

# Savings in Soil

A practical guide for farmers to boost soil health and improve your businesses

# About The Royal Countryside Fund

Founded by HM King Charles III in 2010 while he was The Prince of Wales, The Royal Countryside Fund is the only UK-wide charity focused on the unique issues facing farming and rural communities.

The Royal Countryside Fund was established in recognition of the unprecedented pace of social, economic and environmental change contributing to the countryside's steady decline, with rural incomes falling, a loss of local services and amenities, rising costs for farmers, increasing isolation and mental health issues.

To tackle these challenges, The Royal Countryside Fund has invested more than £12 million in more than 500 rural community-led projects and supported over 4,000 farming families through practical programmes addressing business, environmental, and social issues.

Ninety per cent of our land is rural and one fifth of the population live in rural communities, and The Royal Countryside Fund wishes to see a thriving countryside – a living, breathing, working place, that is there for everyone.

The Royal Countryside Fund continues to improve the lives of people and communities in rural areas, support farming families to take charge of their business, and provide support to those in need. To create a real future for rural Britain, we work in several ways:

- Investing at least £500,000 annually through our grant programmes for rural communities to catalyse community-led solutions and illuminating their success so that others can follow.
- Leading initiatives, including our Farm Resilience Programme, which offer free environmental and business skills training to family farms across the UK.
- Strengthening our networks of support, such as our Farm Support Groups Initiative, so they are ready and able to provide local support to farming communities.
- Being an advocate for the countryside by bringing together individuals and businesses to help tackle current challenges such as the climate crisis.
- Inspiring support from those who wish to help us fulfil our charitable purpose corporate partners, trusts and foundations, and individuals.

To find out more, visit The Royal Countryside Fund's website at **www.royalcountrysidefund.org.uk** 

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# Welcome

#### "It has never been more important to examine what lies beneath our feet"

Soil is farmers' biggest – and arguably most important – asset. Farms whose work is grounded in healthy soil are more efficient, more productive and more resilient. Healthy soil also contributes towards a better environment, sequestering carbon and promoting biodiversity.

At The Royal Countryside Fund, we want to see a thriving countryside, and farms that work in harmony with nature. One of our key roles is to be a trusted source of advice and support for farming families across the UK seeking a sustainable future. To date, we've supported more than 4,000 farming families through our practical programmes addressing business, environmental and social issues. Our Savings in Soil programme, run with the valuable support of McDonald's, helps farmers to measure and monitor the health of their soil, and improve its quality, which is vital to the success of their farming enterprises.

As farmers face pressures such as climate change, and the unrelenting expenses of fertiliser, fuel and feed, it has never been more important to examine what lies beneath our feet. This practical guide outlines easy steps that you can take on your farm to improve your soil, explaining different strategies and their benefits. We have an interview with one of the experts at Farm Carbon Toolkit about challenges that farmers can face and how they can overcome them – as well as the benefits that better soil bring. And, if you're inspired to find out more, we've got some pointers to further information.

Maintaining and protecting your farm's soil through effective management can help produce higher yields and better returns, which we all know are essential components in supporting strong, sustainable farm businesses. We hope this publication brings you some new information and ideas – to make your soil the best it can be.

Kinth Hustra

Keith Halstead Executive Director, The Royal Countryside Fund



# Foreword

#### "We hope that this practical guide will offer farmers support to maintain and protect their soil"

McDonald's is proud to work with over 29,000 farmers across the UK and Ireland, supplying quality locally sourced ingredients to more than 1,500 restaurants. Soil is at the heart of so much of what farmers do and we know how important good soil health is to the farmers we work with. Soil health is also vital for the future of our planet – more than half of all species on Earth live in the soil, making it our most biodiverse habitat, according to a recent study.

Sustainability is front of mind at McDonald's, which is why we have supported The Royal Countryside Fund's Savings in Soil programme to help farmers deliver environmental benefits, protect their farms from extreme weather, and maintain their soil for generations to come. We hope that this practical guide will offer farmers support to maintain and protect their soil through effective management, which can help produce higher yields and better returns – an essential component in supporting a strong, sustainable farm business.

As part of our sustainability strategy, Plan for Change, we have committed to becoming net-zero carbon – including across our supply chain – by 2040. We aim to champion sustainable practices and harness innovation, to protect forests and promote soil health, biodiversity and water management. To support the farmers we work with in making the transition, we are investing in a number of exciting initiatives, including regenerative agriculture solutions. We are continuing to work with partners, like The Royal Countryside Fund, to provide farmers with the support they need to remain resilient to the evolving challenges they face.

As our restaurants serve over 3 million customers a day, McDonald's and our suppliers have a unique opportunity to help drive change. This is why we supported the creation of this guide which is an important step on our journey, and, working together, I believe we can make the moves we need to have a positive impact on our planet.

Alistair Macrow Chief Executive Officer, McDonald's UK and Ireland



# How to do an infiltration test

## Why is it important?

The soil water infiltration test is a good indicator of soil structure which can highlight areas of compaction, which can influence soil function and health. Root growth in compacted soils can be severely impeded, leading to reduced water and nutrients uptake, increasing a plant's susceptibility to pests.

## Equipment needed

- Open ended, non-porous cylinder such as a baked bean can, section of scaffolding pipe etc (Suggested: 10cm in diameter and 20 cm long<sup>1</sup>)
- Known amount of water (suggested: 100ml for each test)
- Hammer
- Stopwatch

## Performing the test

 $\begin{pmatrix} 1 \\ 2 \end{pmatrix}$ 

Select an area to test

Insert an open-ended cylinder into the soil surface to form a seal. Hammer gently if necessary.  $\frac{3}{4}$ 

Pour 100 ml of water into the cylinder.

Record the time taken for the water to soak away.

For an individual field (up to around 10 hectares in area) it would usually be suggested to repeat the test three times at different points to assess whether there is any variation in results

### Interpreting the results

Generally, short infiltration times are better because they mean water can soak away into the soil rather than running off the surface. A short infiltration time can indicate that the soil is healthy due to the high number of pore spaces which allows the water to infiltrate. Long infiltration times can suggest that there may be a problem with the soil, with compaction a common issue. However, different soil types may also have different infiltration times across the farm - testing multiple areas of the farm can help provide an average figure to work from.

Pore spaces in the soil are important for root development, soil aeration and water retention.

Where compaction is present, the soil pores are effectively squashed together leading to reduced infiltration and risk of runoff and erosion alongside the negative effects for plant health.<sup>2</sup>

It is important to understand that the infiltration test is influenced by the weather conditions at the time of sampling. Very wet weather will saturate the soil, increasing the infiltration time. Very dry weather will mean that water rapidly drains away, or indeed not infiltrate at all when soils are baked. Therefore, the general weather conditions should be considered and recorded alongside the infiltration result.

#### References

- 1. https://ahdb.org.uk/knowledge-library/water-infiltration-test
- 2. https://pubmed.ncbi.nlm.nih.gov/28108925/



## How healthy soil makes a healthy farm business

We talk to Rob Purdew, the Farm Carbon and Soil Advisor at Farm Carbon Toolkit, about the importance of caring for soil, and how farmers can overcome the hurdles to improving their soil so they can reap the benefits in their business.

# What are the indicators of healthy soil?

Rob explains that a lot of small changes take place as a farm's soil health improves. Farmers should start seeing improvements within one season, but it takes three to five years for real change to occur. The improvements to look out for include:



You might find it possible to graze livestock for an extra few weeks at the end of the season.

You need less fertiliser and pesticide.

In drought years, your crop stays green longer than your neighbour's crop.

In wet years, you see the downside of the wet weather later than your neighbours.

#### **Q** What role does soil play in storing carbon?

Soil is the biggest terrestrial carbon sink that exists, but our soils have been degraded with the advent of modern agricultural practice. The good news is that we can reverse the damage and start repairing it. You can put an awful lot of carbon back into soil. So, you can sequester significantly more carbon in a hectare of soil than you can in a hectare of new tree planting.

I sampled a client's carbon footprint this morning and it was an uplifting story. I had originally sampled it in 2021, and I found they have sequestered over 1,500 tons of carbon a year. This means the farm is carbon negative by a significant amount.

There is a common belief that farming is terrible and produces lots of emissions, but you can potentially cancel out what you are emitting. This doesn't fit the preconceptions people have about farming.

#### Why is healthy soil important?

Soil is the foundation for a healthy farm and farm business. If you can get your soil health right, then your plants and animals will be healthier, and it provides a lot of resilience.

As you increase your soil's organic matter, you increase its ability to hold water. So that protects you in droughts and in flooding, because instead of just washing off and disappearing down the river with your fertility, you are holding that water. The more carbon you have in the soil, the more soil life you will be supporting. You will have more things like earthworms, which are recycling nutrients, and a vast array of smaller organisms that are making nutrients available, so you are less reliant on artificial, expensive inputs.

If your soil is resilient, you can get on the soil sooner in the spring, to get on with either grazing or farm operations, and you will have a larger working window towards the end of the year as well.

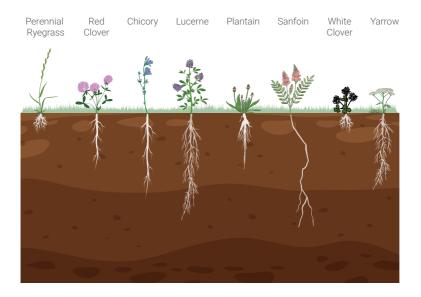
#### Which one tip would you give to farmers?

We often describe the top 10-15 centimetres of soil as your current account. That is what you are drawing on each year to grow grass, crops or vegetables. Anything below 15 centimetres is your savings account. This is where the deep rooting plants draw their moisture and nutrients from. It is important to keep both layers healthy. To do that, look at deeper rooting species: the magic happens at that interface between the plant roots and the soil. Here biology starts to live and do all the good things that it does.



#### **Q** What kind of deep rooting plants do you recommend?

Your typical grass ley is usually Italian/perennial rye grass, and they tend to only root down to about 10 centimetres. Even just bringing in different native species, like cocksfoot, timothy and meadow fescues will start pushing the roots down deep. There is also a financial benefit to planting herbal leys in the form of government incentives.



#### What is the biggest issue you see with soil on farms?

90% of the time it is compaction. If you see an area that looks like it's particularly struggling, compare it with the soil under your hedge, because that's not being affected by your management. Also look for visible signs above ground that indicate areas of poor soil health, for example, a wet area around a farm gate or a spot where crops aren't growing, as these can be indicators that things aren't working as they should be.





#### • How do you avoid damage by compaction?

Don't drive on wet soil, as that can ruin the soil structure, and don't graze at the wrong time. If there are lots of animals sitting around on a wet piece of grass, it quickly turns into mud – good grazing management is key.



#### What challenges do farmers face in looking after their soil?

Often a farmer's focus is above ground rather than what is going on underneath. Also, many farmers might not have had any formal training around soils and soil health. Some farmers say they haven't got time to change because they're so busy just trying to keep things going, and then, on the flip side, there can be an overload of information, which can be overwhelming.



#### How can improving soil health help farmers save money?

Healthy soil requires less working, which means fuel savings are made. And because animals can graze longer, their housing costs go down. Once the soil cycle is working properly, the soil will be less affected by weather extremes, so yields on cropping and grass growth will be more consistent, and plants and animals will be healthier. This means lower costs on vets, medicines. sprays and pesticides.



#### What is your advice to farmers starting out on this journey?

The most powerful tool that my colleagues and I have noticed is peer-topeer learning. Get out on a farm walk where you know someone is doing the right things and ask those initial questions. That is the best advice for someone who wants to get started. It can feel like guite a barrier but, in reality, it is guite simple and in the long term, you will be better off.

Farm Carbon Toolkit was started over a decade ago by farmers for farmers. Its aim is to help farmers understand greenhouse gas emissions in agriculture, minimise their carbon emissions and maximise carbon sequestration. The Farm Carbon Calculator helps farmers or land managers to calculate their carbon footprint, and there are also advisors who work with farmers to help them improve the quality of their soil and their soil management.

## Top tips for improving soil health

## Why is it important?

Soil health is critical to maintaining productivity and resilience on a farm as well as contributing to environmental health in the wider landscape. Fields with poor soil health can become more vulnerable to threats such as climate change as they are less resilient to environmental stress, often leading to reduced productive output.

## Here are 10 top tips for improving soil health on your land:

# (1)

#### Know your soil type

Knowing your soil type allows you to make management decisions that will help to improve and maintain your soil's function in line with its characteristics. This can help to reduce costs.

#### Feed the soil

To maintain a soil's biological, chemical and physical function it needs organic matter inputs which fuel the soil food web. Inputs can be through the living roots of plants or by incorporating organic matter from other sources such as manures.

#### Spatial diversity

Diversity in plants in a field encourages diversity in physical, chemical and biological properties throughout the soil. This helps to increase resilience to threats and maintains soil health.

## (4)

#### Temporal diversity (rotations)

Growing monocultures year after year in the same soil can build up pests and deplete nutrients leading to chemical inputs that damage soil health. Implementing a rotational or diverse system can help to address these issues.

#### Protect the soil surface

Erosion is one of the biggest threats to soil health and is growing due to increased extreme weather events. Uncovered soils are more likely to be eroded so reducing bare surfaces by using plant cover or mulching is key to reducing the risk of soil damage.

#### Reduce soil disturbance

Good soil structure is essential to plant productivity and health. Minimising soil disturbance through reduced cultivation helps to protect soil health but also reduces costs spent on fuel and amounts of carbon released.

#### Minimise compaction

Compaction, like erosion, is a key threat to soil structure and reduces plant growth. Reducing farm traffic on the soil, incorporating organic matter and being aware of soil conditions can help to reduce compaction issues.

## (8)

#### Integrated farm management

Soil health can be severely degraded through pesticide use as it can affect soil organisms which are beneficial to soil functionality. It is important to use an integrated approach of cultural controls where possible before using pesticides.

## (9)

#### Careful nutrient management

Poorly applied nutrients at the wrong place, time or in wrong amounts may result in a number of negative effects including nutrient imbalances, organic matter decrease and soil acidification. These can create environmental problems as well as higher costs to the farmer in remediation and inefficiency.

## (10)

#### Livestock management

High stocking rates, grazing during wet weather and overgrazing can lead to soil degradation issues.

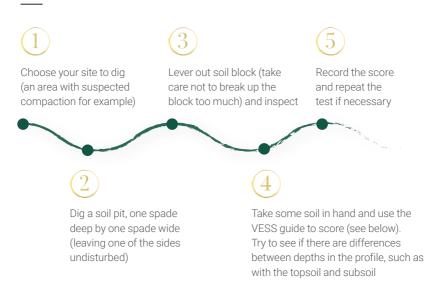
# Visual evaluation of soil structure (VESS)

## Why is it important

VESS is a way of assessing soil structure in the field. It can be used to identify common issues such as soil compaction, which can severely impair soil health, leading to problems with plant growth and potentially other threats such as erosion. Farm soils are often subject to compaction due to the use of heavy machinery and movement of livestock. It is important that compaction is identified and addressed so that a farm's soils remain productive.

Conducting a VESS test is useful to baseline your soil's physical health and how the structure may be impacting potential productive output. VESS testing is also a useful tool before conducting any cultivation to ensure that the correct depth is used to remediate any structural concerns. When looking at soil structure using the VESS scoring system it is often useful to test at multiple points across the field to account for any variation, for a field (up to around 10 hectares) it would be suggested to conduct three digs and assessments.

#### Steps to VESS test





## VESS score guide

The VESS chart is scored from '1' which would be considered the best structured to '5' which would be considered the poorest. Scores of 1 or 2 indicate good structured soil, with scores of 3 or higher indicating a change of management may be required to alleviate potential compaction or other structural concerns. The score given is subjective and as such comparing with neighbouring farms is not always helpful, however comparing between your own fields or different management systems (silage vs grazing, arable vs grassland, the field vs under the hedge) can demonstrate the impact and whether adjustments may be required.

Score	Description	Breakability	Pores	Roots
1	Friable	Soil crumbles easy	Highly porous	Roots throughout soil profile
2	Intact	Soil is easy to break with one hand	Most aggregates are porous	Roots throughout the soil profile
3	Firm	Most aggregates break with one hand	Pores and cracks present in aggregates	Roots growing through aggregates
4	Compact	Considerable effort required to break the soil with one hand	Few pores and cracks	Roots are clustered in and around aggregates
5	Very compact	Difficult to break the soil block up	Very low porosity	Few roots

#### Considerations

Be sure to keep good records of the location of the pit as well as the results. In the future these can be referred back to and can be used to track response to management practices.





# How to do an aggregate stability test

## Why is it important?

Soil aggregates are the building blocks that make up soil. How stable these aggregates are is an important factor in long term soil health and the development of a resilient soil ecosystem that will deliver on-farm benefits. Soil aggregation is also considered a good indicator of soil organic matter levels.



## Equipment needed

- Spade or trowel
- Container to collect soil
- Clean container to hold water (suggestion: glass or plastic container)
- Mesh support to hold soil at the top of the jar
- Water

6

## Performing the test

Dig a soil profile pit where you want to test the soil (ideally not waterlogged or recently cultivated).

Take a handful of dug soil. Try to include some aggregates and make note of which depth the soil is taken from (e.g. 0-30cm).

Air dry soil for 4 days. Ideally in a room with a dry atmosphere.

Once dry, prepare a clear container with water.

Select three lumps (aggregates) of soil, submerge in the water, on the mesh.

Assess how well the aggregates hold together after 5 minutes and record the score.

Two hours later, repeat step 6.

## Scoring the soils

The aggregates of soil are scored using a scale of 0-4, with 0 being good and the lump remaining intact and 4 the score when the lump breaks down<sup>1</sup>.



The lump remains intact



The lump collapses around the edge but remains largely intact



The lump collapses into angular pieces



The lump collapses into small round pieces forming a cone



The lump completely collapses into single grains



### Interpreting the results

Soil with better soil structure is likely to resist breaking down in the water and may indicate more resilience to soil erosion. However, this needs to be considered alongside other factors such as soil type. This test should be carried out alongside other soil health tests before making conclusions. Correlating the aggregate score with the SOM% (at 0-10cm) shows a good relationship between the two, with soil with higher organic matter content remaining more intact in water. This suggests that aggregate stability can be an easy on farm indicator of soil organic matter content. Lower aggregate scores suggest that a soil is more resilient to saturation and erosion. Some studies have suggested that soils with high organic matter content contain more glomalin, a protein which acts as a glue, binding soil particles together.

#### References

- 1. https://www.sciencedirect.com/science/article/abs/pii/S0341816200001739
- 2. Picture: https://menokenfarm.com/soil-aggregate-slake-demonstration-talking-points/



# Nutrient management planning one

## Why is it important?

It is important to measure the impact of management practices on your soil to better understand what works and what may be less effective. Each field will be different and as such adaptation will likely be required in the refinement of management to suit the farm system, production goals and baseline soil condition.

## Soil testing



# Soils should be sampled every 3–5 years for tests requiring laboratory analysis

i.e. soil organic matter, nutrient status, pH etc.



# Tests can be conducted annually or at multiple time points within the year

such as before cultivating or re-seeding, e.g., VESS testing, aggregate stability testing, and earthworm counts to inform ongoing management decisions.



#### Testing soils for their nutrient status indicates the nutrients available to the crop from the soil.

Typically, these are Phosphorus (P), Potassium (K) and Magnesium (Mg), but more detailed nutrient analysis can be carried out by a laboratory on request which may include tests such as soil mineral Nitrogen (N), or the availability of trace elements to understand if there are any inherent deficiencies within the soil which is often useful in livestock systems for health planning.



#### Correcting nutritional deficiencies or excesses within the soil can aid the overall field functionality.

The requirements of the field should be aligned with the production or habitat requirements and a nutrient management plan completed annually with a FACTS qualified advisor. Where indices are high (Index 3 or above) for phosphate take caution in additional future applications of this nutrient (manures, slurries, bagged fertiliser) as this can have environmental ramifications regarding water quality.



## Soil pH

Soil pH is a measure of the acidity and alkalinity of the soil. The natural soil pH is determined by the chemical composition, but this can be altered through natural and agricultural processes. Soil pH affects the availability of nutrients within the soil and crop productivity and is therefore a key parameter to understand. pH can range from strongly acidic (less than 5.5) to strongly alkaline (more than 8.5). The target pH for grassland is around 6, and for arable soils is 6.5. If the pH is low, then any applied nutrients such as nitrogen fertilisers will not be utilised effectively, and as such, addressing pH issues will help with fertiliser use efficiency. If the pH results are low, lime can be added.

### Test manures for nutrients



Ensure that all manures, composts, and slurries on the farm are accounted for before the additional purchase of artificial fertilisers; analysis of these organic materials is also useful to understand the true nutrient loading before application.



Consideration of whether legumes can be incorporated into fields to provide additional nitrogen can also provide great benefits to soil health and minimise the economic demand of artificial fertilisers; establishing 20-30% clover in a pasture can supply up to 180 kg/ha of nitrogen (RB209).



## Correct application method and timings

Application of manures or fertilisers should be timed to coordinate with grassland growth when soil temperatures are suitable and there is little chance of high rainfall events. Analysis of applied manures will help guide application rates and timings. For solid manures, ensuring that incorporation occurs within 6 hours of spreading on bare land helps to reduce direct over-land and atmospheric losses. Avoidance systems where slurries or digestate are spread from a height of more than 4m helps to also reduce these losses and optimise efficiency; spreading using trailed or injection mechanisms greatly aids the conservation of nutrients, however inverting splash plates to reduce the height of spread is also greatly beneficial compared to conventional methods.

# Nutrient management planning two

## Why is it important?

Nutrient management planning is key to ensuring that all of the nutrients already on the farm in manures, slurries or digestates are accounted for before purchasing additional manufactured products. Balancing the existing soil stocks of nutrients with the expected crop or grassland demand helps aid financial efficiency and avoid environmental risk. Work with a FACTS\* qualified advisor to plan and understand your nutrient requirement needs and produce an annual plan.

## Soil testing

#### Do not store or apply organic manure:

Within **10 metres of surface water** (streams, rivers, lakes, wetlands, reservoirs), which can be reduced to 6 metres if using precision spreading equipment.

Anywhere there is significant risk of runoff entering surface water, such as on a floodplain or sloping land.

Within 50 metres of a spring, well or borehole.

Any applied manures should be incorporated into soils as soon as possible within 12 hours of spreading unless there is a justification such as there being a growing crop or grassland present or precision application is used to mitigate pollution risk. Use of technology and best practice to minimise losses from manure application reduces the risk of losing nutrients, reducing the efficiency of application which is costly to replace and increasing the potential for environmental harm.

\*The Fertiliser Advisors Certification & Training Scheme



## Closed periods for organic manure

Under the Farming Rules for Water (FRfW) there there are time periods when application rate limits apply for manures considered to be '**High Readily Available Nitrogen (RAN)**'. This is due to the risk of nitrate leaching which not only damages the environment but also results in less nitrogen being successfully taken up and economic losses for the farm.

A high RAN manure would have nitrogen availability above 30%, which typically (RB209 book measures) includes poultry manures, slurries, dirty water, digestate - but individual farm circumstance must be considered and before application consult a FACTS qualified advisor to ensure compliance.

## Time periods for when rate limits apply for high RAN organic manures:

Soil type	Description	Breakability
Sandy/shallow soil	Friable	Soil crumbles easy
1st September to the end of February	Intact	Soil is easy to break with one hand

Mitigation options are available to allow spreading within this period, if specific criteria are met such as a single rate limited application, or if there is a perceived crop demand (not cover crops or green manures). Consult a FACTS qualified advisor for further information and application advice.



## Artificial fertiliser

Do not apply manufactured fertiliser within 2 metres of surface water

## Establishment of green cover

Land managers should plan to have established a 'Green Cover' by **15th October**, this includes a commercial crop, green manure or other cover crop - not bare stubble unless there is an agronomic or environmental justification. Minimising bare land through maintaining a living root over winter helps prevent environmental damage to soil or nutrient leaching, this makes economic sense to protect farm assets through safeguarding soils from processes such as erosion and maintaining.

# Further support for farmers

If you want to find out more about soil health and how The Royal Countryside Fund can support your farm, then we'd love to hear from you. Email info@countrysidefund.org.uk

We've also compiled some helpful resources for farmers who want more information:

- Find out more about our Savings in Soil programme with our Savings in Soil webinar hosted by Emma Adams from Farm Carbon Toolkit.
- Watch our video with more detailed information on how to conduct soil testing, led by Adele Jones from the Sustainable Food Trust.
- Explore Farm Carbon Toolkit's full library of Farm Net Zero Resources.



 The Royal Countryside Fund's publication, The Great Grazing Guide, produced with the support of McDonald's, contains more detail about maintaining healthy soil, making good farm manure, managing grazing, and more, for livestock farmers.

# About McDonald's

#### McDonald's is one of the world's largest restaurant companies.

Our first UK restaurant opened in Woolwich, London in October 1974 and today, we operate a network of over 1,560 quick service restaurants across the UK & Ireland. We employ over 159,000 people and work in partnership with over 29,000 British and Irish farmers, to combine great tasting food, made from high quality ingredients with service that our customers know and trust.

A large proportion of our UK & Ireland restaurant estate is run by franchisees, who play a vital role in ensuring we run sustainable, environmentally conscious restaurants which provide employment opportunities to local people and make a positive contribution to the communities in which they operate.

# Are you a real friend of the countryside?



Across the UK, rural and farming communities are living with immense uncertainty. Become a Friend of the Countryside today and help secure the future of rural Britain.





## www.royalcountrysidefund.org.uk

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