



Clervaux

Trust

**Organic Farming, Local Food and
Health and Wellbeing**

Roberto Romano





Introduction

- The Clow Beck Eco Farm is a diverse 100 acre biodynamic holding framed by the River Tees and the Clow Beck river, in beautiful rolling North Yorkshire Country side on the edge of Darlington. It comprises 70 acres of grassland, 20 acres of woodland, 6 acres of horticulture and gardens.
- We have around 120 laying hens, 10 sheep, 2 goats, 3 sows, 2 ponies, and 2 donkeys. We run a veg box scheme delivering to Darlington and the surrounding local villages, we have a veg stall at the Clervaux Artisan café and bakery, we supply our residential care houses and also supply some other local organic shops and veg box schemes.
- The Clervaux Trust works with a diverse client group from young adults with challenging behaviour as well as adults with learning disabilities in the practical, educational and therapeutic fields. It is part of the Ruskin Mill Trust.

Introduction continued

- We give those with behavioural disorders (includes people with autism, ADHD and attachment disorders) the support they need to lead meaningful lives and achieve their potential. We do this by providing a wide range of farming and craft activities (e.g. growing organic fruit and vegetables, looking after livestock, green woodwork, pottery, textiles, blacksmithing, woodland management, catering and baking).
- We aim to give people the skills, self-esteem and confidence to pursue careers, find training opportunities and set up enterprises to contribute and be part of their wider community.

Organic Farming

- On our 100 acre farm we have a range of livestock that are all cared for to very high organic and biodynamically certified animal welfare standards. The livestock produce multiple benefits from wool, meat and eggs as well as most importantly providing educational and therapeutic opportunities for our students to engage in and form relationships with. The educational curriculum that is based on the seed to table methodology which extends through all aspects of the Trust's work from the land and craft work, to the café and bakery and also the residential support houses.

Organic Framing continued

- Organic & biodynamic agriculture creates many 'externalised' benefits which go largely unacknowledged but create (as opposed to the 'externalised costs' of industry and conventional agriculture) real but unpaid wealth in terms of landscape maintenance, biodiversity preservation, numerous vocational, educational and recreational land uses and nature access etc., not to mention the synergetic gains in the conscious creation and maintenance of interconnectivity between the kingdoms of nature, humans, and the elemental world.



































Local Food

- The Clervaux Artisan Cafe and Bakery social enterprise provides the context for the seed to table curriculum so that local, seasonal, organic and biodynamic produce can be transformed through the help of the students for the public along with the offer of wholesome organic bread freshly baked on a daily basis and the tastiest organic and biodynamic vegetables, eggs and preserves in Darlington.

Local Food continued

- In the last few years there has been a real desire by people to know where their food comes from, coupled with the growth of small artisan producers who are aware of where their ingredients come from which creates strong links between the consumer and the producer.
- This dialogue between the producer and the customer is incredibly important if there is to be any local food enterprises that can develop and also more importantly for them to be sustained.

Local Food continued

- The farms of the future have to be supported by the local community and also support their local community through cooperation and networking. Much as it was in the past and still is in many less developed agricultural nations.
- Mechanisation and intensification have led to larger and larger farms where lone working is the norm and no member of the community, let alone the public gets to see or even be involved with what's happening on those farms. Consequently, the large intensive farm no longer provides a cultural, social or educational role.



Clervaux Seasons

Veg Box Scheme and Market Stalls



Returning July 2015

Veg box scheme

Sign up now for our organic and biodynamic veg box scheme delivered free to your door

Market stalls

Visit our daily market stalls at the Clervaux Cafe in Darlington and the Clervaux Cafe at Hurworth

Tel: 01325 729864

Email: vegbox@clervaux.org.uk

Web: clervauxtrust.org.uk

Facebook and Twitter: [clervauxtrust](https://www.facebook.com/clervauxtrust)

Bucky Box: our online ordering system

<https://store.buckybox.com/clervaux-trust>

Clervaux Seasons

Veg Box Scheme and Market Stalls

Choice of 3 boxes delivered to you on Thursdays

Small Veg Box - £9

6 different portions of veg suitable for 1-2 people

Medium Veg Box - £12

8 different portions of veg suitable for 2-3 people

Large Veg Box - £15

10 different portions of veg suitable for 3-4 people

Fruit may also be added when available

No contractual obligation - free to cancel at any time

Delivering to South, East and West Darlington as well as Croft, Hurworth, Stapleton, Neasham, Dalton and Middleton St George

Pick up Points from Hurworth Methodist Church and from the Clervaux Cafe in Darlington

Tel: 01325 729864

Email: vegbox@clervaux.org.uk

Web: clervauxtrust.org.uk

Facebook and Twitter: [clervauxtrust](https://www.facebook.com/clervauxtrust)

Bucky Box: our online ordering system

<https://store.buckybox.com/clervaux-trust>

Address: Clervaux Trust, Clow Beck Centre, Jolby Lane, Croft-on-Tees, North Yorks, DL2 2TF



CHALKBOARD MENU:

POUR LES	50c
BOULEGARS	12
DEUX BOULEGARS	12
CHOCOLATS	12
SWISS CHOCOLATS	12
CHOCOLATS	12
EGGS	12
LETTUCE	12
APPLES	12
LETTUCE	12
...	...

CIERVAUX 2011



Clerveau's



EGGS
\$2.16

WHITE INF
\$2.25

CONDENSED
\$2.45

FRUITFUL
\$2.25

WICKHOUSE
\$2.25





Chabatta

CHEESE

Chese

TOY
PAPER

Clervaux Seasons
ORGANIC
STRAWBERRY JAM
225g
EU/Non EU Agriculture GB-ORG-06

Clervaux Seasons
APPLE JUICE
Hand-pressed from biodynamic & organic apples
Jamelet
EU Agriculture GB-ORG-06

Clervaux Seasons
ORGANIC
BLACKCURRANT JAM
225g
EU/Non EU Agriculture GB-ORG-06

Clervaux Seasons
ORGANIC
RASPBERRY JAM
225g
EU/Non EU Agriculture GB-ORG-06

Clervaux Seasons
REDCURRANT JELLY
225g
EU/Non EU Agriculture GB-ORG-06



Our Health and Wellbeing

- Another aspect to the diversified and entrepreneurial spirit of the Clervaux Trust is the residential care and support that we provide to a range of people with different needs.
- They benefit from opportunities provided by the Trust to live meaningful and independent lives as well being supported to access further educational courses and other volunteering and work experience opportunities outside of the trust.
- The emphasis in the residential houses is that the students along with support, create the rhythms needed in order to manage a household and create a homely environment where they feel nourished and nurtured.

Our Health and Wellbeing

- We provide students with a holistic learning programme by role modelling positive relationships in the fields of arts, crafts, commerce, agriculture, nutrition, living skills and the environment.
- By immersing students within the productive aspect of our curriculum, students learn to care for their own well-being and development and overcome their barriers to learning.
- This is so students learn to recognise their capabilities and positively contribute to society, which is continuously celebrated through cultural events and arts festivals for staff, students and the wider community.

Our Health and Wellbeing

- The founder of Ruskin Mill, Aonghus Gordon was inspired to use the insights of Rudolf Steiner, John Ruskin and William Morris. Ruskin Mill Trust encourages students to work with their heads, their hearts and their hands within the context of place so that they can master the tools to transform material and in doing so transform themselves.
- In this way students come to recognise themselves and others, they develop self and social awareness and are empowered to achieve and make positive contributions to society at large, giving back in a self-directed, productive and enjoyable way.













Conclusion

- The contribution of The Clervaux Trust is central to the delivery of the regenerative work in educating people about organic farming, local food and health and wellbeing.
- The land organism will, if properly supported and staffed, be the bed-rock and hot-bed of the organisation's sense-making and value-shaping, its educational anchoring, and its sustainability credentials.

Final Thought

- In summary, there is no better school than ‘The Farm’ (or rather: ‘the land organism’). Indeed, according to Manfred Klett, it is ‘the University of the Future’. Its products are manifold: food for body, soul, and spirit. In return the human care and mindfulness that is required feeds the elemental world and the Earth all the while providing exemplary rhythms of give and take.