



Our Sustainability Strategy



**MAKING A POSITIVE IMPACT
FOR THE HEALTH OF OUR
PLANET & OUR
COMMUNITIES.**

www.foxcovertfarm.ie

2023



OUR MISSION IS
TO PRODUCE
HIGH QUALITY
NUTRITIOUS
SUPERFOODS
SUSTAINABLY



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POSITIVE
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The Fox Covert Story

Welcome to Fox Covert Farm! We are the Bracken Family and we have been caring for the land and producing crops on our farm in the heart of Ireland for five generations. Our latest farm adventure has been developing Hemp Seed Products from the Hemp grown here at Fox Covert Farm in Offaly.

Hemp for Health

The family decision to grow Hemp was born from our interest in building long term sustainability into the future of the farm. Our growing awareness of our own health & nutritional needs led us to discovering the value of Hemp Seeds!

This miracle plant has benefited the health of both our family and the land while reducing the overall carbon footprint of the farm. Hemp Plants sequester CO2 while they are growing and as "Nature's Purifier" they purify air between 2 - 4 times more efficiently than trees!

Direct from our farm to your fork, we are proud to launch our incredibly nutritious Super food products; Hemp Hearts and Milled Hemp to the Irish market with SuperValu in September 2023.



THE MIRACLE PLANT



NATURES PURIFIER



SUPER FOOD!



HIGH QUALITY
NUTRITIOUS
SUPERFOODS
FROM OUR FARM
TO YOUR FORK

100%
< NATURAL >

SuperValu
#SupportLocal

AVAILABLE IN
SUPERVALU
STORES &
ONLINE FROM
OCTOBER
2023.

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Our Products

For the last three years we have been growing Hemp and processing Hemp Seeds at Fox Covert Farm. As part of our learning journey we took part in the Food Academy programme with SuperValu. The end results are Fox Covert Farm Hemp Hearts and Milled Hemp super-foods. Our Hemp products are incredibly nutritious, bursting with essential vitamins, goodness and flavour!



Hemp Hearts are high in Protein, Magnesium, Iron, Zinc, Copper, Fibre, Omega 3 & 6 and a source of Potassium.



Milled Hemp is high in Magnesium, Iron, Zinc, Copper, Fibre, Vitamin B12, Omega 3 & 6 and a source of Protein and Potassium.

Hemp Hearts and Milled Hemp can be added to any meal to boost nutritional value and flavour. Add them to cereals, yogurts, smoothies, salads, snacks, soups, stews, deserts, stir fry's, baking and much more.

They are a great nutritional boost to a plant-based diet whether you are working at reducing your meat intake or have a vegan or vegetarian diet.

Health Benefits of Hemp Hearts



High in **PROTEIN** contributes to the maintenance of **muscle mass** and **normal bones**.

Source of **POTASSIUM** contributes to normal muscle function and contributes to the maintenance of normal **blood pressure**.

High in **MAGNESIUM** contributes to **electrolyte balance** and contributes to normal psychological function.

High in **FIBRE** contributes to normal **digestive system**.

High in **COPPER** contributes to normal functioning of **Immune** and **nervous system**, and the maintenance of normal **hair and skin pigmentation**.

Low SODIUM reducing consumption of sodium contributes to the maintenance of **normal blood pressure**.

High in **OMEGA 3 (alpha-linolenic acid)** contributes to the maintenance of normal **blood cholesterol levels**.

High in **IRON** contributes to the **reduction of tiredness and fatigue**, and to normal **cognitive development of children**.

High in **ZINC** contributes to normal **carbohydrate metabolism**, normal **cognitive function** and normal **fertility and reproduction**.

HEALTH BENEFITS OF Hemp Hearts



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Health Benefits of Milled Hemp



High in VITAMIN B12 contributes to normal energy-yielding metabolism, and normal function of the immune system.

High in MAGNESIUM contributes to electrolyte balance and contributes to normal psychological function.

Source of PROTIEN contributes to the maintenance of muscle mass and normal bones.

High in OMEGA 3 (alpha-linolenic acid) contributes to the maintenance of normal blood cholesterol levels.

High in COPPER contributes to normal functioning of Immune and nervous system, and contributes to the maintenance of normal hair and skin pigmentation.

Low SODIUM reducing consumption of sodium contributes to the maintenance of normal blood pressure.

Source of POTASSIUM contributes to normal muscle function and contributes to the maintenance of normal blood pressure.

High in FIBRE contributes to normal digestive system.

High in IRON contributes to the reduction of tiredness and fatigue, and to normal cognitive development of children.

High in ZINC contributes to normal carbohydrate metabolism, normal cognitive function and normal fertility and reproduction.

HEALTH BENEFITS OF Milled Hemp



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ACHIEVING TRUE SUSTAINABILITY IS AT THE HEART OF FOX COVERT FARM.

Our Environmental, Social & Economic Sustainability:



ENVIRONMENT



SOCIAL



ECONOMIC

Environmental Sustainability:

AIR PURIFYING

As Hemp Plants grow they purify the air between two to four times more efficiently than trees depending on the region, type of trees and number of years of growth etc.

NATURAL CARBON SEQUESTRATION

Hemp Plants are a powerful sequester of CO₂. One hectare can produce 13 tonnes of stem over a growing period of 4 to 6 months, sequestering **11.26 tonnes of CO₂ per hectare** (single crop) of Industrial Hemp. Hemp Plants also build organic carbon into the soil due to the amount of root matter and green mulch produced. By growing and processing the hemp seeds on our farm, transportation is minimal thus making further emissions savings.

WATER SAVING

No water is required in the processing of the Hemp Seeds. Equipment is cleaned with an air compressor with minimal water used for cleaning the unit.

LAND & SOIL HEALTH

No pesticides, herbicides or fungicides are used in the growing of this crop making it a safe, natural product for you and the environment.



TO ENSURE WE ARE REACHING OUR GOAL OF TRUE SUSTAINABILITY AT FOX COVERT FARM WE ARE MEASURING OUR PROGRESS AGAINST THE SUSTAINABLE DEVELOPMENT GOAL TARGETS THAT ARE ALIGNED TO OUR VALUES!

Our Sustainability Goals & Targets



1 NO POVERTY
GOAL 1 - TARGET 1.1 SUPPORTING CHARITIES.
 WE CONTRIBUTE TO THE FOLLOWING CHARITIES MONTHLY: FOCUS IRELAND, LAURA LYNN, IRISH HOSPICE, SIGHT SAVERS, MATER HOSPITAL.

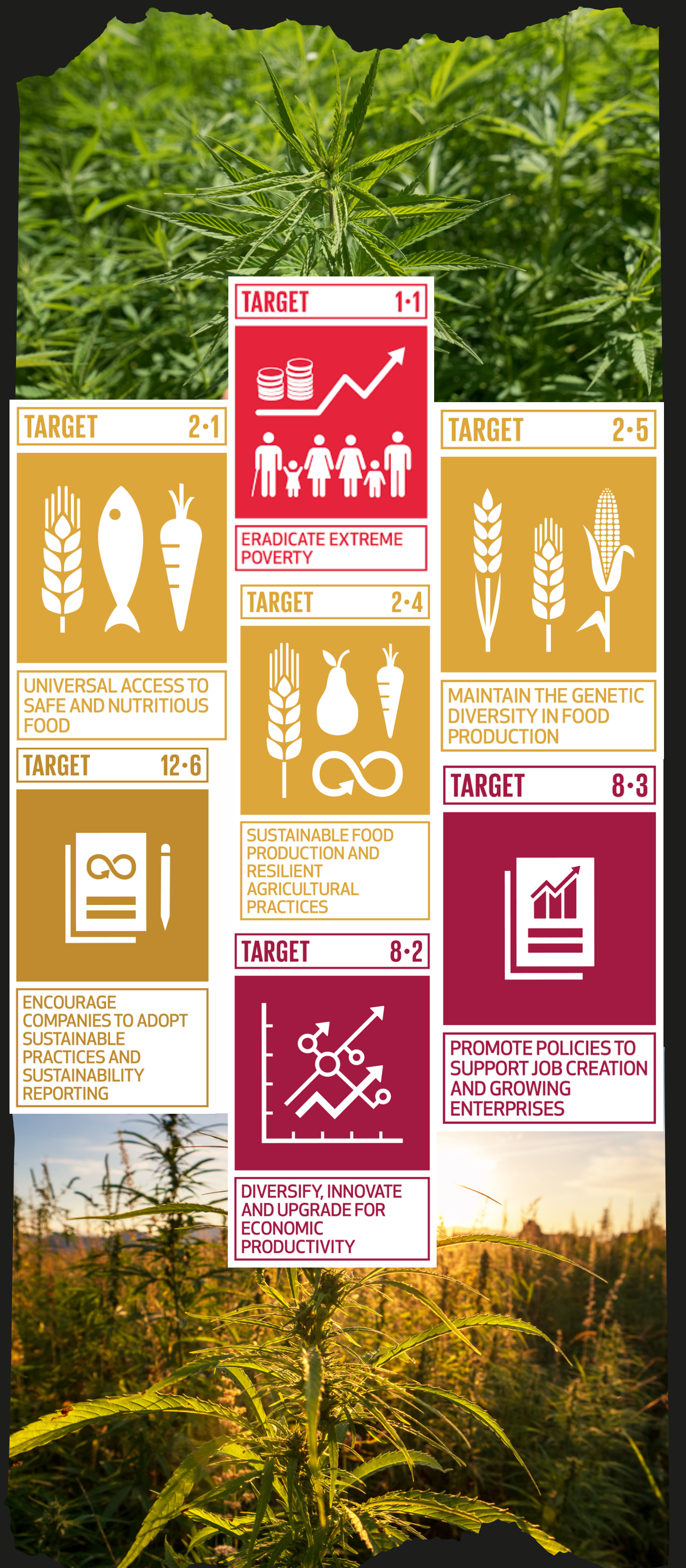
2 ZERO HUNGER
GOAL 2 - TARGETS 2.1, 2.4, 2.5
 WE GROW OUR CROPS TO A HIGH ENVIRONMENTAL STANDARD TO PRODUCE QUALITY NUTRITIONAL FOOD.

8 DECENT WORK AND ECONOMIC GROWTH
GOAL 8 - TARGETS 8.2 & 8.3.
 WE HAVE DIVERSIFIED OUR FARM PRACTICE, INNOVATING FOR ECONOMIC & ENVIRONMENTAL RESILIENCE & FUTURE GROWTH OF OUR ENTERPRISE.

12 RESPONSIBLE CONSUMPTION AND PRODUCTION
GOAL 12 - TARGET 12.6. WE ARE DEMONSTRATING SUSTAINABILITY & THE CIRCULAR ECONOMY THROUGH OUR FARM PRACTICES & KNOWLEDGE SHARING. WE RECYCLE & REUSE PACKAGING.

13 CLIMATE ACTION
GOAL 13. WE ARE MEASURING OUR CARBON FOOTPRINT AND PUTTING MEASURES IN PLACE TO REDUCE IT. WE ARE ACTIVELY SEQUESTERING CO2 THROUGH OUR HEMP CROP.

15 LIFE ON LAND
GOAL 15. IMPROVING THE HEALTH OF OUR LAND, WATER AND AIR. WE LEAVE GRASS MARGINS TO ENCOURAGE WILDLIFE & NATIVE PLANT GROWTH. WE OVER WINTER STUBBLE, CATCH CROPS & HAVE BIRD, BEE, BAT & BARN OWL NESTING BOXES.



TARGET 1-1 1-1	TARGET 2-1 2-1	TARGET 2-5 2-5
ERADICATE EXTREME POVERTY	UNIVERSAL ACCESS TO SAFE AND NUTRITIOUS FOOD	MAINTAIN THE GENETIC DIVERSITY IN FOOD PRODUCTION
TARGET 2-4 2-4	TARGET 12-6 12-6	TARGET 8-3 8-3
SUSTAINABLE FOOD PRODUCTION AND RESILIENT AGRICULTURAL PRACTICES	ENCOURAGE COMPANIES TO ADOPT SUSTAINABLE PRACTICES AND SUSTAINABILITY REPORTING	PROMOTE POLICIES TO SUPPORT JOB CREATION AND GROWING ENTERPRISES
TARGET 8-2 8-2	DIVERSIFY, INNOVATE AND UPGRADE FOR ECONOMIC PRODUCTIVITY	