



Whole Health Agriculture



Championing Wholistic Health through Farming and Food

Welcome to the (late) May WHAg Mag.

We were hoping that May would find us enjoying early signs of returning to normality; but what is normality and should we REALLY be considering returning to it? Many consumers have started buying produce from the local farm gate. In fact, in our recent small on-line poll, 94% of respondents said that lockdown had encouraged them to change their buying patterns and support local farms more (see our [home page](#) for our monthly poll). The big fear now, is that when the shops all re-open, will consumers continue to support these farms? We really hope so. Should we be doing something to ensure that this support does continue? What could we do? We'd like to hear your views on our Facebook, Instagram or Twitter feeds. (see bottom of our email for links)

We feature this month a young Warwickshire chef with ideas for bringing affordable 'Real Food' to everyone's tables. He shows us how to make a more expensive free-range or organic bird go a long way by explaining how to joint a chicken and create a few simple, quick to make, nutritious dishes for all the family. There's a lovely little video with bullet point instructions and some recipes. We hope you enjoy what will be the first of these food for health articles.

Showing how to make a free-range or organic chicken affordable is most timely; especially in light of the recent vote by UK MPs who decided that it wasn't necessary to amend the new Agriculture Bill, to ensure that imports of food into the UK meet with our current high standards. So our *Finger-WHAg* this month goes

to those who chose to sell out British farmers and consumers. This is a huge blow, not just for the farming community but the environmental bodies and all who care about food quality. Looks like chlorinated chicken might be hitting our shores after all which makes it all the more important to support local sustainable ethical farmers.

We clearly needed to find a very positive *Tail WHAg* after this news and the initiative to support the Covid19 frontline workers with holistic healthcare got our vote. You can see more, and how to donate to this worthy cause below.

Most of all, we hope that this month's *WHAg Mag* finds you all well and that it brings a little ray of positivity into your day. Behind this dreadful cloud lies some amazing silver linings. Let's hope one silver lining is the emergence of consumers supporting local farms who keep the food chain 'clean' while demonstrating excellent animal welfare.



Meet Patrick Woodward, Chef

We are delighted to introduce Patrick, an inspiring young Chef, who is part of a younger generation which considers saving the environment to be a high priority. Patrick feels it makes sense that we all make food choices that are aligned with sustainability, high animal welfare practices and minimal toxic inputs.

Interviewing Patrick it was clear that he is inspiring all generations with 'Real Food'

“You don’t have to pay through the nose for nourishing, good quality food”

During lockdown, Patrick has risen to the WHAg challenge: *How can you make a free range or organic chicken into affordable and easy meals for a family with working parents, or an individual working a long day?* [Read more...](#)



Preparing a chicken

Patrick's video guides us through how to quickly joint a whole free-range or organic chicken in preparation for his 3 delicious recipes.

[Watch video...](#)

Tasty recipes using the whole chicken...

5-Spiced Chicken Drumsticks



Japanese Fried Chicken



Chicken Stock Soup



What's Hot and What's Not!

Tail WHAg of the month....

Goes to Ainsworth Pharmacy for their terrific initiative of supplying NHS frontline staff across the UK with homeopathic remedies as part of the 'Frontline Immune Support Team'. You can donate to this cause by [clicking here](#). What an excellent way to introduce mainstream medics to homeopathy.



Finger WHAg of the month....

Really must go to the UK Government who voted against an amendment to the Agriculture Bill which guaranteed imports would have to meet the UK's high standards for environment, animal welfare and food safety. How did your MP vote? Find out [here](#).

Why not contact your MP and [email us](#) their reply?



LIVESTOCK & POULTRY FARMERS!

Have You Had Your Say Yet?

DO you use 'alternatives' to conventional drugs and other interventions to keep your livestock healthy? Farmers who successfully reduce or use low levels of antibiotics and other drugs help keep the land, water and the food chain clean which makes us all healthier. But these farmers often get little support and recognition for their expertise or achievement.

WHole Health Ag. wants to change that. And, with US food imports on the horizon, it is even more important that successful wholistic farming treatments and methods for animal health are documented and evaluated. So, whether you run a large commercial enterprise or you keep a few animals for home consumption; whether you use a single 'alternative' product or you are totally 'drug and chemical free' - **your experience is important!**

Tell your story; have your say; take our survey today.

[Take our survey](#)



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