Harmony
In Food and Farming

Llandovery College, Wales
10th & 11th July
2017
## Programme
### MONDAY 10TH JULY

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<th>Time</th>
<th>Event</th>
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<tr>
<td>09:30 - 10:10</td>
<td><strong>Welcoming Remarks</strong>&lt;br&gt;Patrick Holden, Sustainable Food Trust; Guy Ayling, Warden, Llandovery College; Huw Richards, Head boy, Llandovery College</td>
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<td>10:10 - 11:00</td>
<td><strong>The Harmony Principles in Food and Farming</strong>&lt;br&gt;Patrick Holden, Chief Executive Sustainable Food Trust</td>
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<td>10:10 - 11:00</td>
<td><strong>Ignite Speeches</strong>&lt;br&gt;Invited speakers</td>
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<td>11:00 - 12:30</td>
<td><strong>Exploring the Harmony Philosophy and Principles</strong></td>
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<td><strong>Natural Capital</strong>&lt;br&gt;Prof. Tony Juniper, Professor of Harmony in Practice, Lampeter University</td>
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<td><strong>Education and Food</strong>&lt;br&gt;Richard Dunne, Headteacher, Ashley School</td>
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<td><strong>The Circular Economy</strong>&lt;br&gt;Dame Ellen MacArthur, The Circular Economy - tbc</td>
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<td><strong>Music and Agriculture</strong>&lt;br&gt;Sir John Eliot Gardiner, Conductor</td>
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<td><strong>The Food System</strong>&lt;br&gt;Gunhild Stordalen, EAT Foundation</td>
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<td>12:30 - 14:00</td>
<td><strong>LUNCH</strong> sourced from local producers</td>
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<td>14:00 - 15:30</td>
<td><strong>1. Harmony and the Circular Economy</strong>&lt;br&gt;How can agriculture respond to the vision of shifting to a circular economy which recognises the finite nature of natural resources and the need to observe the law of return?&lt;br&gt;Moderator – Guillermo Castilleja, The Gordon and Better Moore Foundation&lt;br&gt;Dame Ellen MacArthur, The Circular Economy – tbc&lt;br&gt;John Fullerton, The Capital Institute&lt;br&gt;Alexander Müller, TEEB AgFood</td>
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<td><strong>2. The Farm as an Ecosystem</strong>&lt;br&gt;Exploring the ways in which farms of the future could be managed as healthy self-sustaining systems which depend less on external inputs, and incorporate plants and animals that are adapted to their unique environments.&lt;br&gt;Moderator – Lawrence Woodward, Organic Research Centre&lt;br&gt;Helen Browning, The Soil Association&lt;br&gt;Ian Wilkinson, Cotswold Seeds&lt;br&gt;Richard Young, Sustainable Food Trust</td>
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### 3. Science and Spirituality

Science is catching up with intuition and breaking new boundaries in our understanding of the Harmony Principles. In this session we will explore some of these connections, including pilgrimage, meditation, and gratitude.

A conversation led by Rupert Sheldrake
Marc Andrus, *Bishop of San Francisco*
Professor Nicolas Campion, *University of Wales Trinity Saint David*

### 4. Farming in Harmony with Nature

Modern farming methods have confined nature to the margins of otherwise intensively farmed land. How can biodiversity, in all its forms, be reintegrated into farming systems?

Moderator – Prof. Dr. Hardy Vogtmann
Mike Clarke, *RSPB*
Ian Boyd, *Whittington Farm Lodge and Photographer*
Rebecca Hosking, *Village Farm*
Justin Adams, *Nature Conservancy*

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### 15:30 - 16:00  BREAK

### 16:00 - 17:30

#### 1. Eating as an Agricultural Act

Each time we eat, we are extending the biology of the farm ecosystem beyond the farm gate. This session will explore the bridge between raw materials from the farm and the food we eat, through the prism of food meat and wine.

Moderator – Sheila Dillon, *BBC Food Programme - tbc*
Bronwen Percival, *Neal’s Yard Dairy*
Illtud Llyr Dunsford, *Charcutier*

#### 2. Harmony Principles in Farm Architecture

How can the design of farms and farm buildings be beautiful, functional and express a sense of place? Themes include the importance of local materials and urban food system design.

Moderator, Mark Hoare, *Hoare Ridge & Morris*
Kim Wilkie, *Royal Desinger for Industry*
Prof. David Austin, *The Strata Florida Project*

#### 3. Harmony and Local Food Systems

Exploring the opportunities for a transition towards re-localised food systems, away from the present commodity-based, globalised models of production and distribution.

Moderator – Haydn Evans, *Soil Association*
Gareth Wyn Jones, *Farmer and television presenter*
Dr. Jane Davidson, *University of Wales Trinity Saint David*
Ben Pugh, *Farmdrop*
Duncan Catchpole, *Cambridge Organic Food Co*
4. Sacred Soil, Sacred Food, Sacred Silence
Exploring ways in which faith communities have developed harmonious and healthy food systems, which enhance wellbeing and meaning and provide transformative examples for others to follow.

Moderator - Prof. David Cadman, *Harmony Professor in Practice*
The Venerable Master Chin Kung
Benedict Bowmaker, *Soil, Science and Service*
Christy Brown, *Institute of Healthy Air, Water and Soil*

**18:00**
Chapel service and music recital

**19:00**
Evening reception followed by ‘slow food’ meal sourced from and served by local producers

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**TUESDAY 11TH JULY**

**09:00 - 10:30**
1. Agriculture’s Role in Re-balancing the Carbon Cycle
Over the last 50 years, agriculture has shifted from a being cyclical system of carbon renewal to a major contributor to climate change. How can farmers become better stewards of carbon, and help reverse this trend?

Moderator, Ruth Richardson, *The Global Alliance for the Future of Food*
Craig Sams, *Carbon Gold*
Peter Segger, *Blaencamel Farm*
Richard Young, *Sustainable Food Trust*

2. Harmony, Diets and Health
Modern food systems are undermining the health of societies throughout the world. This session will explore the links between farming practice, food quality and physical, emotional and spiritual health

Moderator – Dr. Martin Scurr, *GP and columnist*
Graham Harvey – *agricultural editor, the Archers*
Prof. Aruni Bhatnagar – *University of Louisville Kentucky*
Prof. Dr. Angelika Ploeger, *University of Kassel*

3. Sacred Life, Sacred Death
Industrial practices have dehumanised livestock production and slaughter. Can Harmony thinking inform a transformation of attitudes and practice in relation to farm animals, both in life and in death?

Moderator – Professor John Webster
Muhsen Hassanin, *Halal Butcher*
Rosamund Young, *Kites Nest Farm and Author of ‘The Secret Lives of Cows’*
Ruth Tudor, *Treaty Farm*
Lutfi Radwan, *Willowbrook Farm*
4. Music of the Spheres
Can we build a bridge between the mathematical laws which inform the musical scale, the movement of celestial bodies and the principles and practices of harmonious agriculture?

Moderator – Ian Skelly
Sir John Eliot Gardiner, *Conductor*
Phillip Orrin, *Llandovery College*
Guy Hayward, *British Pilgrimage Trust*

10:30 – 11:00

11:00 – 12:30

1. Harmony and Biodynamic Agriculture
Exploring the ways in which the ideas and intuitions of Rudolf Steiner, which inspired the development of biodynamic farming, connect with the Harmony philosophy, principles and practices.

Moderator – Thomas Harttung, *Sustainable Food Trust*
Peter Brown, *Biodynamic Association*
Ed Berger, *Vale Head Farm*
Alex Valsecchi, *Albury Organic Vineyard*
Ueli Huerter, *Goetheanum*

2. Principles of Harmony in Education
How can Harmony thinking be applied most effectively in education, inspiring children to become future leaders through enquiries of learning?

Moderator – Richard Dunne, *Ashley School*
Natasha Beeby, *Ashley School*

3. Reconciling Systemic Discord
How can we reconcile the underlying tensions that give rise to disharmony in the world? This session will explore the evolving discipline and practice of systemic constellation work.

Gaye Donaldson, *The Practice Rooms*
Nick Mayhew, *Integral Change Consulting*

12:30 - 13:00

Closing session
speakers tbc

13:00 - 14:00

LUNCH sourced from local producers

14:00 - 17:30

Fieldtrips: See following page for details

18:00 onwards

BBQ at Holden Farm Dairy
Troed y Rhiw Farm and coastal walk

Troed y Rhiw is a relatively newly established organic horticultural holding situated around 1 and half miles from a beautiful beach at Cwmtwydu. The holding also incorporates two holiday let barn conversions. Nathan Richards and his wife Alicia Miller grow a wide range of vegetable and fruit crops which they sell through local farmers markets, a box scheme and wholesaling, as well as ‘captive’ sales to visiting holiday makers. This visit will include a trip to the beach with optional swimming!

Blaencamel Farm

Blaencamel, established in 1974 by Peter Segger and Anne Evans, is arguably one of the longest established examples of a fully integrated, sustainable, organic horticultural enterprises in the UK. A wide range of vegetable and fruit crops are grown for sale through farmers' markets, wholesales, direct sales and through a 'shop' with an honesty box. Approximately 10 acres of the 4.4 acre holding is devoted to vegetable and fruit production, including one and a half acres of polytunnels. There is also a well-established composting system.
Bwlchwernen Fawr - Holden Farm Dairy

This visit will feature a walk round Wales’s longest established organic dairy farm, established in 1973. This now extends to 300 acres and includes a herd of 80 Ayrshire cows, aiming to move towards self-sufficiency in nutrients, animals feeds, and animal bedding by providing milk for the on-farm production of Hafod, a raw milk cheddar style cheese. This cheese is produced in a purpose-designed new facility and cheese store situated immediately adjacent to the milking parlour, all of which will be included in the visit.

Strata Florida Abbey

This visit will feature a ruined Cistercian Abbey dating back to the 11th century – one of the key spiritual centers of West Wales. A charitable foundation has recently been established to purchase and restore the adjoining traditional Welsh farmhouse and buildings, with a view to reintegrating the story of the farm, which played a crucial role in the development of the Abbey, as a key element of the visitor experience.