

PRESS RELEASE

Don't lie in, dig out your wellies, and come along to a farm close to you, and spend a day in the fresh air, in beautiful countryside, and see how farming works. Farm Sunday is approaching fast with many local farms open to visitors.

Martin & Emma Hamer of Meadowsweet Beef in Horley, Oxfordshire invite you to join them on FARM SUNDAY on 11 June 2006.

Entry is free, and there will be something for all the family: you will all have a good time, and you may even learn something too, almost without noticing! Join us, and see how we make the most of the countryside, producing wholesome, affordable food, and making sure wildlife thrives too.

We will be open from *10a.m. – 1p.m.* and there will be all sorts of activities during the day including a talk on how we farm, a farm walk, children's colouring competition, RSPB display, Name the Seed, a nature trail for the children with some great prizes up for grabs.

Meet at the farm at *10.00 a.m.* for a farm talk, colouring competitions and display boards then at *10.45 a.m.* we'll head off for a guided walk.

To book your place and for directions please contact *Emma or Martin Hamer on 01295 730668 or email thehamers@waitrose.com*

Emma & Martin Hamer are Members of the Oxfordshire Food Group based at Oxford Brookes University. The Food Group promotes the production and consumption of locally produced food and drink and supports local food businesses in their marketing and training.

Farm Sunday is a national Open Farm Day co-ordinated by LEAF (Linking Environment And Farming) so people can hear and see the positive steps farmers are taking to look after the fabric of our countryside whilst producing safe, wholesome and affordable food.

Ends

Notes for editors:

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The Oxfordshire Food Group is a non-profit making organisation supported by Oxford Brookes University, SEEDA, Oxford City Council, and local authorities in Oxfordshire. www.local-food.net