We invite you
to link up with us
to improve your professional work
in the field of
urban and farm agriculture.

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5 Partner Organisations

Buğday Association for Supporting Ecological Living, Turkey

ALEJA inženiring, podjetje za načrtovanje in storitve d.o., Slovenia

Kulturverein Hof Medewege e.V.

Heeley City Farm, Sheffield, United Kingdom

Ecological and Cultural Association ZIARNO, Grzybów, Poland
ABOUT THE PROJECT

We have got ideas and suggestions to organise and change our farms, enterprises, NGO and institutions to be even more involved in teaching adults on growing food and transmitting knowledge on sustainable food.

Because of the project we are now more attractive as a learning polygon for town-dwellers and provincials. We are more competent to redirect the focus of farmers, professional community members, institutions and authorities and adults towards ecological agriculture and sustainable living.

Common results of the project are:

**5 WORKSHOPS WITH THE MOVIE AND PDF BROCHURE EACH.**

- part 1 - Introduction
- part 2 - Networking And Communication With Consumers And Producers (TR)
- part 3 - Garden Design (SI)
- part 4 - Community Interrelations, Organic Farming, In-Farm Training (DE)
- part 5 - Holistic Approach Towards Adult Education (PL)
- part 6 - Teaching Of Vulnerable Groups, Social Enterprises (UK).
WORKING METHOD

Our BASIC METHODS were workshops and study visits.

We incorporated methods and practices that enhanced the exchange of knowledge and experiences between partner organizations. In discussions we examined professional competency.

As our organizations are very different, each trip adds innovative approach and flexible learning methods to our own practices.

Hosting professionals prepared material about their role, which was discussed.

We expect to get feedback from wider audience from final brochure and video published on the web.

Participators were very different, but we shared understanding and acceptance and improved our professional skills with breaking frames.

FUTURE USE OF RESULTS

As a result of networking, some new business opportunities appeared during the project for some participants already.

FARMERS, ENTERPRISES AND NGOS can stand up for more support and less obstacles within institutions now.

TEACHERS AND STAFF have more knowledge in growing food, pedagogic methods, experiences and innovative ideas.
WORKSHOP 1/5:
ORGANIZING GRASSROOTS ACTION AND NETWORKING FOR SUSTAINABILITY

April 2013  
Association For Supporting Ecological Living, Fethiye, Turkey

We aimed to represent: eco-agritourism, ecological learning and awareness raising, networking and communication with consumers and producers, consumer training and capacity building, community supported agricultural (CSA) projects.

Our aim in participating in this Project was to share several years of experience in creating and promoting ecological farming and living practices; particularly through sharing our knowledge, experience, skills and practices in Eco-Agro Tourism, and Ecological learning and networking. We expected to enrich our knowledge by learning from different professionals from the other partner countries to improve our professional and personal skills in their fields of expert.
Process for the partner’s visitors:

- **Presentation of organisation and our work:** Organic Agriculture (e.g. %100 Ecological Market Places); Ecological Living (e.g. Camtepe Ecological Center); Agro-Biodiversity (e.g. Seed Network); Eco-Agro Tourism (e.g. TaTuTa -Eco-Agro Tourism and Voluntary Exchange)

- **Study visits to:**

  - Pastoral Vadi: İn Pastoral Vadi Ahmet the host shared his experience in transition from mass-tourism to eco-tourism, the importance of eco-tourism as a bridge between rural areas and urban places; between people in the city and towns, to share traditional knowledge.

  He shared his effort and experience in organic farming and told his approach and applications in ecological building and architecture, he showed us their examples in his farm.
- Visit to Yanıklar Köyü: Here we saw buildings which Ahmet made together with the village headman: natural buildings made of adobe (natural building material which contains clay, water, sand and straw). These adobe houses are used as guesthouses for tourism.

- One day we visited Yoca Lodge, swam together in the sea and held discussions about eco-tourism.

Yonca Lodge Fethiye

- The last day we visited Tangala- Eco-Farm; one of our TaTuTa farms. There we saw the goats and the visitors had the chance to talk to the host and share experience.

We had discussions on how to support, create and promote fair and sustainable production-consumption patterns. As Buğday has been the first entity to promote ecological farming methods in Turkey and opened the first 100% Ecological Farmer Market, leading the path for the organic farmers to sell their products directly to the consumers.
With our partner organizations of the Project we exchanged knowledge and experience on different community supported farming examples.

- We improved our personal and Professional skills and learnt from our partners in the field of adult education.
- We saw different examples of city farming and the use of farming in therapeutic aims for example for Alzheimers, people with learning difficulties, with mental illnesses and how to involve disadvantage groups.
- We learnt about different ways for funding city-farms.
- We improved our knowledge in teaching people to design their own gardens.
- We saw the model of the eco-village as a social and economic model.

Our partners learnt of:
- To use eco-tourism as a way to support rural and build a bridge between people in cities and villager.
- Eco-tourism and ecological farming as a way to prevent traditional knowledge and to prevent biodiversity, rural areas, local seeds, self-sufficiency, the knowledge of growing your own food.
- How to create networks between consumers and producers.

You can follow us at www.bugday.org
The aim was to represent aesthetic sight of gardening, history of kitchen gardens and farming, influence of urban planning, allotment garden design, public and private gardens, technical requirements for disabled.

The company is strong in landscape architecture. Exchange of ideas between different professionals gave everyone a big scale picture of the problem and possible solutions.
Process for the partner’s visitors:

- Hosting organisation presented the problem
- Study visit of 3 cases to work on them
- Desktop study and discussion
- Analysis and exchange of opinions, ideas, experiences
- Recommendations for stakeholders

- **Hosting organisation presented the problem** – design for urban/farm agriculture.

Example of landscape architecture approach.

Manager of the company Aleja inženiring presented their approach to some cases of urban and farm gardens. Participants have got short insight in environmental psychology to recognise how and why we all understand some space disposition in the same way. For example, how the place itself is leading us through the space. When do we feel invited, comfortable and safe. With different coloured backgrounds and motivational garden cards we also experienced influence of the colour combinations.

- **Study site visit**

We visited few existent allotments in Ljubljana.

At Krakovski vrtovi and allotments on the ex-army wasteland we coincidentally met with gardeners. Exchange of seeds was spontaneously.
Participants had to stand in the shoes of landscape architect at all 3 cases we were working at. They designed the place their own way. Drawings and writings are now collection of their advices based on their profesional experiences and new insights.

Visit at Garden for blind and weak-sighted was a little bit shocking. The garden is a learning polygon for everybody who tries to walk with eyes bounded.

35°C in the middle of the day in July

evening summarizing in the hotel

• Study and discussion
Workshop at Case 1: REVITALISATION OF ABANDONED FIELD

How to organise the field if you get it from your ancestors? Think about your future and the fertility of the soil. How to act sustainable? How to respect local landscape? Which proportion and materials fit into this place?
Workshop at Case 2: RECLAIM CASTLE GARDENS

Castle Gradac used to have big kitchen garden and orchard. Right now the identity is disapearing. But there might be a community kitchen garden in the abandoned park.

Many ideas and exchange of experiences were the result of this part. Might be a good base for future collaboration with authorities and the owner.
orkshop at Case 3. CITY ALLOTMENTS

Many ideas appeared. Some are written and some are drawings. Hosting organisation has got many good advices.

Participants were observing, thinking and talking about possibilities of the place. Company furnished part of the land with wooden frames and screened soil already.

Participants put their ideas on the paper.

You can follow us at [www.pridelaj.si](http://www.pridelaj.si)
WORKSHOP 3/5:
ECO VILLAGE AS A MODEL

September 2013, Schwerin, Germany

We aimed to represent eco-village as a financial and social model, but also innovative practice orientation educational model - apprenticeship (in-farm training) and institutionalized “gap voluntary year” program for young people on the farm. They are strong in organic farming, community tradition, dual education system.

Farmstead Medewege is a small eco-village in the former East Germany, near the city of Schwerin. There are approximately 70 people, 35 children and 35 adults living on the farm. Some of them work here, others just live here and work elsewhere.

The village has many different sectors. The main base is a biodynamic farm that manages approximately 300 hectares of land as well as animals such as cows, pigs and chickens. There is not just pure agriculture with farming, gardening, orchards and animal husbandry but also further-processing operations such as a bakery, dairy, meat processing and apple-juice making. On the site there are also the organic supermarket, the cafe with bistro, kindergarden, artist atelies and some therapeutic offers.
The Cultural Association Hof Medewege help the organizations or the individuals (besides other activities) to find a way to integrate themselves into farm life. For different groups (children, young people and, adults), who would just like to visit the farm, we are offering tours around the site to inspire them, not just as consumers but also cultivating organic food for themselves. The small visitor can be a farmer for a day in the “children farm”.

**Process for the partner’s visitors:**

- Presentation of the work of Association Kulturverein Hof Medewege
- Outdoor presentation of the project Eco village Hof Medewege
- Study visits to Eco village Hof Medewege with the deeper view in some agriculture sectors (horticulture, agriculture, bakery, mill, bee-keeping)

**Experiential learning during the visit**

- Workshop with some farm/community representatives Hof Medewege, open space for questions:
  - farm/different companies – cooperation, distribution channels, employees
  - finances, property relations, renovation of the buildings
  - eco-village as a social model, therapeutic work in the nature, city-eco-village connection
  - educational model apprenticeship (in-farm training) for (organic) farmer/gardener/baker
  - “Gap year” – voluntary work in the environmental sector – programme for young people on the farm
• Visit of Community garden in Schwerin

• Study visit with discussion at Bio and Wellness Hotel Stellshagen and their horticulture plots.
Study visit with discussion at organic farm Hohen Schönberg

We learnt:

- Combining of eco tourism with seminar tourism (TR).
- Combining of eco tourism with tradition (TR).
- New models of international volunteering - WOOF (TR).
- Garden design – what we have to consider, when we start to plan a farm, garden (SI).
- Farming and gardening in the city (UK, SI)
- The engagement of adults with learning difficulties and other vulnerable and disadvantaged individuals and groups (UK).
- The varied models of management of city farms and community organisations (UK).
- Possible sources of funding on the case of UK.
- Different (education) offers for city children on the farm (UK, PL)
- Adult education (organic agriculture, crafts,...) in the rural area.

Our partners learnt of:

- Eco-village /farm as a financial and social model.
- Eco-village /farm as a innovative practice orientation educational model - apprenticeship (in-farm training) and institutionalized “gap voluntary year” program for young people on the farm.
- Organic (bio-dynamic) farming in the pracice.
- The model of the large scale organic tourism ( Bio and Wellness Hotel Stellshagen).

You can follow us at [www.hof-medewege.de](http://www.hof-medewege.de)
We aimed to represent the cooperation between locals and organic farmers – changes throughout the years, examples of good practice, support from local/regional/national authorities, ways of involving organic farmers in the educational patterns (volunteers, eco-tourism). As organisation we are strong in adult education in rural areas – holistic approach towards environmental education.

**Process:**

Presentation of organisation and its' work.
For the past 18 years ZIARNO has been a grass-root movement working in the field of organic agriculture. During our meeting we presented the possibilities of cooperation between organic farmers and institutions aiming at promoting organic food and lifestyle.
Our organisation is placed next to an organic farm and we aim to be an educational background for organic production and farming. As an NGO we link organic farmers encouraging them to cooperate not only in the field of commerce and sale, but mainly education that in in-farm trainings and volunteering.

Our methods of educating are based on a learning–by-doing process and therefore our meeting was partly dedicated to workshops where participants had the opportunity to experience for themselves.

First was how to make organic wholemeal bread. They went through the whole process: from grain, grinding in our local mill, preparing the bread dough, baking it in a wooden oven.

Second workshop was dedicated to cheesery and went through the milking process, old methods of cheese production in a small mini-museum and then through the whole cheese making procedure in a modern diary.
Study visit

The study visit took us to a near – by antique archbishopric which is being re-built by new owners. The participants got an insight into the history of our region and were shown the history of local gardening. The owners revitalised the gardens of the bishops and next, on different beddings organised small gardens – the way they changed through the decades up to a modern concept of gardening – the same method we saw when we visited Slovenia.

Event: »Good harvest« seminar – international cooperation for organic farmers

For the past 11 years ZIARNO has been organising this seminar for organic farmers from Poland and hosting organic representatives from Europe. As event it is growing and becoming significant as a lader in exchange of practice, contacts and as an educational tool on national level.
This year we have been hosting both representatives from the Ministry of Agriculture, as well as representatives from our local county. All institutions participating in «Community goes farming» project had the possibility to present the aim of the project as well as the work of each single organisation.

Project coordinator presented the Community Goes Farming LdV Project

During group workshops participants discussed the current european problems regarding organic farming, linked ideas and concrete solutions for several topics: wholesale of fruits and vegetables – cooperatives as solution, meat and diary production and Folk High School for organic farmers – the new perspective of ZIARNO, a school that will educate young farmers and were experienced farmers will offer them in-farm trainings.

All visitors at the conference together

You can follow us at www.ziarno.eu
We aimed to see how local food growing can be used as an individual health and well-being and therapeutic improver, a community engagement vehicle and an local economic driver, representing also the benefits to vulnerable and potentially vulnerable individuals. We sought to involve local health practitioners, GPs, Social Workers etc. who could adopt local food growing into institutional work.

The participants arrive and meet at Heeley City Farm

**Process for the partner’s visitors:**
- Presentation of Heeley City Farm and its partners work
- Study visits to Heeley City Farm and partners food growing sites at Wortley Hall Walled Garden,
Welcome to Wortley Hall Walled Garden  With our learning disabilities group

- Firth Park Community Allotment,

- Tinsley Community Allotment and Norfolk Park Community Food Growing Garden

Gardening in the sun at Norfolk Park Community Allotment

- Mick Marston from the Federation of City Farms and Community Gardens gave a presentation on the management, governance and funding of UK city farms and community gardens.

In the varying visits and presentations participants we saw first hand and were able to participate in the sessions of work with adults with learning disabilities, people with mental health issues, young unemployed people and unemployed adults. We learnt about the GP
Practice Champions project where Heeley City Farm works with the local doctors surgery to encourage patients from the surgery to become volunteers, supporting health activities in the community. We saw the involvement of families and young children at Firth Park Community Allotment and heard about the involvement of refugees and asylum seekers and the work with local food banks at Norfolk Park Community Allotment.

We re-enforced our views that City and Community Farming and Gardening:
- Is not just about growing and producing food, but integral to the social fabric of a community
- Ensures that growing people runs in parallel with growing food
- Is part of the local, regional, national, European and global movement to ensure sustainable food security and combat climate change and global warming

We learnt:
- New opportunities for varying enterprises we could start
- The secrets of biodynamic farming
- New models of international volunteering

Our partners learnt of:
- Farming and gardening in the city
- The engagement of adults with learning difficulties and other vulnerable and disadvantaged individuals and groups in our city farms
- The varied models of management of city farms and community organisations in UK and the many and complex sources of funding we need to support our farming activities

Welcome by the Lord Mayor and Lady Mayoresss of Sheffield in the Lord Mayors Parlour

You can follow us at [www.heeleyfarm.org.uk](http://www.heeleyfarm.org.uk)
THE END IS THE BEGINNING ...

COMMUNITY GOES FARMING (EN)

GREMO NA KMETE (SI)

... (TR)

... (PL)

STADT WIRD ZUM GÄRTNER (DE)

Watch the movie at YOUTUBE.COM

COMMUNITY GOES FARMING