# Programme

## Monday 10th July

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<th>Time</th>
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| 08:00 onwards | Registration  
Tea and coffee  
Latest registration 9:00 (for security reasons everyone must have passed through security by 9:15) |
| 09:30 - 11:00 | Welcoming Remarks  
Patrick Holden, Sustainable Food Trust; Guy Ayling, Warden, Llandovery College; Huw Richards, Head boy, Llandovery College  
Harmony Principles in Food and Farming  
Patrick Holden, Chief Executive Sustainable Food Trust  
Harmony: A New Way of Looking at our World  
HRH The Prince of Wales |
| 11:00 - 12:30 | Exploring Harmony Philosophy and Principles  
Natural Capital  
Prof. Tony Juniper, Professor of Practice at the University of Wales Trinity St. David  
Education and Food  
Richard Dunne, Headteacher, Ashley School  
The Circular Economy  
Dame Ellen MacArthur, The Circular Economy  
Music and Agriculture  
Sir John Eliot Gardiner, Conductor  
The Food System  
Gunhild Stordalen, EAT Foundation |
| 12:30 - 14:00 | Lunch  
Sourced from local producers  
Film screening of ‘One Hundred Thousand Beating Hearts’ at 13:30 |
| 14:00 - 15:30 | Parallel Sessions:  
1. Harmony and the Circular Economy  
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?  
Dame Ellen MacArthur, The Ellen MacArthur Foundation  
John Fullerton, The Capital Institute  
Volkert Engelsman, Eosta |
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<td>14:00 - 15:30</td>
<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, Soil Association&lt;br&gt;Ian Wilkinson, Cotswold Seeds&lt;br&gt;Richard Young, Sustainable Food Trust&lt;br&gt;John Meadley, Pasture-Fed Livestock Association</td>
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<td>15:30 - 16:00</td>
<td><strong>Break</strong></td>
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<td>16:00 - 17:30</td>
<td><strong>Parallel Sessions:</strong>&lt;br&gt;<strong>1. Eating as an Agricultural Act</strong>&lt;br&gt;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 cheese, meat and wine.&lt;br&gt;Moderator – Darina Allen, Ballymaloe Cookery School&lt;br&gt;Bronwen Percival, Neal’s Yard Dairy&lt;br&gt;Illtud Llyr Dunsford, Charcutier</td>
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<td><strong>2. Harmony Principles in Farm Architecture</strong>&lt;br&gt;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.&lt;br&gt;Moderator, Mark Hoare, Hoare Ridge &amp; Morris&lt;br&gt;Kim Wilkie, Royal Designer for Industry&lt;br&gt;Stephanie Evans, Advisor to The National Trust</td>
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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, Parceithin Farm
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 the role of faith communities in developing 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
Music recital in College Chapel

19:00
Evening reception followed by ‘The Harmony Supper’
sourced from and served by local producers

TUESDAY 11TH JULY

08:00 onwards
Registration
Tea and coffee

09:00 - 10:30
Parallel Sessions:

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, Charlotte Russell, The Eden Project
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 – Journalist and writer
Prof. Aruni Bhatnagar – University of Louisville, Kentucky, USA
Prof. Dr. Angelika Ploeger, University of Kassel, Germany
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| 10:00 – 11:00| **Parallel Sessions:**  
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 and Aarstiderne  
Peter Brown, Biodynamic Association  
Ed Berger, Ruskin Mill Trust  
Alex Valsecchi, Albury Organic Vineyard  
Ueli Huerter, Goetheanum |
| 11:00 – 12:30| **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 – Prof. John Webster  
Muhsen Hassanin, Halal Butcher  
Rosamund Young, Kites Nest Farm and Author of ‘The Secret Lives of Cows’  
Lutfi Radwan, Willowbrook Farm  
Ruth Tudor, Trealy Farm |
| 11:00 – 12:30| **4. Music of the Spheres**  
If music is in part inspired by nature, how can we build a bridge between music, the principles of harmony which inform the musical scale and the practice of agriculture.  
Moderator – Sir John Eliot Gardiner, Conductor  
Guy Hayward and Will Parsons, British Pilgrimage Trust |
| 12:30 – 13:00| **Closing plenary session**  
Patrick Holden, Sir Anthony Seldon, Guy Hayward and Will Parsons |
| 13:00 – 14:00| **Lunch**  
Sourced from local producers |
| 14:00 – 17:30| **Fieldtrips:** See following page for details |
| 18:00       | **End of conference celebration at Holden Farm Dairy** |
Fieldtrips

Troed y Rhiw Farm and coastal walk

Situated just two miles from the sea in Ceredigion’s picturesque coastal belt, Troed y Rhiw is surrounded by stunning scenery, idyllic villages and a wealth of wildlife. Established in 2008 by Nathan Richards and his wife Alicia Miller, the farm upholds a holistic approach to food production, encompassing everything from habitat protection and creation, to the role that the farm has within the local community. Yielding a wide variety of vegetables and fruit crops, the produce is sold mainly through local farmers markets as well as to visiting holiday makers, via a box scheme and wholesaling. In tune with the Harmony Principles explored during the conference discussions, and central to Nathan and Alicia’s holistic ethos, the farm supports a wide range of wildlife including many birds of prey, as well as being host to a colony of bees. The visit to Troed y Rhiw will include a full tour of the farm and its glorious surroundings, as well as a stroll down to the beach with optional swimming!

Address: Troed y Rhiw Farm, Llwyndafydd, Llandysul, SA44 6BY
By Car: 1 h 5 min (35.7 miles) via A482

Bwlchwernen Fawr - Holden Farm Dairy

Wales’ longest standing registered organic dairy farm, established in 1973, Bwlchwernen is situated just 10 miles from the Ceredigion coast. The farm comprises 130 acres of land and is home to a herd of 80 Ayrshire cows, providing milk for the on-farm production of Hafod, a delicious raw milk cheddar style cheese. The unique combination of Ayrshire milk’s butterfat and protein gives the cheese a buttery, rich and nutty flavour. Farm owner and Chief Executive of The Sustainable Food Trust, Patrick Holden, aims to move the farm towards total self-sufficiency in nutrients, animal feeds, and animal bedding. This holistic approach echoes the Harmony thinking by favouring self-sustaining systems which depend less on external inputs and incorporate plants and animals that are adapted to their unique environments. The visit to the farm will include a tour of the purpose-built new cheese production facility and milking parlour.

Address: Bwlchwernen Fawr, Llangybi, Lampeter, SA48 8PS
By Car: 49 min (25.3 miles) via A482
Blaencamel Farm

Blaencamel is arguably one of the longest standing examples of a fully integrated, sustainable, organic horticultural enterprise in the UK. Established by Peter Segger and Anne Evans in 1974, the farm produces a wide variety of delicious vegetables and fruit crops which are grown for sale via farmers markets, wholesales, direct sales, and through an honesty-box shop. On a trip to the farm, Gorden Ramsey himself described the tomatoes at Blaencamel as “absolutely phenomenal!” Approximately 10 acres of the 44-acre holding is devoted to vegetable and fruit production, including one and a half acres of polytunnels, and a well-established composting system. Peter and Anne’s longstanding aim has been to produce vegetables and salad that offer a reasonable local menu right throughout the year. The visit to the farm will explore this seasonal and sustainable approach to farming with a full tour, which complements Peter’s discussion of Agriculture’s Role in the Re-balancing of the Carbon Cycle taking place on Tuesday morning at the Conference.

Address: Blaencamel Organic Farm, Cilcennin, Lampeter SA48 8DB

By Car: 51 min (28.6 miles) via A482

Strata Florida Abbey

A place of idyllic solitude and isolation, beautifully enclosed within the folds of the surrounding mountains, Strata Florida is the site of a former Cistercian monastery which was of immense importance to Wales during the Middle Ages. The conserved ruins of its church and part of the cloisters can be visited by the public and will form part of the visit. The site is also the location of the Strata Florida Project, with research, conservation and development being carried out by the Strata Florida Trust, a charitable foundation whose view it is to reintegrate the story of the adjacent farm. The visit will include a tour of the traditional Welsh farmhouse and buildings, which played a crucial role in the development of the Abbey. The spiritual significance of this site is particularly relevant, and Professor David Austin, director of the research project, will discuss the sacredness of the landscape, which has been since the Bronze Age a place of special veneration.

Address: Strata Florida Abbey, Abbey Rd, Ystrad Fflur, SY25 6ES

By Car: 1 h 3 min (36.2 miles) via A482 and A485