

Rushcliffe Nature Forum October 2022

Tour of FarmEco Community Farm at Screveton, with Nature Care workshops. <https://www.farmeco.co.uk/>

Organised by Rushcliffe Nature Conservation Implementation Group. <https://www.facebook.com/RNCSIG>



Welcome tent (with coffee, tea & lovely cakes)

Introduction to FarmEco by James, Lil and Rachel

Below: Followed by a walk and look at the Miyawaki style plantation by Rachel – (planted 2021)

See also:

<https://www.youtube.com/watch?v=q6ksQYT4F8s>

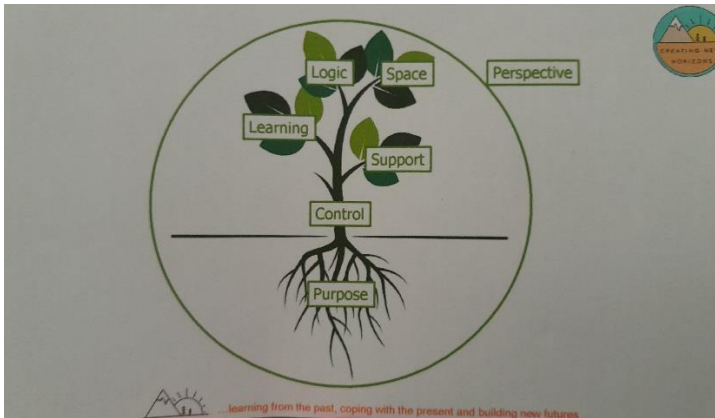
<https://www.newarkadvertiser.co.uk/news/more-than-400-trees-planted-to-create-eco-woodland-9198865/>

<https://www.creatingtomorrowforests.co.uk/blog/the-miyawaki-method-for-creating-forests>



Nature Care (Kristina & Tim) – this session looked at Personal Resilience using nature, based on the 6 (or 7) principles of Purpose, Control, Support, Space, Logic and Learning, keeping this in perspective and included some nature based mindfulness art sessions

See <https://www.farmeco.co.uk/green-prescribing-wellbeing#page-section-6228621fc8a87f4a7dde68c4> and <https://www.farmeco.co.uk/green-prescribing-wellbeing#page-section-6290b9c4d1074e49bef43ee7>



A farm tour of the adjacent Home Farm site (of which the community care farm is a part) was held, demonstrating the use of cover crops, retention of stubble, use of long horn cattle



See <https://www.agricology.co.uk/field/farmer-profiles/david-rose>

The afternoon session was a walk of the Community Farm, led by Emma, Lil and James, looking at the use of AgroForestry (mixed agriculture and forestry – arable cropping (growing heritage grain crops and working with small artisan bakers

with trees and sheep grazed pasture with trees). Additionally, we looked at a new wetland area being developed on the site with the assistance of Nottinghamshire Wildlife Trust

See <https://www.farmeco.co.uk/farming> and <https://www.farmeco.co.uk/conservation>



Left: New Wetland Area