

Sussex Grazed - A meat box scheme sourcing high quality, grass-fed beef and lamb from the Sussex Downs.

Sussex Grazed is Brighton and Hove Food Partnership initiative for Changing Chalk; a National Trust project which aims to restore and reconnect chalk grassland habitats.

We believe it is possible to farm in a way which supports biodiversity in local environments, whilst feeding local people. Responsible grazing is the best way to support chalk grassland restoration, and we are lucky to have a wealth of farmers who respect their livestock and this historic landscape right on our doorstep....



The South Downs have been shaped by farming over millennia, their historic use as sheep pasture created vast swathes of internationally significant chalk grassland. This rare habitat helped to secure National Park Status for the South Downs in 2010. But this precious chalk grassland landscape is in a rapidly declining condition. The introduction of chemical fertilisers and pesticides during WW2, as well as changes in land use have contributed to a 97% national decline in traditionally managed wildflower-rich grasslands.

Grazing animals play a vital role in managing chalk grassland restoration; they push back scrub land and prevent monocultures of plants such as hawthorn from taking hold. In doing so, they create space for a diverse and specialist range of flora and fauna to thrive. Here, on the South Downs, we can find species such as the Round Head Rampion (also known as the Pride of Sussex), Birdsfoot Trefoil and quaking grass, as well as a variety of orchids. These plants create the perfect habitat for extremely rare insects such as the Wart Biter Cricket and the Downs Shield Bug, as well as the iconic Chalk Hill Blue and Blue Adonis butterflies.

Sussex Grazed have engaged with farmers who responsibly manage their grazing animals; working with respect for this fragile landscape. We pay them a fair price for their sustainably produced, ethically reared meat and provide them with a local route to market.



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With several shares of local beef and lamb already completed, **Sussex Grazed** is building a network of farmers and satisfied customers across the eastern downs.

*'I don't eat much meat, but when I do I like to know where it has come from and whether the farms producing the meat are supporting and enhancing the wildlife on their land through their grazing regimes. I was therefore really pleased to hear about the **Sussex Grazed** meat share project. The lamb was local, had been grazing the chalk grassland slopes helping to maintain all the wonderful wildlife that it supports, and most importantly tasted delicious. I'll certainly be buying again and will be recommending to friends and family.'* - Alice Parfitt, Conservation Officer, Changing Chalk

Selling pre-order meat boxes through the Open Food Network, an online platform which supports transparent local food systems, allows **Sussex Grazed** to let the farmer know how many animals are needed ahead of time, reducing waste. Collection takes place from one of their hubs in the downs, allowing customers to engage with the landscape they are supporting with their purchase.



Sussex Grazed customers have returned positive feedback, delighted with this produce and its provenance:

'We have been loving cooking from our meat boxes so much! Such quality meat that just tastes incredible' - Emma Hatcher, Food Stylist and Recipe Developer

'Felt so good about this meat purchase – this is the way we would like to eat meat, when we eat meat. Totally delicious' - Kassia Zermon, Rose Hill Creative Director

To buy your box and support local farmers and grassland restoration visit the **Sussex Grazed** [online store](#). Follow us on Facebook and Instagram for news, recipes and to share your creations @sussexgrazed or contact us at sussexgrazed@bhfood.org.uk



Sussex Grazed is a Brighton & Hove Food Partnership project for Changing Chalk. Led by the National Trust, Changing Chalk connects nature, people and heritage with a partnership goal to restore and reconnect fragmented areas of rare chalk grassland. It is supported by The National Lottery Heritage Fund and People's Postcode Lottery.

Brighton and Hove Food Partnership is a non-profit organisation helping people learn to cook, eat a healthy diet, grow their own food and waste less food. 'Food is more than just fuel, it brings people together and changes lives!' www.bhfood.org.uk

See also:

1. More information about the Sussex Grazed project: <https://bhfood.org.uk/sussex-grazed/>
2. Visit our Open Food Network site here <https://openfoodnetwork.org.uk/food-partnership-meatshare/shop>
3. More information on the Changing Chalk project: <https://www.nationaltrust.org.uk/visit/sussex/the-changing-chalk-partnership>

