



WALES REAL FOOD AND FARMING CONFERENCE 2022

23-25 November

University of Wales Trinity St David,
Lampeter Campus

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CYNIDR CONSULTING

Wednesday 23rd

TIME	Arts Hall	Old Hall	Cliff Tucker Theatre
10.00-11.00	1. Welcome by Gwilym Dyfri Jones, UWTSO Guest speaker: Sheila Dillon , BBC Radio 4 <i>Chair: Alicia Miller, Sustainable Food Trust</i>		
Coffee			
11.30-12.30	2*. A climate of change: setting the trajectory towards a flourishing Anthropocene <i>Chair: Dave Bavin, Cynefin</i> With: Dr Sophie Wynne Jones, Bangor University; Siân Stacey, Tir Canol; Oliver Kynaston, EcoTree International; Dafydd Morris-Jones, Fferm Tŷ Mawr	3*. The power of trees <i>Chair: Nigel Pugh, Woodland Trust</i> With: Dr Ashley Hardaker, Bangor University; Geraint Davies, farmer and Natural Resources Wales Board; Jerry Langford, Woodland Trust; Dr Glenda Thomas, FWAG Cymru	4. Food leadership in the public sector and the community <i>Chair: Fiona Taylor, Garden Organic</i> With: Jade Phillips, Garden Organic; Pearl Costello, Food Cardiff; Louise Denham, Food Vale
12.30-13.45: Lunch inc 30min talks	5. Linking food and railway lines – how communities are taking the lead on tourism With: Rhiannon-Jane Raftery, Community Rail Network Wales & Borders	6. What's the score on common land? With: Helen Barnes, Independent agricultural adviser	7. Towards a circular economy of compost With: Fin Jordao, Centre for Alternative Technology
13.45-14.45	8. Feeding Wales from the ground up <i>Chair: Sheila Dillon, BBC</i> With: Huw Richards, Regenerative Media; Patrick Holden, Sustainable Food Trust; Rachael Madeley Davies, Meat Promotion Wales; Jyoti Banerjee, North Star Transition	9*. Community food: health, equality and celebration in difficult times <i>Chair: Jo da Silva, Open Food Network</i> With: Andrea Sanders, Yr Ardd; Chris Cashin, UWTSO; Christine Joy, UWTSO; Gwenllian Spink, Open Food Network; Lowri Jenkins, Eden Project Communities	10. Building a sustainable seed system for Welsh farmers and growers <i>Chair: Kate McEvoy, Real Seeds Ltd.</i> With: Steven Jacobs, Organic Farmers & Growers CIC; Nathan Richards, Troed y Rhiw Farm; Leasa Fielding, Welsh Government
Comfort break			
15.00-16.00	11. Land sharing and the Sustainable Farming Scheme <i>Chair: Nigel Pugh, Woodland Trust</i> With: Shea Buckland-Jones, WWF-UK; Hannah Woodall, RSPB Cymru; Rachel Lewis Davies, NFU Cymru; Duncan Fisher, Our Food 1200	12. Mapping land for community food: a practical workshop <i>Chair: Alison Sheffield, Social Farms & Gardens</i> With: Chris Higgins, Tyfu Dyfi; Kim Graham, Shared Assets; Lynne Davis, Digital Commons; Gary Mitchell, Social Farms & Gardens	13. New GMOs: risk, opportunity or distraction? <i>Chair: Kate McEvoy, Real Seeds Ltd.</i> With: Steven Jacobs, Organic Farmers & Growers CIC; Liz O'Neill, GM Freeze; Gerald Miles, Caerhys Organic Farm
Tea			
16.30-17.30	14*. Nature means business: how nature friendly farming can improve farm profitability & enhance the environment <i>Chair: Rhys Evans, NFFN Cymru</i> With: Hywel Morgan, NFFN Cymru, Esgairllaethdy; Sam Kenyon, NFFN Cymru, Glanllyn Farm; Huw Foulkes, Pentrefelin Farm	15. No time to lose: engaging with the government – interactive workshop With: Camilla Saunders, Karen Plant, Caroline Eayrs and Angie Zelter, Sustainable Food Knighton	16. Tomorrow's Welsh food culture With: Carwyn Graves, author, and Patrick Holden, Sustainable Food Trust
17.45-18.45 OR 18.00-19.00	18*. Launch of RSPB Cymru short documentary 'Farming with Nature' plus Q&A (18.00) Order tickets	17. Farming and storytelling for the future of humanity (17.45) With: Matt Swarbrick, Henbant Farm, and Huw Richards, Regenerative Media	
19.00	Dining room: 19. Dinner with entertainment from Cynefin, Camilla Saunders and Sam Robinson		

* Session partly or wholly in Welsh: translation available

Thursday 24th

TIME	Arts Hall	Old Hall	Cliff Tucker Theatre	Dining Room
10.00-11.00	20*. Alun Elidyr , presenter & farmer, with Jon Gower , broadcaster & author			
Coffee				
11.30-12.30	21*. School meals as a driving force for regeneration <i>Chair: Alex Cook, Bwyd Sir Gâr Food</i> With: Alison Sheffield, Social Farms and Gardens; Edward Morgan, Castell Howell; Cllr. Ann Davies, Carmarthenshire County Council	22*. Systems thinking in education and government <i>Chair: Richard Dunne, Harmony Institute</i> With: Heini Thomas, Ysgol y Dderi; Julia Lim, Lampeter Resilience Hub; Sarah Hetherington, Natural Resources Wales	23. Great grains: Hen Gymro – the Welsh wheat <i>Chair: Steven Jacobs, Organic Farmers & Growers CIC</i> With: Anne Parry, Felin Ganol; Andrew Neagle, Anuna Craft Bakery; Rob Penn, author, baker; Emma Williams, Y Felin; Hefin Evans, farmer	24. Seed processing workshop With: Sue Stickland, Wales Seed Hub, and Kate McEvoy, Real Seeds Ltd.
12.30-13.45: Lunch inc 30min talks	25. Homeopathy on the farm With: Peter Gregory and Jane Spruell, homeopathic vets	26. Fresh food vending machines as a method of distribution With: Abi Marriott and Rich Miles Tuck, PLANED	27. A permaculture approach to the future for Welsh food production With: Peter Stopp, Paramaethu Cymru	
13.45-14.45	28*. The power of local food partnerships <i>Chair: Jessie Buchanan, Together for Change</i> With: Andy Rowland, Dyfi Biosphere; Augusta Lewis, Bwyd Sir Gâr Food; Simon Wright, Canolfan Tir Glas.	29. The role of well managed ruminants in healthy ecosystems <i>Chair: Karen Fisher, Innovative Farmers</i> With: Kate Bradshaw, farmer & Pasture for Life; Christopher Price, Rare Breeds Survival Trust; Andrew Rees, farmer	30. Why CSA works for people, planet and producers <i>Chair: Neil Hickson, CSA Network UK</i> With: Tom O'Kane, Cae Tân CSA; Gerald Miles, COCA CSA; Abbi Mason, Big Meadow CSA; Ruth Evans, Big Meadow CSA and Cae Felin CSA	31. Testing the nutritional density of food With: Matthew Adams and Elizabeth Westaway, Growing Real Food for Nutrition CIC
Comfort break				
15.00-16.00	32*. Contradictions and crises in our food system <i>Chair: Dr Angelina Sanderson Bellamy, University of the West of England</i> With: Katie Palmer, Food Sense Wales; Rhys Evans, NFFN	33*. Soil health for farmers: carbon and beyond <i>Chair: Annie Buckle, University of Gloucestershire</i> With: Dr Non Williams, Farming Connect; Dr Felicity Crotty, Royal Agricultural University; Hal Drysdale, farmer and Wye Soil Group.	34. Does eating out have a future? <i>Chair, Simon Wright, Wright's and UWTSO</i> With: Cerys Furlong, restaurateur; Dan Warder, Top Joes Pizzerias; Deri Reed, The Warren and Cegin Hedyn	
Tea				
16.30-17.30	35. Celebrating the benefits of wider land access <i>Chair: Gary Mitchell, Social Farms and Gardens</i> With: Mark Walton, Shared Assets; Duncan Fisher, Our Food 1200; Lucie Taylor, Community Land Advisory Service; Chris Blake, The Green Valleys	36. How sustainability assessments help farmers, advisers and government With: Sophie Wynne-Jones, Bangor University; Richard Kipling & May Wheeler, Sustainable Food Trust		
17.30-18.00	37*. Close of Conference and introducing CyFAN Cymru <i>Chair: Jane Davidson, Net Zero 2035 and UWTSO</i> With: Jessie Buchanan, Rhodri Elfyn Jones and Jane Powell, CyFAN Cymru			

Welcome...

... to the fourth Wales Real Food and Farming Conference. We are so excited to be meeting together in a real place!

Having said that, global and local crises continue – and can feel relentless. There is no need to name them all here, but we acknowledge that people, societies, the environment and the planet itself are facing extremely serious challenges.

But we can all do something – and this Conference will give us inspiration, encouragement and ideas. So, come to discuss and plan, take part in interactive sessions and practical workshops, and on Friday, go and see what local farms and projects are achieving in the real world. Then, why not join us in putting together our fifth Conference in 2023!

Wednesday

1. Plenary session: Sheila Dillon

Chair: Alicia Miller, WRFFC and Sustainable Food Trust.=

Welcome by Gwilym Dyfri Jones, UWTSO.
Then we welcome Sheila Dillon, award-winning food journalist, who is probably best known for presenting BBC Radio 4's *The Food Programme*.

2. A climate of change: setting the trajectory towards a flourishing Anthropocene

Chair: Dave Bavin, Cynefin

Speakers: Dr Sophie Wynne Jones, Bangor University; Siân Stacey, Tir Canol; Oliver Kynaston, EcoTree International; Dafydd Morris-Jones, Fferm Tŷ Mawr

We are living in the Anthropocene, which is generally characterised as a period of overwhelmingly negative impact by humans. But can we change direction, and set a trajectory towards a flourishing Anthropocene? What role might food production play in this?

This panel discussion will explore how food production in Wales is being affected by climate change, and how it could help with mitigation; the role of food production in supporting healthy ecosystems; and how building strong relationships between people is more important now than ever.

3. The power of trees

Chair: Nigel Pugh, Coed Cadw, The Woodland Trust in Wales

Speakers: Dr Ashley Hardaker, Bangor University; Geraint Davies, farmer and Natural Resources Wales Board; Jerry Langford, Coed Cadw, The Woodland Trust in Wales; Glenda Thomas, FWAG Cymru

This session will discuss agroforestry and explore the potential for trees on farms, including the Sustainable Farming Scheme proposals for delivering the two 10% thresholds to qualify for universal payments. How do trees and hedges on the farm best contribute to the semi-natural habitat and tree cover thresholds, and how do these two thresholds interact? How do trees contribute to on-farm net zero? What other vital services can they deliver? What kind of on-farm support is needed to minimise early mistakes when introducing new systems?

4. Food leadership in the public sector and the community

Chair: Fiona Taylor, Garden Organic

Speakers: Jade Phillips, Garden Organic; Pearl Costello, Food Cardiff; Louise Denham, Food Vale

Building a better food system, and therefore a better society, needs all of us to take part,

whether we are volunteers, public sector employees or business owners. How do we give people the confidence and the vision that they need if they are to discover their agency and take action? Technical knowledge, personal development and networking all have a part to play. Here we will hear how people are sharing skills in gardening and nutrition with others, and finding their unique contribution.

5. Linking food and railway lines - how communities are taking the lead on tourism in mid Wales

Rhiannon-Jane Raftery, Creating Climate Conscious Communities / Community Rail Network Wales & Borders

Tourism is a key industry in Wales, but has many negative impacts on local neighbourhoods. Community-led tourism takes a different approach, giving communities ownership and control and retaining and building wealth locally. It's well developed in Scotland and this project, 'Leveraging Wales's Trails and Rails to benefit local communities', is working with Cwmpas and Scottish Social Enterprise Academy to develop a pilot project along the Heart of Wales Line.

Come and hear about car free travel, walking, cycling, and local food, beginning with a Taste of the Heart of Wales Line, with a second pilot on the Marches Line. From there we hope to roll the project out to other Community Rail Partnerships along the railways of Wales.

Twitter: @RJ_R

6. What's the score on common land?

Helen Barnes, Independent agricultural adviser

As the new agricultural and environmental support scheme in Wales moves towards payments for delivery of Public or Environmental Goods, the European Forum for Nature Conservation and Pastoralism

(EFNCP) has been developing a scorecard approach to measure outcomes and potentially lead to payments on the 8.5% of Wales which is common land. In large trials, especially in Ireland, scorecards have been shown to be a valuable tool in an integrated approach to landscape-scale management and can potentially be used by anyone. The EFNCP card has been tested on a variety of commons across South Wales. Come and learn how it works.

7. Towards a circular economy of compost - mapping bio-waste sources and processes for composting soil care products

Fin Jordao, Centre for Alternative Technology

A trial is in progress in the Dyfi Biosphere looking at closing organic matter loops in safe, accessible and social ways that generate products for soil sustenance and food growing, reduce waste and build relationships. Let's discuss the potential for establishing 'composting circles' between biodegradable wastes / resources (such as bracken, sheep wool, food waste) arising from domestic, commercial and farm scale operations and food growing sites, hence contributing to a circular waste economy at the local and even national level.

8. Feeding Wales from the ground up

Chair: Sheila Dillon, BBC Radio 4

Speakers: Huw Richards, Regenerative Media; Patrick Holden, Sustainable Food Trust; Rachael Madeley Davies, Meat Promotion Wales; Jyoti Banerjee, North Star Transition

Building on the successful launch of the Sustainable Food Trust's *Feeding Britain from the Ground Up* report in June, which coincided with the Government's own food strategy and land-use consultation, this panel discussion will include a range of other organisations and individuals working in this area in Wales, to

discuss where we go next. The panel will explore areas of alignment, with a focus on reducing public confusion on issues of diets, health and sustainability, whilst seeking to build a consensus on the future of sustainable food and farming in the Wales, and the steps that will need to be taken to get there.

9. Community food: health, equality and celebration in difficult times

Chair: Jo da Silva, Open Food Network

Speakers: Andrea Sanders, Yr Ardd; Chris Cashin, UWTSO; Christine Joy, UWTSO; Gwenllian Spink, Open Food Network; Lowri Jenkins, Eden Project Communities

As the cost-of-living crisis pushes up the use of food banks, can we find a more positive approach to community food, building capacity for the future? Community gardens, local supply chains, pay-as-you-feel cafés and pride in local food all have a part to play in developing confidence in our communities and ensuring everyone has good food to eat. Come and put your questions to the panel.

10. Building a sustainable seed system for Welsh farmers and growers

Chair: Kate McEvoy, Real Seeds Ltd.

Speakers: Steven Jacobs, Organic Farmers & Growers CIC; Nathan Richards, Troed y Rhiw Farm; Leasa Fielding, Welsh Government

This session will explore to what extent currently available seed meets the needs of Welsh agro-ecological agriculture and horticulture, and will look at ways to build a resilient seed system for an uncertain future.

11. Land sharing and the Sustainable Farming Scheme

Chair: Nigel Pugh, Coed Cadw, The Woodland Trust in Wales

Speakers: Shea Buckland-Jones, WWF-UK; Hannah Woodall, RSPB Cymru; Rachel Lewis Davies, NFU Cymru; Duncan Fisher, Our Food 1200

A panel discussion on sustainable farming and localised food systems against the backdrop of increasing climate instability.

How can we be less reliant on the climate vulnerable imports of foods, and the high costs of livestock feeds, fertiliser, chemicals, and fossil fuels? Can the Sustainable Farming Scheme complement greater community resilience and begin to reverse biodiversity loss?

12. Mapping land for community food: a practical workshop

Chair: Alison Sheffield, Social Farms & Gardens

Speakers: Chris Higgins, Tyfu Dyfi; Kim Graham, Shared Assets; Lynne Davis, Digital Commons; Gary Mitchell, Social Farms & Gardens

We believe that open access and communication of mapped data is imperative if we're to communicate the value of allocating land for community food.

We'll share our approach and the activity we've been doing at SF&G through our Resilient Green Spaces partnership. We'll introduce Land Explorer – the open-source map we're using. Community orchards are our pilot sites. Our sister ENRaW project, Tyfu Dyfi, will outline their priorities for sharing geographic information. Facilitated discussions will: share potential opportunities for collaboration; consider what data is most useful, and, most importantly, how do we share mapped data to communicate the value of using land for community food.

13. New GMOs: risk, opportunity or distraction?

Chair: Kate McEvoy, Real Seeds Ltd.

Speakers: Steven Jacobs, Organic Farmers & Growers CIC; Liz O'Neill, GM Freeze; Gerald Miles, Caerhys Organic Farm

This session will explore how the proposed changes to English law will affect the Welsh food chain, why it matters and what we can all do about it.

14. Nature means business: how nature friendly farming can improve farm profitability and enhance the environment

Chair: Rhys Evans, NFFN Cymru

Speakers: Hywel Morgan, NFFN Cymru, Esgairllaethdy, Myddfai; Sam Kenyon, NFFN Cymru, Glanllyn Farm, St Asaph; Huw Foulkes, Pentrefelin Farm, Llandyrnog

We've all heard the phrase, "Farmers cannot be green if they are in the red". But how true is this in reality? Join our panel of three farmers who have embraced a nature friendly approach to food production and learn how their regenerative techniques have helped them to become more economically and environmentally sustainable. Perhaps it's time to turn the phrase on its head - "you've got to go green to be in the black".

Twitter: Sam - @Sam_Glanllyn; Huw - @TheRegenerativ2

15. No time to lose: engaging with the government

Camilla Saunders, Karen Plant, Caroline Eayrs and Angie Zelter, Sustainable Food Knighton.

An interactive workshop led by Sustainable Food Knighton.

Wales has existing legislation that requires action on biodiversity loss and climate change, but it is not being implemented and time is

running out. Soya is still imported for animal feed, farmers are under pressure to sell agricultural land for carbon off-setting, and applications for intensive poultry units continue to be granted. What can we do to ensure that the government fulfils its global responsibilities?

The session will include discussion of an event planned next February at the Senedd.

16. Tomorrow's Welsh food culture

With Carwyn Graves, author and Patrick Holden, Sustainable Food Trust

In this wide-ranging conversation, Carwyn and Patrick discuss the future of Wales' food culture. What could it look like? Who will own it? Is there a vision for this future? What does history add to the discussion? How can this bridge the divisions in Wales' wider society?

17. Farming and storytelling for the future of humanity

With Matt Swarbrick, Henbant Farm and Huw Richards, Regenerative Media

There are two roles which are essential to building a more beautiful world: storyteller and farmer. We look at how these roles can be combined with powerful effect.

Farming can be done so it produces fantastic food, financial profit, builds soil, biodiversity, social capital and most importantly is enjoyable. It's a six-point bottom line. In doing so we can solve many of the world's problems. Storytelling can help people see the true value we of our ecosystems; it can help us realise that we all have a role to play and feel enabled to do so.

Matt: Twitter - @HenbantMatt; Instagram https://www.instagram.com/henbant_perma_culture;

YouTube

https://www.youtube.com/channel/UCBL_3BibTovSMQJgCHVKiLw

Huw: Instagram

<https://www.instagram.com/huwsrgarden/>;

YouTube

<https://www.youtube.com/c/HuwRichards>

18. Launch of RSPB short documentary 'Farming with nature' plus live Q&A

Farming has a vital role to play in helping tackle the environmental emergencies we face. *Farming with Nature* explores the practices and outlook of three farmers with deep rooted links to very different landscapes in Wales, discussing their first-hand experience of positive changes made for nature, and their hopes for what could be achieved in the future. This is set against a backdrop of stunning imagery, transporting the viewer from the Pembrokeshire coast to the uplands of Powys.

Ticket required – book through [RSPB Cymru](#).

Wednesday evening

19. Dinner with entertainment from Cynefin, Camilla Saunders and Sam Robinson

Cynefin: 'Cynefin' (pr. kuh-neh-vin) is the creative vision of Cletwr Valley native Owen Shiers. Fascinated by music and history, the project gives a modern voice to Ceredigion's rich yet neglected cultural heritage. Fascinated by folk music and history, Owen gives these seasoned songs and stories a new, contemporary voice.

Camilla is a composer/improviser living in Radnorshire. Through music she tries to remind other humans of the rights of invertebrates, and her alter ego is the cockroach. She will sing from her new [Bug Lover's Song Book](#).

Sam Robinson is a shepherd and poet living in Bro Ddyfi. He also makes cider and plays the bodhrán.

Thursday

20. Plenary session: Alun Elidyr and Jon Gower in conversation

Alun Elidyr farms at Rhydymain near Dolgellau and co-presents *S4C's Ffermio*. He has also been an actor.

Jon Gower is a broadcaster and author who has written 40 books so far. He is a food columnist for Taste/Blas.

Join them both for an hour's discussion about the future of food and farming in a small nation.

21. How can school meals and menu development across the public sector be a driving force for local economic, environmental and social regeneration?

Chair: Alex Cook, Bwyd Sir Gar Food, Carmarthenshire Sustainable Food Partnership

Speakers: Alison Sheffield, Social Farms and Gardens; Edward Morgan, Castell Howell; Cllr. Ann Davies, Rural Affairs and Planning Dept, Carmarthenshire.

West Wales is uniquely placed to act. Recent academic research, pilot studies and projects supported by a broad range of expertise in the supply chain, are setting the foundations for ambitious food-system change through a place and partner-based approach, underpinned by key policy drivers at local and national level.

We will discuss how a collaborative redesign of public sector menus can be a facilitator to unlock the challenges around: rural economic regeneration through procurement of short-supply chain produce; environment sustainability through increased regenerative

horticulture; and supported mixed farming, food education / literacy in a school setting, and community nutrition and health.

22. Systems thinking in education and government

Chair: Richard Dunne, Harmony Institute

Speakers: Heini Thomas, Ysgol y Dderi; Julia Lim, Lampeter Resilience Hub; Sarah Hetherington, Natural Resources Wales

Food has the power to draw together many aspects of life, from gardening and wildlife to cooking and health, as well as entrepreneurship and creativity. It is an ideal way to introduce systems thinking to schools, where the new curriculum provides an exciting new opportunity to rethink education, as well as to universities and government. Equally, systems thinking is essential if we are to solve the food problems we face now. Come and hear from some inspiring projects and contribute your own experiences.

23. Great grains: Hen Gymro – the Welsh wheat, a local growing story

Chair: Steven Jacobs, Organic Farmers & Growers CIC

Speakers: Anne Parry, Felin Ganol; Andrew Neagle, Anuna Craft Bakery; Rob Penn, author, forester, baker; Emma Williams, Y Felin; Hefin Evans, farmer.

Hen Gymro ("Old Welshman") is a landrace wheat of South West Wales that clung on in cultivation into the 1920's - longer than any other British wheat landrace.

In this session, we will hear how this wonderful wheat has been brought back to life and back to mills and bakeries across Wales. The speakers will talk about their own part in the Hen Gymro story and will talk about how well it grows, mills and bakes and

will include the very recent results of research by IBERS looking at this old Welsh wheat's nutritional composition. A mouth-watering treat is in store.

24. Seed processing workshop

With Sue Stickland, Wales Seed Hub, and Kate McEvoy, Real Seeds Ltd.

A demonstration of low-cost solutions to threshing and cleaning in small-scale commercial seed production.

25. Homoeopathy at Wellie Level - the use of homeopathy on the farm

With: Peter Gregory and Jane Spruell, homeopathic vets

Homoeopathy at Wellie Level, known as HAWL, is a small not-for-profit organisation that teaches farmers about the responsible use of homeopathy on the farm. Farmers who have taken the course have noticed reduced vet bills, antibiotic use and healthier animals. Peter Gregory and Jane Spruell, both homeopathic vets and teachers will be introducing HAWL and also highlight the benefits to farmers, their animals and the food chain.

26. Fresh food vending machines as a method of distribution

With: Abi Marriott and Rich Miles Tuck, Wales Community Food Distribution Initiative, PLANED

We welcome delegates to hear about PLANED's food projects and discuss fresh food vending as a method of distribution. You'll find out about our first vending machine including the procurement process, logistical challenges and producer opportunities. You'll get to meet one of our suppliers and hear about the benefits to their business. We'll then share some details on our next steps

regionally and on the plans for our next machines whilst opening the room for questions and opinions on the future of fresh food vending machines in Wales.

27. A permaculture approach to the future for Welsh food production

With Peter Stopp, Paramaethu Cymru

Peter is not a farmer or smallholder but Chair of Paramaethu Cymru, the Welsh branch of the Permaculture Association (GB). This short session will give a brief introduction to the three main elements of permaculture planning. It then explores an integrated approach to tackling the many pressures, not just on farming or horticulture but all aspects of our lives, with time for responses and discussion of the hurdles and possible opportunities that could present themselves. Can small-scale fresh local food supplies be an answer?

Twitter: @Paramaethu

<https://wales.permaculture.org.uk>

28. The power of local food partnerships

Chair: Jessie Buchanan, Together for Change

Speakers: Andy Rowland, Dyfi Biosphere; Augusta Lewis, Bwyd Sir Gâr Food; Simon Wright, Wright's Llanarthne and Canolfan Tir Glas

Working in a particular place provides an opportunity to draw different sectors together and harness local enthusiasm. But how broad should these partnerships be, and what can they achieve? We will hear from three different approaches and ask what works, and what doesn't. We will also consider how to share the learning between local partnerships across Wales, and connect practical action with national policy.

29. The role of well managed ruminants in healthy ecosystems

Chair: Karen Fisher, Innovative Farmers

Speakers: Kate Bradshaw, farmer & Pasture for Life; Christopher Price, Rare Breeds Survival Trust; Andrew Rees, farmer

This session will cover land management; soil health; grazing with diverse swards; avoiding reliance on external inputs such as fertiliser; maintaining livestock health; and the selection of appropriate breeds, recognising the value of Wales' native livestock. We will describe successful farm businesses practising these principles and realising the economic viability, and therefore the resilience, that these values offer farm businesses in Wales.

30. Why CSA works for people, planet and producers

Chair: Neil Hickson, CSA Network UK

Speakers: Tom O'Kane, Cae Tân CSA; Gerald Miles, COCA CSA; Abbi Mason, Big Meadow CSA; Ruth Evans, Big Meadow CSA and Cae Felin CSA

CSA farming supports people, planet and producer to meet the current challenges of food insecurity, community breakdown, climate change and biodiversity loss. In the UK CSA operates through a huge diversity of models and in a wide range of contexts. This session will explore different routes from traditional farmer turned CSA advocate Gerald Miles, and representative from established CSA Cae Tân and two newer CSAs who have come out of Cae Tân, one on a large organic farm and one on NHS land at Morriston Hospital in Swansea.

31. Workshop: Testing the Nutritional Density of Food

With: Matthew Adams & Elizabeth Westaway, Growing Real Food for Nutrition

Grffn's vision is for a world where all food is grown for its nutritional qualities using regenerative practices, and made accessible to all.

Explore how to measure the nutritional density of food and participate in a Brix and taste testing session comparing locally grown vegetables versus shop bought.

Twitter: @Grffn_CIC; www.grffn.org

32. Contradictions and crises in our food system – Welsh policy and the Well-being of Future Generations Act

Chair: Dr Angelina Sanderson Bellamy, University of the West of England

Speakers: Katie Palmer, Food Sense Wales; Rhys Evans, NFFN

The Well-being of Future Generations Act requires public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities, each other and to prevent persistent problems e.g., poverty, health inequalities, climate change. A panel of experts, convened by Food Policy Alliance Cymru, will consider whether the Act's principles of prevention, integration, collaboration, involvement, balancing short-term and long-term needs, are reflected in policy across Wales' food system, and what the opportunities are for doing so. The session provides an opportunity to explore the current failures in our food system and the opportunities to co-create a holistic vision ahead of the draft Food (Wales) Bill being presented to the Senedd.

33. Soil health for farmers: carbon and beyond

Chair: Annie Buckle, University of Gloucestershire

Speakers: Dr Non Williams, Farming Connect; Dr Felicity Crotty, Royal Agricultural

University; Hal Drysdale, farmer and Wye Soil Group

Soil science meets livestock farming. As well as multiple ecosystem services such as climate regulation, carbon sequestration, water purification and nutrient cycling, soils contain highly complex habitats for a wealth of biodiversity. We will discuss current experimental work from livestock farms across Wales in relation to building soil carbon and enhancing biodiversity. Working directly with farming partners to co-design research aims and objectives ensures the outcomes are directly applicable to local farming needs. This is an exciting new direction whereby the wealth of knowledge within the farming and science communities unite to close the gap between experimental research and practical application.

34. Does eating out have a future?

Chair, Simon Wright, Wright's Llanarthne and Canolfan Tir Glas

Speakers: Cerys Furlong, Milkwood Restaurant, The Lansdowne & The Grange pubs Cardiff; Dan Warder, Top Joes Pizzerias, Narberth and Tenby; Deri Reed, The Warren Carmarthen and Cegin Hedyn Community Kitchen and Canteen, Carmarthen

The restaurant industry is facing challenges like never before. Those that came through the pandemic are widely burdened with debt and now face an economic context of steeply rising costs, labour shortages and a likely fall in customer demand as a result of the cost-of-living crisis and a predicted recession. In this session, some leading figures in the sector discuss what this means for the future of eating out and examine the role of restaurants in a world where the food system is in crisis on multiple fronts.

Twitter: Simon - @Wrightsfood; Cerys - @cerysfurlong; Dan - @topjoespizza; Deri - @theethicalchef

35. Celebrating the benefits of wider land access

Chair: Gary Mitchell, Social Farms and Gardens

Speakers: Mark Walton, Shared Assets; Duncan Fisher, Our Food 1200; Lucie Taylor, Community Land Advisory Service; Chris Blake, The Green Valleys

The barriers to wider land access have frequently been debated. This session explores the benefits of wider land access. Can wider access support local supply chains, people and communities, and nature?

36. How sustainability assessments help farmers, advisers and government drive policy and practice

Speakers: Sophie Wynne-Jones, Bangor University; Richard Kipling and May Wheeler, Sustainable Food Trust

To what extent can farm advisers provide support and guidance in measuring impact

Friday: field trips

The conference closes with a series of field visits to local farms and projects. Denmark Farm Conservation Centre, Llaethliw Vineyard, and Treberfedd and Bwlchwernen Fawr organic farms are all offering visits. There is also an option to tour the campus, which includes the university's historic buildings and special collections. All the trips are free, but must be booked in advance and you will have to arrange your own transport (car sharing, if possible).

NB. All visits are arranged by other organizations: Wales Real Food and Farming Conference are not responsible for these tours. Remember to dress appropriately – ready for mud, rain, cold, and possibly sun!

All the details are on our website: <https://wrffc.wales/ymweliadau-maes-field-visits-2022/>.

and developing understanding of the options for different farming systems? How can local and national governments develop new farming and land management schemes to assist farmers to make changes?

37. Close of Conference and introducing CyFAN Cymru

Chair: Jane Davidson, Chair of Wales Net Zero 2035 and Pro-Vice Chancellor Emeritus, UWTSO

Speakers: Jessie Buchanan, Rhodri Elfyn Jones and Jane Powell, CyFAN Cymru

Time to say farewell and hello! Jane Davidson will give her reaction to WRFFC22, before introducing CyFAN Cymru: Community for Food, Agriculture and Nature. This is our proposed new charity that will oversee future Conferences. Find out more with two of the Founding Trustees and the CEO.