2023 AGM – Trustees seeking re-election

Dennis Overton

Dennis Overton has been involved in land and sea-based farming from a Highland base since 1983. An organic producer since the late 90s he is a former chair of the Soil Association. Today Dennis is focused on land-based activities that will have an impact in mitigating global heating. He chairs SACC, the commercial arm of SRUC, advising many crofters and farmers across Scotland. As chair of Ardtornish, Dennis is involved with landscape scale ecological restoration and regenerative farming in North Argyll, including the expansion of local sales of produce, beef, lamb and venison.

Martin Sherring

Martin is one of the co-founders, and treasurer, of Highland Good Food Partnership. As a trustee of Transition Black Isle, he over-sees the functioning of the two community markets they operate, and managed the creation of the www.blackislelarder.org directory of local food. He and his wife together set up The Pebble Trust, a charitable trust funding sustainability projects in the Highlands, which is also one of the funders of the Highland Good Food Partnership, and he remains one of its trustees. He is a non-executive director of Scotland the Bread.

Hannah Humphreys

Hannah is a land management adviser for Lockett Agri-Environmental, based in Dingwall. With an education in Environmental Biology and a family background in sheep farming, crofting and deer management, Hannah is focused on supporting producers in ways that are both environmentally beneficial and compatible with a viable farming operation. She is passionate about local and seasonal produce and joined the Highland Good Food Partnership as a trustee in April 2023.

Helen O'Keefe

Helen O'Keefe is a crofter and café owner in Assynt, Sutherland. Originally from Australia, where she worked as an engineer, she moved to Sutherland in 2015 and it has been her home ever since. As well as running the Elphin Tearooms, she runs Middleton Croft, managing a flock of Shetland Sheep, large polytunnel, small vegetable garden and a flock of hens. All produce from the croft, including meat, eggs, fruit, veg, herbs and wool, is sold directly to customers. Helen started a local food hub, The Green Bowl, with her neighbour in 2020, helping others in her village to sell their produce, and making local food available to more people locally. She was a part of the Good Food Conversation in 2021 and was honoured to be asked to join HGFP as a Trustee shortly afterwards. She is also the Clerk for her Common Grazings Committee, a Soil Association Farmer Ambassador and a member of the Scottish Crofting Federation Council. Helen is passionate about creating a better food system in the Highlands, building pride and confidence in the amazing food we can produce here and ensuring that everyone who lives here gets to enjoy eating it.

Katie Andrews

Katie Andrews is a Climate Adaptation Project Manager with the British Red Cross. She is based in Inverness and is originally from the Highlands. Her background is geography and she started her career at the Highland Council, getting involved in many community projects focussed on climate change and resilience. Katie has always had a passion for good food and puts community resilience at the heart of everything she does. She joined the HGFP as a Trustee in 2021 and has been the Secretary since 2022.

Col Gordon

Col grew up on the family farm near Invergordon, and after a varied career working in a wide range of food-related jobs, he is based back there now. He has a particular interest in grains and seeds, has carried out extensive research into landrace cereal populations, and is developing a farm bakery - making bread from grain grown on the farm.. He is a former director of Scotland the Bread, and is currently chair of the Shieling Project.

Seeking election as a new Trustee

Sarah Bowyer

Sarah has worked to promote food and nutrition for optimising health and wellbeing, for over 30 years. Educated in Nutrition and Dietetics, Food Policy and Sustainability she has enjoyed a varied career, mainly in the NHS, bringing clarity on nutritional issues to promote, inspire and encourage health and wellbeing of people, local communities and our planet. Since 2008 she has lived and worked in the Highlands to deliver a variety of programmes, including community food and nutrition projects, as well as research and action to involve communities in creating and improving sustainable healthcare provision in rural settings. These roles have entailed working in partnership with individuals and communities, alongside public, private and third sector organisations - an approach that she finds particularly rewarding. She currently has a part time role as a NHS Highland Dietitian, managing a project focussing on the food system at New Craigs hospital in terms of nutrition and food sustainability. Sarah values time spent with others enjoying food together, whether that be planting, growing, gathering, harvesting, preparing cooking and eating - she has seen how the ‘nourishment’ this can provide is so much more than solely nutrients for physical and mental health.