



My day at the farm

We start at 8.45 am with the morning go-round and talk about plans and learning outcomes for the day. At 9.15 am we're the first group to go out, we take vegetables to the rabbits and guinea pigs for them to enjoy while we clean them out. Once the small animals are done, we head over to No.2 hens with corn, pellets, water and grit. We collect their eggs – in winter there are fewer than in summer, on average we collect ten eggs in the winter from this hut.



We then process the eggs, this means we count, wash and dry them before putting them into boxes of six. The egg box is finished off with a label and signed by the member who packed it. Eggs from the farm go to the nearby nunnery, a butchers in Leeds, a vegetable shop in Wetherby or we take them home too. We come back to the courtyard for lunch and discuss learnings from the morning's activities before heading out again. Some of us make a beeline for the allotment while others feed the alpacas, others will stay inside for baking. And that's what my group is doing this afternoon, we're baking chocolate loaves.

Cont overleaf...

Doing our bit...

Sustainability is important to us here at Living Potential and we're always on the lookout to use sustainable products on the farm. We encourage our members and staff to recycle all food containers such as yoghurt pots and water bottles so you might have noticed lunch bags returning with less waste! We also encourage people to bring back egg boxes and apple juice bottles so we can use them again. All our garden waste and compostable food goes in the compost bins. Let's keep doing our bit to protect the environment.



We go into the kitchen, wash our hands, put aprons on and look at the recipe to see what we need. We make one loaf each so gather all the ingredients. We follow the instructions and put the recipe together before putting the loaf in the oven. When it's ready, we take it out the oven and let it cool before packing up our loaf to take home. It's hard not to eat it straight away as it smells delicious!



Before we know it, it's time for the afternoon go-round. We discuss all the days activities, our favourite parts and the learning outcomes for the day. These can range from being aware of potential hazards on the farm to what we feed the animals and what type of housing they live in. We leave the farm for to rest before doing it all again tomorrow! I love my days at the farm because I get to care for the animals, see the other members and staff, plus we learn new skills everyday.

As told by A

JP's Living Potential t-shirts

JP hasn't been able to attend the farm for a while but he's been busy working away in the background to benefit Living Potential and learn some new business skills! He's launched a company selling a range of high quality branded Living Potential t-shirts.



"The designs are inspired by life on the farm, and the best part is the products are made in the UK." There are lots of different designs to choose from and JP has kindly offered us a percentage of the proceeds from each sale. Head to jp-livingpotential.co.uk to see the full range. JP has also been chosen as a Speed of Sight Ambassador for 2022 - well done JP!

Celebrating Imbolc

Imbolc (February 1st) symbolizes the halfway point between the winter solstice (Yule) and the spring equinox (Ostara). The word "Imbolc" literally translates to "in the belly of the Mother," because the seeds of spring are beginning to stir in the belly of Mother Earth. It means spring (and longer days) are just around the corner!

Looking ahead

We're enjoying watching our apples trees grow, just a few more years to go until we will be able to get a good crop from them!



As life gets back to some sort of normality we're hoping to be able to hold a Summer Fair this year - keep your eyes peeled for more information.

Did you know?

Once a month a group gathers to do some marketing for the farm and last month we researched some interesting facts for you...

The gestation time of a pig is exactly 3 months, 3 weeks and 3 days!

Cows have 4 stomachs



And the team's firm favourite, when a baby alpaca is born, it's officially called - unpacking!