

THE LAND GARDENERS

BRIDGET ELWORTHY & HENRIETTA COURTAULD with recipes from LULU COX and paintings by NANCY CADOGAN

Soil to Table



Thames
& Hudson





Bees

We love the look of the beautiful, traditional Victorian WBC beehives invented by William Broughton Carr in 1890 but we are tempted by the less invasive and easier way of keeping bees: the Warré hive. This hive was designed by the French monk Abbé Émile Warré in the early 1950s to emulate the bees' natural habitat where the queen is not excluded from any part of the hive and the honey is not separated from the brood. There is no need to frequently inspect the colony, you just remove a box twice a year and add a replacement box.

You can keep a hive at the bottom of the garden or on a roof as long as it is sheltered from the wind and rain and out of direct sunlight. It is important to fill your garden with food supplies for bees in winter – snowdrops, winter-flowering honeysuckle, hellebores, crocus and cyclamen (see page 228 for year-round food sources).

Opposite: Winter Orchard by Nancy Cadogan, 2021.

Producers

All around the world there are growers and farmers dedicating their lives to producing food which honours the soil and respects animal welfare and human health. These are a few of the producers we have connected with but thankfully there are many more and we encourage you to find them. If you can't grow or produce food yourself, then finding good food from producers who are working with nature is the next best thing. It gives you a sense of joy and connection into your local community or a wider community of those who are healing our soils. For example we can't grow coffee beans in the UK but buying it from Yallah Coffee that grows its coffee sustainably and brings it by sailboat from Costa Rica connects us to others who share our philosophy and values. By choosing growers that are doing the right thing by the soil, their produce and their animals, we can start changing the environment in which we all live; more biodiversity, resilient soils that can sequester carbon, better air and water quality. It is time to honour and celebrate the men and women that are growers and farmers – they are our future.



Amber Rose
Small-batched brewed gut
goodness, NZ
@wild_delicious



Fred Price, on left
Forage-fed native breed pigs, bakery,
UKgothelneyfarmer.co.uk



Henrietta Inman
Organic vegetables, bakery, UK
wakelyns.co.uk



Tom Adams & April Bloomfield
Organic farm and bakery, UK
coombesheadfarm.co.uk



Ian Congdon & Courtney Young
Freshly milled organic flour,
Australia
woodstockflour.com.au



Richard Loveridge
Windrush Valley Goat Dairy, UK
windrushvalleygoatdairy.co.uk



Josiah Meldrum
Pulses, grains and flours from
British suppliers, UK
hodmedods.co.uk

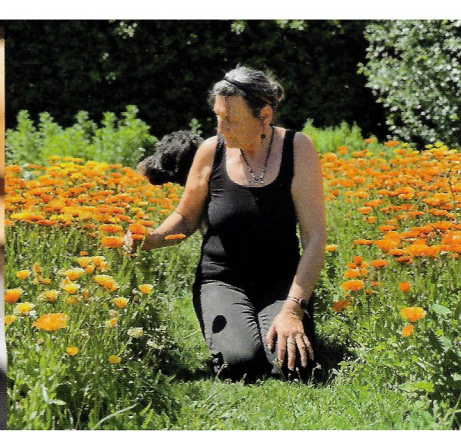


George & Ben Bostock
Organic free range chickens, NZ
bostocksorganic.co.nz



e Platt

Vince Heffernan
Biodynamic lamb, Australia
mcorlandslamb.com.au



Valmai Becker
Organic herb tisanes and remedies, NZ
phytofarm.co.nz



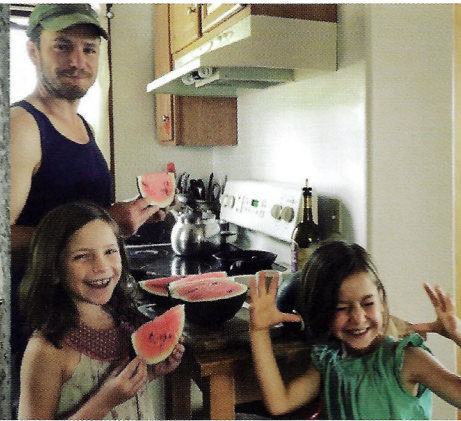
Cory Carman
100% grass-fed beef, USA
carmanranch.com



Ben Ranken & Sally Richardson
Biodynamic wine, Australia
wilimeewines.com.au



Schulz family
Organic dairy, Australia
schulzorganicdairy.com.au



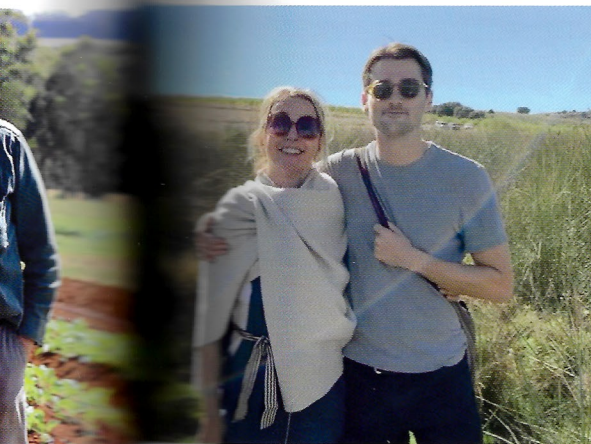
George Brittenburg & Ola Creston
Organic vegetables and fruit farm, USA
taprootfarmpa.com



Tim & Emma Malfroy
Wild Honey, Australia
malfroysgold.com.au

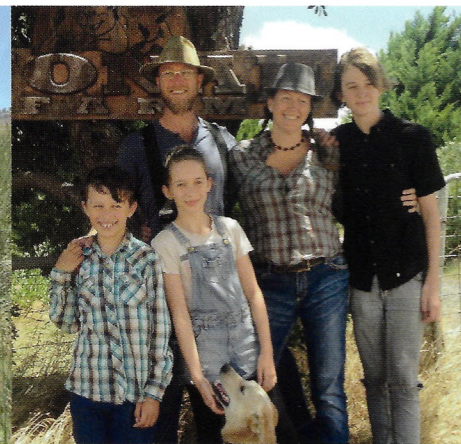


Paul Watzlaff & Clare McCulloch
Organic vegetable boxes, Australia
thrivingfoodsfarm.com



m, Australia

Rebecca Frayn & Finn Harries
Organic honey and Mirto liqueur, Ibiza
rebeccafrayn.com



Tammi, Stuart, Oscar, Antigone & Atticus Jonas
Pasture-raised heritage pigs and cattle,
Australia
jonaifarms.com.au



Mulloon Creek Natural Farms
Biodynamic lamb, Australia
mcnf.com.au



Rob & Danny Watson
Biodynamic dairy, Australia
mungallicreekdairy.com.au



ustralia

Greg Massa & Raquel Krach
Organic almonds and brown rice, USA
massaorganics.com



John & Molly Chester
Organic and biodynamic produce,
livestock farm, USA
apricotlanefarms.com



Grace Galanti
Organic herbal elixirs, USA
furnacecreekfarm.com



Carlos & Nadia
Organic farm and shop, NZ
royalburn.co.nz