

# CASE STUDY: FARM SHOP IN CUMBRIA



**Audit Year:** 2010  
**GTBS Award:** GOLD  
**Business Name:** Low Sizergh Barn  
**Business Type:** Tearoom & farmshop  
**Location:** Cumbria, ENGLAND  
**Website:** [www.lowsizerghbarn.co.uk](http://www.lowsizerghbarn.co.uk)

There has been a dairy farm at Sizergh since the 13<sup>th</sup> century, when the farm produced milk for the nearby castle. It is still producing milk today but alongside an educational farm trail and a social enterprise called 'Growing Well' which produces organic vegetables. The converted 17<sup>th</sup> century barn and shippon, now houses an extensive shop showcasing local food products, a tea room, a gallery for viewing the milking parlour and craft galleries.

## Environmental benefits

The farm is under higher level stewardship, with a commitment to run a successful dairy farm and farm shop while replenishing the soil, encouraging biodiversity, leading the way on animal welfare, offering secure jobs and being an important part of the community.

There are ancient hedgerows, replanted orchards and newly created habitat areas. The reed bed, for example, provides additional waste water cleaning and is also a small wetland habitat.

## Social & community benefits

The working farm, its farm shop and farm trail re connects food, farming and the landscape with consumers. There is a strong emphasis on food from the farm and local produced foods in the shop.

Growing Well is an award winning social enterprise based on the farm. The enterprise grows organic food on a six acre site, offers educational visits and horticulture training as a means of supporting people recovering from mental health issues in their transition back into employment. The organic vegetables are sold in the farm shop.

## Economic benefits

The business's power and water consumption has been reduced dramatically by the installation of push taps, low-flow toilets, low energy lighting and sensors. The Barn is heated by a 90kW woodchip boiler using local wood.

Low Sizergh employs more than 60 people from the local area, and is an important part of a network of small rural businesses.

## Web Links

Organic farming: [www.growingwell.co.uk](http://www.growingwell.co.uk), [www.soilassociation.org](http://www.soilassociation.org)  
Cumbria links: [www.cgbf.co.uk](http://www.cgbf.co.uk)