



REAL BOXING DAY BEEF

Of course Boxing Day lunch wouldn't be the same without a traditional roast beef joint. But do you know where yours has come from?

Pop along to Steyning Butchers and ask for a Greyfriars Dexter, and you'll know exactly where it's come from: The flower-rich grasslands of the Steyning Downland, less than a mile away!



We've been working closely with our grazier, Frances for several years. It's the ultimate virtuous circle.

Frances's small herd of Dexter cattle are vital team members in conserving our flower-rich ancient chalk grassland. Our Conservation Volunteers work tirelessly, cutting down scrub and brambles, while the Dexters ... well, they eat. But without their continuous munching, the Rifle Range would soon be covered with scrub!



Dexters are a hardy rare breed, unbelievably docile and able to thrive on chalk pasture. By contrast, modern breeds like the Charolais are used to slurping up Italian Rye grass, pumped up with Nitrogen fertilizer. Our Dexters aren't fed antibiotics, wormers or anything other than South Downs wild flowers (and a bit of salt).



When the Dexters finally reach full weight (which can take double the time of the supermarket breeds) they go to a local butchery, and then down the road to Steyning Butchers for local sale. Their food miles are a tiny fraction of the supermarket variety. What's more, [research shows](#) that grass-fed beef has big health benefits: It's lower in saturated fats and higher in omega-3 than grain-fed beef . . . and it tastes totally different too - like proper beef should.



"At Steyning Butchers, we're proud to be in partnership with Frances and the Steyning Downland Scheme. We've had delivery of two Dexter beef, which are now in the process of ageing, to enhance the flavour. The beef will be available from Tuesday 10th December and we're taking orders

*from today. Please phone Steyning Butchers on
01903 816444 for enquiries and orders."*

Mick

LOOKING FOR A LOOKERER

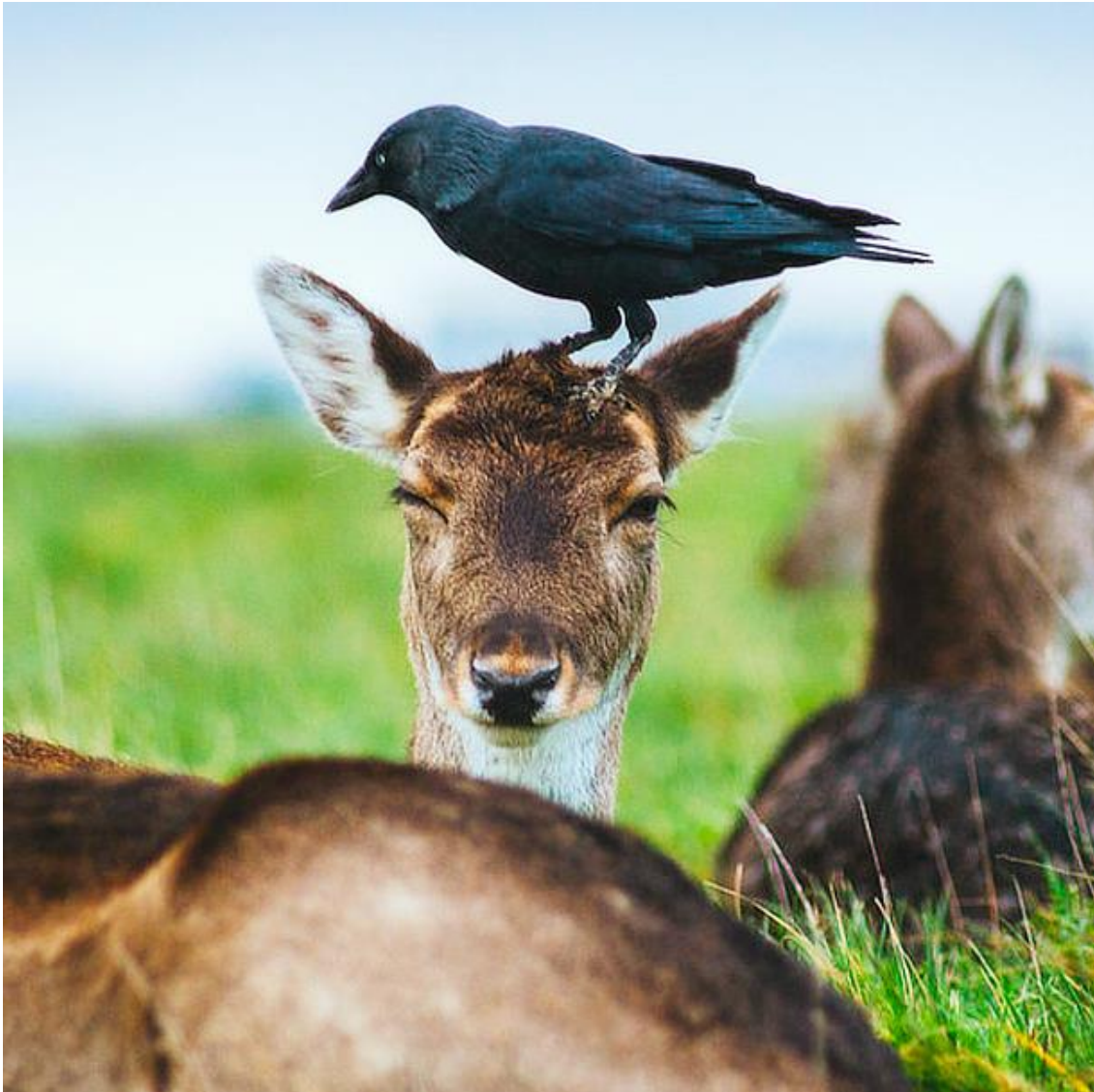


The Steyning Downland Scheme has a team of seven very special 'Lookerers'. A Lookerer is the traditional Sussex name for someone who keeps a watchful eye on farm animals while they're out in the fields. Each

of the SDS Lookerers pops out once a week, to check on the herd and to make sure they're happy.

After 9 years of dedicated service, one of our Lookerers is due to retire after Christmas, so we're 'looking' for a replacement - if you're interested, do [drop us a line](#) and we'll be in touch - thank you!

Friends ...



Like to support us but just don't have the time to get involved? For just the price of a cup of coffee each month you can become an official Friend of the Steyning Downland Scheme - and benefit from all sorts of exclusive stuff too!



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