



Leading agricultural journalist and broadcaster **IAN HARVEY** looks behind the scenes at rural community issues and how farmers are meeting the challenge of developing the farm business and supporting the farm family

from regenerated healthy soil



COVER CROP: This over-sown multi-seed cover crop is one of many seasonal mixtures used by Susan and Shay on their Seaview Farms which offers grazing benefits for regenerative swards. FW-1D.

is working off farm."

On that note we headed back to the farmyard to meet Susan who'd returned from her job as an occupational therapist, travelling to cater for children with learning difficulties. Shay explained that he has been working hands-on full time looking after the farming, butchery and delivery side of the business.

Having met Susan and seated in her parent's home at Ballymagarry with cups of coffee, the background to Shay and Susan soon became clear.

They met at the Royal Highland Show in 2015 having both studied at Stirling University in Scotland, and both with a dairy farming upbringing, their lives intertwined, now with wedding plans afoot. Shay spoke first.

"With a law degree I came home to work in a Belfast law firm, but after a relatively short time began to realise that sitting behind a desk in an office wasn't for me.

"When Susan and I decided to create a truly regenerative farm with a mission to produce nutrient dense 100 per cent out-door heritage breed animal products, Seaview Farms Ltd was set up in 2020 to combine resources from our family farms, with



BEEFMASTER: Texas Beefmaster bull Bubba, imported in 2018 as an embryo, is the first of its breed in the UK. Its origins are said to be 25 per cent Hereford, 25 per cent Shorthorn and 50 per cent Brahman, bred for hybrid vigour. FW-1E.



MOB GRAZING: Seaview Farms practices a system known as mob grazing in tall grass, short rotation, high density grazing and longer than usual grass recovery with animals in large groups moved every day or two. FW-1F.



EASYCARE: A healthy in-lamb flock of Seaview Farms EasyCare ewes grazing at Derrytresk, Coalisland, produced with no feet dipping and no medication – a premium fleece-shedding breed with ease of lambing and low input costs. FW-1G.

a single unique concept."

Susan added: "We enjoy the same outlook when it comes to grass-fed and pasture raised meats, happy to share the natural story of regenerative agriculture with our customers and help them make informed judgements

about our food and health.

"Our products are gluten free with no nitrates, no preservatives and no rusk."

Shay again: "I took up butchery over a year ago and, with training in a top butcher's shop in Garvagh, I now do



CONNECTION: With degrees in Occupational Therapy from Coventry University and Human Animal Interaction from Stirling University, Susan Chestnutt is aware that people have a strong connection with animals, food and health. FW-1H.

all our own product processing on my family's farm at Derrytresk and take orders online to deliver and courier all over Northern Ireland and now in Britain.

"We produce dry-cured and both smoked bacon and sausages and

attend farmers' and artisan markets far and wide.

"Recently we have teamed up with Lacada, a local Portrush micro brewery, to produce a Steak and Stout Sausage using our premium grass-fed Angus beef and their Utopian Stout, with no artificial preservatives, additives or bulkers."

Susan then began to reveal her thinking on the cycle of human and animal relationships having gained an MSc at Stirling University in Human and Animal Interaction and a BSc Hons in Occupational Therapy at Coventry University prior to that.

"Experience working with the public in different environments has taught me that people have a very strong emotional connection with the food they eat and its impact on their health.

"Having grown up with animals and interacted with them and now a keen interest in human development, the impact on the environment and people's lives, it paved the way for my ambitions for regenerative agriculture."

For more information

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SOLAR FENCES: The use of solar powered fencing has become an economic and environmentally friendly feature of Seaview Farm's regenerative philosophy. FW-1J.



DELIVERIES: Butchery of Seaview Farm's products is done by Shay O'Neill, which includes widespread doorstep and courier delivery to customers and sales at numerous farmers' and artisan markets across Northern Ireland. FW-1K.



UTOPIAN SAUSAGE: Seaview Farm's latest collaboration is with Portrush's Lacada micro brewery to produce a Steak and Stout Sausage with top grass-fed Angus beef, its Utopian Stout, no artificial preservatives, additives or bulkers. FW-1L.



PORK BELLY: 100 per cent outdoor-raised heritage Berkshire pork belly, a highly popular recipe from Seaview Farms. FW-1M