Life on the farm then was far more labour intensive. I am so old I can just remember as a lad harvesting with a binder and stacking sheaves of corn. Short trousers were the order of the day then and walking in stubble fields would put scratches all over my skinny legs. We had things called spats to wear (covering the ankles) but my thin legs meant they rubbed nearly as much.

The very first combines were called baggers. A driver plus another man was needed to change bags as they filled from the cleaner. These were then collected on a chute in threes and fours before being dropped onto the ground. They then had to be picked up by hand and taken to the granary on a trailer.

It was not so many years, thankfully, before we started collecting the grain in a tank on the combine and moving to the system we have today. Bulk handling of grain with tractors, trailers and lorries can now move 500 tonnes – the amount modern combines can now cut in a single day.

Those first combines only had an 8ft cut and were very basic; cutting widths can now be more than 12 metres and with self-steer, GPS, yield mapping, along with grain moisture content and a modern cab – life is a lot more pleasant when harvesting. The down-side is the very biggest machines can cost more than half a million pounds.

We milked cows as well back then in a converted baptist chapel. It could hold two rows of 12 cows with a central walkway. The only trouble was the walkway was lower by about a foot than the cattle. So in the spring when the cows had eaten plenty of fresh grass, a coughing cow would often result in a vertical line of steaming, smelly liquid which, if you were not awake, could hit you right in the ear. Milk was sold in churns and the good old black and white Friesian cow was queen.

High-tech herds

Today, the main dairy breed is still black and white but now the Holstein. This breed is capable of producing more than 60 litres of milk in a day at peak lactation. Nearly every village had several dairy farms and all milk was sold through the Milk Marketing Board. Today, you can just about count on one hand the dairy herds in the county.

Technology can almost monitor a cow’s every need, from heat detection (when she is ready to bull) to recognising ailments such as mastitis or temperature change before they show visible signs.

Artificial insemination or, known by its other name, ‘the bowler hatted bull’ is now widely used. It’s possible to choose a bull or heifer calf using the very best sires. Cows respond to being well looked after and content. Whether it’s using a robotic milking system or a modern milking parlour, a good stockman is still needed and worth his weight in milk at least. Sadly, the average farm gate price of milk today is around 28p a litre, far cheaper than bottled water.

I loved lambing sheep and have done so for more than 50 years before selling our breeding ewes two years ago. For many of those early years the sheep lambed out in the fields in March. Winters, I’m sure, were colder then with far more snow and ice. We had only a small shed to protect the very weakest newborn lambs and, once it was dark, only a torch to help us at night.

The year we had enough buildings to allow us to bring the flock indoors to lamb was a huge blessing. Not only did it mean the sheep and lambs were protected from the weather but also we could see them through the night as well.

Feeding sheep outside using troughs is always a challenge. They either stand in the way or try and get between your legs as you dribble the feed into each trough.
Inside, a barrier separated us from the sheep and it became almost a pleasure to feed. Today, the pressure is to reduce costs and move to outdoor lambing, but much later in April. This saves on concentrate feeding and also releases buildings for other uses.

Changing fortunes
I guess diversification was a new word to farming in the 1980s. Food mountains then meant we had to look for other income streams and saw the birth of farmers’ markets and many more farm shops. Large buildings were often converted to factory units and others converted into plush offices or holiday lets. Wind turbines and solar farms and telecommunication masts sprang up as opportunities arose.

Another big change in my time as a farmer was the introduction of set-aside. Farmers are food producers at heart and having to take 10% of your land out of production at one time was alien to many. The EU has, over the years, imposed many different rules and regulations on how we can farm. Some good but many, such as having to grow three different crops, has increased costs and has often meant three trips to a block of land instead of one.

The environmental aspects of farming now rightly play a major part in what we do. However, by banning some chemical products it often means several more applications are made of other less efficient ones.

Farming today involves many elements, from computerised machine technology, to GPS and robotics, as well as needing a sound business brain. As to the future, already diesel power will, just like the Shire horse, soon become a rare breed. Crops that are more resistant to diseases will require little or perhaps no chemical applications while cereal crops with a legume gene will produce its own nitrogen.

Back to the future
Being a farmer’s son I have never wanted to do anything other than farm, but would I do it all again given the chance? A big fat ‘yes’ would be my answer.

As I have explained, farming has changed dramatically in my lifetime. We have had many ups and downs and the rewards are not always financial. It might be finding a newborn lamb or calf or just looking out over the farm on a fine misty morning. Or cutting the last of the harvest and putting the combine away for another year. These are part of what makes farming so rewarding.

It’s now a much more solitary job than in the past, but what an amazingly diverse bunch we farmers are. A call for help or lending a hand to a neighbour is never turned down.

Through my time in the NFU as a county chairman and latterly as Legal Board chairman I have made many friends all over the country. The need for the NFU has never been stronger; getting a balance between food production and the environment requires a strong farming voice. I have seen at first hand that the NFU has the leadership and expertise needed to take farming on this challenge. Farmers must be given the tools to continue to look after our countryside and produce some of the safest and best food in the world.

This will be my final article for Countryside magazine and I would like to thank my wife, Pat, who has proof-read every article pointing out my many bloomer. Also, thanks to current editor Martin Stanhope and deputy editor Lorna Maybery for their help and kindness over the years. And a big thanks to Alison Pratt, now retired from the NFU, who somehow cajoled me into the job in the first place.

Last, but not least, thanks to you for reading my articles and for the very kind feedback you have given. I shall continue to farm as long as I have good health.

It’s a wonderful profession and being able to get up in the morning and look out over the farm seeing trees that Pat and I planted and our crops growing means we can be very proud of our small farm.
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Let’s raise a glass to British wine

Have you tried British wine? Little more than a decade ago, that question might have been met with derision. But a lot has changed since then, and top-quality, award-winning home-grown wines are winning a spot on restaurant menus and supermarket shelves.

In fact, last year - helped by the fine weather - a staggering 15.6 million bottles were produced within our own shores, 130% higher than the 2017 crop, according to WineGB, which promotes the growing wine industry.

An improving picture
You can find land under the vine as far afield as Wales and Yorkshire, but most of the UK’s 700 or so vineyards are in the South East of England where the climate and chalk soil is similar to France’s Champagne region; so much so that two major Champagne houses, Taittinger and Pommery, are growing grapes on English soil.

This all means that the wine industry is one of the fastest-growing agricultural sectors. David Harrison, viticulture expert at NFU Mutual, which supports the growth of the UK wine industry as an exclusive partner with WineGB, says: “Our talented British wine growers are creating better and better wines each year. And Brits, who are increasingly discerning about the provenance of their food and drink, are responding to this; we all want to drink British and support local growers.”

Home-grown fizz is particularly popular. A record four million bottles of English and Welsh sparkling wine was sold in the UK last year, more than that from Australia, the US and Germany combined. But it’s not all fizz and 31% of wine produced here is ‘still’ whites, reds and rosés.

Major international awards have been flooding in, including three Best in Show medals at the Decanter World Wine Awards this year, in a first for the British wine industry. Two of these were won by Chapel Down winery in Kent, for its Kit’s Coty Chardonnay 2016 and Kit’s Coty Coeur de Cuvée 2014. Wiston Estate in West Sussex picked up the third, for its Blanc de Blancs Brut 2011.

This trio are higher end wines, but supermarkets are increasingly stocking home-grown wine at a range of prices. Aldi, for example, sells a £9.99 bottle made from Bacchus grapes grown at Lyme Bay Winery in Devon.

Here’s to the future
This is only the start and the future looks bright. WineGB sees Britain heading for 40 million annual bottle production in the next 20 years. This could create between 20,000 and 30,000 new jobs, on top of the 2,000 people already employed in grape growing and wine making.

NFU Mutual is proud to support this booming British industry and to help protect it by providing insurance and know-how to grape growers and wine producers.

David says: “Let’s celebrate and support this thriving British industry. If you haven’t tried home-grown wine, then now is a great time to do it.”

To find out more about Britain’s booming wine-making industry, and how we’re helping, search “NFU Mutual wine.”

Bumper crop: A staggering 15.6 million bottles of wine were produced in Britain in 2018
Keeping the hops in good trim

It’s all hands on deck for trimming, as the team at Hampshire Hops begin to look forward to harvest, says grower Oliver Wardle

With a minor mistake made during the February/March trimmings (‘someone’ trimmed a few too many stems thinking they were too early!) some of the stems have fought back with a vengeance, sprouting all over and growing far and wide.

But this didn’t deter us and, throughout April and May, we were trimming like mad, spending most of our waking minutes down at the field. We were lucky enough to have four hardy volunteers to come and help us, who went above and beyond, just about keeping us on top of the stems. Of course, hops don’t stop growing at this stage, so the trimming continued throughout June, with our biggest nemesis being the hogweed and thistles, which grew in abundance between the plants and among the rows.

Trimming is probably the most time-consuming job of the year. With the other annual hop jobs, once you have covered the field, they are complete. With trimming, once you finish the field, you start again. And then again. And possibly one more time. Ideally you want to be selling bines with two stems wrapped around the string. This year, as we sell the bines for decoration rather than brewing, we did a little experiment and, on a couple of rows, we grew them with three or four stems up the string. This was mainly to see if the bines would look fuller, without compromising the quantity and quality of flowers they grow. The crowns grow about 30 stems; so, with a field of 2,500 plants and 5,000 strings, you can imagine how many of our evenings and weekends were spent trimming little hop stems.

The idea behind the trimming is that all the goodness and nutrients in the ground will be absorbed by just the two (or three, or four) stems growing up the string, rather than being shared amongst the 30 odd stems that the crown produces. After a while, the stems get the gist and stop growing, so it really depends how quickly they stop as to when we stop going around and around the field.

During these past months, we’ve also turned the field a few times to stop the weeds coming through. We turn the field in between the rows, but between the plants, it’s all done by hand. It’s crucial for future years, to cut the weeds down before they go to flower and seed, so time is of the essence. Thankfully, towards the end of June, when the stems are at least 7-foot (some even at the top of the string) frantically searching for something to cling onto over the wire, things calm down a little and we are able to watch the fruits of our labours climb, fill out, and become the bines we wished for!

Even with this somewhat romantic view, we will still turn the field again, feed them, check for new stems (still, just in case), ensuring no bugs or diseases have hit and generally pander to the hops to ensure they are happy growers. So, this is the time of year when we can relax a little and revel in watching our beautiful hops grow, before we get really busy again at harvest.

As Countryside goes to print (at the beginning of August), we have just started seeing new buds coming through and the leaves are creating a gradual fullness to the bines. This stage is truly exhilarating, as we watch the bines flourish and realise that all the work of springtime is coming to fruition. We’re now thinking three or four stems will be a great way forward, but September will be the crucial point, so watch this space; find us on social media to see how they’re getting on! 🍍

Follow the team on Instagram @hampshirehops or on Twitter at the same address.

“With trimming, once you finish the field, you start again. And then again. And possibly one more time.
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Charlotte Reather looks at equipment designed to make life easier - and that bit more elegant - in the kitchen.

Whether you’re a family like mine with a hotchpotch of cooking clutter and utensils passed down by various grannies (we have 18 inherited wooden spoons), all bursting out of cupboards and drawers. Or you keep a designer minimalist kitchen in which guests take bets on the whereabouts of your kettle, I’ve been busy testing a selection of functional and decorative kitchen items to suit every country home.

Victorinox Allrounder cutting board - medium 29 x 23cm

Apparently, wood fibre cutting boards have been used in professional kitchens around the world for many years because they’re renowned for their strength and durability. The Victorinox Allrounder is dishwasher safe, dual-sided, non-porous and heat-resistant to 176°C, and has a juice groove so no more run-off. Made by an American company involved in building eco-friendly skate parks that discovered the wood fibre composite was perfect for a wide range of kitchen tools. And these eco-friendly wood fibreboards don’t dull your knives, which is why Swiss cutlers Victorinox came ‘on board’. Who knew chopping boards could be so exciting?

£39.99
lakeland.co.uk

Emma Bridgewater Polka Dot 4 Mug Teapot

Selected as my winner because this polka dot pot of fun instantly puts a smile on my face. Is it the colours, or perhaps memories of drunken Twister? Who knows? But during fast changing times this simple, elegant and iconic Stoke-on-Trent-made pot makes the British cuppa contemporary and important again. Functional as well as decorative, it’s got a curvy spout that pours well and doesn’t dribble or spit - just how I like my guests and my teapots. This queen of teapots is topped by a burgundy crown.

£59.95
emmabridgewater.co.uk
Sophie Allport Peony Runner

Tablecloths are so 1970s! What is de rigueur in 2019 are table runners and quirky placemats. And who doesn’t feel lifted by a pretty peony print? The elegant Sophie Allport runner creates a fabulous summer table, ideal for everyday use or special occasions. Part of Lincolnshire-based Sophie’s peony collection, you can find a wide selection in this floral pattern, from napkins and jugs to lampshades and scarves, to enjoy pink peonies all year round.

£24
● sophieallport.com

Sophie Allport Bees Carrier Bag Holder

Part of the Bee Collection, Sophie Allport has designed something I needed but didn’t know existed: a carrier bag holder. Stash all those ‘bags for life’ you keep buying when you forget the other ones on a trip to the supermarket. This washable holder allows you to hide your carriers in style ready for reuse or recycling. With a 30-bag capacity it’s a gift for anyone who needs to de-clutter a drawer full of plastic bags in their home. I’ll take five more please, Sophie.

£9
● sophieallport.com

OXO 3-in-1 Avocado Slicer

The avocado is so darn hip at the moment. Some people like to smash it up to eat it, but I like to treat my avocado pears with reverence, slicing them gently and precisely, and with the Oxo 3-in-1 gadget it’s an exciting process. The plastic blade cuts into the flesh without risk to your fingers, the pitting tool removes the stone with a simple twist and then you scoop your perfect slices of avocado out with the fan blade. A special tool for a special fruit.

£6.99
● oxouk.com

Aldi Ambiano Smoothie maker

Best for soft fruit, the Ambiano mixes up a smoothie or ‘fro-yo’ (frozen yoghurt) in seconds, which is great way to give the children fruit in the form of a treat. I like to slip in a little spinach for a hidden iron-rich addition. The Ambiano has slip-resistant suction feet that stick to the worktop, is compact and the plastic jug doubles as a drinking bottle with a lid. With one speed it’s really simple to use. For the price, it’s an entry version of the Nutribullet.

£14.99
● aldi.co.uk

Lakeland compact 1lb daily loaf bread maker

Lakeland has designed a compact bread maker to fit our busy lives. With a delay start feature you can have your bread and eat it. Whether first thing in the morning or as you walk in the door from work, your 1lb loaf, be it crusty, gluten-free, wholemeal or French will be ready for you. There are 11 pre-installed settings for various styles of bread and the pan is non-stick so your freshly-baked loaf pops out with ease.

£59.99
● lakeland.co.uk

Lakeland Blue Glow Mirrored Kettle 1.7L

Constructed from stainless steel, BPA-free plastic and mirrored glass, this aesthetically-pleasing Lakeland kettle will entertain you by glowing blue – who knew a watched kettle could be so fun? And with a mirrored finish you can see your own face in it – perfect for the Instagram generation! It has a wide opening, suitable for an impatient pourer like myself and also has boil-dry safety protection, so not just a hottie; dead clever too.

£49.99
● lakeland.co.uk

Dibor French Grey Bird Trivet

Trivets are so underrated – some people don’t even know what they are (my husband). For the uninitiated, they protect tabletops and work surfaces from hot items such as pans, teapots and baking sheets which can all be safely popped down onto this lovely French grey bird made from cast iron. Attractive enough to sit your Emma Bridgewater on, it effortlessly brings a little rustic style to your kitchen.

£8
● dibor.co.uk

Amore Vintage Cream Cookbook Stand

This very stylish cookbook stand from French interior company Dibor is made from wrought iron and is great for propping open a Jamie Oliver tome, with it’s two-balled chained paperweights. I used this one with an ipad tablet, which is where I find most of my last-minute cooking inspiration these days. An ideal gift for baking friends or relatives, it’s foldable for the minimalists to hide away.

£28
● dibor.co.uk
Cheers to the pub of the year

SURELY THERE’S nothing better after a hard week than the refuge of a great local pub. Whether you want to cosy up by a flaming log fire, sit out in a picturesque riverside garden for a cold glass of beer, or enjoy a hearty meal in a rustic dining room, there’s something out there for everyone.

And to help you find a great pub, wherever you are in the country, travel specialists Sawday’s has compiled the Great British Pub Guide, with 500 of the UK’s best places to eat and drink. They have worked closely with The Telegraph, who asked readers to vote for their favourite pubs in a variety of categories to find the UK’s best of the best.

Paul Davies, editor of The Telegraph’s Saturday supplement, adds: “For years, The Telegraph’s ‘Saturday’ section has championed Britain’s best pubs and we are delighted to be a part of Sawday’s annual guide, which reveals that the British pub, despite reports of its demise, is very much alive and well.”

More than 1,000 pubs were nominated by readers and here are the results, starting with The Telegraph readers’ pub of the year 2019. And the winner is...

The Fleece Inn, in Bretforton near Evesham

Overall winner Pub of the Year 2019

This 600-year-old Worcestershire pub was chosen for representing everything that’s great about pubs: the buzz, the welcome, the history and great community spirit.

Welcoming, laid-back landlord Nigel Smith oversees the perfect country pub in this half-timbered medieval building. There are two ancient inglenook fireplaces, three dimly-lit and cozy bars, flagstone floors worn smooth over hundreds of years and a vast array of local beers and cider brewed from the pub’s own orchard served alongside a gutsy, hearty menu. This is both a historic landmark and a thriving local; the hub of a community and a deserving winner.

Delighted landlord Nigel says: “This is amazing news and we are over the moon. This is testament to the team at The Fleece who work so hard to make this a welcoming, lovely place to visit.”

Paul Davies, editor of the Telegraph’s Saturday supplement, adds: “The Fleece has all the elements that make the ideal pub – good food, good beer, atmosphere, charm, history, community, roaring fires and, in Tafarn the Welsh Terrier, the most perfect pub dog.”

- Lunch and dinner at The Fleece costs from £8.75. Bar meals from £5.25.
- The Cross, Bretforton, Evesham WR11 7JE
- sawdays.co.uk/pubs/thefleeceinn
- Tel: 01386 831173

Pub of the Year - runners-up: The Ring of Bells, Devon
The Compasses Inn, Kent

Best Pub for Food Winner

The Wellington Arms, Hampshire

We love the ‘Welly’ because its commitment to local sourcing raises the bar for all and has made it a place of pilgrimage for foodies. Try home-reared lamb, rabbit terrine, home-grown veg and honey from the hives. Boards are chalked up daily and the produce mainly home-grown. Indoors is cozy and relaxed, outside is the pub’s smallholding: seven little pigs, nine sheep, and almost 100 assorted hens.

The newly-extended bar-dining room fills quickly, so make sure you book.

- Set lunch £15.75 and £18.75, dinner £11-£21
- sawdays.co.uk/pubs/thewellingtonarms
- Baughurst, Tadley RG26 5LP
- Tel: 0118 982 0110

Best Pub for Food – runners-up:
St Tudy Inn, Cornwall
The George, Staffordshire
The Lister Arms at Malham, Yorkshire

When Sawday’s judges choose pubs, they look for those special details that make it memorable. You have that in spades with this family-friendly pub in a gorgeous Dales village. Kids can charge around the village green outside the 17th-century coaching inn. Enjoy the walks, play Pooh sticks in the gentle stream and relax with well-kept ales. The kids’ menu is brilliant and there are activities too.
- Breakfast from £5, lunch from £8, dinner from £12. Sunday lunch £13.50. Rooms for 2 for £80 per night
- Malham, Skipton BD23 4DB
- sawdays.co.uk/pubs/listerarms
- Tel: 01729 830444

Best Pub for Families - runners-up:
- The Merry Harriers, Surrey
- The Inn at Freshford, Bath

The Eagle & Child, Lancashire

It’s rare to find a place so committed to creating positive change. This community pub was established to tackle youth unemployment and young locals are trained in the kitchen, and the service is faultless. Alongside community group Incredible Edible Ramsbottom, landlord Glen has transformed former waste ground into a beer garden – a fabulous space for education, food production, drinking and dining – while the new orangery has floor-to-ceiling windows that showcase the splendid views across Holcombe Moor.
- Starters from £4.25, lunch from £5.95, dinner from £12.95. Rooms for 2 for £75 per night
- Maltklin Lane, Ormskirk L40 3SG
- sawdays.co.uk/pubs/etheagleandchild
- Tel: 01706 557181

Best Community Pub Winner

Best Pub for Families Winner

The Griffin, Pembrokeshire

Dale village’s last, very old pub – there were once 15 - sits defiantly close to the water and has seen out some stormy seas. The stone sea wall in front is known as ‘the longest bar in Pembrokeshire’ and what better place to be on a warm day with a pint of Tenby Harbrw’s North Star or Tomos Watkin’s Cwrw Hat, both from local breweries, as you watch the day’s catch being unloaded from local boats.
- Starters from £5.95, mains from £9.25
- Dale, Haverfordwest SA62 3RB
- sawdays.co.uk/pubs/griffin-inn
- Tel: 01646 636227

Most Authentic Pub Winner

Win the book

We have five copies of Sawday’s ‘Great British Pub Guide’ to give away. To be in with a chance of winning, send your full details to: Sawdays Pub Guide Competition, c/o Liz Khalili, Countryside magazine, NFU HQ, Stoneleigh Park, Warwickshire, CV8 2TZ or email liz.khalili@nfu.org.uk. Closing date 13 September 2019. For full T&Cs see page 56.

The Culm Valley Inn, Devon

It’s always heartening when a new team moves in and transforms a pub. In this case, Dave (a third-generation antiques magpie) and his team were determined to transform this place into a celebration of all things ‘different and bizarre’ (their own words). The result: a pub jam-packed with quirky finds, a surprising range of microbrew beers, rare spirits and specialist French wines served with lively charm.
- Starters from £6, lunch from £8, mains from £11.50. Rooms for 2 from £85 per night
- Riverside, Culmstock EX15 3JJ
- sawdays.co.uk/pubs/culmvalleyinn
- Tel: 01884 840354

Best Newcomer Winner

Further information

Check out more information about the Sawday’s Great British Pub Guide at sawdays.co.uk/greatbritishpubs. The book is available in all good bookshops, priced at £14.99.
**Read it...**

**Writers and Their Pets**
True Stories of Famous Authors and Their Animal Friends
- By Kathleen Krull, Art by Violet Lemay
Published by Duopress, priced £11.99 hardback
Discover how animals have influenced 20 of the world’s most beloved authors, from Charles Dickens to JK Rowling. Did you know that Mark Twain had a cat called Bambino? Or the Edgar Allan Poe wrote with a cat on his shoulders?
*Writers and Their Pets* tells amusing, touching and uplifting stories with beautiful full-colour illustrations throughout. Each short chapter focuses on one author’s life, using easy-to-read, entertaining text to weave tales of the pets that affected the lives and works of these famous literary figures.

**The Book of the Month**

**The Boat Cookbook**
Real Food for Hungry Sailors
- By Fiona Sims
Published by Adlard Coles, priced £18.99 paperback
It’s all very well being able to cook in a large kitchen at home, but doing the same thing in a tiny galley kitchen is far more of a challenge. But if you have an appetite for fresh great food while all at sea, then you will love this book. The fabulous, easy recipes, such as asparagus and goat’s cheese frittata, will allow you to spoil yourself in the harbour, keep things simple at sea and make delicious meals and snacks in advance.

Inspired by the sea and happy times on the water, this beautifully photographed book promises fresh, mouthwatering galley grub that will keep the whole crew happy.

**To The Island of Tides**
A Journey to Lindisfarne
- By Alistair Moffat
Published by Canon Gate, priced £20 hardback
In *To The Island of Tides*, Alistair Moffat travels to – and through the history of – the fated islands of Lindisfarne. Walking from his home in the Borders, through the historical landscape of Scotland and northern England, he takes us on a pilgrimage in the footsteps of saints and scholars, before arriving for a secular retreat on the Holy Isle. Lindisfarne has long been a place of sanctuary; it’s an island with an eventful past and Alistair Moffat, award-winning writer and historian, takes us on a fascinating walk through history and on a more personal journey reflecting on where life leads us.

**How to Grow Native Orchids in Gardens Large and Small**
- By Wilson Wall and Dave Morgan
Published by Green Books, priced £19.99 hardback
This is a unique illustrated book about growing native orchids, giving a step by step guide to every planting situation. It shows you how to cherish these remarkable flowers and help them flourish in their natural habitat and looks at which species of orchids will work in the garden and what companion plants to grow with them.

Experts Wilson Wall and Dave Morgan take the reader through some of the basics such as growing orchids from seed in a container to starting your very own orchid meadow.

With beautiful photographs and illustrations, this book will encourage and inspire us all to learn more about this amazing native flower.

**Urban Aviary**
- A Modern Guide to City Birds
By Stephen Moss and illustrated by Marc Martin
Published by White Lion priced £18 hardback
No group of animals is more visible, ubiquitous and easier to see than birds and even in the world’s cities there is a remarkable array of avian sights, sounds and spectacles.

Through Stephen Moss’s expert knowledge and insight, *Urban Aviary* provides city-dwellers with a guide to the most extraordinary species of birds that live alongside them, including helpful spotting hints for each bird, all of which are brought to life by Marc Martin’s distinctive watercolours.

Stephen Moss is one of Britain’s leading nature writers, broadcasters and TV producers and his easy writing style alongside the wonderful pictures means this is a fascinating read and a very useful guide to the secret life of city-dwelling birds.

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**Discovering England’s Ancient Depths**
- By Francis Pryor
Published by Head of Zeus, priced £25 hardback
In *The Fens*, distinguished archaeologist Francis Pryor takes a personal, historical journey across one of the most mysterious regions of England, exploring its archaeology, history and landscapes. Francis has lived in, excavated, farmed, walked and loved the Fen Country for 40 years, its levels and drains, its soaring churches, its magnificent medieval buildings.

In *The Fens*, Francis, who is well-known for his appearances on Channel 4’s Time Team, interweaves his own personal experiences, the graft and grime of the dig and lyrical evocations of place, offering a unique portrait of a sometimes neglected but remarkable area of England.
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The Lost Words

Emily Scaife looks at why we should allow space in the mind’s of youngsters for the joys of rural life

ACORN. BLACKBERRY. CONKER. You might think these words are commonplace, but sadly you would be wrong.

In 2007, the latest edition of the Oxford Junior Dictionary welcomed some new words such as broadband, allergic and Euro. However, others describing the natural world were unceremoniously booted out. Picking blackberries, conker fights and walks through bluebells may have been memorable aspects of your childhood, but it would appear the same couldn’t be said for the next generation.

The dictionary, aimed at seven-to-nine-year-olds, is meant to reflect those words used most often by children in their daily vocabulary, and these simply did not make the grade.

The words removed from the dictionary may surprise you, as they relate to some activities intrinsically linked to a childhood in the countryside. From blowing on a dandelion and making a wish, to counting magpies, these are not just words: they are habits and rituals passed down from generation to generation. And many well-known individuals decided they weren’t prepared to let them vanish without a fight.

In 2015, an open letter to the Oxford Junior Dictionary was signed by notable writers including Michael Morpurgo, Andrew Motion and Margaret Atwood, who all agreed that the trend for eliminating words relating to the natural world must be reversed.

“This is not just a romantic desire to reflect the rosy memories of our own childhoods onto today’s youngsters. There is a shocking, proven connection between the decline in natural play and the decline in children’s wellbeing,” the letter proclaimed.

Writer Robert Macfarlane and illustrator Jackie Morris decided to take matters into their own hands, in a bid to reverse the decline. The result is The Lost Words, a stunning book of spells designed to inject these words back into children’s consciousness.

Reflecting on the issue on her blog, Jackie Morris wrote: “It wasn’t the fault of the dictionary that these words were not included, but the culture in which we live which seems to give more importance to the urban than the wild. The dictionary was a symptom of this, and a timely reminder that we should take a good, long look at what we value.

“It was a simple response to this request, to sign the letter that seeded our book in my imagination. How could these words be removed? What did that teach children about the importance of wild places? When you work in the world of words, language, such things have power. How can we teach children that bluebells are important, that acorns have value, if the words are not important enough to be in the dictionary found in most schools?”

This alternative wild dictionary contains three spreads per word. “The first marking a loss, a slipping away, the second being a summoning spell, and the third being the word spelled back into language, hearts, minds and landscape,” Jackie told Penguin.

The issue of words relating to the countryside falling by the wayside may seem inconsequential, but it reflects a deeper issue: the marginalisation of rural life in favour of the urban digital world. How can we expect the next generation to appreciate and safeguard the natural world, if they don’t have its basic words at their disposal?

The team behind the dictionary defended their decision by highlighting the natural words they had retained and arguing that its content reflects common usage, rather than seeking to shape it. A fair response – but one that throws the role of the dictionary into question.

With a junior dictionary, there is an unavoidable amount of editing involved – not every word is ‘suitable’, not every word is necessary. Therefore, by choosing to delete some, you are picking a side. As the letter written in 2015 says, the dictionary “should seek to help shape children’s understanding of the world, not just to mirror its trends.”

Perhaps it should recognise that certain words are falling out of favour and retain them anyway, eyes fixed firmly on the bigger picture: that the countryside plays a vital role in this country and should be cherished as such.

We should take comfort from the success The Lost Words has achieved, proving that words can never be lost if enough people remain who are willing to use them.

Reflecting on a whirlwind year, which saw their creation being named ‘Book of the Year’ at the Hay Festival among numerous other accolades, Jackie wrote: “The work both Robert and I have been inspired by the book is amazing, and the enthusiasm the children have shown is incredible.

“At one school, Father Christmas reported to me that all the children were full of talk of kingfishers, acorns, wrens and newts and when asked what they wanted for Christmas it was their own copy of the book. How utterly amazing and beautiful.”
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They’re not kidding

Steve and Ann Toon find out more about one of Britain’s rarest and most characterful animals

Under a majestic spreading oak in the medieval deer park of Levens Hall, some of Britain’s rarest animals are resting in the shade. It’s a sultry late summer’s day, and the shaggy-coated black and white Bagot goats are feeling the heat.

Nannies and kids lie panting gently in the rough grass, a young male chews half-heartedly at the bark of the giant tree, two billies nudge heads gently, their impressive long, curving horns clicking as they knock together. But it’s too hot for any serious show of strength.

These strikingly-marked animals are one of the oldest documented breeds of goat in the country, the only British primitive breed to have been developed in the English lowlands, and today one of the rarest.

The Rare Breeds Survival Trust (RBST) classifies them as ‘vulnerable’, with fewer than 300 registered breeding females. More than 50 range freely here in Levens Park, a few miles south east of the Lake District, living a semi-wild existence alongside the park’s resident ‘black’ fallow deer.

It’s an appropriate home, owned as it is by the eponymous Bagot family. The family has been associated with the Park, and Levens Hall across the road, since the early 19th century, much longer with
Blithfield Hall in Staffordshire, where the Bagot goat breed was first documented in 1387.

No-one knows for sure the origins of the breed. One theory, based on DNA sampling, is that John of Gaunt’s army brought them back from Portugal during the Crusades.

Another is that they originated from native goats, selectively bred to bring out black and white coloration, either because these colours had social rank significance in Medieval times, or simply looked good in the landscape. They may share common ancestry with Switzerland’s Valais black-necked goat. But, after 600 years of isolation, they are definitely a distinct breed.

These hardy animals can thrive on a wide variety of lowland habitats, but have negligible commercial value: meat and milk yields are low and their nervous disposition makes them difficult to milk or harness. Spun Bagot hair is strong but coarse, more like string than wool.

Away from Levens Hall, most of the surviving Bagots are kept by enthusiasts as domesticated decorative animals or pets. Recently, some have found use as conservation browsers: they’re low maintenance, and good at clearing scrub.

The RSPB has used Bagots to eradicate brambles and other invasive plants on a reserve in Wales, North Norfolk District Council has used a herd to manage clifftop scrub at Cromer, and the RBST has used Bagots to help restore fragile habitat in a historic walled garden at Shugborough Farm.

Enthusiasts maintain an official herd book through the Bagot Goat Society, and the Society has put forward four billies to provide semen for the RBST’s Goat Gene Bank conservation project, which stores frozen genetic material. Nationally, numbers are slowly increasing (the breed was previously classified as ‘endangered’, with fewer than 200 breeding females) and the breed standard is improving. Only the Levens Park tribe lives a semi-wild existence. Numbers on the estate have fluctuated between 50 and 70 animals over the years, according to maintenance manager Andrew Kitching, who looks after the animals.

For much of the year, the Bagots roam the park freely, usually as a single herd. The two dominant billies generally tolerate one another and the
RARE BREEDS

younger males, but fighting can break out over mating rights in the later summer.

“They can get a bit battered,” says Andrew. “A lady brought in an unwanted billy, which we released into the park, and we found it a few weeks later with its neck broken,” he recalls.

“You can’t herd them like sheep,” he explains. Only in the coldest days of winter do they seek shelter, attracted by supplementary feed of cattle cake and hay.

Nannies give birth indoors in the early new year, mostly to single kids, occasionally twins. “We keep them inside until the end of March, when the kids are strong enough to follow the herd. Otherwise, they risk getting separated from their mothers, or catching pneumonia in cold, wet weather.”

Bagots feed on a wide variety of forage and plant species: their long muzzle and flexible upper lip allows them to select precisely what they want to eat. They can stand on their back legs to browse up to two metres off the ground, but they’re also good climbers, light-footed with long legs and great agility, and can climb sloping tree trunks and traverse branches with ease. They have a particular fondness for scrub and tree bark, especially when it’s young and juicy, and can ring-bark trees.

In the parkland of Levens, most trees are too mature to be at risk. Under the big shady oak tree the herd is stirring, animals clamber to their feet and slowly spread out across the pasture. It’s an idyllic, timeless scene, and one that’s now unique.

It’s also a scene that members of the public can enjoy free or charge year round: a public footpath runs the length of Levens Park.

Levens Hall opens until 3 October this year, from Sunday to Thursday (closed Fridays and Saturdays), find out more at: levenshall.co.uk or at: bagotgoats.co.uk
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Thyme well-spent

From a bare canvas, the Blundell’s have created a rich garden full of character and interesting planting, as Nicola Stocken discovers.
C O M E  A U T U M N, Ray and Michele Blundell’s garden becomes more colourful by the day as scores of acers take on their seasonal guise, and smouldering tones eclipse cool greens.

“I’m not sure what started my fascination with acers, except that I have always preferred shrubs and trees to just flowers which are, at best, transient,” explains Ray.

“Also, I’m a painter, and that artistic streak comes out in gardening, trying to create pictures, and recognising what looks right.”

Of course, he concedes, mistakes are made along the way as plants let it be known when they are unhappy. “But that’s the whole point of gardening – it has no finite end, and forever keeps you interested and engaged.”

The maples are arranged in meandering borders and island beds, and range from brilliantly coloured, mounded Dissectum varieties such as ‘Garnet’ to the golden grandeur of ‘Eddisbury’, the deepening crimson of ‘Sumi-Nagashi’ or the orangey-yellows of ‘Ichigyoji’.

Underplanted with shrubs, ornamental grasses and herbaceous perennials, they stand head to shoulder with other outstanding specimen trees — silver birches, liquidambers, a Gingko biloba, Nyssa sylvatica, oaks, hornbeams, pines and rowan trees.

“Trees form the backbone of the structure, fitting in between the acers which are mostly chosen for their autumn colours, to give us a fiery end to the deciduous year,” Ray says.

A pond is tucked away at the far end of the plot, overlooked by a summerhouse in the lee of Acer palmatum ‘Ozakazuki’. It’s a natural pond, and the water levels go up and down at different times of the year, in line with the water table.

“That’s why the edges are tiered and surrounded by boulders – all dug out from the garden,” explains Michele, who loves water and thinks nothing of donning waders to do any maintenance work. Drainage is poor because the ground consists of a 30cm depth of boulder clay above Keuper marl – the same clay used to make bricks, as witnessed by an array of broken forks.

Humble beginnings

It’s now several decades since Ray and Michele bought the third-of-an-acre site, an orchard owned by the next door lodge that is neatly wedged between the villages of Barton and Yoxall and open countryside.

“Being divorced and poor, we decided to renovate something run-down but any potential properties seemed to be listed, so we eventually decided instead to build a traditional oak-framed building from scratch,” they explain.

The couple lived on-site in a static caravan while together they built the house, sustained by lovely views of East Staffordshire countryside, and the promise of the garden to come.

“And as each month went by, the caravan became increasingly hemmed in by more trees in pots and grow bags.”

Prior to excavating the house foundations, they had saved the top soil, which was spread over the rear plot, before laying it to lawn. Shortly after, there were twin invasions from rabbits and the oriental poppies that their neighbour had been trying to grow with limited success.

“Yet our soil heap was covered in them,” recalls Ray, who resorted to enclosing the entire rear plot with chickenwire. “But rabbits still found their way in from the fields at the front, until we fitted a side gate,” he notes.

Green oak was used to build the handsome lychgate, inspired by one seen while walking the Ridgeway National Trail. “I’ve long been hooked on green oak, so was able to design and build it myself, but, beware, it’s heavy stuff and does shrink. It’s so beautiful though when it ages to silvery grey.”

Being on the brow of a hill and facing north, the back garden receives the full brunt of strong winds, so one of the first steps was to create a windbreak from beech and holly, to protect acers. Thereafter, the garden has evolved slowly, mainly at the cost of the lawn as the borders became ever deeper to accommodate new plants.

“And I’ve been whittling away at it ever since,” he admits. His ‘grasses epiphany moment’ came after

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reading a book called ‘Losing the Plot’ by Andrew McIndoe. “The author tells of his experiences over a lifetime of gardening, and covered all the mistakes that I had made up until that point,” he says. “I realised you cannot call yourself a gardener until you’ve broken away from the borders, and put a large island bed in the middle of the lawn!”

**Ornamental inspiration**

This realisation was quickly followed by visits to Kew Gardens and Knoll Gardens and Nursery in Dorset, home to an unrivalled array of ornamental grasses. “It was the end of September and, while all my perennials were over, their grasses looked absolutely wonderful.”

Ray promptly double-dug the grass bed out of the lawn, and, by December, it was planted up. “But by spring, most of my prize grasses had died because, in my enthusiasm, I overlooked the importance of good drainage.”

Several tonnes of pea gravel and leaf mould later, and the grasses were thriving. “It’s important to let a garden evolve,” advises Ray. “Visit other gardens and glean ideas from the RHS shows, and make sure to have structure, trees and hard landscaping to provide hooks off which to hang other planting.”

Ray has been steeped in gardening all his life, starting out as a small boy helping his father, and then influenced by his Uncle Jim, a landscape gardener who took him, aged 15, to the Chelsea Flower Show. “He taught me to remember Latin plant names as well as the common ones, so I could talk the same language as proper gardeners and high class gentlemen,” he recalls with a smile. Originating from Stourbridge, he has long known John Massey, the great plantsman and owner of Ashwood Nurseries. “His garden is utterly inspiring and has taught me the importance of successional planting – your garden should excite you 365 days a year, not just from May until September.”

Come winter, and it’s red or yellow-stemmed

“

It’s important to let a garden evolve

TOP: *Acer palmatum* ‘Sumi-nagashi’, Japanese maple;

ABOVE: Glimpsed past bistort, sedum, tiarella, dahlia and lawn, a far border planted with *Acer palmatum* ‘Sumi-Nagashi’, Japanese maple, behind *Ginkgo biloba* (right) and (left) *Liquidambar styraciflua* ‘Naree’
cornus, cyclamen, heathers and a handful of white-barked birches that shine out, not only *Betula jacquemontii* but also *Betula albosinensis* ‘China Rose’ and ‘Pink Champagne’ with its pale pink, peeling bark, both first seen at a National Collection of birches at Stone Lane Arboratum in Devon.

As the tree canopies have created more shade, it has become possible to grow shade-lovers such as brunneras and pulmonarias, while the more open borders in which silver birches create a dappled shade are home to perennials such as delphiniums, heleniums, and eryngiums followed by rudbeckias, dahlias and asters. “But boy, are eryngiums are hard work!” he says. “Stake with hoops before they prickly you to death, and don’t plant where you need to mow or walk – they’re lethal!”

Paths wind through woodland on the southwest boundary. “Curving paths make you want to take your eye around the corner, whilst zig-zag planting that juts out into the lawn creates depth,” he advises. “It’s all about creating as many different views as possible from within the garden – views created along diagonals seem longer – and making it feel inviting.”

Surprises too, are essential, and the woodland path does not disappoint, passing rarities such as *Acer palmatum* ‘Starfish’ or *Acer shirasawanum* ‘Sensu’, sourced from the USA by Karan Junker of Junker’s Nursery for Specialist Plants. Tucked away on the southeast boundary is a greenhouse in which Michele keeps a much-prized collection of Zantedeschias.

The front garden faces south, but has five large old trees with Tree Preservation Orders. “We love trees, but it’s such a challenge to find plants that grow in the dry shade below.”

Eventually, they established early spring bulbs such as Cyclamen coum, hyacinths and English bluebells – Ray adds another 100 annually. After that, it’s the turn of drought tolerant ornamental grasses such as *Stipa tenuissima*, *Miscanthus sinensis* and molinias.

The garden continues to evolve, although Ray philosophically sees himself as ‘a plantaholic with no more space!’ With hindsight, he wonders whether they should have bought the field at the bottom of the garden. “But then, when would I have time to paint, play my guitar, make furniture and even take my wife on holiday?” he asks. “You cannot be other than at peace with yourself when you sit on the ‘Gin and Tonic’ bench and look around you – well, for all of two minutes, until you spot a weed or a clematis that needs tying up!”

---

**Ray and Michele’s gardening tips**

- Lemon trees can be prone to scale insects, and a friend recommended wiping the infected leaves with surgical spirit. “It does work,” says Michele, “so now we’re looking forward to home-grown lemons for our gin and tonic!”
- If asked to name three outstanding acers, they would be *A. palmatum* ‘Ozakasuki’ for red foliage; *A. shirasawanum* ‘Aureum’ for yellows; and some of the lovely *Dissectum* varieties that thrive in pots. “But once you start looking at the wonderful variation in leaf form and size, beware, less you become hooked.”
- If growing acers in pots, don’t overpot or overwater. During winter when they’re dormant, keep them under the house eaves for example, to prevent too much rainwater soaking in. More acers are lost through root rot than wind or winter cold.
- In heavy clay soil, plant half in and half out on a mound, and then mulch to prevent the root hole becoming a water sump.
- Sometimes you have to be ruthless. Recently, we removed a beautiful *Cornus kousa* ‘Venus’ and 20-year-old ‘Seiryu’ acer that had grown too big, but could replace them with six other smaller new varieties.
- Transparency pruning is great for maintaining a tree’s structure, while allowing rain and light to reach the ground beneath.
- And, as a final thought, this variation on a Chinese proverb struck a chord. “If you want to be happy for an hour, get drunk. If you want to be happy for a day, get married. If you want to be happy for three days, kill your pig and eat it. But if you want to be happy forever, make a garden!”

---

**Further Information**

- Wild Thyme Cottage opens in aid of the National Garden Scheme on 2 and 3 November 2019 (11am-5pm) ... or when it gets dark, and I stop talking – not necessarily the same thing!” Ray adds.
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From Gloucester with love

Napoleon may have disparagingly called Britain a nation of shopkeepers, but we’re rapidly displacing our Continental cousins as a nation of cheesemakers – here we go behind the scenes at Gloucestershire’s Stinking Bishop cheese.

HE RATHER CURIOSLY named ‘Stinking Bishop’ has become a firm favourite amongst speciality cheese lovers. A full fat pasteurised cow’s milk soft cheese made with vegetarian rennet, Stinking Bishop is handmade by Charles Martell and his team on the farm in the heart of Gloucestershire.

A Royal Warrant holder as cheesemaker to HRH The Prince of Wales, Charles produces a number of specialist cheeses, of which Stinking Bishop is probably the best known.

The name of the cheese is derived from the variety of pear, the eponymous ‘Stinking Bishop’, the juice of which is made into a perry and used to wash the cheese during the four-week maturing process. It’s this process which gives the cheese its distinctive nose and rather delicate and herbaceous flavour.

As part of Charles’s vision to save and promote indigenous Gloucestershire ‘species’, he combines the milk from his small herd of 14 Old Gloucester cows with the milk of local Friesian cattle to make about 20 tonnes of Stinking Bishop cheese each year.

In 1972, there were just 68 Old Gloucester breed heifers left in the world. Charles had three of these kind-natured animals and then proceeded to buy up many of the remaining cows and began to produce cheese from their milk to promote interest in the Gloucester breed.

Over the years, Stinking Bishop has gained a degree of notoriety, including a cameo appearance in a Wallace & Gromit film and being ‘officially’ designated the smelliest cheese in Britain.

● Find out more at: charlesmartell.com
Take your cookery to the next level

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www.AshburtonCookerySchool.co.uk
The Old Gloucesters are a very distinctive breed and can easily be recognised by their long brown-to-black, medium-sized bodies, with a white stripe along their back and white tail.

Pears - and the resulting perry - form a vital component of Stinking Bishop cheese.

Charles Martell with his head cheesemaker, Daniela Welch.
Milking time on the farm

Cutting the curd

Head cheesemaker, Daniela Welch checking the process

Each cheese is individual checked prior to wrapping and boxing

Cheese is supported with a beechwood lath and wrapped in wax paper prior to boxing
Stinking Bishop, a full fat pasteurised cows milk soft cheese is left to ‘mature’ on racks in the cold room. The rind is washed in perry which gives it its characteristic flavour, brown/pink rind and pungent smell. The cheese is supported with a beechwood lath.
Stinking Bishop has won a number of prestigious awards and is available in specialist cheese shops, delicatessens and farm shops around the country.
Vascular Surgeon recommended

Over many years of practice I’ve seen first-hand how age and medical conditions, including arterial and venous disease, have led to an increasing number of patients who suffer from poor circulation. This can lead to swollen ankles, tired legs and reduced mobility. I recommend the REVIVE Circulation Booster because it tackles this growing problem by increasing blood circulation in the legs. If you suffer from symptoms of poor circulation then REVIVE could help take control of your health, from the comfort of your own home, and allow you to lead a more active life. I endorse REVIVE to anyone suffering from the effects of poor circulation. I recommend it to all my patients. Several family members and friends have been using it to good effect for years, so I have seen for myself just how much the REVIVE Circulation Booster can help.

Professor Jonathan Beard
Consultant Vascular Surgeon

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- High Cholesterol
- Diabetes
- Arthritis

Also improves the symptoms associated with Varicose Veins

Perfect 10/10 for REVIVE on reevoo.com

SIMON, BEVERLEY
“Have tried taking medication to improve circulation in my left leg but this knocks them out of the park”

LESLIE, DEVON
“Noticed an immediate improvement. I feel my varicose veins are no longer as painful & I believe I’ve not had an attack of cramp since using it.”

MARIE, MERSEYSIDE
“Since using REVIVE Daily I’ve benefited from a noticeable reduction in puffines in both of my feet & lower legs. I’d recommend it to anyone.”

SIR IAN BOTHAM
“RECOVERY is one of the best devices I’ve ever used. It has helped me stay active for longer.”

MRS WALKER
“Because REVIVE improves my circulation, I can now walk about more.”

Clinical study shows significant increase in blood flow

Researchers from Imperial College London and London’s South Bank University demonstrated in a clinical study that REVIVE significantly improves blood flow, by over 50%.

Medical science supports REVIVE’s EMS technology

The REVIVE Circulation Booster® has been designed and developed with leading UK universities. REVIVE harnesses the power of clinically-proven Electrical Muscle Stimulation (EMS) technology which has been proven as a medical therapy for almost a century. Imperial College London’s vascular surgery department at Charing Cross Hospital London has conducted extensive clinical studies with the REVIVE Circulation Booster® and advocate its use. The world-renowned research team at Imperial College London, is continuing to lead a 5-year clinical trial program to investigate the positive effects REVIVE is having in a range of patient groups, including diabetes, high blood pressure and high cholesterol.

9/10 people who try REVIVE keep it… because it works!

UNSATISFIED IF YOU ARE: Fitted with a heart pacemaker or AICD, be treated for, or have the symptoms of, an Existing Deep Vein Thrombosis (DVT) pregnant. Always read the label. Use only as directed. If you are uncertain about the cause of your symptoms or your symptoms persist, please consult your doctor. FTRIAL: With REVIVE, calculations showed blood volume 4 times higher than baseline at rest in healthy people (Vasilevskiy et al. 2012). Effect of haptotrophic neuro-muscular electrical stimulation on venous and arterial hemodynamics, Physiotherapy, July 4, 20 participants.) *Free standard UK Mainland delivery within the United Kingdom and Ireland. Some areas of Scotland, Northern Ireland and other remote postcodes will incur a surcharge cost of £19.99. Next day or express deliveries will cost more, please ask our customer service team for a quote **Refunds returned within 60 days, full refund of purchase price, minus collection fee of £19.99 (some areas of Scotland, Northern Ireland and other remote postcodes will incur a surcharge cost of £19.99). Must be returned in original UNMARKED packaging, otherwise charges may apply. 1 trial per customer only & trial starts from dispatch date. All quotes used are real however to protect the identity of our customers, models have been used for the pictures. Copyright © 2019 Acteq Ltd. All rights reserved. REVIVE and CIRCULATION BOOSTER are trademarks or registered trademarks of Acteq Ltd. Registered in England no. 4819502. Registered office Acteq Ltd, Refex, Cain Road, Bracknell RG12 1HL.

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DOG BOARDING AND DAY CARE

An ever increasingly popular form of diversification and change of use of land and buildings is dog related. Dog day care and boarding is one area that is seeing an upsurge in demand by both dog owners and landowners alike. A number of companies who offer day care facilities are now looking for premises and land to exercise.

Other uses such as kennels, breeding, training and grooming are also on the rise.

Such uses particularly suit sites that are limited in scale. Traditional agricultural smallholdings or equine sites with an established use are often ideally suited for such activity. It is important to consider the suitability of any existing buildings or whether any new buildings are required, the latter being a potential problem in the Green Belt.

In terms of existing buildings, planning permission for a change of use would be necessary in addition to any land changing use for exercising. In terms of use classes, development related to dogs falls within ‘sui generis’ i.e. does not fall within any particular use class.

One of the main considerations with canine use is noise impact on any neighbouring dwellings. In a recent appeal case for a change of use from equine to dog breeding, the Inspector concluded that the distance and orientation of nearby buildings were important factors. However, he placed less emphasis on ‘disturbance and noise’ as the dogs would be familiar with their surroundings potentially resulting in less disturbance and noise. Disturbance and noise is likely to be greater in the case of day boarding and day care and therefore would be a key consideration.

Access and highways impact would also be important with potential for increased vehicle movements and intensification of an access use. Using sites with established similar vehicle movements, such as a livery yard, can be of benefit.

Other considerations may apply depending on the precise nature of your proposal, so please contact your local Acorus office to discuss further.
How Turmeric+ is helping Anne stay fit to enjoy life

WHEN YOUR PASSIONS in life revolve around being active, looking after yourself becomes vitally important, especially as we get older. This is how dressage and fitness enthusiast Anne Evans came to discover the power of turmeric.

Anne, aged 57 from Cirencester, has been riding horses for 20 years as well as having a keen interest in gardening. Despite Anne leading an active lifestyle, she began to find her joints were not quite what they used to be. Anne, along with her husband, began to search the joint supplement ranges at various supplement companies. It was this research that led her to Turmeric+.

“I consider myself to be fit and active, however age does eventually creep up on you and you notice these little niggles occur on a more frequent basis,” said Anne. “Those little niggles can have an impact on the amount of fun you have, I was determined that was not going to happen to me.”

“I decided that Turmeric+ was something I should try.”

It was over a year ago that Anne’s search for a solution got underway and that led her to Turmeric+, a supplement developed by Cambridge based brand FutureYou. Anne commented, “After much research with the help of my husband, a biochemist who has a very good understanding of how the body functions, I decided that Turmeric+ was something I should try.”

Whilst millions of us love adding turmeric to our meals throughout the week, research shows that you need to consume Turmeric+ daily to boost levels in the body. The other obstacle that needs to be overcome is ensuring we absorb enough of what we eat into our bodies. The key component of turmeric is curcumin, which only accounts for 3% of standard turmeric powder.

Anne noted: “It was the research at the Olympic Research Centre in Barcelona that really caught my eye. Knowing it was used by international footballers and elite athletes made me think it must be able to do something for me.”

The curcumin in Turmeric+ is combined with lecitin, it is this patented combination that allows the curcumin to be absorbed by the body. Studies have shown that the formulation is 30 times more absorbable than standard turmeric.

It is now over a year since Anne started taking Turmeric+ and it is proving to be a real winner. Anne is horse riding, attending the gym, taking part in pilates and much more on a weekly basis, on top of that she is keeping up with day to day activities much more than she used to.

Anne said, “I love the product and have told many of my friends about it. When you discover something this good, you need to share the news. This fits my mantra of being fit for your life.”

FREE TURMERIC for the over 50s
Leading Cambridge company to offer scientifically researched joint range supplements for free.

FUTUREYOU, a Cambridge nutraceutical company known for its heavily researched turmeric supplement, has announced that it is giving away packs of its flagship product to new customers. The offer is aimed at helping the over 50s, who are more likely to experience joint issues, but is open to people of all ages. It comes after the Cambridge firm received a flurry of positive reviews for its leading joint health product on Trustpilot, the independent online review platform.

‘I have taken your Turmeric+ for two years now and after about 3 to 4 weeks I noticed the improvement’ wrote one reviewer.

‘I will take these tablets for the rest of my days. Obviously I intend to be a VERY long term customer. Thank you so much,’ said another.

Adam Cleevly, FutureYou’s CEO, explains the thinking behind the offer: ‘After receiving so much positive feedback on Turmeric+, our team is confident that people will love it within their first pack.

‘So we’ve decided to offer that first pack for free, because our team is excited to spread the word about Turmeric+ with as many people as possible – as excited as our customers, who often pass on Turmeric+ to their friends after experiencing it for themselves.’

How to claim your FREE box
To get hold of your free pack, quote the code FR54 when you visit www.FutureYouOffers.co.uk or call on 0800 808 5740.

You only need pay £2.95 p&p and your free box worth £20 will be shipped out via Royal Mail 1st Class. After your trial pack, your subsequent packs will cost £15 (inc p&p) and be delivered automatically every 28 days.

If you don’t wish to continue after your trial, simply call 0800 808 5740 for free or visit www.FutureYouHealth.com to cancel your subscription.
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Nationwide Delivery Subject to Terms and Conditions

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>20LTS</th>
<th>205LTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polyurethane Floor Paint</td>
<td>£45.00</td>
<td>£400.00</td>
</tr>
<tr>
<td>(Mid Grey, Lt Grey)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyurethane Floor Paint</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(Red and Green)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyurethane Floor Paint</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(Other Colours)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Floor Sealer</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>Yellow/White Lining Paint</td>
<td>£60/£80</td>
<td>£550/£750</td>
</tr>
<tr>
<td>QD Alkyd Floor Paint</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(Grey, Lt Grey, Red &amp; Green)</td>
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## Emulsions and Acrylic Masonry

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Factory Emulsion</td>
<td>£30.00</td>
</tr>
<tr>
<td>(White and Magnolia)</td>
<td></td>
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<tr>
<td>Vinyl Matt/Vinyl Silk</td>
<td>£40.00</td>
</tr>
<tr>
<td>(White and Magnolia)</td>
<td></td>
</tr>
<tr>
<td>Vinyl Matt/Vinyl Silk</td>
<td>From £50.00</td>
</tr>
<tr>
<td>(Other Colours)</td>
<td></td>
</tr>
<tr>
<td>Exterior Masonry</td>
<td>£50.00</td>
</tr>
<tr>
<td>(White and Magnolia)</td>
<td></td>
</tr>
<tr>
<td>Exterior Masonry</td>
<td>From £50.00</td>
</tr>
<tr>
<td>(Other Colours)</td>
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</table>

## Oxide Gloss and Primers

<table>
<thead>
<tr>
<th>Product</th>
<th>20LTS</th>
<th>205LTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxide Primer</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(Grey and Red only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oxide Gloss</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(Grey, Red and Green)</td>
<td></td>
<td></td>
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</table>

## Gloss and Undercoat

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil-Based Gloss</td>
<td>From £50.00</td>
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</table>

## Other Products

<table>
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<tr>
<th>Product</th>
<th>20LTS</th>
<th>205LTS</th>
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</thead>
<tbody>
<tr>
<td>Clear Varnish Gloss &amp; Satin finish</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>Black Bitumen</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>White Spirit</td>
<td>£25.00</td>
<td>£220.00</td>
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<tr>
<td>Creosote</td>
<td>£40.00</td>
<td>£350.00</td>
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## Specialist Paint

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<tr>
<th>Product</th>
<th>20LTS</th>
<th>205LTS</th>
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<tbody>
<tr>
<td>Acylated Parlour Paint</td>
<td>From £60.00</td>
<td>£550.00</td>
</tr>
<tr>
<td>Skip &amp; Container Paint</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>Cladding Paint</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>Machinery Enamels</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>Pallet &amp; Scaffold ID Paint</td>
<td>From £50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>Drivemaster (Black &amp; Red)</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>For Tarmac/Asphalt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Block Pav Sealer/Patio Sealer</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(clear)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acrylic Roof Paint</td>
<td>£50.00</td>
<td>£450.00</td>
</tr>
<tr>
<td>(Rustic Red, Charcoal, Brown, Terracotta, Black Green, Grey)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis Court Paint</td>
<td>From £80.00</td>
<td>£750.00</td>
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## Wood Treatments

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<tbody>
<tr>
<td>Timber Preserve Oil-Based</td>
<td>£50.00</td>
</tr>
<tr>
<td>Timber Preserve Water-Based</td>
<td>£50.00</td>
</tr>
<tr>
<td>(Animal &amp; Plant Friendly)</td>
<td></td>
</tr>
<tr>
<td>Woodstain</td>
<td>£50.00</td>
</tr>
<tr>
<td>5&quot; Woodworm Killer special offer</td>
<td>£100 per 25L</td>
</tr>
<tr>
<td>5&quot; Wood Treatment special offer</td>
<td></td>
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<tr>
<td><strong>ALL PRICES EXCLUDE VAT</strong></td>
<td></td>
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</tbody>
</table>

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