



The following case study was received as a result of a call issued by the Committee on World Food Security for case studies highlighting examples of initiatives aimed at 'Developing the knowledge, skills and talent of youth to further food security and nutrition'. The cases received provide the background for a discussion of lessons learned and potential policy implications at a special event on October 15th, 2015 during CFS 42. Find out more at www.fao.org/cfs/youth.

**BUILDING KNOWLEDGE, SKILLS AND TALENT DEVELOPMENT OF YOUTH
TO FURTHER FOOD SECURITY AND NUTRITION**
Case study template

Overall suggested length – Maximum 2 pages

Background

Provide brief overall context of where the initiative took place

Wales, UK. Torth y Tir (Welsh for Loaf of the Land) is a community supported peasant bakery enterprise, in the early stages of producing heritage wheat for processing, milling and baking on site. TyT is part of an overall local food system aimed at achieving food sovereignty in remote West Wales (Saint David's) as part of Caerhys Organic Community Agriculture (COCA), a member of the Community Supported Agriculture (CSA) network UK and [the Landworkers Alliance](#)

Rupert Dunn is a founder member of COCA and was a director for 4 years, chair for one. He is the founder of Torth y Tir that is building on the success of COCA.

Challenges

Overview of the challenges faced in building knowledge, skills, or talent development of youth

In an area where a low proportion of food consumed is local and farming has been declining, the Saint David's COCA farm initiative has built a group of conscious, responsible local consumers around a local farm project. Torth y Tir is reintroducing old skills of bread-baking (naturally leavened, entirely hand made, baked in a wood-fired oven) with a complete chain from growing the wheat on the community farm, milling and baking as well as distributing it to local community. Rupert has been an active member of the COCA CSA for x years, and has been instrumental in supporting the emergence of the Wales CSA movement as well as the drafting of the UK CSA charter.

The skills and experience needed to succeed with Torth y Tir involves studying traditional peasant-baker skills in France with members of the Paysans-Boulangers movement of Semences Paysannes, learning the skills of participatory breeding of heirloom wheat, milling and baking, as well as the marketing of the bread. As there are no peasant bakeries in the UK; living in a remote part of Wales has made it difficult to access the skills and experience needed as many of the people with these skills do not live locally or even in the UK. With the financial pressures of needing to make a living alongside building a new life in farming and baking, time and money are scarce commodities and there is little resources to call on to support an individual to commit the time needed to an R&D phase of farming.



Approach Used

Outline why the approach was chosen for the specific challenges and context

Both Torth y Tir and COCA, as community supported models are set up as a cooperatives, so the business is owned by the community. This model builds solidarity, education, shares skills and is more financially stable in a rural area where there are few jobs and a high cost of living.

The production of many varieties of heritage wheat is beginning to restore genetic diversity to our native cereals, including a variety called 'Hen Gymro' which has not been grown in Wales since the 1930's. TyT and COCA train new people in food production skills.

Collective participatory learning in the field and training courses in bread-making with master peasant bakers

Outcome and Impact Achieved

How many youth benefitted? How did they benefit? How were food security and nutrition improved?

COCA trains approximately 50 people a year in agroecological vegetable production methods and with increased confidence and valuable life experiences.

There are many young farmers involved in the UK CSA movement, many of them women. In this instance, the food security of the local community is being improved by growing different varieties of heirloom wheat and baking local bread. Heirloom wheat, stone-milled and freshly baked also has a much higher nutritional value than industrial breads.

Food security has improved significantly as the enterprise is not reliant on the supply chain in any way, controlling the whole process from field to loaf.

Lessons Learned/Opportunities for Scaling-Up

The project is still in start-up phase. The opportunities for dissemination to other regions in the UK and Ireland are very high

How should the approach be adapted to other situations in the future? Suggestions for overcoming challenges?

The French model of PaysansBoulangers has inspired Rupert to take up this challenge. The French model is growing fast, with many new peasant bakers coming on board every year.

TyT aims to train one apprentice peasant baker every year, with the hope that they will go and start their own peasant bakeries elsewhere in the UK. If good baking wheat can be grown in West Wales, it demonstrates the possibility of the same being done across the UK, transforming our dependence on imported wheat and building many new peasant bakeries and CSA's based on the principles of agroecology and food sovereignty.



Policy Implications

What policy changes are needed to support this type of initiative and scaling up?

- *Ensuring the freedom to guarantee traditional rights to participatory breeding for seeds, in this case wheat and other cereals.*
- *Support and grants for young farmers starting this kind of venture*
- *Recognition of the peasant-baker as contributing to local food systems and local food sovereignty*
- *On site cereal production, milling and baking mentoring for new growing enterprises.*