



Welcome to our Summer News

Highlights in this Newsletter

- Our new Linhay building is unveiled
- Growing Devon Schools
- News from around the 'Combe
- Let's talk about Friends Working Weekends



A Beautiful New Space

We're excited to announce that The Linhay is now in use! This beautiful, community funded building, has been four years in the making and we are so proud of all those who have had a hand in the creation of this traditional timber-framed building.

The addition of The Linhay means we can cater for more groups and we can share this amazing place with even more people.



Growing Devon Schools

Last Thursday, Embercombe volunteers, South Dartmoor school children and teachers, on the Growing Devon Schools (GDS) training, created two substantial raised beds on an unused bank and a beautiful fire pit in unused woodland in the heart of the school.

The act of creating these facilities in an otherwise uninspiring, austere outdoor environment was an inspiration to all involved, realising that with some vision, effort and energy, together we can bring about the changes we want to see in our immediate environment without needing to have a huge wealth of knowledge and experience.

It is a particularly poignant message for those children, many of whom have been involved in Embercombe's very successful Tribe program, working with children who are struggling because they do not meet the Educational standards set for them. These children experienced real success when making their contribution to the transformation of parts of their school grounds.

Two teachers or TA's from seven Devon schools have been engaged in the GDS training program which is helping to empower them to become the leaders within their schools. Little by little, they will initiate a culture change through inspiring the children and teachers in their schools to utilise the outdoors for growing food and many other land-based activities.

The GDS training culminates with a school community event held in each participating school, celebrating their achievements in bringing about the changes to their grounds, educational approach and culture. Embercombe is proud to be a partner of this important and transformative work.

From the Dreamers Journal

A Poem

When did I become a tourist here?
Forgot how to see and how to hear?
Hear the sea, see the here, now.

How did my feet become so soft?
And when did I decide TV was a better way to chase my time away?
Than watching glowing embers breathe and sigh, beneath the fire-full, star-rimmed sky?

When did I internalize the rat race and adopt that sorry fast London pace?
Why didn't technology and self-checkout machines buy us more time to dream, give us the means?
When did it become acceptable only to give to receive?
And thought so regrettable to do for doing's sake?

I forget it's my life at stake;
Aiming to exchange each precious hour
For pieces of green paper power.

Let go of resistance
I'm told, focus on existence
This pressure cooked system will crush itself.

I continue to roam, a tourist with no home
Until I see these bones –
And listen to the alive tree's groans
They remind me, there's a palace under my feet
That all of my cells will crumble to meet.

Spicing-up Local Lamb



1200g diced local (preferably organic) lamb
200g onion, chopped
3 cloves garlic, minced
350g dried apricots, sliced
1 bunch coriander, roughly chopped
1 bunch fresh mint, chopped
1 orange, zest and juice
1 tsp cardamom pods, whole or you can grind the seeds to avoid 'cardamom bombs'
2 tbsp mild chilli powder
2 cinnamon sticks
3 tbsp tumeric powder
3 tbsp ground cumin
50g tomato paste
Honey to taste
50g toasted almond flakes
2 litres chicken stock.

[>> View the full recipe on our blog.](#)

[>> Plus read what else has been happening in the kitchen.](#)

Working with Wood... and Diggers!

In Spring we had a delivery of Larch in the round donated to us by a friend of Embercombe. Over the past few weeks volunteers have been learning how to use a saw mill on site to



Congratulations Dr. Mac!

Mac has been nominated to receive an Honorary Doctorate of Education from Plymouth University for his "inspiring action towards a sustainable world and approaches to sustainable leadership, and for his ongoing professional connections with the Centre for Sustainable Futures."



Sunshine and Seedlings

Back in March we said goodbye to our previous grower, Dan, and hello to our new grower, Fred. The garden team – consisting of Fred, Katy (garden apprentice), Ronja and Jeff (garden volunteers) have been very busy these last few months propagating plants and preparing the land for the summer with generous applications of cow manure kindly given to us by a local farmer and friend, Jerry.

Summer is a lovely time of year in the garden, full of hope and promise. The sun starts to shine more, and the days get longer making it possible to enjoy evenings on the land. It is a time of dreaming and possibility before the triumphs and complications inherent to food-growing unfold. We have been working with many different groups of people in the garden, including school groups, volunteers, and participants of Embercombe's residential programs.

[>> Continue reading on our blog.](#)



Upcoming programmes and events...

process the timber. All the saw dust from processing is used as a mulch on the land and the off-cuts keep us warm!

We then planed the timbers to size in our workshop and delivered them to our friends at South Devon College. The level 1 carpentry students have been working hard to turn them into tables and benches. They love doing the work because they are learning and building something of value. We have just picked up the first 4 tables and they are down at the Linhay. They are now ready to varnish.

This last week on site we have been doing lots of smaller things. Sometimes the week is like that. The jobs going on are, trimming back various overgrown shrubs and trees, plumbing, fixing chainsaws and tractors.

The site apprentice Tris and volunteer Roman have been putting up the beautiful signs made by volunteer Nadia. They are currently also working on a new sign post that will help people navigate our site.

As usual we like to set them a challenge so they need to take a bent twisted log and make all the signposts sit square and pointing in the right direction. I have every confidence they will do it.

[>> Continue reading on our blog.](#)

Experiencing Embercombe

Welcome to Friends Working Weekends

After two weeks of glorious Summer sunshine, the 'Combe is bursting back into life. There are plenty of jobs keeping us busy in the garden, on site and in the kitchen. We'd love to invite you to come and lend a hand and share the beauty of the land and the connection with our community.

Meaningful and fun!

The tasks we undertake at the weekend have real meaning and purpose and support the community and charitable activities we do here. We invite you to:

- Meet a community of like-minded people affirming their connection to the land and community
- Share skills and knowledge
- Prepare food: harvesting, chopping, cooking, eating, enjoying (and the washing up!)
- Make space for creativity, such as sharing of stories and music around the campfire

Why has the price changed?

We know many of you have had long associations with Embercombe, which we really value, so you deserve to know why we have put the price of a Friends Working Weekend up. This year the price of the weekend for an adult has increased from £25 to £40 after an honest appraisal of how much it costs us to run a weekend in terms of delicious organic food, firewood, washing and all of the bills (yes, we have those too!). So we are running them at cost and hope you agree, that £40 is a snip to spend 2 days and nights in a cosy yurt cosseted in the stunning Devon countryside.

Bring your friends and family

In our busy lives, we all look for time to share meaningful experiences with our loved ones. Friends Working Weekends give you a chance to spend time together in purposeful activity, with plenty of free time to enjoy the gardens, lake and woods and share stories over and evening campfire.

Next dates:

17th - 19th July 2015
14th - 16th August 2015
18th - 20th September

For more information and bookings please [click here](#).

Mac's talks and 1:1 sessions

Mac has quite a few speaking engagements coming up and he'd love to share these with you. The following is a list of Mac's

Emberfeast 24 - 28th August 2015



EmberFEAST- a 4 day yurt holiday focussed on food, family and friends!

Spend 4 days and nights in the beautiful gardens of Embercombe and learn how to pickle, preserve, forage and ferment, make sour dough and bake bread! Celebrate the rich harvest of Summer and the wonderful connection between land, nature and food.

Relax in cosy yurts, eat delicious food fresh from the garden and enjoy all of the lake, woodland and other wild resources that Embercombe has to offer.

To find out more and book, [click here](#).

Catalyst Course

A 5 day residential for 18-25 year olds.

19th - 25th July 2015



Find your own unique way of contributing to positive change in the world, and let yourself truly shine. Catalyst is a chance for you to really explore what you want to do with your one wild and precious life.

Click [here](#) for more information and to book your place

The Journey

Our flag-ship 5 day residential leadership course.

9th - 14th August 2014

Is it your time to take up the invitation of the Journey?

Do you want to make a difference in the world?

Read Kate's [Reflections on The Journey](#) on our blog, this is a little snippet:

"Ten days after completing The Journey I still feel as if I'm walking on air. I feel so much lighter and more outward-focused after months of introspection and an all-encompassing feeling of heaviness that kept me trapped in a seemingly safe bubble of protective behaviour patterns.

Now I'm excited about the future and have full trust in my own abilities to find a way forward that will enable me to create a future in the things I'm passionate about. The Journey was tough; it took me

talks open to the public:

JULY

16th - Buddhfield Festival, Taunton, Devon
31st - Tribe of Doris Festival, Stanford Hall, Leicestershire

AUGUST

7th - Wildemess Festival, Combury Park, Oxfordshire
15th - Embercombe's Green Stage, Embercombe
16th - The Green Gathering, Chepstow
28/29th - Shambala Festival, Northamptonshire
30th - Into the Wild Summer Festival, Nr Hartfield

Following frequent requests for personal coaching and mentoring, Mac has devised a system which enables him to create space within his writing, speaking and teaching work to spend time in person or virtually, with those who feel he can assist with their journey in some capacity.

Visit [Mac's website](#) for further details and information.

Embercombe in the City

Experience a little of the magic of Embercombe in London.

The next London circle is Saturday 11th July at Chaplin House Community Hall.

You can find further information and book on [Eventbrite](#).

Help us help others...

We offer transformational programmes that aim to reach as many individuals and groups as possible regardless of their social or financial position.

You can support our work with disadvantaged people by making a one off or regular donation to our Bursary Fund.

Please click on the donate button below to find out more.

[Please Donate](#)

Stay in touch...



Received this email from a friend?



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to the bottom of my self-pity pool, it shone a stark spotlight on my limiting coping mechanisms and I got to see myself fully through other people's eyes." [Continue reading](#).

[Click here](#) to book your place or find out more.



Root Camp

Cooking and adventure for young adults.

12th - 17th July & 19th - 24th July

A week of food, adventure, cooking, eating, learning and fun!

If you are 14-21, have a passion for food and are looking for something exciting, new and adventurous to do this Summer, then Root Camp could be just the ticket!

Root Camp is cookery school and outdoor activity course that provides rural 6 day courses for 14-21 year olds in beautiful locations. We are delighted to welcome Root Camp to Embercombe which is the perfect location for you to experience how food journeys from seed to plate!

[Find our more.](#)

What's On?

Our next What's On email with all our upcoming programmes and events will be in your inboxes soon.

Can't wait? Visit our [News and Events](#) section on the new website.

This was Spring, see you in the Summer!

From the Embercombe Team.



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