

# West Wales Woods



## Community Agroforestry

Giving everyone an opportunity to take part in growing fruit, vegetables and flowers in a woodland setting. Have a go at animal husbandry and bee keeping. And sustainably harvest woodland produce.

We go at the pace of each individual and we have many years experience in promoting good mental health and respite from everyday burdens. Carers and families welcome.

Contact us via chats at: <https://www.facebook.com/westwaleswoods>

Or by email: [westwaleswoods@gmail.com](mailto:westwaleswoods@gmail.com)

Or phone Anna on: 07931 361923

# Permaculture, Sustainability and Off-gridding



## Permaculture

All our forest gardening is organic, using the woodland agricultural ecosystems in a sustainable and self-sufficient way. Including raised bed vegetable growing, polytunnel growing, orchard trees and fruit bushes and give attention to growing flowers for our resident and visiting bees.



## Animal Husbandry

Amongst the trees in the woodland we keep a variety of hens – some rescued from factory farms. We have therapy canines, and miniature pigs who all need care and love. Some people find communicating with animals comforting – so this is the perfect course of action for them. We also keep bees in our West Wales Woods apiary, and courses in beekeeping are available.



## Woodland Produce

We harvest a variety of produce from West Wales Woods:

- Wood Products; craft walking sticks, fences, animal pens in our onsite workshop. Make biochar with recycled wood and botanicals in our biochar pit.
- Essential oils; gather herbs and dry them in our drying shed ready to make into oils, teas and tinctures. All our products have been certified by the government office for Product Safety and Standards under the name 'Wyld Wood Essentials'.
- Food; we are registered with Carmarthen Council as a food business producing savoury jams and vinegars. Learn how to grow, cook and store produce you have grown in our gardens here at West Wales Woods.