Acknowledgements by the principal author

In the writing of this article I would like to thank my co-author and friend Gavin Nobes for his invaluable, imaginative and experienced input and also friends Patrick Gaunt, Jonathan Jenny and Martin Hole for their helpful reviews.

I would like to thank the following people for their help in this farming venture: my immediate family, in particular my wife, Helen, who has put up with the demands it made on a family with two young children; my wider family especially Tessa, Raymond, Dominic and Christopher; friends, colleagues and neighbours who have helped and supported us in this venture; everyone who has bought our produce - many returning year after year - for their custom and trust; those farmers, especially David my late father, who have helped, given advice and shared their knowledge.

I would also like to acknowledge the hard work of the many generations of people who have farmed this land before us and to thank those who have striven to leave it in as good or better heart than they found it.

Last but not least I would like to thank all of our farm animals, both living and dead, for their contribution and sacrifice in helping to sustain not only us humans but also the myriad of other inhabitants of this beautiful corner of the Earth.

“Happy the man, whose wish and care
   A few paternal acres bound.
   Content to breathe his native air
   In his own ground.

   Whose herds with milk, whose fields with bread,
   Whose flocks supply him with attire.
   Whose trees in summer yield him shade,
   In winter fire.”

(From Ode on Solitude by Alexander Pope, 1700)