



# June Newsletter

## News from the Farm

The goslings arrived at the very end of May; they are very happy in their brooder which was a new acquisition last year. They are growing fast and much enjoying the goose grass. The veg garden is looking much better without the goose grass!

The sheep were clipped the first week of the month just as the weather was about to break. We were delighted to see proper rain and the grass is already looking better for it; the soft fruit is doing much better we are already picking gooseberries. We would now like some more rain. The rain we have had is enabling the meadows to grow which are now looking much healthier.

The mob grazing in the Park fields at Wallacefield (Armathwaite), moving the electric fence every 2 to 3 days is going well. Those who have been moving the fence are becoming dab hands at it. The store cattle are doing really well on these herbal leys.

The wildflowers including orchids and globe flowers in the boggy areas at Wallacefield are a joy to see. If anybody would like to visit to see the wildflowers, please contact Susan on [susan@susansfarm.co.uk](mailto:susan@susansfarm.co.uk)

Calving has been slower than anticipated. We now have Sid, Sian, Sophia, Sarah and Sam a very splendid bull calf. Still another 7 to calve.

## Those who visited the farm regularly before Lockdown

The 'meals on wheels', cooked and delivered by Danella, continues twice a week. The food is greatly appreciated as is the direct contact with a familiar person who works on the farm.

Very slowly those who have visited the farm regularly are returning, starting with the teenagers. If this goes well, we hope that more of our regular visitors will be able to return. It will all be very different with the social distancing, masks being worn in the minibus and all activities including meal times being out of doors.

## So what have you been doing during Lockdown?

Peter a volunteer has been writing poetry.

### **With crooks in hand**

With crooks in hand they walk the field  
In lambing season with new life's yield  
Touching remnants of sticky caul  
Counting lambs for the total haul

Adding up numbers, round and round  
So many white lumps on the ground  
Giving birth in the hedgerow corners  
A time for life, not funeral mourners

The newborns sleep in lambing shed pens  
Disturbed by farmers and inquisitive hens  
Some don't suckle so end up bottle-fed  
On clumps of straw they make their bed

Many of the lambs end up with mint sauce  
On the plate of a diner's tasty main course  
Yet the farmers do well to take good care  
Because nature's order is sacred and rare

Through the seasons of dark and light  
The farmers graft from morning til night  
With crooks in hand they walk the field  
In lambing season with new life's yield

By Peter.

Rob one of 'Farmers' Five' who were awarded a Bronze in the Man Made category at the Marmalade Festival.



Eric, a Friday volunteer has completed a huge jigsaw.



Rob has been cooking.

**Beef Stir-fry (serves 3/4)**

1 pepper ( red, yellow)  
1 medium carrot  
Bunch of spring onions  
2 sticks of celery thinly sliced  
100g mushrooms  
240g Longhorn beef stir-fry strips  
Small carton orange juice 200ml  
2 tablespoons soy sauce  
1 tablespoon cornflour  
125g of medium egg noodles



Wash pepper then cut and remove seeds. Cut flesh into slices.  
Wash and clean carrot then cut into thin strips.  
Wash and clean spring onions then thinly slice.  
Wash and slice mushrooms.  
Wash and thinly slice celery

Put about 1/2 carton of juice in a bowl and add soy sauce and cornflour - stir to mix.

Place a small amount of oil in wok or large frying pan and heat. Add meat to pan - cook stirring occasionally (about 5 mins).

Add veg with another drizzle of oil and cook for another 5 mins till meat is cooked - while veg and meat are cooking put noodles in a pan of boiling water and cook for 4 or 5 mins till soft. Re-stir juice soy sauce cornflour mixture and pour over meat and vegetables. Stir well until it thickens. Drain noodles and add to veg and meat. Stir well to coat noodles, veg and meat with sauce.  
Serve and eat

Nicola, year 11, has been taking photographs.  
Maisie, Nicola's dog.



Nick, who worked with us for a year and still lives in the loft at The Croft, has been designing and printing cards.



## Volunteers during COVID 19

We are delighted to welcome two volunteers to the farm during the last two weeks who have found us through Cumbria Voluntary Service (CVS) and Support Cumbria. Will worked on a farm for 2 years before becoming a teacher for the last 20 years, he is supporting Martin with the farming tasks and Marlien who has done WOOFing around the world and now works in a local museum is helping with the fruit picking and preserve making. Both have been furloughed. We are delighted to have their assistance.

Two recently graduated zoology students from the University of Cumbria, Shannon and Tom are coming to help with conservation work at the ponds at Aglionby. Two neighbours Peter and Bob are coming regularly to help with feeding and moving stock and with control of pernicious weeds. Thank you all so VERY much.

On a sadder note, Mike Clarke died recently having been poorly for 2 years., Mike was a very good friend to the farm for many years always willing to pop round to fix a water trough or a burst pipe, he organised the lighting for all our community events . Mike was always a " cup half full " person and will be greatly missed by us all on the farm

## Produce on sale at Susan's Farm

The beef and Lamb have been selling really well during Lockdown, the freezers and fridges are almost empty! We will have fresh beef and lamb at the end of June, this is already well booked, there will be more beef and lamb at the end of July, do order now for then! We warmly welcome all the new customers who have found us during Lockdown.

In addition to the sale of meat there have also been steady sales of Birdoswald cheese, Eva's apple juice, flour from Warwick Bridge Cornmill and the Water Mill at Little Salkeld along with the very popular organic farmyard manure from Silver Lea.

If you'd like to order some meat please call the farm on 01228 548366, email [orders@susansfarm.co.uk](mailto:orders@susansfarm.co.uk) or use an order form on the website [www.susansfarm.co.uk](http://www.susansfarm.co.uk).

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Registered Charity Number: 1183223



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