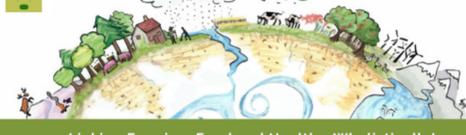




Whole Health Agriculture



Linking Farming, Food and Health - Wholistically!

Welcome to the June WHAg Mag

Dear WHAg Farmer

Belated Summer Solstice greetings from all of the WHAg team. (Although frankly Summer has taken to sulking in our neck of the woods.)

Nevertheless, the sun is always shining in WHAg-Land and this month we're delighted to feature beef farmer Kate Bradshaw from Tan House Farm in an interview with our own Pammy Riggs.

We also introduce Kate Scott - aka **The Drover's Daughter** - Medical Herbalist and shepherdess, who shares with us some of her herbal wisdom acquired over a lifetime (and longer if you take into account that Kate can trace her ancestral herbal heritage back several hundreds of years!).

Finally, at the recent Groundswell event our Chair Lawrence Woodward was one of the panellists on an illuminating session that explored the concept of food quality based on nutrient density. (More of this next time.) But while on the subject of labelling, we are delighted to back the **C.L.E.A.R Campaign** (launched at Groundswell) which focusses on clear and transparent food labelling.....read on to find out more including how to get involved.

Until next time, and hoping the sun will be high in July, we wish you happy reading . . .

The WHAg team

*ps If you enjoy this month's read, please forward it to others who might appreciate it too, not forgetting to remind them to **subscribe**....*



Farmer Feature

Round the Kitchen Table with Pammy at Tan House Farm

This month WHAg's Pammy Riggs chats to Kate Bradshaw from **Tan House Farm**, a 70 acre mixed farm near Ross on Wye in Herefordshire.

Kate and Pammy discuss all manner of farming issues and Kate tells Pammy how they achieve healthy land and healthy livestock - *'We don't use pesticides, herbicides or artificial fertilisers because we respect and treasure the farm's biodiversity, soil health and animals.'* In fact, **Tan House Farm** embraces all that we at Whole Health Agriculture advocate and stand for. The food they produce stems from supremely healthy livestock (who benefit from natural medicines) raised on vibrant and biodiverse land.

[Watch by clicking on the image below](#)



Soil Health & Medicinal Herbs

by Kate Scott



At the **WHAg Farmacy**, we are very excited to have been introduced to medical herbalist and shepherdess, Kate Scott. Kate has a unique heritage, being descended from generations of herbalists and drovers, and is also a consultant on soil health so we are delighted that she has offered to share her experience and wisdom with us.

With a challenging spring, and unpredictable weather in the coming years, Kate tells us *"it is important to think about ways to improve soil structure to help manage both wet and dry periods. I know as a herbalist and a farmer that there is much that can be done whatever your soil type."* Now is the perfect time to plan ahead and implement steps to improve your precious soil for the coming years.

[Read more.....](#)

WHAg Supports the New C.L.E.A.R Campaign

A group of 40 farming, food, animal welfare, environment, social society and businesses, launched a campaign at the Groundswell event in Hertfordshire on 23 June, calling for a system of mandatory food labelling for all types of food.

CLEAR



Are you clear?

The Consortium for Labelling for the Environment, Animal Welfare and Regenerative Farming (C.L.E.A.R) wishes to see mandatory labels that include information on method of production, country of origin labelling to be extended to include all raw and processed foods, and to establish a set of regulated definitions of key terms relating to ethical or sustainable production.

"We believe that developing clear, accessible food labels will respond to the consumer's desire for greater transparency over how their food is produced," says South-East livestock farmer and chair of C.L.E.A.R Fidelity Weston. *"This will allow food that is made to higher standards to be differentiated in the marketplace and eliminate any labelling that falsely conveys better levels of production."*

This means that consumers will have clear, fact-based information to make informed purchasing decision when they buy, farmers will be able to distinguish themselves from others producing to lower standards, and food retailers and the hospitality sector can avoid the technical and financial challenges of having to devise their own labels."

"We also believe our proposals will help Government by supporting the UK's environmental and social policies and targets, including the Sustainable Farming Incentive, United Nation Development Goals and the Climate Change Act (2050 Target Amendment) Order."

Campaign Activities

The C.L.E.A.R campaign initially consists of three online activities:

- a website at www.clearfoodlabeluk.org
- an Instagram account at www.instagram.com/clearfoodlabeluk
- an [online petition](#)

The aim over the coming months, is to generate signatures and comments from many thousands of consumers, farmers, retailers, restaurants, hospitality businesses and policymakers.

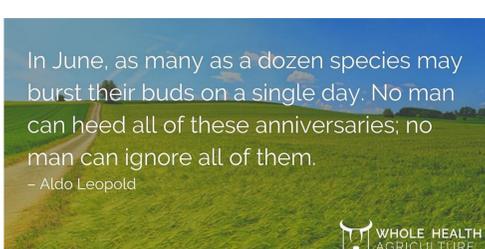
"At present there are no safeguards in place to stop British farmers from being undercut by lower standard imports or to support high health, animal welfare, ecological practices," says Mrs Weston.

"We are delighted that so many organisations have joined the consortium so quickly and support C.L.E.A.R in its aims. If we are to understand how our food choices impact nature, animal welfare, our health and the well-being and livelihoods of farmers, we need food labels that tell us how our food is farmed, grown, reared and processed. Then we can all make informed decisions."



How you can help!

A social media campaign challenges consumers to see if food labelling is honest and clear. If you spot any unclear food labels you find in the shops please post/share them to the C.L.E.A.R Instagram account [@clearfoodlabeluk](#)



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Whole Health Agriculture, 1 Wolsey Close, Wimbledon, Greater London SW20 0DD

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