

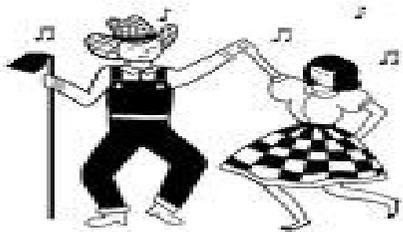
# HOE DOWN

**SATURDAY 19TH JUNE 1 pm till late**

**You are warmly invited....(ok we're begging you)... to come along to the  
Ashurst Farm, Weeding day & 'Hoe Down'.**

Come along and help hoe and weed your future vegetables. A genuine reality weeding experience, fresh air and exercise in exchange for some organic food (afternoon tea & buffet supper) and our usual 'make of it what we will' impromptu party when the hoe's are down. A day to work hard and play hard in the traditional style.

If you can come, please bring:



- ◆ Suitable footwear & clothing (waterproofs, sun hats/cream etc depending on the weather)
- ◆ A hoe and/or weeding gloves, trowel etc
- ◆ A bottle of 'moonshine' of choice, if you want to party very hard.
- ◆ Instruments (optional), rugs to sit on and a torch if you want to stay late.

Many hands make light work and without 'hands' organic farms could not compete in the economic market place.

In order to weed without resorting to chemicals we have to use good old fashioned people power.

But it's not all graft. Our consumer culture forgets that there is pride, satisfaction and achievement to be gained from good honest toil. A sense of worth from production not just consumption. True, there is no money in it for you, but you will be re-paid with happy weed free vegetables, an organic hoe down dinner, (possibly) some music, a fire and the space to party at what is, effectively, *your* farm. All topped off with a glorious view of the South Downs.

**If you can come PLEASE PRE-BOOK so we know how many to cater for (and any special dietary requirements).**

**Also for further info and directions Tel: 01273 891219 or [ashurstveg@btinternet.com](mailto:ashurstveg@btinternet.com)**

**Children are more than welcome but please be aware that it is a working farm with inherent dangers, so please be responsible for young ones at all times.**

## PICTURES FROM THE HOE DOWN 2009



Saving the Brussels sprouts

### TRAIN TIMES

Lewes	12.20 arr.	Plumpton	12.30
Haywards Heath	12.30 arr.	Plumpton	12.40

10 mins walk from Plumpton station to Ashurst Farm via side of Racecourse.

Plumpton to Lewes 16.43 then 34 mins past until 23.34  
Arrives 10 minutes after departure.

Plumpton to H Heath 16.28, 17.28, 18.28, 19.28, 22.48  
Arrives 12 minutes after departure



Evening. Relaxing after dinner  
Fiddling while weeds burn -to a crisp in the  
midsummer sun.