

Firstly, thank you.

Your choice to shop directly with your local farms is more important than you may realise. Spending your hard earned cash with us means we get to keep on farming in the way we do, which in turn means you get to keep on buying the very best food.

Local farms make food systems more resilient against global pressures, political or environmental, meaning you're less at the mercy of fluctuating and unpredictable global markets. We also buy in from other small, local producers who don't have direct access to consumers, so provide a key link between you and other growers.

We're often asked who owns the farms.

Well, you do. The farm businesses are owned by the Tablehurst and Plaw Hatch Community Farm Cooperative. This means that when you become a member of the Coop you get voting rights at the AGM and the opportunity to join the Coop Committee.

Tablehurst and Plaw Hatch are not-for-profit businesses; everything you spend goes straight back into running the farms, whether that be feed for livestock, rent for grazing land, paying our staff, vet bills (cows are daft), seeds, or fencing. There are no king pins pocketing the spoils.

So, thank you. We exist because you continue to make that happen.

Want to know more?

Visit the Tablehurst and Plaw Hatch Community Farm Coop website for more information on how to get involved and become a member of the Cooperative:
www.tablehurstandplawhatch.co.uk

See the individual farms:

TABLEHURST FARM



www.tablehurstfarm.org.uk
@tablehurst.farm

Open 9am to 5pm Monday to Saturday
London Road, Forest Row RH18 5DP

PLAW HATCH FARM



www.plawhatchfarm.co.uk
@plawhatchfarm

Open 9am to 6pm Monday to Saturday
Plawhatch Lane, Sharpthorne RH19 4JL

SUPPORTING YOUR LOCAL PRODUCERS



Tablehurst and Plaw Hatch
Community Farm Cooperative



Investing in the future

Farming in an environmentally friendly and regenerative way requires lots of hands, and even more knowledge. The average age of a UK farmer is 65, and more and more farms across the UK are struggling to survive.

Land work can be challenging for new entrants, so education is a big part of what we do. We provide opportunities for work experience, volunteering, apprentice training and employment for people starting their regenerative farming journey, as well as offering school trips and hosting 'Young Farmers' groups. By continuing to support us, you are helping ensure the future of small-scale British farming.

Whereas the farm businesses are owned by the Cooperative, the land itself is owned in trust, which means it is protected and will remain biodynamic farm land for years to come. We strive to create a farm model that inspires people to consider farming as a career option, and to show that small-scale, regenerative, mixed farms can be successful, viable businesses.



The very best food

There are a lot of studies showing that what you choose to put in your mouth massively matters for your long term health. Eat rubbish? You'll soon feel like it. Exposure to pesticides and chemicals from conventionally farmed foods is causing increasing concern, and findings are already showing the adverse effects not only on the environment but also on human health.

Our style of farming doesn't wage war on nature or dominate it out of greed. Instead, we just nudge a little bit this way and that to coax food out of the ground without decimating the ecosystem. This food is grown in good old fashioned dirt; a complex network of lively, living things, rich with millions of microbes and mycelia working together to grow nutritionally dense food which you then get to eat.

GMOs are also a big no. Most of what we produce is from open pollinated seeds and heritage breeds, suited to their environment and producing actual, real healthy food.



Care of animals, soil, landscapes, and people

Biodynamic farms have the highest animal welfare in the world. We treat our animals with respect, allowing them to live as natural a life as possible with minimal stress or intervention. They have plenty of space either rotating through open pastures in summer or nestling in big barns with deep bedding in winter, freely interacting with each other and their environment. They in turn provide food and help us build soil fertility.

We plant hedges and manage the forests, conserving the natural landscape and further ensuring the longevity, resilience and sustainability of the farms.

We look after our people too, investing in infrastructure like housing and providing employment for people to engage with meaningful work.

From time to time we have capital projects that require fundraising. The generosity and involvement of our community and customers makes a huge difference to what we can achieve, so sign up to the farms newsletters and follow on social media to stay in the loop.

