

You can colour in all the pictures in this leaflet.

It is better for the environment because it has not travelled thousands of miles to get to you. It helps the local economy because you are buying from local producers. Its fresher and tastier! This is because it ripens in the field.



Eating local seasonal food is good for you because...

Locally grown food is fresher and therefore more nutritious. It protects the environment by reducing food miles and packaging. Eating local is one of the most significant changes we can make in our diets today. It gives us a reason to be curious about our food - not just in terms of the numbers of calories or carbohydrates it contains, but where it comes from and how it is produced. Snacking on fruit provides you with vitamins, fibre and energy. Ensure you eat 5 portions of fruit and vegetables a day. A portion of fruit or vegetables is roughly a handful.

Local Food

Farm Shop

The farm shop stocks local and organic foods, dairy produce, bread, preserves and sells its own beef and lamb produced on the farm.



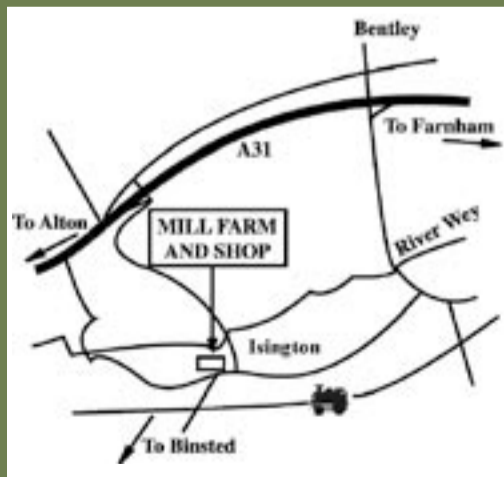
Thursday – Friday 9am-5pm

Saturday 10am-4pm

- Free parking
- Toilets
- Dogs on leads are welcome

How to get here

Mill Farm is situated in the middle of the village of Isington, south of the A31 between Farnham and Alton.



Contact

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 www.millfarmorganic.com



This leaflet guides you along two family trails. Look out for the Scarecrow signposts to discover more about food and farming whilst enjoying the fresh air and getting fit. There are no stiles, but the trail may be muddy underfoot during the winter. We welcome visitors and are always happy to chat about our farm. The farm welcomes school visits and encourages children of all ages to visit in order to learn more about food and farming.

Mill Farm is set in idyllic Hampshire countryside on the banks of the River Wey. We invite you to explore our clover-rich pastures and traditional water meadows, surrounded by ancient woodland and hedgerows.

Food and Farming Trails



Mill Farm
 Organic
 Self-guided
 farm walk



Hampshire
 County Council





Hampshire Fare

Hampshire Fare represents and promotes local producers of food, drink and craft based in Hampshire. By buying local produce you not only enjoy the best but also make an essential contribution to the sustainability of the countryside, the rural economy, environment and our market towns.

For a free Guide to Producers of Food, Drink and Craft in Hampshire, please contact Hampshire Fare on 01962 845999 or visit www.hampshirefare.co.uk

Other self-guided farm trail leaflets are available from Tourist Information Centres or call 01962 845999 for further information.

Countryside Service

Hampshire County Council's Countryside service manages over 80 countryside sites and more than 2,800 miles of paths for you to explore and enjoy. For more information call 0800 0280888 or visit www.hants.gov.uk/countryside

To find out more about health or walking visit:
www.hants.gov.uk/walking
www.hants.gov.uk/healthyhampshire

Note down or draw the animals you have seen at the farm today.

Short walk

This 2000 step walk takes approximately 30 minutes to complete and will burn about 100 calories, depending on how fast you walk.

This walk will step you a fifth of the way towards a healthy day to keep you fit and healthy!

Follow the ●●●●● line.

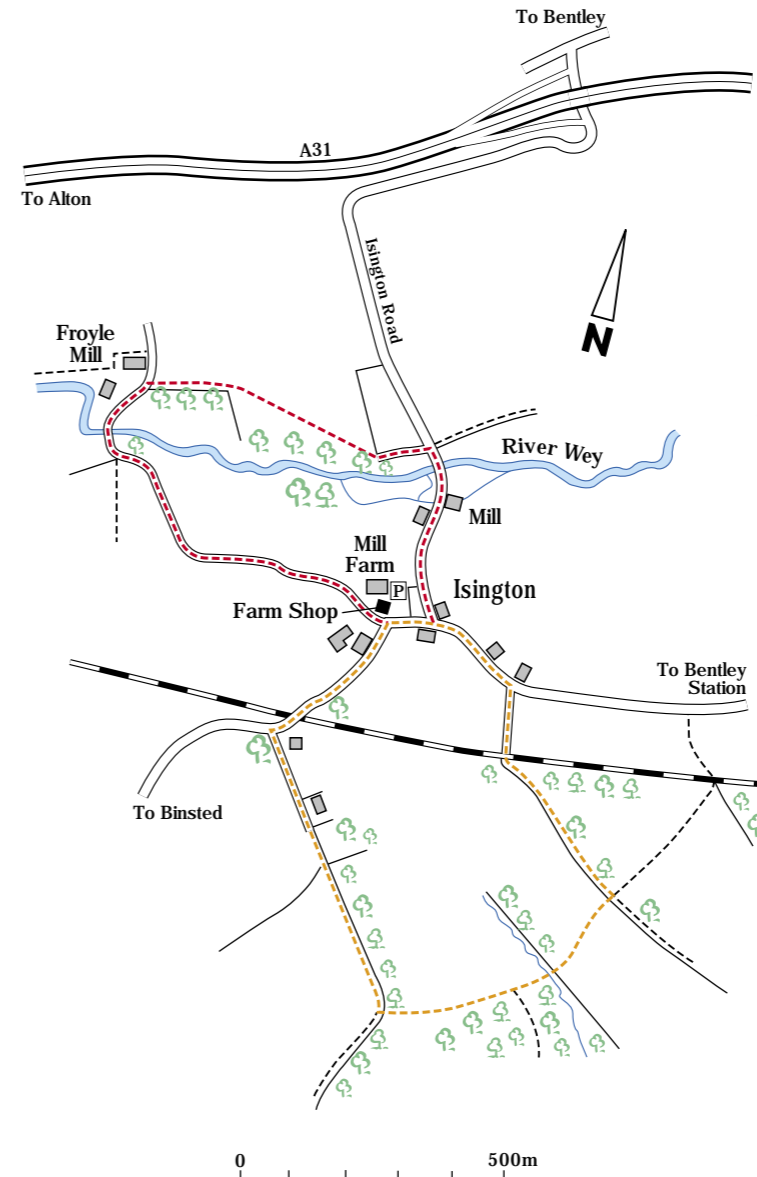
Long walk

This 3,000 step walk takes about 45 minutes and will burn over 220 calories, depending on how briskly you climb up the hill!

This could step you nearly a third of the way to a healthy day and will contribute towards the 10,000 steps recommended to keep you fit, strong and healthy!

Follow the ■■■ line.

Look out for the scarecrow signposts which mark the route along the way. Further information about the farms trails can be found in the farm shop.



Walking is good for you because...

Physical activity can help build a healthy heart, develop strong muscle and bones and may help reduce the risk of some chronic diseases in later life.

It reduces body fat and helps maintain a healthy weight.

Being outside and breathing fresh air also helps to relieve anxiety and stress.

Experts recommend walking around 10,000 steps a day to manage weight and stay healthy, which equals about 5 miles for adults, however most people only walk an average of 4,500 steps in a normal day. The British Heart Foundation recommend that 'children and young people should aim to participate in activity of at least moderate intensity for one hour every day'

Countryside Code

The Countryside Code helps everyone to respect, protect & enjoy our countryside. For further information visit www.countrysideaccess.gov.uk.

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

