



## Eden Local Agenda 21 Cumbria Green Build Fortnight 2007

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# Little Salkeld Watermill

As well as The Watermill, the business includes a tearoom, a smallholding, a gallery, an organic produce shop and educational programmes. During Green Build Fortnight 2007, Watermill staff welcomed visitors for a guided tour and a delicious quiche and salad at their tearoom.

Little Salkeld Watermill is renowned for quality flours, traditionally stone-ground from organic and biodynamic grains. Since restoring the 18<sup>th</sup> Century mill in 1975, Ana and Nick Jones and their team have embraced the highest ecological and sustainable principles throughout the whole enterprise: their's is a philosophy of care - for the environment, for the old machinery, and for all of the produce on offer.

Seventy percent of their flour is used in Cumbria. In seeking to discourage excessive food miles, The Watermill does not export its flour, a stance which complements the principle by which they only buy grains from British farms, and only those which exhibit the highest standards of sustainable stewardship of the land.

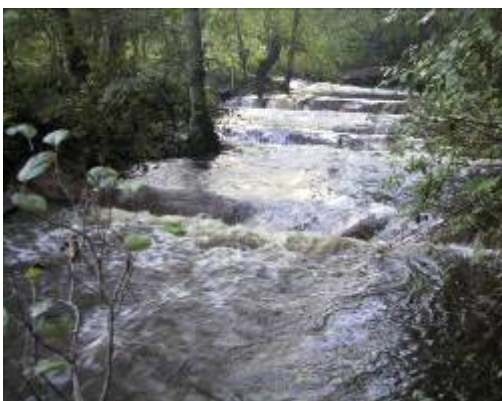
The business produces relatively little waste that is not recycled – mill and tearoom food waste goes to compost or is fed to the animals.

All paints throughout are organic and/or low toxicity.

Over the years more than 1500 trees have been planted – some of these are now coming to maturity and will shortly be available for fuel.

### The Watermill and Sunnygill Beck

The mill itself uses the power of stream water from the North Pennines to turn C19<sup>th</sup> French Burr millstones (no built-in obsolescence here). The mill's supply has never run dry, thanks to the water-retentive characteristics peaty soils on the high fells – one small but neat demonstration of industry's dependence on natural systems.



A fish pass has been constructed on the mill stream, in a collaboration between the Environment Agency and the Eden Rivers Trust. A series of carefully stepped ponds enables fish to negotiate the beck without struggling to jump the height of the weir.

Plans are in hand to harness the power of the water in the beck to generate electricity for the site.

### The Tearoom

The tearoom has a far reaching reputation for delicious organic wholefood, vegetarian cooking. It doubles as a community centre for the village and is heated by a stove fuelled with timber from local sustainably managed woodlands. Some of the produce is grown on the neighbouring organic smallholding.

### Address and location:

The Watermill, Little Salkeld, Penrith, Cumbria. CA10 1NN.

Tel. 01768 881523. Six miles North East of Penrith. Grid reference: NY 566 360.

[www.organicmill.co.uk](http://www.organicmill.co.uk)

