



Harriet Cowan is a farmer and nurse from Derbyshire. She was on Clarkson's Farm and wants to show that women can be farmers too.



Harriet talks about mental health in farming. Farming can be lonely and hard. She wants farmers to talk and support each other.



Harriet didn't watch the show before joining. She thinks farming is the same everywhere. She found working with Jeremy Clarkson fun.



The show is real about farming life. Harriet says they stayed the same for the cameras. Farming is hard but fun, with new challenges, especially with pigs.



Harriet is glad people liked her on the show. She wants to keep farming, help women, talk about mental health, and might return to the show.