



## Farm profile for Carr House Farm

Situated on the edge of the Yorkshire Wolds, Carr House Farm is the home of the Side Oven Bakery, where the Sellers family have lived and worked for a number of years. Daughters, Jessica and Hester represent the sixth generation working on the farm

A wide range of cereals are grown on the farm, which following harvest are taken to the mill house where they are milled using a traditional stone ground mill.

The farm is situated on one of the upper headwaters of the River Hull and is an area designated a Site of Specific Scientific Interest (SSSI). Our traditional methods and involvement in an environmental stewardship scheme have created a wide range of wildlife on the farm.

Carr House farm became Organic in 1999 and we are today accredited with OF&G. Farming organically means a very different way of working than on a conventional farm; very simply we grow cereal crops on our land without the use of any pesticide, herbicide or fertilisers.

### Primitive grains



Our organic farming methods not only have environmental benefits, but they are also suited to growing Ancient and Primitive Grains. We have gradually moved into growing these grains as part of our farm diversification.

Ancient grains (spelt) and primitive grains (einkorn) are adept at growing without the support from pesticides and herbicides – this is because these plants have not been selectively bred like modern varieties of wheat so their natural adaptations to survival are still intact.



## Supporting wildlife



The next logical step for us was to build on farming organically by working with Natural England on the Higher Level Stewardship scheme. Being part of this scheme means that we are doing things that enhance our farm to wildlife. Examples of projects we have undertaken are hedge planting, hedge laying/coppicing, and having wildflower strips of land on the end of fields. These strips of land have wildflowers planted in them to encourage both birds and insects, leaving a small part of the field unharvested as food for wildlife.

As part of these schemes we have been monitoring our bird populations and we have seen significant increases in both bird population and diversity of species. Ultimately it is about working alongside the natural environment to ensure that we are creating habitats for birds, animals and insects alongside growing crops.





## CARR HOUSE FARM POSTON ON THE WOLDS



From year to year we rotate the different crops we grow – oats, milling wheat, spelt wheat, einkorn wheat – and also have a year where we use green manure, which means we grow a crop to put nutrients back into the soil. We tend to use varieties of clover and vetch which are very good at getting nitrogen back into the soil, which is essential for plant health.

We have a pond on the farm with a pond dipping platform which we can use for school visits.



### **Animals on the farm**

On the farm we have 3 horse and 1 pony who will be around for schools to see. Our pony, Bobby, is perfect for involving in activities such as grooming and how to look after animals

We have a small (pet) flock of Teeswater sheep on the farm. The flock belong to my sister, Jessica, who sells the meat via her meat box scheme and sells the wool direct to spinners/felters.





## Our farm orchard



Our organic apple juice is made from apples grown here in our farm orchards. Once picked the apples are pulped and pressed, then after being allowed to settle for about 12 hours the juice is bottled and pasteurised.

We run an apple day here on the farm which is always a popular even. Whilst also making our own apple juice we also offer a service for people to bring their own apples to make apple juice too.

We also have some soft fruit, including blackcurrants and rhubarb and run pick your own days on the farm