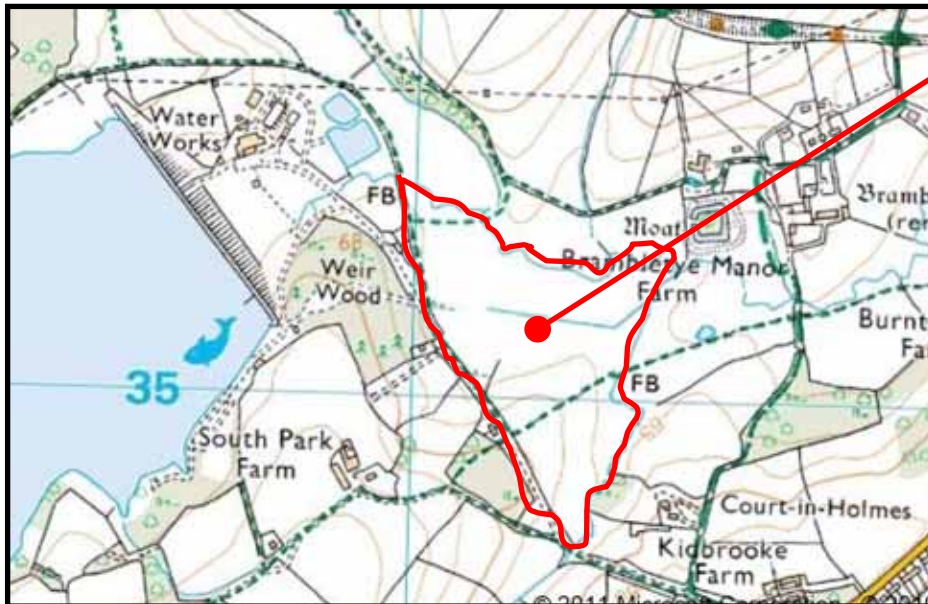


TABLEHURST AND PLAW HATCH COMMUNITY FARM NEWS

AUTUMN 2011

Land for Tablehurst Farm

Brambletye
Fields



Back in 2002, two Co-op shareholders bought Brambletye Fields, some 38 acres of agricultural land, water meadows and woodland that had been part of the Spring Hill Estate. The land is in a beautiful setting only a few minutes walk from the centre of Forest Row.

The purchase was made to support Tablehurst and the land was leased to the farm. It went into biodynamic conversion in 2003. Hedges were planted by the community and scrapes and field margins were introduced, all to enhance wildlife and biodiversity.

Tablehurst has now farmed the land for eight years, secured biodynamic certification and rebuilt soil fertility. These fields have become a vital part of Tablehurst Farm, providing both valuable grazing land and a good capacity for grain production. The owners now want to sell Brambletye Fields, but very much want the land to stay under the stewardship of Tablehurst Farm into the long term.

A brand new nationwide initiative called the *Biodynamic Land Trust* (BDLT) has stepped in with a very exciting proposition. They have offered to buy the land for a fair market price of £190,000 in January 2012. If the purchase is successfully concluded, the land will continue to be leased to Tablehurst Farm and secured for biodynamic farming. The BDLT is a partner organisation of the Biodynamic Association. It has seed capital of £65,000 already available to contribute to this purchase, and is now seeking to raise the rest by selling shares in the BDLT, and by interest-free loans and gifts. If you would like to become involved in the vitally important initiative, there are lots more details at www.biodynamiclandtrust.org.uk

Alternatively, you can contact Martin Large on 07765 006829 or at biodynamiclandtrust@gmail.com Please help us to secure this valuable and beautiful tract of land for Tablehurst Farm.



AGM Report

The Coop Annual General Meeting was held this year on September 10th at Tablehurst Farm. As a Committee member and passionate farm customer I always hope we will see a majority of our members turning out to hear how the farms' years have been and what plans they have for the coming one. Whilst nowhere near the nearly 600 who are on our register, a good crowd did turn up making for lively discussion and an enthusiastic audience for Martin Large to launch the Biodynamic Land Trust.

Both farms gave a compelling picture of the challenges and achievements of the previous year. I continue to be inspired by the enthusiasm, teamwork, organisation and dedication that goes into making these two farms the thriving communities they are. This year's reports were far more upbeat than the previous two years and although significant challenges remain solid progress has been made financially and in the development of the farm plans. We heard from several of the staff at Plaw Hatch and it was encouraging to learn from each the turnaround that has taken place in the last year. A strong team is clearly forming with determination and a deep well of ideas to take the farm forward.

On behalf of Tablehurst, Peter and Neil painted a picture of a farm going from strength to strength. There are many areas where I know the team would like to improve and invest more but a most impressive machinery replacement programme has been implemented alongside the building projects that are taking shape. Given the heavy capital requirements of such projects it is a tribute to the excellent work of the management team at Tablehurst that so much has been achieved.

Both farms have been recognised outside the local community this year through awards or recommendations for their produce, a worthy validation of what we all know to be the case, that our farms produce the best food you can buy. Not only is the farming of the highest quality but so is the processing and the retailing. Well done all.

The farm accounts and those of the Coop were presented and approved at the meeting. If anyone has questions or would like copies of the accounts please contact me. The Coop has for a number of years now had expenditure exceeding income and has used up capital to cover this. We will be seeking to address this over the course of this year, looking for new shareholders and regular donations.

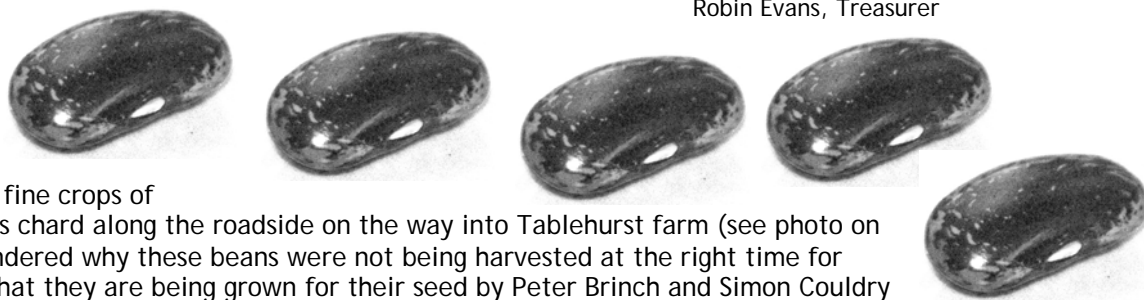
Rod Hughes stepped up and became our newest committee member. Rod has become closely associated with Plaw Hatch and we look forward to working with him. We had three members of the committee retire: John Gallagher, Sarah Merrifield and Janet Pearson. I would particularly like to thank Sarah and Janet for their years of committee work and their insightful contribution to our review of Plaw Hatch Farm. The Coop, through the Committee, represents the owners of the farm businesses. We meet regularly and perform a governance and oversight role, responding to the needs of the farms as required. The Committee is seeking to add to our numbers and would like to hear from any member who shares our enthusiasm for community farming and would like to be more involved in the organisation.

This year the AGM included the launch of the Biodynamic Land Trust by Martin Large. The fund's inaugural project is the much needed purchase of Brambletye fields to secure continued tenancy by Tablehurst. Martin gave an excellent presentation and several members joined him with Peter Brown to walk the fields after the AGM. The Coop is very supportive of the work of the BLT and we encourage you to look at their website and consider a contribution.

The Coop Committee on behalf of the shareholders would like to thank all the farm and shop staff and their management teams for the commitment and craft they apply in their daily work to bring to life what are two truly unique enterprises.

Robin Evans, Treasurer

Seeds



You may have noticed fine crops of runner beans and Swiss chard along the roadside on the way into Tablehurst farm (see photo on back page). If you wondered why these beans were not being harvested at the right time for eating, the reason is that they are being grown for their seed by Peter Brinch and Simon Couldry on land kindly made available for the project by Tablehurst.

The runner beans - variety Desiree - will produce their seed in the same year they are planted. The beans had a narrow escape this September when the tail of hurricane Katia blew through. The swiss chard, on the other hand, being a biennial plant, will produce seeds next year from this year's plants, which will stay in the ground over the coming winter.

The seed will be sold to Stormy Hall seeds in Yorkshire, which grows and sells biodynamic vegetable, herb, and flower seeds in this country. (You can contact them via www.stormy-hall-seeds.co.uk, or write to them at Danby YO21 2NN and request a catalogue. Stormy Hall are in the forefront of the movement to support healthier naturally pollinated seed varieties, as distinct from the F1 hybrid seeds. Read more about this on Peter Brinch's website www.open-pollinated-seeds.org.uk .

Stormy Hall enforce strict rules before any seed can be labelled biodynamic - most importantly the seed crops are grown on land which is certified biodynamic.

Simon Couldrey

Community Farming – a Wider Perspective

One of the reasons why I have come to farming is that we are about to totally lose control over food production. Having been in Paraguay and Brazil more than 10 years ago I could see what influence American corporations have on agriculture in developing countries. You might think we haven't got anything to do with it but our cattle, pigs, poultry etc., unless they are produced biodynamically, are eating Soya produced in South America, India or China.

The problem we are facing has two sides. First the above mentioned influence of corporations like Monsanto, Syngenta, Novartis and Bayer, second, the ownership of land. While the big corporations try to secure the rights for a growing number of seeds and plants, they are also manipulating genetic material that allows their plants to resist a whole range of pesticides and release them into the wild. The genetic pollution is absolutely non reversible and since they own the genes, they can also own the rights for other polluted plants. This situation has made it impossible for many American farmers to use their own grain for seed.

I do not have any resentment against the people representing these companies what so ever, they just do what corporations want to do, namely to make money. While being a legal person with human rights corporations do not have that one person with heart, soul and conscience behind them but rather a changing group of people in the treadmill of maximised profits. It is a simple system, the more they control the more money they can make and I will spare you the hundreds of examples on how they try, and actually succeeded, to control food production, education and even our thinking or view on the world to some extent.

The fact is that it will become increasingly difficult to farm small scale (below 1000ha), especially if you want to do it sustainably, organically, biodynamically, using your own seed and your own genetic material allowing the vast diversity of varieties and species to survive. It is of course a question of customer

choice as well if small scale or non industrialized farming is possible. Every one of us who buys biodynamic produce at a higher price enables small farms to exist and can know and influence what we eat and want to eat.

The second issue is ownership of land. While the enlightenment and industrialisation has revolutionized almost every aspect of life in the past, one thing has not changed: the ownership of land. Like a long chain disappearing into the mists of history, its legitimacy remains unquestioned by most of us. Many excellent farms have been lost because the next generation was not interested in them. Since hardly any farmer can afford to buy land, most of these farms have been split up in lots, farm buildings have been converted to luxurious living houses and the rising land and property prices, without any *real* rise in value attached, have accumulated debts to be paid by the future owner. (the difference in value of a property from purchase to the next sale is a profit for the seller but a debt for the buyer. There is no value creating process involved as when goods are produced.)

As a graduate from an agricultural college I have met many landowners who do not know what to do with their land. They were very excited about the idea that someone would farm it in a sustainable way. I have been asked several times to take on land but had to turn the offer down every time. How could I borrow capital without owning land as security? How could I possibly have farmed without any agricultural buildings left on the property and no accommodation either?

Again large corporations could afford to buy millions of hectares of farm land making sure only their products are being grown and used on it or alternatively land has been bought as a secure investment leaving the farmers renting the land in uncertainty.

The average age of farmers in the UK is around sixty. Their sons and daughters are often not interested to break their backs on the land which will result in the sale of

thousands of farms in the UK over the next decades. But how can these farms be made accessible to a new generation of farmers? The list of issues we will be facing is endless.

Plaw Hatch and Tablehurst Farm with St. Anthony Trust as their landlord and the community as owner of the businesses is one shining example of how to solve many of the issues mentioned above and I take pride in being part of it. It makes me try to give my best every day.

The ownership of the land that feeds us has to be given to the community so that the common interests of us all and not private and corporate ones prevail. For me that means empowering people to regain control over what they eat and where it comes from. It also gives everyone the chance to be involved, to relearn skills of how to grow your own food (in 1995 there were people starving in former Yugoslavia because war had interrupted supply to the cities supermarkets), to understand how food is produced and processed and to be able to make the right decisions.

A group of primary school students visited the laying hen enterprise at Brambletye Fruit Farm not long ago. Learning that an egg comes out of a chickens bum was quite a revolting experience for some of the city kids and it needed some reassuring that it is really true!!

Having control over what is the sole means to sustain our physical existence is, in my eyes, a human right and part of our personal freedom. I therefore want to thank everyone who has been and is supporting Plaw Hatch and Tablehurst Farm. Inspired by the last AGM this September and the launch of the Biodynamic Land Trust the same day I wanted to write this article and encourage whoever reads it to get involved or if you are involved already to get your friends to get involved, to support or to continue to support, maybe even to facilitate a similar initiative to this one somewhere else! I am convinced that every little thing we can do will make a difference.

David Junghans

Tablehurst Farmer's Notebook

If you haven't been on the farm recently you will see some quite drastic changes on your next visit. After a long planning phase we have finally started with the ground work for the new cow barn, pig barn, compost and silage area. Since the planners limit height levels, we were forced to move a vast amount of soil. As a result Peter has created "Mount Tablehurst" with charlock flowering on its slopes. What you see on top of it isn't a gallows but our new stirring area. Soon we will be able to stir the field sprays in four oak barrels, overlooking the beautiful valley below. Changes elsewhere on the farm are less visible. The building below the shop, former office, egg grading room and general dump, is being converted to a processing kitchen where our pies will be made in the near future, freeing up the



pie shop for our new café which will open this autumn!!

Major changes will also happen on the staffing side. Sadly, Steffi and Raphael have decided to move back to Germany within the next six months and will leave a big gap on the farm and in the shop. While we are grateful for the brilliant work they have done over the past years, we also had to go out to find possible replacements for them, and we are about to employ a new butcher who will also manage the shop, and a café manager. On the farm we will try to compensate Steffi's leaving by employing Auke, who has been with us for this season, long term.

Auke has just married Amelia who has been an invaluable support to Rob in the garden this year and will continue to work for us in the garden and also part time in the shop. Rob has extended the vegetable production in 4 new polytunnels this year and you can buy his excellent produce all year around in front of the shop. Surprisingly he also had time to marry Rebecca earlier this summer, who has taken on the care home and the pigs from Elli who decided to leave us in July. She has followed her heart and courageously moved in with Stein at the Brambletye Fruit Farm where she is growing delicious mushrooms, also available in the farm shop now.

Also the Farm experienced some major changes. After two years of serious drought, resulting in hay purchases for over £20,000 last year, we decided to cut down our suckler herd by more than 20%. This was a sad decision but it will bring about a better balance on the farm. It will allow us to grow all our own forage for cattle and sheep, to extend the arable and hence to reduce bought in grain and straw. It will bring us closer to the biodynamic ideal of a closed farm organism and will make us less dependent on the market. To compensate for the reduced number of calves, we will buy 4 months old calves from Plaw Hatch and rear them on Tablehurst. That way we can guarantee our customers finest Tablehurst quality beef in the future.

This year's grain and forage harvest was, considering the weather conditions, fairly good. As you may know, we have stopped ploughing almost completely three years ago and are trying to improve soil and grain quality by only disturbing the top two inches of the soil with a cultivator. As a result, we had some amazing looking crops and a visibly improved soil structure. We are still battling with weeds and wildlife. The deer population has gone down, but we have lost whole crops to Rooks and Geese who seem to have forced their way into my crop rotation up at Spring Hill (Wheat, Barley, Geese, Rye... and so on).

For the first time we will be growing biodynamic milling varieties of rye and wheat this autumn and spring. There are only organic varieties available in the UK so we had to import them from Germany. We have also bought a flour sifter this summer and will offer you high quality wholemeal and white biodynamic wheat flour in a few weeks time and rye flour from next September on if not the geese....you know.

On a last note I'd like to mention that we are desperately trying to finance a concrete road leading up to our shop and the new café allowing our customers and visitors to navigate safely from the A22 to our car park and back, summers and winters without getting their beloved cars dirty. We have tried to get grant funding earlier this year and gave up after months of work when we realized that the chance of succeeding was very little. We are now trying somehow to raise the necessary £30,000 ourselves so we can hopefully start building this year. Please bear with us!

David Junghans





Tablehurst Open Day 2011



Plaw Hatch Update

It has come to that time of year when the milk flow slows as many of the cows have their time to rest and nourish their bodies and the calves they carry. For us in the dairy it is a mixed blessing - the lower milk yield limits the amount we can make and gives us a chance to catch up on maintenance jobs and the respite needed to explore new ideas and make improvements, but also gone is the feeling of abundance and soon we will be juggling what milk we have between the different products we make to provide just enough.

The Raw and Wild festival was an enjoyable and successful day for many reasons, but for me it was a special opportunity to meet more of the people who support the farm. Outside the shop we had a dairy stall where we were giving out tasters of our milk, kefir, yoghurts and cheese. I made a fondue for people to dip bread in and cooked up halloumi for people to try - for me it was like sharing the harvest. It was an occasion to answer people's questions and receive feedback, and to connect with the people who are eating the foods we make. As I mostly only see our customers while stocking up the shop or through the dairy windows, opportunities for chatting over some bread and cheese or a cup of drinking yoghurt are not so frequent.

In other news, our Wild Bramble yoghurt received a commendation in the Soil Association Organic Food Awards. After huge amounts of picking, de-stalking and pitting, the soft fruit season is now over, but hopefully the freezers packed with blackberries, gooseberries, raspberries, strawberries, plums, blueberries, blackcurrants and damsons will keep us going until the first strawberries ripen next year. Ionela has just joined me in the dairy and comes with much energy and refreshing new eyes to everything we do. Nick is almost finished renovating the cheese smokehouse and refining the smoking process.

Tali Eichner

Late summer and autumn is a great time of year for us in the shop here at Plaw Hatch as it is bursting with our own produce from the garden - some still from the summer crops but mostly now from the autumn/winter crops, ideal for the stews and soups the cooler weather directs us to (although as I write this the sun is blazing down!).

This year we have worked closely with many other local producers and suppliers which is so much more rewarding and is definitely the right direction for us. It is great to really know the people who produce the food we sell and to experience their passion. We now have great local producers for fruit and veg, a huge variety of breads and sourdoughs, cakes and biscuits, savoury and sweet pies and tarts, chocolate and raw chocolate, cheeses and much more. The only problem I experience with this close collaboration is what to eat first and to remember not to eat everything today and now!

In fitting with being a biodynamic farm we like progress to happen organically - you can't rush a good thing! There has been talk of the possibilities of a cafe here for many years and as more and more families have been squeezing themselves onto our one solitary very elderly picnic table, particularly on Friday lunchtimes when the pizzas arrive, we finally took the plunge, put the old picnic table 'out to grass', and invested in several rather fine new ones. Not only that but feeling our hungry customers deserved some protection from the elements we have erected our very own brand new marquee around them - what more could you want! Coffee perhaps.....?

Jenny Wright

Labneh by Tali

Labneh is a middle eastern cheese which is very easy to make at home and requires no specialist equipment. It looks beautiful bottled with oil in jars - I give them as gifts if they don't get eaten first.

Strain yoghurt in a muslin cloth or jelly bag (or I've seen it done in both pillow cases and a pair of tights, which works well enough). The bundle of yoghurt can be suspended over a jug, bucket or high-sided saucepan by tying it to chopsticks or barbecue skewers which are placed on the rim. Usually 2-3 days is enough to drain most of the whey out of the yoghurt - it will drain quicker at room temperature but is likely to be more sour, so I put the whole arrangement in the fridge to keep it fresh. Once the yoghurt has thickened, scrape it out of the bag with a spatula into a bowl. It works perfectly well as a spreadable cheese once beaten with a fork to give it even consistency with salt added to taste, or it can be flavoured with chopped herbs or spices. They can be mixed in at this stage, or you can roll the cheese into walnut-sized balls between your palms (avoid handling them for too long or it gets messy!) and then roll them in whatever you want to flavour them with. A selection of labneh balls rolled in different flavourings can make an attractive aperitif, accompany a salad or just be spread onto crackers. They can also be packed in a sterilised airtight jar and covered with olive oil to preserve them.

Some ideas for flavouring labneh:

Crushed garlic and mixed chopped herbs

Crushed dried chillies

Lemon and cracked peppercorns (mixing the lemon into the cheese and then rolling in peppercorns works well)

Paprika

Chives

Or pack slices of garlic, sun-dried tomatoes, olives or sprigs of rosemary or thyme around plain labneh balls in the jar.

Grasses



Grasses cover vast areas of the earth, there are 9000 different varieties. Grass grows beyond the Arctic circle, on dunes, in the tropics, and in the mountains. There are grasses on every continent feeding herds of large animals, buffalo and bison, kangaroos, elephants, antelopes, cows and horses. Remarkably there isn't a single variety of grass that's poisonous (though there are a few which live in symbiosis with a poisonous fungus).

One thing all the grasses have in common is a big strong root system. This is why I grow winter rye (mixed with winter tares) as green-manure. If one took all the roots of one grown rye plant and put it into one line it would be approximately 10 000km long! One can imagine, how these roots work the soil and also the root zone is full of soil-life, which really makes our soils fertile. If you ever have grown wheatgrass in trays, you'll have seen what thick mat the roots create. None of my 100 varieties of vegetables, flowers and herbs grow even a fraction of that root-mass. Taking off turf also shows that mat of roots (turf makes extremely good compost). Wilhelm Pelikan describes in "Healing Plants", how the grasses are very balanced plants. At first sight I felt a little puzzled by that, because the flowers seem to be so unspectacular. Grasses grow their roots, leaves, then the stem with the flower head and seed. Nothing happens prematurely. All grasses are wind pollinators, Steiner calls the wind the "Earth Animal", and I rather like that expression. The grasses get pollinated by the Earth Animal, blowing, breathing, playing or raging. Then come the seeds, which in all continents are a big part of our food, rice, millet, corn, rye, barley, oats, wheat. Kamut and Spelt are varieties of wheat.

Another picture Pelikan gives is the grasses as spears of light. Apart from the shape he relates that to the very high chlorophyll content, which one can see as transformed sunlight.

He also points out, how the grasses (grains) are able to create a complete food, containing all the nutrients we need, carbohydrates, protein, fat, minerals vitamins. The carbohydrates are in the inside, the oil, protein, minerals and vitamins in the outer layers of the grain.

I've come across this from other sources in my childhood: in the neighbouring town lived Dr. Schnitzer, a dentist, who taught and lectured about wholesome food: In 3 tablespoons of freshly ground whole grain is everything we need for the whole day. As soon as the grain, which in its wholeness as a seed keeps well, is broken and air gets in, it loses most of its vitamins within 24 hours. From then on it was my job to grind the grain in the evening. Then it got covered with water immediately, to keep the air out, and soften it by the morning. We soaked some raisins or dried figs with it as well. In the morning we grated apples on top and added any seasonal fruit.

Reading up on the background of the wheatgrass, one again comes across research showing that the young grass of wheat, barley, rye, oats contains everything we need. (I'm sure other grasses do too, how could Elephants cows, etc. live on it otherwise?). There are figures there saying 15kg of wheatgrass contains as many nutrients as 350kg of green vegetables.

In connection with grass, one also needs to mention Ann Wigmore, who healed herself by remembering how her grandmother showed her to chew certain herbs and grasses. Thinking of how to make that available for others and also in winter, she had the idea of growing wheatgrass in trays and juicing it because we can't digest the cellulose in the grass. If we chew it, we need to spit the tough cellulose out.

Pelikan thinks that grasses respond especially well to the Horn-silica preparation. Some time ago I talked with Walter Rudert, who farmed Tablehurst for many years, about how we use the horn-manure preparation in drought, because it helps the plants to find what they need, grow bigger, stronger to get the water. Walter told me, that he used the other spray preparation, the Horn-silica in droughts. This helps plants to ripen, become nutritious, also flavour and scent are helped by Horn-silica. When cows are hungry, they always somehow find a way out of their field. After he sprayed, his grass didn't look any bigger, or more abundant than the neighbour's, but the cows stayed in the field contently. Was this because they got more nutrition out of the grass? Or did it smell and taste so nice, that they didn't want anything else?

Some grasses have healing powers. Maybe the most famous one is Avena Sativa tincture, Oats. Also eating oats helps especially sleeplessness caused by exhaustion, it is a nervine, it helps to relax. The other healer is Agropyron repens... Couch Grass. I often have chewed couchgrass roots, but only very recently tried dried ones. they are amazingly sweet. They contain sugar related substances, some etheric oil and Vanillin, I think if it wasn't such a job to dig them and then clean them, dry them, we'd all be grinding them up and put them in our bread. They are sweetest dug in winter, because when there are no leaves all the energy of the plant is contained in the roots. Couch grass is used to help kidney and bladder. there is a cystitis tea. it contains equal parts of couch grass, corn silk (that's also grass, of course), yarrow, and barberry. Agropyron is also used in homeopathy and Anthroposophic medicine. Weleda grows it in one patch while at the same time they are weeding it out of other patches.

Dorothea Leber

Dorothea's sourdough bread recipe

Starter: Mix 50g flour (ideally freshly ground), 50ml water (no chlorine!), 1 teaspoon flower honey (not forest honey, it is slightly antibiotic), 1 teaspoon cold pressed oil (not olive oil). Cover, and leave in a warm place (25 -35°C) for 3 days. Add 30g flour and 30ml water. Leave in a warm place for another two days. This should smell nicely sour. If it smells bad, sterilize the bowl and start again.

Bread: In the evening: mix your starter with a litre of water then add flour until it has a consistency like porridge. Cover and leave in a warm place.

In the morning: dissolve 1 tbs salt in a cup of warm water and mix with the dough. Add flour, ground coriander, anis, fennel-seed, caraway and cumin to taste. Add so much flour, that you can just mix everything with a wooden spoon. You can also put some sunflowerseeds, flaxseeds, etc. in. Put the mixture in greased tins and leave in a warm place to rise for 2 - 4 hours. Make sure you take a handful of the dough away as the starter for the next bread. It keeps in the fridge for a week or dried it keeps for a few months. Preheat your oven. Bake for ca. 1h, ½ h at 200°C then turn down to 170°C

Delicious crispy roast Tablehurst Duck Our favourite meal of the week

by Liz Thesen

I have to admit it. My family makes fun of me. I am addicted to roast Tablehurst duck. No other duck can match it for flavour, tenderness or size. It is delicious.

I have only quite recently discovered the delights of duck. We never had it when I was a child. A duck was probably not big enough to feed a family of eight and my mum wouldn't have known what to do with it. My previous experience of duck was confined to the odd restaurant duck breast in sauce. Strangely enough, I discovered the pleasures of crispy roast duck while living in the Caribbean a few years ago. We were so short of edible meat (lots of goat!!) that I resorted to exploring the freezer in the supermarket - and found frozen French ducks. It was the start of a love affair!

The rather sad, frozen duck in Antigua was a very poor cousin to the amazing Tablehurst duck. This duck is big, happy and full of flavour, with delicious crispy skin that melts in the mouth. I don't do anything fancy to it. I just prick the skin all over with a fork or the tip of a sharp knife and rub some salt into it

I then place the duck on a rack in a roasting tin in a moderately hot fan oven (180°C to 190°C). The rack is important as it allows the fat to drain from the duck during cooking. The fat can then be sieved, stored in the fridge and used for roasting and frying. I cook the big Tablehurst duck for two and a half hours until the skin is really crispy. It seems almost impossible to burn, as the fat layer is so thick. The idea is that there should be no fat left under the skin when it goes to the table. The skin MUST be eaten with the meat. It is delicious. If I am cooking a smaller non-Tablehurst duck, two hours cooking is usually enough. The duck should be rested for at least 10 minutes when it comes out of the oven.

I also cook duck legs and breasts on their own sometimes. They can make a quicker evening meal if you are short of time. I prick them, rub salt into the skin and place them on a rack in the same temperature oven for about an hour, until the skin is completely crispy. There is something special about a whole duck, though!!!

I was thrilled when Tablehurst started producing duck as I had previously looked in vain for organic duck. When I tasted it, I was completely blown away. Nothing had prepared me for the difference between these amazing ducks and the supermarket ones. They are a world apart. We are so lucky to have them on our doorstep.

The Future of Agriculture - a Biodynamic Approach

Biodynamic Association Conference, Emerson College, 10 - 13 Nov 2011

Keynote address by Patrick Holden. More detail at www.biodynamic.org.uk

Looking Death in the Eye

A Halloween adventure on Tablehurst Farm

5.30 - 9.00pm Friday 28th October

Featuring a barbecue followed by a Halloween trail on the farm with stories from the students of the International School of Storytelling. In selected spooky spots in the wood and meadows of the farm, you will be led from place to place to look death in the eye. All over the world, different cultures see death differently and tell different stories about this great mystery that awaits us all. Come let us take you by the hand: Hades, Yama, La Muerta and other Gods and Goddesses of the Underworld are waiting for you ... waiting to bring you their wisdom, the gifts of the glorious darkness.

Entrance £2 per person, Barbecue additional charge.

So how good are
Tablehurst pasties?

Let's ask a customer ...

"I've waited all my life
for this drop from heaven"

Tommy, aged 8
(overheard in the pie shop)

Open Day competition winners

Guess the weight of the pig - Eva Penit

Guess the number of seeds - Vera Franco

Guess how many calves - Eva Williams

Please collect your £25 voucher from
the Tablehurst Farm shop

Open Day in pictures - see page 5



Going to seed?? ... see page 2

Thinking about Christmas?

Tablehurst Farm Shop is taking Christmas orders for turkey, goose, duck, beef, lamb, pork, hams and sausages, and don't forget our range of delicious cooked pies, sausage rolls and quiches. Order early to avoid disappointment. We are open every Thursday, Friday and Saturday from 9am to 5pm or you can call 01342 823173.

We will also have turkey for Thanksgiving.

