



Whole Health Agriculture



Linking Farming, Food and Health - Wholistically!

Welcome to our July WHAg Mag

Dear WHAg Farmer

This month we present our theme of "Cunning Not Chemicals" demonstrated in numerous ways by some of our farmers and champions.

Firstly, our summer special blog from wise and experienced farmer-herbalist Kate Scott, who combines her passion as a shepherdess with a love of the soil and native plants as a medical herbalist. She delves deep into the composition of herbal leys and why they are so valuable to farmers in 'Medicine Fields'.

In our upcoming webinar *Learn to Use Cunning not Chemicals!* Kate joins forces with wholistic vet Chris Aukland to deliver two informative hours on how to tackle the ongoing and frustrating problem of livestock parasites and pests with natural medicine solutions and effective pasture management. More information and how to sign up on this event below....

We're also pleased to welcome back WHAg farmer and blogger Meg (aka *Mud, Moos & Mayhem* on Instagram)- she shares why she has a *Love-Hate Relationship with Summer*.

We know it's a really busy time for many of you, but we hope you're able to take a little time-out to settle down and chew the cud over this month's mag.

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](#)....

Summer Special

Medicine Fields: The Benefits of Diverse Pasture -
Herbal leys and native plants for livestock health, productivity and diversity
by Kate Scott



Kate's blog is a real insight into our responsibility as farmers and custodians of the earth to ensure and reinstate diversity in pasture. She says that "we lost much of the diversity of our old pastures which supported the health of the stock and the soil, and which provided food for pollinator species and ultimately those above them in the food chain. Without healthy soil we do not have healthy plants, and without healthy plants for forage the result can be loss of productivity (eg milk yield or quality) and/or health issues in livestock."

Learn how to understand the composition herbal leys, their special phytochemical and nutrient composition, and ultimately how they can benefit both the soil and animals with their medicinal properties. [Read Kate's blog...](#)

"Let food be thy medicine, and medicine be thy food"

Hippocrates

Kate is a medical herbalist and as well as running a busy practice, she offers herb walks, workshops and courses. She says her mission is 'to create sustainable and beautiful products from my little flock of sheep and from plants that I grow and forage, from soaps and salves, to teas, to woolly headbands and botanically dyed wools, everything I create is made ethically, with the welfare of my sheep and the environment in mind'. Read more about Kate at [The Drovers Daughter](#).



WHAg WEBINAR

Learn to use 'Cunning not Chemicals'

5th August 19.00

The author of our Medicine Fields blog will be sharing her wisdom on herbs and pasture in our forthcoming webinar: [Prevention & Treatment of Parasites & Pests - Inside and Out](#) on August 5th at 19:00hrs where she will be joined by wholistic vet Chris Aukland to deliver two hours of effective natural medicine solutions to the ongoing and frustrating problem of livestock parasites and pests.

Increasingly as farmers we are looking for alternatives to synthetic wormers, flukicides, fly repellents, lice powders etc, - all of which are expensive, have withdrawal periods, can create resistance in the pest we are trying to eradicate, and have a detrimental impact on our collective health. So, if you keep livestock, equines or even cameloids, don't miss this opportunity to hear from two experts with over 50 years combined experience.

Ticket holders will have access to a RECORDING of the live webinar AND get a chance to submit questions in advance.

[CLICK HERE TO BOOK TODAY >>](#)

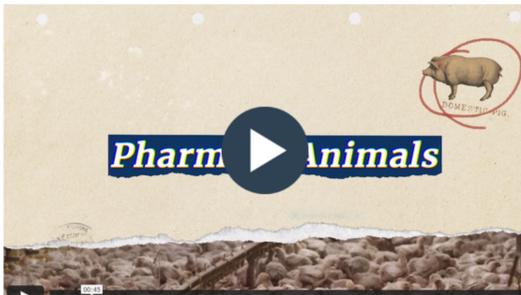
Pharming Animals Video

One to watch!

At WHAg, we are all for 'cunning, not chemicals' when it comes to farming and food, so when we were sent this short video [Pharming Animals](#) featuring Suzi Shingler of the Alliance to Save our Antibiotics, we were delighted at how clearly she explains why some farms use so many antibiotics in their livestock and how this is fuelling antibiotic resistance in people. Suzi also makes it clear that we ALL can help by using our citizen voices to demand change including better farming systems and more responsible procurement from other countries. As consumers we all have to eat and we get to vote three times a day, so let's choose wisely - eating IS a political act!

[Click the image below to view](#)

It's a really engaging, informative watch and deserves to be shared widely.



Meg's Musings

My Love Hate Relationship with Summer

Meg, an opinionated farmer's wife, who is passionate about animal welfare, the environment and wholesome food, takes us through her ups and a downs of summer on the farm.

"After walking these fields in winter, squelching across grass so short that I couldn't see that it would ever recover, to now, the height of summer, wading through thick meadows, rich in life, is a great reminder of the power of the seasons, and the warm months in particular, to restore nature. Maybe summer isn't so bad after all."

[Read Meg's blog....](#)



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