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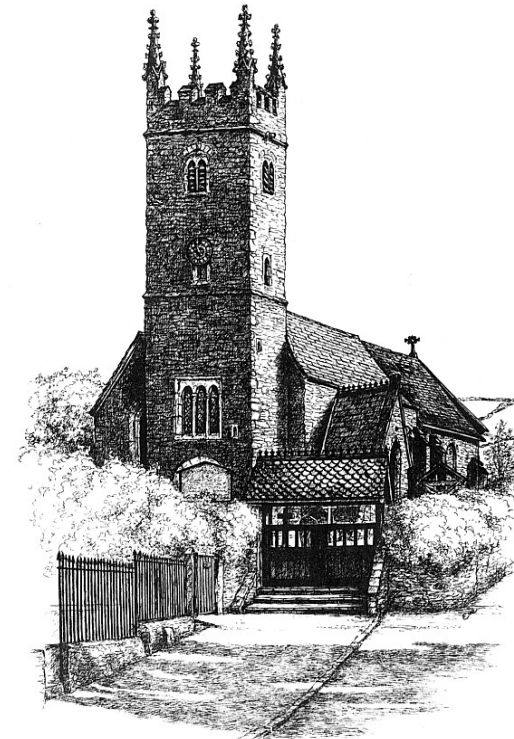
Items for inclusion in the April 2024 issue of the Parish News

should be sent to: Janet Aylmore at j23aylmore@gmail.com
by **Wednesday, March 20th 2024.**

Items for the Parish website should be sent to Juliette at
idefordclerk@hotmail.co.uk

PARISH NEWS

March 2024



IDEFORD with LUTON, ASHCOMBE,
OLCHARD, HESTOW, IDEFORD COMBE
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Tuesdays 5.45 - 7.30pm
Yin Yoga with Jo: Wednesdays 9 - 10.30am
Cost £12
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Friendly Studio - Namaste Barn, Hestow Rd, Ideford, TQ13 0BH
Feel free to contact Jo: 07714 253992
email: jopureyoga@gmail.com
More info at: www.itsallaboutfeelingbetter.co.uk

The Sanctuary, Higher Colleybrook Farm
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HALDON TEAM MINISTRY			
Priest in Charge	The Rev'd Carol Green revcarolgreen@gmail.com	01626 775303	Rest Day: Wednesday
Team Vicar	Position Vacant		
Team Curate	Rev'd Peter Burren revpeter@haldonteam.org.uk	01626 775728	
Team Curate	Rev'd Elizabeth Burren revelizabeth@haldonteam.org.uk	01626 775728	
PARISH DIRECTORY			
Church Wardens			
Ashcombe	Position Vacant		
Ideford	Position Vacant		
Luton	Miss K Vooght	775426	
	Mr J Reddaway	775218	
PCC Secretary			
Ideford	Nicki Horseman	idefordpccsec@gmail.com	
Luton	Angie Carter-Woodwark	854898	
Ashcombe	Eleanor Rayner	ninirayner@yahoo.co.uk	
Devon County Councillor			
	Cllr. Ron Peart		362260
Teignbridge District Councillors			
	Cllr. K. Gearon		
	Cllr. Ron Peart		362260
Ideford Parish Council			
Chairman	Cllr Tom Hill	07703 647880	tomhillidefordpc@gmail.com
Clerk	Juliette Thompson	07427 145320	idefordclerk@hotmail.co.uk
Ideford Village Hall			
Chairman	Julie Parker	07748 982351	juliebristowparker@gmail.com
Booking Clerk	Angela Fox	859599	idefordhallbookings@yahoo.com
Ideford Millennium Green			
Chairman	Jane Hill	07871 103235	
Booking Clerk	Jane Hill	07871 103235	
Ideford Social Group Secretary			
	Kath Mortimore		853394
Ideford Bell Ringers			
	David Aylmore		852259
Ideford short Mat Bowling Club			
	Jill McCord		859544
Parish Newsletter Editor			
	Janet Aylmore		852259
Parish Footpath Warden			
	David Aylmore		852259
Parish Wildlife Wardens			
	Dominic Morby		853991
	e-mail: dominic.morby@gmail.com		
	Robin Aaronson		854397
	e-mail: grandvizier51@gmail.com		
Bishopsteignton Preschool & School			
		01626 775873	
	e-mail: admin@bishopschool.co.uk		
CAD Community Worker			
	Bob Bigland		203050
PCSO Saul Bunce , e-mail: saul.bunce@devonandcornwall.pnn.police.uk			
Neighbourhood Beat Manager, PC 17015, Clarke Orchard			
	e-mail: clarke.orchard@devonandcornwall.pnn.police.uk		Mobile: 07710 076633

A message from Rev Mark Skelton

A thing I have noticed about myself over the last few years is how my year is punctuated with returning moments. There are the obvious liturgical ones and of course we are just entering into the greatest of the Church's seasons, Lent and Easter which offer all sorts of opportunities and spaces for growth and change. There are very personal ones such as family and friends' birthdays and, in my case, each of my pets' birthdays and these serve to show the passing of time but also give the opportunity to remember and give thanks for those people....or pets.... but it is the natural moments which punctuate the year which I find provide the most helpful of these markers.

That first moment when I notice the two Magnolia at the bottom of Mill Lane setting their buds; the snowdrops rejoicing all the way along the Holcombe Down Road; the first leaves and then spears of bluebell poking above the leaf mould in woods and spinneys; the first Greenfinch wheezing its asthmatic call in my garden, the first chiffchaff and then, later in the year, the first screams of the swifts above the Church.

These moments are significant for me, I don't absolutely know why but they have set themselves in my life as milestones of joy. They appear each year and are greeted as returning friends. Although they are quite blissfully unaware as to how important they are in my life they do still impart great joy. This reminds me that simple pleasures can have a mighty effect. They remind me, as I need reminding regularly, not to take things so much for granted. Others, you included, will have your own regular markers that punctuate your year and show the passing of time, or pulse quietly in the background of your life like nature's heartbeat, well think about those things, list them, embrace them.

We can focus on the big, on the great, on the important but, if I am honest, the things that bring me the most joy are not the magnificent or spectacular, they are those quiet, unassuming and unobtrusive realities which just are and if I let them go by I have missed out on something wonderful.

Set yourself the challenge of noticing the world around you. Notice the things that bring you joy and thank God for them and then, even more importantly, notice the people around you who contribute to the beauty and loveliness of your life, the people around you who are always there and without whom your world, your life would be so much the poorer. Thank God for them but most importantly, make sure you tell them.

God bless you

Rev Mark Skelton

March Services

Sunday March 3rd 4.30pm	3rd Sunday of Lent Evensong	Ideford
Sunday March 10th 10.30am	4th Sunday of Lent, Mothering Sunday Celebrating Mothering Sunday (see page 5 for details)	Ideford
Sunday March 17th 11.00am	5th Sunday of Lent Holy Communion	Ideford
Sunday March 31st 10am 6.30pm	Easter Sunday Holy Communion Easter Praise	Ideford Luton

Please Note: at the time of going to print, I don't have details of an Easter Sunday Service at Ashcombe. Please check the team website.

*For other services in the team please see the team website:
www.haldonteam.org.uk*

Dates for your diary - regular events

IDEFORD PARISH COUNCIL

The next Parish Council Meeting, **Thursday 14th March 2024 at 7.00pm** in Ideford Village Hall. All parishioners are welcome to attend.

BISHOPSTEIGNTON PARISH COUNCIL

Meetings are held at the Community Centre, Shute Hill, commencing at 7.30pm.

Monday March 4th Full council Meeting

BELL RINGING PRACTICE

Practices are normally in Ideford Church on Thursday evenings from 7.30pm until 9.00pm. We would love to have some new ringers join our team, please contact David Aylmore (852259) or Martin Sampson (853391) for more information.

IDEFORD SHORT MAT BOWLS

Small friendly group meeting every Tuesday in the village hall from 7pm till 9pm with a break for tea.

We encourage new members of any age to join us, no experience necessary, just turn up and 'have a go'

IDEFORD SOCIAL CLUB

Monthly meetings - please contact Kath Mortimore for details - 853394.

GENERAL INFORMATION

Ideford Church Key Rota

March	Lesley (Bees Corner)
April	Tim & Amanda (Saffron House)

Luton Altar Flowers and Brass Cleaning

March	Lent (no flowers)
April	K Vooght

Chudleigh Library - opening times

Monday	10am - 1pm	Tuesday	3pm - 6pm
Wednesday	10am - 1pm	Thursday	closed
Friday	2pm - 5pm	Saturday	10am-1pm

Tel: 01626 852469 E-mail: chudleigh.library@librariesunlimited.org.uk

Stay and Play at Chudleigh Library. Every Wednesday, 1pm - 2pm. Suitable for children age 0 - 5 and their carers. Tea/coffee available for a small donation.

Websites and Sat. Nav.

Haldon Team Website	www.haldonteam.org.uk
Ideford Parish Website	www.ideford-parish.co.uk

Church post codes for Sat Nav:	St Mary's, Ideford	TQ13 0BB
	St John's, Luton	TQ13 0BN
	St Nectan's, Ashcombe	EX7 0QD

Useful Contact Numbers

Report a problem on roads inc. potholes, overgrown hedgerows etc:
<https://www.devon.gov.uk/roadsandtransport/report-a-problem>

Report Power Cuts or damaged Electricity Power Lines & Substations:105

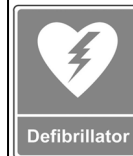
Teignbridge District Council Emergency Line (out of hours) 01395 516854

Samaritans 116123 **Age UK Devon** 0333 241 2340

Environment Hotline 0800 328 6402 **C.A.B.** 03444 111444

NHS non-emergency 111 **Crimestoppers** 0800 555111

General Police enquiries 101 **EMERGENCY 999**



A defibrillator is located in the porch of Ideford Village Hall, Church Road, TQ13 0BA

In the unfortunate event that you need to use the defibrillator please **dial 999** and the emergency services will give you an access code to unlock the yellow cabinet, and will talk you through what to do.

114/23	<p>CONCERNS RAISED BY PARISHIONERS TO COUNCILLORS: There had been several reports of dogs attacking other dogs and the PC reminded any person affected to report incidents to the dog warden.</p>			
115/23	<p>CLERK'S REPORT AND FINANCE: 115.1 The balance of accounts on 30th November 2023 was £14,107.27. The bank reconciliation for November 2023 was agreed by all and signed by the Chair and Clerk. 115.2 It was agreed by all to make the following payments:</p> <table border="1" style="margin-left: 40px;"> <tr> <td style="width: 150px;">£15.00</td> <td>Village Hall</td> <td>Room Hire</td> </tr> </table> <p>Monthly DD to Scribe Accounts £12.00. An amount of £29.78 was paid from the Sustainable Ideford budget to cover the Carbon Café costs. 115.3 The precept for 2024 – 2025 was agreed at £9.045.00 a 2.03% increase. 115.4 To note the pay award for 2023 – 2024 which is a flat rate payment of £1,925.00 / £1 per hour with effect from 1st April 2023. 115.5 Legal and administrative update: The website provider has raised their price by £1 per month to £13 per month. Reminder to comment on the Community Infrastructure Levy consultation until 8th Jan 2024. DALC have advised us of the proposed increase in subscription fees for 2024 – 25. DALC have asked for expressions of interest for the TDC peer review.</p>	£15.00	Village Hall	Room Hire
£15.00	Village Hall	Room Hire		
116/23	<p>DATE OF NEXT MEETING Thursday 8th February 2024. The Chair closed the meeting at 8:13pm.</p>			

Spring

Dazzling bright the dawn re-newed - beckoning,
The sun re-awakened hope and life still bloom,
With joy uplifted, spring song - caroling,
Begone those days of waiting and of gloom,
Robin on low wall, proud and puffed - strutting,
Tight birch buds thrust in warmth, to open soon,
Highland - dancing lambs frisk and leap - gamboling,
Emerging year reborn from nature's womb.

Sweep out hidden corners with spring cleaning,
Prepare for what this glorious dawn will bring,
Resolutions made again, for breaking,
Hope may yet be blighted by sly winter's sting

Sheila Manley

COMMUNITY POP UP CAFÉ



Friday March 29th

Ideford Village Hall

11am - 1pm

Everyone is welcome to come along to our dog friendly, Community Pop up Café for tea/coffee and cake and/or a light lunch.

(Voluntary donation only)

A big 'thank you' to the ladies who have volunteered to help at the café on an occasional basis. It would be really helpful if we could have a few more names to call upon in case either Vanessa or Janet are unwell or on holiday etc. If you haven't been to the café yet, it is a very casual, relaxed, friendly atmosphere, and helpers have plenty of time to sit and chat with friends and neighbours.

If you would be able/willing to help with any of the following occasionally, please contact us.

1. Setting up the tables before the café opens at 11am and putting them away again at 1pm.
2. Helping with serving and washing up - 11am until 1pm.
3. Baking a cake.
4. Making something for a light lunch - soup or quiche etc.

Vanessa - colleybrookness@icloud.com Tel: 853991

Janet - j23aylmore@gmail.com Tel: 852259

Mothering Sunday - March 10th

There will be an informal, community led Mothering Sunday service at St. Mary's, Ideford at 10.30am. The service will last for no more than half an hour, and coffee and biscuits will be available after the service for those not rushing off for celebratory lunches.

We will be distributing small posies of flowers to all the ladies in Church, but if you know of someone who won't be in Church but would appreciate a small gift of flowers, please let me know. I will be making the posies on the Saturday afternoon, and any donations of flowers - primroses, daffodils, grape hyacinths etc for the posies would be most welcome - thank you.

Janet Aylmore - j23aylmore@gmail.com 01626 852259



Lent Studies

Lent Studies continue during March -
Monday March 4th, 11th and 25th.

We meet at The Old Post Office, Fore Street at 7.30pm.
We hope you can join us.

Please note, there will be no meeting on March 18th.



Our Trustees invite you to join us for the

Devon Farmhouse Breakfast

The Village Hall, Ashcombe, Near Dawlish, EX7 0QD

Precise location: what3words.com/fixated.trackers.canyons

Tuesday 12 March 2024

8.00am - 10.30am

Please join us for a tasty breakfast, a catch up with
old friends and new faces. Your support will be
hugely welcomed and appreciated.



RSVP to Emily Egan - events@addingtonfund.org.uk or phone 01926 620135

The Addington Fund helps farming families in times of need, see their website
for more details: www.addingtonfund.org.uk

Hold the Date

Sunday March 24th

10am - 1pm

Spring Breakfast

Ideford Village Hall

Donations Only

**112/23
cont.**

112.7 Wildlife Wardens update and report:
The Wildlife Wardens have been invited to Hennock PC to look at what they
are doing with their climate and environment projects.
At the church, the 200 saplings have been planted with more saplings
coming to complete the final hedgerow and the Wildlife Wardens will be
attending the next PCC meeting to discuss their steps for going for green.
The Wildlife Wardens and Sustainable Ideford are a collective community of
volunteers who help each other.

113/23

PLANNING:

113.1 The following planning application was discussed:

23/01952/FUL – Colleybrook Farm, Fore Street

Conversion of existing barn to holiday accommodation, conversion of
existing barn into a bat barn, conversion of barn into a dwelling and
conversion of a barn into a gym.

The PC objects to this application in its current form.

We fully support the TDC Biodiversity Officer's report of 12th December
2023 who in conclusion recommends that planning permission is not
granted.

We also fully support our own Wildlife Warden's assessment, who like the
Biodiversity Officer, has concluded that the proposed development, in its
current form, poses a serious risk of disturbance to some rare bat species.
The council has also noted that there is no provision to provide further
parking or better access e.g., for the holiday accommodation unit.

The council acknowledges the sense in putting redundant buildings to good
use but done in the right way for the right reasons and to create the right
balance.

113.2 To note the following planning applications have been withdrawn:

21/02908/FUL – The Sanctuary, Higher Colleybrook Farm

Retention of use of annexe as tourist accommodation

Application withdrawn.

21/02920/HOU – The Sanctuary, Higher Colleybrook Farm

Siting of a car port

Application withdrawn.

21/02926/FUL – The Sanctuary, Higher Colleybrook Farm

Retention of various outbuildings (part retrospective) on land at The
Sanctuary

Application withdrawn.

22/01891/CLDP – Higher Colleybrook Farm

Certificate of lawfulness for proposed siting of a caravan for ancillary
residential use within the curtilage of the dwelling at Higher Colleybrook
Farm.

Application withdrawn.

22/01891/CLDP – Higher Colleybrook Farm

Certificate of lawfulness for proposed siting of caravan to provide
agricultural welfare facilities and agricultural storage in association with the
agricultural operations at Higher Colleybrook Farm

Application withdrawn.

Application withdrawn.

113.3 There were no planning enforcement issues or updates.

IDEFORD PARISH COUNCIL

**Minutes of the Parish Council Meeting
held in the Village Hall on 14th December 2023 at 7.00pm**

Present: Cllr T Hill Cllr J Gardner
Cllr A Carter-Woodwark Cllr M Batting
Cllr D Fox Cllr C Hill
Cllr H Bellamy
In Attendance: Cllr R Peart (DCC) Mrs J Thompson - Clerk
Nine members of the public

<u>Item</u>	<u>Discussion and Decisions</u>
107/23	WELCOME AND APOLOGIES FOR ABSENCE: The Chair opened the meeting at 7:14pm and welcomed everyone. Note – the meeting was delayed due to the Chair’s work commitments and the incorrect start time being posted in the P News. Apologies were received from Cllr K Gearon (TDC) and PCSO S Bunce.
108/23	MINUTES OF THE LAST MEETING: It was proposed by Cllr A Carter-Woodwark, seconded by Cllr H Bellamy and agreed by all to accept the minutes of the meeting of Thursday 9 th November 2023 as a true and accurate record.
109/23	DECLARATION OF INTERESTS: None
110/23	PUBLIC PARTICIPATION: None
111.23	REPORTS: None
112/23	PARISH MATTERS: 112.1 Cllrs agreed in principle to the idea of a Secret Santa scheme but needed more information to be certain the scheme could be run properly and legitimately under PC rules. Cllrs were reminded of the Humphrey Borrington Trust – with money available to help the needy. 112.2 It was agreed that the PC would organise two or three litter picks a year (dates to be decided), with soup and a hot drink afterwards in the Village Hall. Clerk to advertise for volunteers. 112.3 Cllrs volunteered to carry out maintenance of The Pound when needed. 112.4 Residents reported that a budget amount had been put aside for South West Water pipe works and that highway works were planned by South West Water for March – July 2024. 112.5 Thanks to be sent to Kennford Tarmacadam who carried out the recent resurfacing works from Longthorn Cottage to The Royal Oak. 112.6 The Sustainable Ideford Carbon Café event was attended by a small number of residents and was felt to be a positive start. Cllr J Gardner reported that the Sustainable Ideford group has been running for 1 ½ - 2 years and they were ready to start working on specific projects in the village in 2024.

50 mile cycle, cuppa and cake for the Samaritans.

After such a successful fun day last year, on **Saturday 6th April** we will be cycling again in memory of Danielle and those who have lost a loved one or have struggles with their mental health. Help us to raise much needed funds for our local Samaritans.

There will be three routes this year. The 50 and 20 mile route will leave The Haven, Ideford at 9am with also a 12 mile route starting at B&Q Newton Abbot at 10am. Contact Steve for more information on 07970 984729

If cycling isn't your thing then please support this event and join us at Ideford Village Hall for a cuppa and cake between 12-4. Most of the cyclists will arrive at around 2pm.

If you would like to help or donate a cake please contact Debbie on 07815 482652

We hope you can join in and make it another memorable day.

Thank you

Steve, Debbie and Tayde.

Sustainable Ideford Open Meeting

Public Meeting – everyone welcome

Ideford Village Hall 7.00pm to 9.00pm Wednesday 10th April

Please come and share your ideas, thoughts and feedback on our current and planned activities – or just come and listen to see if you'd like to join us and help out – with no obligation!

We are a grassroots, solution-focussed group of local residents interested in promoting and enhancing sustainable living, wildlife and environmental protection in and around Ideford.



**VILLAGE HALL
TABLE TOP SALE**

A Chance to Showcase Your Items
or
Re-Cycle Unwanted Things In Good
Condition

**Saturday 13th April 2024
from 10.00am – 2.00pm**

Table Booking accepted via: idefordhallbookings@yahoo.com

£10 per table

Light Refreshments Available

IDEFORD VINTAGE FAYRE

SATURDAY 10th August 11am - 5pm

ADULTS £5, UNDER 16 FREE

VINTAGE TRACTORS * VINTAGE & CLASSIC CARS * MOTORCYCLES
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QUAD BIKE ACTIVITIES * TRADE & CRAFT MARQUEES
TRADITIONAL COUNTRY GAMES * FUN FOR ALL THE FAMILY
FOOD AND REFRESHMENT * KIDS ENTERTAINMENT

idefordfayre@gmail.com



After the success of last year's event, The Ideford Vintage Fayre is back for 2024. The success of the event relies on a lot of hard work, so if you feel that you could help in any way please contact James French 07789 998948 or email idefordfayre@gmail.com.

Remember - 'Many hands make light work'!!

These are also the contact details if you would be interested in exhibiting or trading at the fayre.



**Please pick up
after your dog**

Calling all dog owners, please help to keep our village looking clean and tidy by remembering to take poo bags when you walk your dog, and please pick up after your dog - then dispose of the bag in a bin, and not in a nearby tree! I'm sure most dog owners are responsible and follow the rules, but unfortunately the minority spoil the countryside for everyone else. Rant over!!
Editor



SPACES AVAILABLE

**Bishopsteignton Primary School
and Bishopsteignton Preschool**

**Flexible Wrap Around Care Available
8am - 5:30pm**

VISITS WELCOME!

**01626 775873
admin@bishopschool.co.uk**



Bishopsteignton School

The Governors of Bishopsteignton School are seeking new faces to join their full Governing Board. All skills are welcome.

Please contact Geoff Jones (Clerk) on 07703 282116
or email: clerk1@bishopschool.co.uk

My beautiful Peacocks

The 5th July 2022 was an exciting day up at the Sanctuary, five little two-month-old peachicks arrived. After 6 months their feather growth enabled them to be sexed and that's when I realised that there were 2 peacocks and 3 peahens now called Peter, Paul, Poppy, Penelope and Pamela.

A large peafowl aviary was built to house the birds whilst I raised and nurtured them, which has been a pleasure and enjoyment watching them grow. In the spring of 2023 after the awful bird flu epidemic, I started to let the birds out either in pairs or threes and they would quite contently stay around the area of the aviary where the other peafowls were. In October 2023, I decided to let them all out together to see how they would behave. They very quickly went to my neighbours but gradually with feeding and encouragement they are now staying around the farm with the free-range chickens.

Having explored a bit, they decided to roost on my roof terrace. Then they started to venture up the lane and roost in the surrounding trees. They are such magnificent beautiful birds. They are so graceful and quiet, but during the mating season, which is in the spring, they may start calling. This will last for about a month and then they will settle down again.

Should they visit your garden please do not feed them otherwise they may be tempted to stay. They are a delight to see and will make you smile. If you do not want them around, please shoo them back in my direction. If they won't go, a suggestion is to get a hose pipe or water pistol and spray it near them and they will scarper.

Although these are wandering birds, please be advised that these are my pets and no different than wandering cats. Hope you enjoy seeing them if they visit you.

Jean Burman

Easy Fundraising for St Mary's Church, Ideford

If you shop on line, you could raise money for Ideford Church at no cost to your self. It is completely free and only takes a moment. Over 7,000 brands (including supermarkets) will donate to us when you use easyfundraising to shop with them. You can find our easyfundraising page with full details at <https://www.easyfundraising.org.uk/causes/idefordchurch>, or you can use the QR code. Please become one of our supporters.



Ideford Parish Council seeks an organised, independent and adaptable individual to work from home and attend monthly evening meetings in Ideford as Clerk and Responsible Financial Officer to the Parish Council.

The role is varied and interesting, but mainly administrative and so confidence using Word, Excel, Outlook, Scribe Accounts, social media and minute taking will be essential.

Other skills such as writing funding bids, knowledge of the planning system and experience in dealing with public would be a great advantage, although there will be training courses available to help with any skills gaps for the right applicant.

The Parish Council has 7 councillors and holds monthly meetings on the second Thursday of the month (except January and August). The village has 350 residents and the precept for 2024/2025 is £9045.00.

The post is for six hours per week (salary in accordance with NALC & SLCC recommended rates, currently SCP 13 (£13.97) to 17 (£14.95) depending on experience.

Applications are invited from persons who either hold the Certificate in Local Council Administration (CiLCA) or would work to achieve the qualification within 12 months of commencing employment.

For additional information about the Parish Council and what the Parish Councillors do, please visit www.ideford-parish.co.uk or contact the current Clerk Mrs J Thompson on 07427 145320. To apply please send your CV and a covering letter outlining why you are interested in the role to idefordclerk@hotmail.co.uk

Closing Date for Applications: 13th March 2024

New Advertisers

I am very happy to report that we have three new adverts in the PN this month. As you know, it is thanks to the support of the advertisers that the Parish News can be delivered to every property in the parish, free of charge. Why not sit down with a brew and browse through the adverts on the cover of your PN - there may be someone offering a service that you could use now or in the future.

Editor



Ideford Community Litter Pick

Ideford Parish Council will be organising community litter picks during 2024.

Please let the Clerk know if you would like to volunteer to take part.

See your April Parish News for dates

SUSTAINABLE IDEFORD A - Z

M is for Meat

It seems like everyone, from the UN to the Committee on Climate Change, is urging us to eat less meat. We all know by now that cows burp out a lot of methane, a very potent greenhouse gas, and we've probably heard that growing soya or grain for animal feed often involves destruction of the Amazon rainforest.

However, before we all turn vegan, it's worth taking a closer look at the facts, not least because so many of our farmers rely on beef, lamb or dairy production to make a living. 75% of Devon farmland is used as pasture, as most is unsuitable for growing crops.

It turns out that the impact on global warming of producing meat depends hugely on the way the animals are raised. US-style feed lots, where the cows are penned in a small space and fed entirely on cattle-cake, involve large emissions of CO² and methane, with nothing to offset them. But when cows or sheep graze on grass, the gases they give off are offset by the gases absorbed as the grass grows back. It's a cycling process from the grass to the animal, into the air and back into the grass and soil.

Because of this, some studies have claimed that pasture-fed meat is carbon-neutral, or even negative (as grazing encourages the grass to form deeper roots, storing carbon in the soil). Research at ten National Trust farms in 2012 found that the carbon footprint of farms where the animals were entirely grass-fed (pasture, silage and hay) was similar to that of conventional farms, but 94% of the emissions at the former were absorbed back into the grass. In some upland areas, the offset was greater than 100%. A study on a US regenerative farm showed that most greenhouse gas emissions were absorbed back into the soil or vegetation:

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Other studies, however, argued that even pasture-fed meat is environmentally damaging, or that on a global scale there is not enough land to meet the current level of meat demand using only pasture methods. If you want to dive into this debate, a good place to start is the Wicked Leeks article on the Riverford website, entitled "The truth about grass-fed".

What this shows is that simple messages are always misleading. Everyone has to make their own decisions. Some people are vegan because they don't like animals being raised for slaughter. For those of us who continue to eat meat, the best advice is to be careful about where it comes from. If you buy what's produced locally, it's likely that it will be partly or mainly grass-fed, or you can look for certification by the Pasture for Life Association. For example, West Town Farm in Ide is a certified producer and pasture-fed beef is advertised through the Linny in Coffinswell. You might also consider wild meat, given that we have an excess of deer which is damaging to our forests. Wild Hart Venison is one Dartmoor supplier – it is very reasonably-priced and delivers locally for free.

A final consideration is the health benefit of reducing consumption of red or processed meat. The NHS advises that if you average more than 90g per day (cooked weight), you should cut down below 70g. This is roughly one lamb chop or 1½ sausages. So dedicated meat-eaters might like to work in the odd meal of fish, or one of those spicy Vegan recipes!