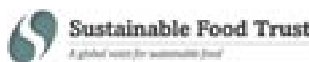
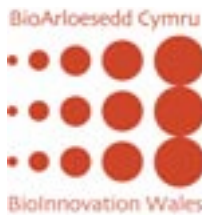


Cynhadledd
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WALES
REAL
Food
& Farming
Conference

11 and 12 November 2019
Medrus, Aberystwyth University



CYNIDR CONSULTING



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Monday 11 November 2019

Day 1	MAIN ROOM	MEDRUS 3	MEDRUS 4
9.30-10.30	Arrival and registration		
10.30-11.00	1) How did we get here? Colin Tudge, ORFC; Gerald Miles, Landworkers' Alliance Cymru <i>Chair: Dr Eifiona Thomas Lane, Bangor University</i>		
11.00-11.30	Break		
11.30-12.30	2) Feeding Wales: A necessary challenge Sue Pritchard, RSA; Dr Dave Beck, University of Salford; Dr Amber Wheeler, Peas Please <i>Chair: Dr Jane Davidson, University of Wales Trinity St David</i>	3) Climate friendly farming Paul Allen, Zero Carbon Britain; Dr Liz Lewis-Reddy, ADAS <i>Chair: Dr Angie Polkey, Purposeful Permaculture</i>	4) Together for this place - local visions for the uplands Dafydd Morris Jones, Ty Mawr Farm; David Bavin, Vincent Wildlife Trust; Gareth Davies, Coed Cymru <i>Chair: Sam Robinson, Landworkers' Alliance Cymru</i>
12.30-13.30	Lunch Break		
13.30-14.30	5) What does Brexit mean for food and farming in Wales? Patrick Holden, Sustainable Food Trust; James Owen, Welsh Government <i>Chair: Arfon Williams, RSPB Cymru</i>	6) Food safety - information versus regulation John Savage Onstwedder, Caws Teifi; Lauren Simpson, Parc-y-Dderwen <i>Chair: Dr Phil Hollington, Bangor University</i>	7) Watching out for our water Liz Price, Wye and Usk Foundation; Nigel Elgar, Dŵr Cymru <i>Chair: Tony Little, Sustainable Farming Consultancy</i>
14.30-15.00	Break		
15.00-16.00	8) *The future of rural communities Robat Idris, Cymdeithas yr Iaith Gymraeg; Ann Jones, WI Cymru; Katie Davies, YFC; Glyn Roberts, FUW <i>Chair: Dei Tomos, BBC Radio Cymru Wales</i>	9) The economics and prospects for hill farming Chris Clark, Nethergill Associates; Tony Davies, NFFN <i>Chair: Arfon Williams, RSPB Cymru</i>	10) Farming and growing for healthy diets Pamela Mason, nutritionist; Patrick Holden, Sustainable Food Trust <i>Chair: Sue Pritchard, RSA</i>
16.00-16.30	Break		
16.30-17.30	11) Building a food movement in Wales Helen Nelson and Elle Henley-Herat, Office of the Future Generations Commissioner for Wales; Corinne Cariad, Food Manifesto Wales; Pete Ritchie, Nourish Scotland <i>Chair: Nessie Reid, Global Environments Network and Caws Teifi Cheese</i>	12) Getting a foot in the gate - challenges and opportunities for entrant producers Einir Davies, Farming Connect; Jacqui Banks, One Planet Council; Sophia Morgan-Swinhoe, Dyfi Dairy <i>Chair: Sam Robinson, Landworkers Alliance Cymru</i>	13) Growing change and good mental health Rachel Lilley, Aberystwyth University; Jake Elster-Jones, Independent Researcher; Jim Bowen, Clynyfw Care Farm <i>Chair: Steven Jacobs, Welsh Grain Forum and Organic Farmers & Growers</i>
17.30-18.00	14) Day 1 round-up: Prof Michael Woods, Aberystwyth University. Followed by open space networking introduced by Dr Angie Polkey, Purposeful Permaculture	15) Fringe: Craft cider making & beer brewing workshop Luke Prosser, Bangor University	16) Fringe: Seed saving for growers - drop in session Katie Hastings, Gaia Seed Sovereignty Programme; Catrina Fenton, Garden Organic Heritage Seed Library; Kate McEvoy, Real Seeds
18.00	17) RSA Food, Farming and Countryside Commission launch and drinks reception Sue Pritchard, RSA; Dr Jane Davidson, UWTSB <i>Chair: Dr Eifiona Thomas Lane, Bangor University</i>		
19.00	18) Conference dinner, bar and twmpath with Trafferth mewn Tafarn		

Tuesday 12 November 2019

Day 2	MAIN ROOM	MEDRUS 3	MEDRUS 4
8.30–8.50	19) Yoga for growers Alice Gray, Tyddyn Teg		
9.00-10.00	20) Building a strong local food economy Rudolf Bühler, Schwäbisch Hall Farmers Association <i>Chair: Duncan Fisher, Our Food</i>		
10.00-10.30	Break		
10.30-11.30	21) Joining the dots of food policy Dr Ludivine Petetin, Cardiff University; Holly Tomlinson, Landworkers' Alliance Cymru; Pete Ritchie, Nourish Scotland <i>Chair: Jane Powell, Food Manifesto Wales</i>	22) Our daily bread Mark Lea, Green Acres Farm; Anne Parry, Felin Ganol and Welsh Grain Forum; Lucy Watson and Ben Pratt, Watson & Pratt's and The Lampeter Bakehouse <i>Chair: Steven Jacobs, Welsh Grain Forum and Organic Farmers & Growers</i>	23) Feeding cities: Building the fabric of urban food in Wales Pearl Costello, Food Cardiff; Heather McClure, Aber Food Surplus; Gary Mitchell, Social Farms & Gardens <i>Chair: Alicia Miller, Sustainable Food Trust</i>
11.30-12.00	Break		
12.00-13.00	24) Farming for nature Sorcha Lewis, NFFN; Polly Davies, NFFN, Organic Farmers and Growers; Anna Hobbs, Bumblebee Conservation Trust; Becky Holden, Calon Wen <i>Chair: Hilary Kehoe, PONT Cymru</i>	25) Sustainable fisheries - how should Wales manage its seas? Debbie Crockard, Marine Conservation Society; Mark Gray, Welsh Fishermen's Association; Jane Davies, North Wales Fisheries Local Action Group <i>Chair: Dr Phil Hollington, Bangor University</i>	26) The business of growing Dr Hannah Pitt, Sustainable Places Research Institute; Justine Scouller, Flowers from the Farm; Alice Gray, Tyddyn Teg <i>Chair: Adam Alexander, Seed Detective</i>
13.00-14.00	Lunch Break		
14.00-15.00	27) Growing our future: Agri-food skills and training in Wales Dr Sarah Watson-Jones, Bioinnovation Wales; Katie Hastings, Pathways to Farming/Seed Sovereignty; Nathan Richards, LWA Agroecology Training Network; Sarah Gould, Lantra; Emily Durrant, Black Mountains College <i>Chair: Dr Richard Kipling, Aberystwyth University</i>	28) Where food and farming meet Aine Morris, Abergavenny Food Festival; James Campbell, Garden Organic; Rebecca Jones, Bangor University <i>Chair: Alicia Miller, Sustainable Food Trust</i>	29) *Landscape and tradition Dr Gwilym Morus Baird, Bangor University; Dr Glenda Thomas, FWAG; Alice Briggs, Future Landscapes Project; Gareth Ioan, Ancient Cattle of Wales <i>Chair: Dr Eifiona Thomas Lane, Bangor University</i>
15.00-15.30	Break		
15.30-16.15	30) Taking things forward – where do we go from here? Facilitators: Dr Angie Polkey, Purposeful Permaculture; Dr Eifiona Thomas Lane and Luke Prosser, Bangor University.		
16.15-16.30	31) Closing words <i>Chair: Jane Powell, Food Manifesto Wales</i>		

* = Session partly or wholly in Welsh. Translation available

Welcome to the first **Wales Real Food and Farming** Conference!

This is the first ever Wales Real Food and Farming Conference. We take our lead from the Oxford Real Farming Conference, which has now been going for ten years, but it will be whatever we make it, and we are excited that you have chosen to join us.

Wales has a strong farming tradition and a thriving food culture. At this time of great uncertainty, how can we use these strengths to set a new course for Welsh food - one which produces healthy food from a flourishing natural environment, feeds all our citizens and is a source of pride and pleasure for all?

Food is often a subject of controversy, but it can also draw us together. At this event, which we hope will be one of celebration and friendship alongside the challenges and debate, we want above all to create a sense of shared purpose. Wales is small enough for informality but big enough to make a difference and be noticed, and that gives us a unique opportunity.

This inaugural Conference has been organized by a team of individuals and organizations, all of us inspired by a sense of something new. Now it is up to everyone here to make it our own and take it forward.

We hope you will enjoy the next two days and that they will inspire you.

The Wales Real Food and Farming Conference Team

Our sponsors

We are particularly grateful to our sponsors, who by their generous donations have given us the confidence to go ahead and make it an event to be proud of. They are: Bioinnovation Wales, Farmers' Union of Wales, Garden Organic, Hybu Cig Cymru, Landworkers' Alliance Cymru, Nature Friendly Farming Network, Organic Farmers and Growers and RSPB Cymru.

Our collaborators

Many people have contributed to this event. In particular we wish to thank our chairs and speakers, stand holders, volunteer stewards, and the following organizations: Aberystwyth University, Bangor University, Coed Cymru, Cynidr Consulting, Food Manifesto Wales, Purposeful Permaculture, Sustainable Food Trust and Welsh Grain Forum.

Catering

Every effort has been made to source food that reflects the values of the conference. Where practicable ingredients are local and seasonal, and some are organic.



Monday

1) How did we get here?

This is the first Wales Real Food and Farming Conference. We trace its roots in the Oxford Real Farming Conference, now ten years old, and see what this new event can offer Wales.

Colin Tudge, Oxford Real Farming Conference;
Gerald Miles, Landworkers Alliance Cymru
Chair: Dr Eifiona Thomas Lane, Bangor University

2) Feeding Wales: A necessary challenge

How does a nation produce healthy food for all its citizens? While Welsh farms are heavily reliant on export markets for red meat, we are importing fruit and vegetables and many people are not eating a healthy diet, or even getting enough to eat. This session will look at the challenges of bringing food production, public health and social justice into alignment.

Sue Pritchard, RSA Food, Farming and Countryside Commission
Dr Amber Wheeler, Peas Please
Dr Dave Beck, Salford University
Chair: Dr Jane Davidson, University of Wales Trinity St David

3) Climate friendly farming

How can farming rise to the challenge of the climate crisis and be profitable? What support will be needed to help farmers transition and diversify to carbon friendly farming methods? What is the role of livestock and how can they contribute to and integrate with ecosystem functioning and biodiversity? Is it time to bring trees and livestock together to co-create regenerative livestock farms?

Paul Allen, Zero Carbon Britain, Centre for Alternative Technology
Dr Liz Lewis-Reddy, ADAS
Chair: Dr Angie Polkey, Purposeful Permaculture

4) Together for this place - local visions for the Welsh uplands

The growing crises of climate change and biodiversity decline are a global issue that we must all take responsibility for. Rewilding has been proposed as a solution for mid Wales, but what is our answer? How might we, the inhabitants of this landscape work together across sectors and concerns to protect our shared future?

Gareth Davies, Coed Cymru
David Bavin, Vincent Wildlife Trust
Dafydd Morris Jones, Ty Mawr farm
Chair: Sam Robinson, Landworkers' Alliance Cymru

5) What does Brexit mean for food and farming in Wales?

Brexit presents huge uncertainty for the future of farming in Wales. Patrick Holden, Director of the Sustainable Food Trust and an organic dairy producer from Ceredigion sets the scene by presenting a farmer's perspective on what exiting the EU might mean for Welsh food producers. James Owen, Deputy Director, Land Management Reform Division will then present Welsh Government's latest thinking, policies and proposals for Welsh food, farming and land management in a post EU Wales.

Patrick Holden, Sustainable Food Trust
James Owen, Land Management Reform Division, Welsh Government
Chair: Arfon Williams, RSPB Cymru

6) Food safety - information versus regulation

Is there a conflict between "real" food and food safety? Do the regulations designed to protect health, and the way they are implemented, inhibit the small-scale production of sustainable foods?

John Savage Onstwedder, Caws Teifi
Lauren Simpson, Parc-y-Dderwen microfermentation
Chair: Dr Phil Hollington, Bangor University

7) Watching out for our water

How are farmers and land-owners able to improve water management to benefit their land, improve fertility, biodiversity and create a better environment for communities and rural businesses? There is a lot of help and support available but is it working and how can these relationships drive change across Wales?

Liz Price, Wye and Usk Foundation

Nigel Elgar, Dŵr Cymru

Chair: Tony Little, Sustainable Farming Consultancy

8) The future of rural communities

Given the current changing political, governance and policy landscape, what challenges face rural communities in Wales and how can these communities maintain their livelihoods and resilience? What sort of vision do countryside agencies suggest may address these challenges of transformation and how should these be informed by Future Wellbeing Goals? A panel drawn from a wide range of rural interests will present their responses and views on the question; what future is there for rural communities in Wales? This will be followed by a chaired open discussion.

Ann Jones, Women's Institute

Glyn Roberts, Farmers' Union of Wales

Robat Idris, Cymdeithas yr Iaith Gymraeg

Katie Davies, Young Farmers' Clubs

Chair: Dei Tomos, BBC Radio Cymru Wales

9) The economics and prospects for hill farming

Chris Clark farms in Yorkshire and is a partner in Nethergill Associates, a farm business consultancy currently assisting with the management of future farming uncertainties in the Yorkshire Dales, North York Moors and the Lake District. Based on his copious knowledge and experience, Chris will introduce practical steps on how to improve the profitability of upland farm businesses in response to proposals that direct payments are to be phased out from 2021. The approach has the added benefit of being capable of generating environmental benefits. Tony Davies will present a personal account of how adopting the measures described by Chris have benefited his farm business in mid Wales.

Chris Clark, Nethergill Associates

Tony Davies, Nature Friendly Farming Network.

Chair: Arfon Williams, RSPB Cymru

10) Farming and growing for healthy diets

Debates about diet are always contentious at best, but with the release of the heavily criticised EAT-Lancet report earlier this year and its call for a move to primarily vegan diets, the arguments have grown more polarised and intense. Is there a middle ground to be found? The global perspective of the EAT-Lancet report needs to be considered from a more localised perspective. What constitutes a sustainable diet for the UK? Does 'regionality' have a role to play in this? Do we need to stop eating meat entirely? How do we get people eating more vegetables, because surely we need to?

Pamela Mason, nutritionist and author

Patrick Holden, Sustainable Food Trust

Chair: Sue Pritchard, RSA Food, Farming and Countryside Commission

11) Building a food movement in Wales

Wales has visionary legislation in the form of the Well-being of Future Generations Act, and food is an ideal way to engage the citizens of Wales in a common endeavour to build a healthier, fairer, resilient future for all. What might that look like? We will hear about progress in Scotland and ask how the Food Manifesto Wales can help shape the discussion.

Helen Nelson and Elle Henley-Herat, Office of the Future Generations Commissioner

Corinne Cariad, Food Manifesto Wales

Pete Ritchie, Nourish Scotland

Chair: Nessie Reid, Global Environments Network and Caws Teifi Cheese

12) Getting a foot in the gate; Challenges and opportunities for entrant producers

We'll hear about opportunities available to entrants through Farming Connect support schemes and the One Planet Development planning model. We'll also be hearing from a first generation dairy farmer about her experience setting up a micro-dairy on a shoe-string budget. The discussion will be a chance for entrants to share their experiences of struggle and success, pooling thoughts on possible future support strategies.

Einir Davies, Farming Connect

Jacqui Banks, One Planet Council

Sophia Swinhoe-Morgan, Dyfi Dairy

Chair: Sam Robinson, Landworkers' Alliance Cymru

13) Growing change and good mental health

From techniques of mindfulness training to horticulture therapy, we will discuss how we grow mental wellbeing. With diverse subjects including care farming, green therapy, automatic mind functions, biases, emotions, physical feelings, environment and social context, this session is a conversation about effecting positive social change.

Rachel Lilley, Aberystwyth University

Jake Elster-Jones, Independent Researcher

Jim Bowen, Clynyfw Care Farm

Chair: Steven Jacobs, Welsh Grain Forum and Organic Farmers & Growers

14) Open space networking and round-up of Day 1

Prof Michael Woods, Aberystwyth University will pull together the day's themes. This will be followed by themed round table discussions on subjects drawn from participants.

Facilitator: Dr Angie Polkey, Purposeful Permaculture

15) Fringe Session 1: Craft brewing and cider making

Informal session to learn how and why craft Beer brewing and cider making can contribute to local community and heritage.

Luke Prosser, Bangor University

16) Fringe Session 2: Seed saving for growers - drop in session

Interested in producing vegetable seed for on-farm use or commercial sales? Come and find out more about the training and opportunities available to Welsh growers.

Katie Hastings, Gaia Seed Sovereignty Programme

Catrina Fenton, Garden Organic Heritage Seed Library

Kate McEvoy, Real Seeds

17) RSA Food, Farming and Countryside Commission Wales launch and reception

The RSA Food, Farming and Countryside Commission launched its reports in July. We invite you to join us over drinks to discuss the recommendations, the particular Welsh contributions and to reflect on the challenges ahead for making radical and practical progress in Wales.

Sue Pritchard, RSA Food, Farming and Countryside Commission

Dr Jane Davidson, University of Wales Trinity St David

Chair: Dr Eifiona Thomas Lane, Bangor University

18) Conference dinner and Twmpath

If you bought a ticket for the conference dinner this will be served out in the main room. Otherwise, there are places to eat on Campus and in town. The bar will open at 8pm and everyone is invited to the twmpath in the Medrus main room at 9pm, with local band Trafferth mewn Tafarn.

Tuesday

19) Yoga for growers

Simple movement and warm-up exercises: ideal before repetitive activities, such as seed sowing and weeding.

Alice Gray, Tyddyn Teg.

20) Building a strong local food economy

Beginning in 1988 with just eight farmers, the Schwäbisch Hall Farmers Association now has more than 1400 members from the region of Hohenlohe, including 480 organic farmers, producing food for restaurants, corporations, delicatessens and catering companies in Hohenlohe and nearby cities in Germany. They have developed a complete value chain from field to fork, including meat processing facilities, food halls and shops for sales to the public, and even turned the local castle into a sustainability centre and hotel! Come and find out what the lessons are for Wales.

Rudolf Bühler, Schwäbisch Hall Farmers Association

Chair: Duncan Fisher, Our Food

21) Joining the dots of food policy

When food crosses so many areas of policy, including land use, climate change, public health, the economy, poverty and of course well-being, it is a challenge to bring them all together and create a food system that works for everyone. In this session we will see how to make this work.

Dr Ludivine Petetin, Cardiff University

Pete Ritchie, Nourish Scotland

Holly Tomlinson, Landworkers' Alliance Cymru

Chair: Jane Powell, Food Manifesto Wales

22) Our daily bread

Getting closer to citizen shoppers is very difficult when you're dealing with hundreds of tonnes of grain. Through careful and considered relationship building a farmer, a miller, and a baker are building a network that will be more resilient and reliable as a result of their combined efforts.

Mark Lea, Green Acres Farm, Organic Farmers & Growers

Anne Parry, Felin Ganol and Welsh Grain Forum

Lucy Watson & Ben Pratt, Watson & Pratt's and The Lampeter Bakehouse

Chair: Steven Jacobs, Welsh Grain Forum and Organic Farmers & Growers

23) Feeding cities: Building the fabric of urban food

The challenge of feeding conurbations is immense, especially facing the significant food poverty that exists in cities. In Wales, nearly 65% of the country lives in its cities which have unique issues to face when it comes to feeding their inhabitants. What do cities need to do ensure the populace has access to healthy, sustainable and affordable food for all?

Pearl Costello, Food Cardiff

Heather McClure, Aber Food Surplus

Gary Mitchell, Social Farms & Gardens

Chair: Alicia Miller, Sustainable Food Trust

24) Farming for nature

An introduction to the Nature Friendly Farming Network and innovative projects that seek to restore nature. The session will be presented by a group of Welsh farmers who are managing their land in ways that helps nature, secures wider environmental benefits for society and produces high quality food.

Sorcha Lewis, NFFN

Polly Davies, NFFN, Organic Farmers & Growers

Anna Hobbs, Bumblebee Conservation Trust

Becky Holden, Calon Wen

Chair: Hilary Kehoe, PONT Cymru

25) Sustainable fisheries - how should Wales manage its seas?

The Welsh fishing sector is largely made up of small, inshore boats using traditional, sustainable methods, but faces many challenges, not least with Brexit and climate change. How can it maintain its economic, cultural and ecological sustainability in the face of the inevitable changes to come?

Debbie Crockard, Marine Conservation Society

Mark Gray, Welsh Fishermen's Association

Jane Davies, North Wales Fisheries Local Action Group

Chair: Dr Phil Hollington, Bangor University

26) The business of growing

Ensuring a sustainable and profitable horticultural sector in Wales is a challenge to which many are successfully rising. This session aims to inform, inspire and engage both a new generation as well as experienced growers. From mainstream to niche, small business to large supply chains, routes to market and how to be sustainable and profitable, all these elements are part of the conversation.

Dr Hannah Pitt, Sustainable Places Research Institute

Justine Scouller, Farhill Flowers and Flowers from the Farm

Alice Gray, Tyddyn Teg

Chair: Adam Alexander, Seed Detective

27) Growing our future: Agri-food skills and training in Wales

There is a wealth of training available in Wales for people working and/or interested in the agri-food sector, from skills for new entrants to farming to postgraduate training for those working further along the food supply chain. But there are almost certainly gaps in provision too. This session aims to raise awareness of some of the training on offer and to identify what is missing.

Dr Sarah Watson-Jones, BioInnovation Wales

Sarah Gould, Lantra: Tyfu Cymru / Food Skills Cymru

Emily Durrant, Black Mountains College

Katie Hastings, Mach Maethlon / Gaia Foundation

Nathan Richards, Landworkers' Alliance Agroecology Training Network

Chair: Dr Richard Kipling, Aberystwyth University

28) Where food and farming meet

Food and farming are often treated as two completely separate categories of production, instead of an integral one. A country's food is one of its most defining features, as Welsh leeks and lamb evidence, and the relationship between the land and what comes from it demands a deeper understanding – it shapes the people, it shapes the culture and delineates identity. The panel will consider how we celebrate our local food culture and preserve foods that are unique to place.

Aine Morris, Abergavenny Food Festival

James Campbell, Garden Organic

Rebecca Jones, Bangor University

Chair: Alicia Miller, Sustainable Food Trust

29) Farming tradition and landscape

Culture, language, tradition and landscape heritage all widely influence Welsh farming and are also influenced and reproduced by farming communities. This lively session will explore past myths, current realities and future Welsh visions for conservation and sustainable development of these valuable assets.

Dr Gwilym Morus Baird, Bangor University

Gareth Ioan, Ancient Cattle of Wales

Dr Glenda Thomas, FWAG Cymru

Alice Briggs, Ceredigion Museum

Chair: Dr Eifiona Thomas Lane, Bangor University

30) Taking things forward – where do we go from here?

The Wales Real Food and Farming Conference is one of many initiatives working toward a sustainable food system for Wales. Come and help shape what comes next. Facilitated by Dr Angie Polkey, Purposeful Permaculture with Dr Eifiona Thomas Lane and Luke Prosser of Bangor University.

31) Closing words

Chair: Jane Powell, Wales Food Manifesto

Table of acronyms

FUW	Farmers Union of Wales
FWAG	Farming and Wildlife Advisory Group
NFFN	Nature Friendly Farming Network
LWA	Land Workers Alliance
ORFC	Oxford Real Farming Conference
RSA	Royal Society of Arts
YFC	Young Farmers Clubs