

You are invited to a Technical Workshop

## *A Whole Farm Approach with George Young*

### **Thursday 25<sup>th</sup> February, 10.30am to 11.45am**

#### **George Young, Farmer**

George Young farms a 485ha mixed farm in south Essex. When first returning to the family farm, the system was fairly conventional, including cattle grazing the permanent grassland. Since 2013 George has moved to an integrated farming approach which incorporates nature into the farming system. George has extended the rotation and grows linseed, beans, heritage cereals, buckwheat, lentils and hemp and continues to explore growing other high protein crops. The farm is now zero tillage and zero insecticide and the cattle have been integrated into the system and graze on the herbal leys that grow on 20% of the farm.

George has undertaken habitat creation on a large scale to provide habitat and food for beneficial insects and farmland birds. His latest project includes planting his first field of agroforestry with approx. 7000 trees of fruit and nut varieties, timber trees as well as exotic species such as almond and olives in preparation for the impact of climate change. He is also installing a flour stonemill with the aim of making flour from the heritage grains and buckwheat grown on farm.

George is passionate about growing food with ecology at the heart of his decision making. Come to hear him share his thoughts and ideas.



*FWAG East will present the results of the Hertfordshire cover crop trial*

**Affinity Water will talk about issues in ground water sources and the catchment projects that are taking place to help tackle this.**

Book your place on **07854 323349** or [emily.stacey@fwageast.org.uk](mailto:emily.stacey@fwageast.org.uk).

**FREE EVENT - BASIS & NRoSO POINTS AVAILABLE**