



## Our Wild Farming Life

Adventures on a Scottish Highland Croft



Lynn Cassells and Sandra Baer

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*As seen on the BBC's This Farming Life*

**The inspirational story of Lynbreck Croft—a regenerative Scottish farm rooted in local food, community, and the dreams of two women.**

Lynn and Sandra left their friends, family and jobs in England to travel north to Scotland to find a small piece of land they could call their own. They had in mind keeping a few chickens, a kitchen garden and renting out some camping space; instead, they fell in love with Lynbreck Croft—150 acres of wild Scottish Highlands filled with opportunity and beauty, shrouded by the Cairngorm mountains.

But they had no money, no plan and no experience in farming.

This is the inspirational true story of Lynbreck Croft – a regenerative Scottish croft rooted in local food and community – and two women in search of a new, wilder existence. In *Our Wild Farming Life*, Lynn and Sandra recount their experiences as they rebuild their new home and work out what kind of farmers they want to be.

They learn how to work with Highland cattle, become part of the surrounding crofting community and begin to truly understand how they can farm in harmony with nature to produce wonderful food for themselves and the people around them. “Through their journey to becoming farmers,” as *the Guardian* wrote recently, “it’s clear that nature and the health of the environment plays a central role in everything they do, from planting 17,500 native broadleaf trees for wood pasture to setting aside 22 hectares for rewilding.” And through efforts like these, Lynn and Sandra have been able to combine regenerative farming practices with old crofting traditions to keep their own personal values intact.”

*Our Wild Farming Life* is what happens when you follow your dreams of living on the land; a story of how two people became farmers—and how they learned to make a living from it, their way.

### About the Authors

Lynn Cassells and Sandra Baer met while working as rangers for the National Trust in the UK and soon realized that they shared a dream to live closer to the land. They bought Lynbreck Croft in March 2016 with no experience in farming but a huge passion for nature and the outdoors. Now they raise their own animals, grow their own produce and are as self-sufficient as they can be.