


Social Farming Across Borders Pilot Farm Profile:

Section 1 – Your Details

<p>Name:</p> <p>Natascha Telford</p>		<p>Address:</p> <p>Beagh, Dromahair, Co. Leitrim</p>
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Section 2 – Your Farm

About my Farm:

The farm was built at the end of the Famine. We arrived from Scotland 21 years ago with a six week old baby. Since then we have had another girl and have been doing up the house and land ever since. The farm is run by organic methods. There are 11 acres which include vegetable beds, poly tunnels, fruit bushes, a newly established orchard, small coppice woodland, plus a pond and willow area. We have 4 Dexter cattle, 2 Soay sheep, 2 goats, hens, dogs and cats.



Farm Activities offered to the Participants:



The activities on the farm include chopping and stacking timber, care of the animals, which involves milking, mucking out and feeding. Tending to the vegetable gardens (Sowing seeds, transplanting, weeding, watering) Harvesting the produce and making jams, breads, juice etc. Tuesday would suit me for people to come to the farm.



Projects on-going at the moment.

We would like to make accessibility easier by making gravel paths around the place. Timber has been cut along the hedgerows, so this is being graded into different sizes and stored to season.



Section 3 – Your Locality & Community

Nearest Services: Dromahair has two shops, plus a pharmacy, medical clinic and post office.

Nearest town: Dromahair is the nearest small village. It is about 5 miles away.

Nearest public transport or rural transport initiative: Dromahair would be the nearest that public transport comes to the farm. There is also a rural transport bus that passes us by on Tuesdays.

My locality and community interests: The local community around us is from many parts of the world plus others whose families have lived here for generations. The community help one another out in many ways. We hope to have open days this summer to share food and music together.

Section 4 – You, the Farmer

Me and my Farm:

I work as a community garden tutor in Sligo. Through my work I have learnt how activities in the garden can be emotionally beneficial, as well as physically. I love nature and the outdoors myself, and find it uplifting as well as relaxing. Working with groups of people is especially rewarding. Indoors I enjoy cooking with the food we grow, baking bread and cakes. As well as eating them with a cuppa.

