



Nourish KernowCIC

Scythe & Soil

Saturday 27 June, 10am–2.30pm
at Higher Culloden Farm, Camelford

A hands-on day discovering how good food starts with healthy land. Discover the journey from healthy soils to a healthy plate.

- Experience traditional scything with **Tom Waters**, based in the far west and working with the National Trust Cornish Coastal Meadows project. Try your hand at this ancient and effective skill – you won't look at your strimmer the same way again!

- Join Ian from **SoilRave.org** to investigate fresh soil samples and discover what's living beneath your feet.

- Enjoy a guided tour of the community market garden and discover regenerative growing practices that result in healthier, local, seasonal food.

If you're interested in locally-grown, seasonal produce and having a go at traditional rural skills, come along to this informative session. Book now.

FREE
Limited tickets
available here:



With thanks to:



**Cornwall
National
Landscape**

Part of the **Natural Beauty & The Beast** project, funded by **The National Lottery Heritage Fund** and delivered by **Cornwall National Landscape**.

NourishKernow.org.uk