



PEAT August newsletter



‘Eating is an agricultural act’ - Wendell Berry

Have you noticed empty shelves in the supermarket lately? Some have blamed recent cyberattacks, but what if the deeper truth is that we can no longer assume that food will always be there when we want it?

The reality is that climate and ecological breakdown is already reshaping our food supply. Heatwaves, floods, and shifting weather patterns are making it harder for farmers to grow food here in the UK and around the world. Conflicts in regions that traditionally supply us have disrupted trade and distribution. We know that food isn't equally available around the world and that whilst some of have choice, (and we complain when it's limited) others are starving.

Berry reminds us that eating is never neutral, it is both a political and a moral act. What we put on our plates connects us directly to the land, to farmers, and to the systems that sustain or damage the planet. Mike Berners Lee would go further and say that eating is a climate act. Berry's point is clear, every meal carries weight. What and how we eat shapes farming, the environment, and the resilience of our future food supply. Berners Lee points out in his work that local and global health are inextricably connected.

Thinking about food and eating in this way, and recognising that we can no longer assume it will always be readily available makes me ask what actions I/we can take. Here's some of the ways we can do what we can, where we are, with what we have.

- Eat local and seasonal - support nearby farmers
- Eat more plants
- Cut food waste - plan, save, compost
- Back small farms and growers, markets, direct buying
- Cook more - value nourishment
- Advocate for fair food systems -use your voice
- Reconnect eating and growing with community - share, swap, grow

On that note our farmers carry so many expectations on their shoulders to feed us, care for the land, safeguard and steward the countryside, yet they stand on the frontline of the climate crisis, facing floods, droughts, unpredictable weather, this aside from the financial pressures. We are losing farms at an alarming rate and yet our future food security depends on their resilience.

So in September we are delighted to welcome Nic Renison based in the Eden Valley who will be coming to talk to us about their approach to farming and the future. **‘Farming and Eating for the Future’** As Nic puts it *‘Farming is ultimately a business, and for us, Regenerative Farming hits the sweet spot of farming with nature and profitability; bringing longevity to our land, food to the table and a sustainability to our businesses.’* <https://www.renisonsfarm.co.uk/about>

Promises to be a thought provoking talk. Come and join us and take action with what you have, where you are, doing what you can, at peatmessages@gmail.com



PEAT Activities/asks

- **Saturday August 23rd 7pm Victoria Hall, Grange** Join us for a breathtaking cinematic journey with David Attenborough's **‘Ocean’** a stunning exploration of our planet's most precious resource.

Part of our Green Screen programme in conjunction with Cinema at the Vic. Tickets available now from <https://www.facebook.com/share/p/14M1ZESiCf3/?mibextid=wwXlfr>

- **Saturday 30th August 9-10pm outside Library Grange** Join us to meet with **Tim Farron** in support of Hope for the Future and their push to engage local politicians on the climate and nature crises, not least for support in opposing the new planning proposals that are disastrous for biodiversity. We need as many there as possible.
- **Friday September 5th 5-7pm Victoria Hall, Grange** Join us at the **Repair Cafe** - bring your repairs or just call for a cuppa and a chat, and there's always cake!
- **Saturday 27th September 7pm at Victoria Hall, Grange**, as part of the Green Screen programme, we're showing the beautiful film **'Wilding'**, telling the story of the Knepp Estate – one of Europe's most significant rewilding experiments. Booking details to follow or come on the night
- **Tuesday 30th September 7-9 pm at Victoria Hall Grange 'Farming and Eating for the Future'** - **Nic Renison** <https://www.renisonsfarm.co.uk/about>



Bits and pieces for this month

- <https://www.facebook.com/100091336393576/posts/pfbid0SaFeopGGtswe9udTua41qKBvma9gK59wnR4et1VBmdjfxPPzD1FDfcCYDrK6RHZSI/?> - Most of Windermere polluted with sewage bacteria
- <https://www.breweryarts.co.uk/event/mike-berners-lee-honesty-in-politics> - Mike Berners Lee at the Brewery 11th September
- <https://futureproofcumbria.org.uk/host-a-harvest-fest-this-autumn-get-150-grant-to-bring-your-community-together/> - Apply for a grant for £150 to host a harvest festival
- https://zerocarboncumbria.co.uk/wp-content/uploads/2025/07/Cumbria-Climate-Assembly-principles_recommendations.pdf - Brilliant reading about Climate Assembly recommendations
- <https://m.facebook.com/groups/peatsouthlakes/permalink/1750073865649908/?> - Great set of short webinars that delve into a range of natural history topics, with live discussion and tuition from an expert tutor.
- <https://www.waterstones.com/book/how-to-fall-in-love-with-the-future/rob-hopkins/9781915294517> - Rob Hopkins latest book - 'How To Fall In Love With The Future'
- <https://www.grangelecturesociety.co.uk/our-programme-2/> - couple of talks coming up
 - Tuesday 23 September 2025 -Stephen Trotter - Grange Natural History Society - 'Changing wildlife and environment of Grange over Sands over the last 70 years.'
 - Tuesday 14 October 2025 – Dr Stuart McLanaghan – 'All sounds a bit fishy!' Seafood feeds a rising global population and tackles food insecurity.

Kind regards Annette Hennessy - Chair

PEAT | Peninsula Environmental Action Together

email: PEATMessages@gmail.com

web: PEATsouthlakes.blogspot.com

facebook group: [PEATsouthlake](https://www.facebook.com/PEATsouthlake)