

## PART 3

You are going to read an article about living in the country. Eight paragraphs have been removed from the article. Choose from the paragraphs (A-I) the one which fits each gap (14-20). There is one extra paragraph which you do not need to use. There is an example at the beginning (0).

## Living with Nature

John Seymour is completely self-sufficient. He lives entirely off the land he farms in Southern Ireland. Seymour is the author of the *Complete Book of Self-Sufficiency* which has been very popular in Germany, Austria and Switzerland. He started running courses teaching people how to be self-sufficient in 1993.

0  C

People as varied as doctors, teachers and schoolchildren come from many countries to learn. What really pleased Seymour was when a group of Irish farmers came with their wives to learn about organic farming. On the course I attended there was a Swiss zoology student with her husband Michael.

14

He'll be lucky to find one as well situated though. It is surrounded by trees above a bend in the river Barrow, which flows past on its way to the sea. His farm is at the end of a long track which is full of potholes.

15

This part of Ireland is, in fact, extremely rural. The nearest village is several kilometres away. Visitors cannot stay at the farmhouse but there is plenty of camping space. We stayed at a nearby guesthouse, and visited Seymour every day for our lessons. The way Seymour teaches is to show you something and then let you do it yourself, while he talks to you about his farming methods.

16

Now there's pig muck and cow muck to get rid of, so you fertilise your vegetables and fruit trees with it. During our evening meal, Seymour's partner Angela Ashe points out that everything we eat comes from their land: bread, butter, cheese omelette, potatoes, salad and wine.

17

In just one week we also learned how to make wine, beer, Irish soda bread, yoghurt, butter and cheese. But Seymour says that not everyone wants to be totally self-sufficient. Some think they do - until they realise what's involved and decide it's not for them.

18

Polly, their cow, must be milked day and night. But there is more to it than that. Polly is very gentle and happy to stand patiently while being milked by inexperienced people. But once you have begun milking her you need to be aware of all her movements.

19

One evening Seymour went to fetch her, but she had wandered off and had been stranded in a field, cut off by the high tide of the river. She continued to eat the grass quite happily. Seymour will wait to fetch her until the tide goes down, which will be after the evening meal.

20

As we eat and drink the sun begins to set, bathing us in a honey-coloured light. Seymour is at peace with the world, his voice expressing contentment with his life.

A You can feel every one of them, as the suspension in Seymour's car went long ago. It's a Russian car and it's impossible to find spare parts in rural Ireland.

B We leave her and head back up the hill to the house for our meal, and also a well-deserved beer. The beer is home-brewed of course.

C Before that people used to read the book and somehow track him down on his farm to ask questions. He decided to start proper week-long courses as a result.

D For example, he explains that a cow provides too much milk to drink, so you have to make butter and cheese. Also, there's not much you can do with left-overs except feed them to pigs, so you keep pigs.

E It is her second visit. Her husband works for a telephone company but wants to find a farm in Ireland like John Seymour's.

F One step to the side can knock the bucket over. If she even twitches her legs, you have to pull the bucket out of the way at once.

G Of course it's better to learn that before selling their homes and buying animals that they are unable to look after.

H Milking goats is far more difficult than milking cows. We learned this at a different farm, run by Aine Kent.

I Angela is also involved in teaching - she runs bread-making courses at the farm. She has several sessions with people, teaching them how to prepare and mill flour and make several different types of bread.