



Hyphen 73

News from the Federation

Fédération Internationale des Jardins Familiaux
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Pride as unifying element

Mag.^a Sylvia Wohatschek

Central Federation of Allotment Gardeners of Austria



Mag.^a Sylvia Wohatschek

Dear allotment gardeners!

You are now virtually holding the third issue of the „Hyphen“ in your hands, which is dedicated to the theme of „pride“. You could and can learn a lot about the colourful, diverse world of European and Japanese allotment gardens in these three issues.

The fact that the theme „We are proud of...“ could fill three issues shows the dedication with which the allotment gardens are worked on.

It is not a given that you have the opportunity to read about such different

allotment gardens. For one thing is certainly true: the international allotment gardens are as diverse as the nations in which they are located. The International Federation, as an umbrella organisation, unites allotment gardens ranging from pure vegetable gardens to gardens with weekend cottages to main residences; from purely recreational places to places of conscious, healthy eating; from sparse planting to the highest biodiversity.

However, no matter how the allotment gardens are designed, we all carry our idea of the allotment garden movement into society and we do this with a great deal of dedication and pride. We do this not only on a national level, but also in the international context of our International Federation. During our meetings we exchange experiences, collect ideas and take them home with us and work out joint strategies to make the allotment garden movement even more visible and to let many people participate in our pride.

And we have every right to be proud! As you have read in the last three issues, there is a seemingly inexhaustible variety of ideas, concepts and activities to be discovered in the allotment garden organisations. Perhaps you too would like to take up one or two interesting ideas for your organ-

isation? I wonder if the idea of goats for landscape maintenance could also be implemented in Vienna?

But let me also take up another aspect that cannot be ignored at the moment. The Corona pandemic has decisively changed all our lives in the past year and beyond. We have faced unprecedented challenges, deprivation and uncertainty.

For many of us, the allotment garden was even more than usual a precious refuge, a place of balance and a space for activity in the fresh air.

In these times it is not always easy to look at the positives.

That is precisely why it is so nice to have given the positives so much space to present themselves in these three issues of the „Hyphen“.

And one thing must not be forgotten - dear allotment gardeners - we are all part of this community and, therefore, we can all be proud of what our community is able to achieve.

In that sense, enjoy reading and stay healthy!

Mag.^a Sylvia Wohatschek

Finland: We are proud of our annual gardening course

Text: Maylis Karjalainen, Anne Mattsson

Photos: Anne Mattsson



The schoolhouse at the campus.



The attendants of the course 2019 in front of the schoolhouse.

In 1949 the Finnish Federation of Allotment Gardens held its first gardening course for members. The 72nd course took place again early spring 2020 in co-operation with Häme University of Applied Sciences, previously Lepaa Gardening School, which has been the service provider since the beginning.

Over the years more than 1000 members from across Finland have enjoyed the fresh country air of Lepaa campus grounds while getting a crash

course in taking care of an allotment garden. The course is tailored to allotment gardeners with an emphasis on basic gardening methods as well as ecological practices and recycling.

Over the years there have been two courses; one for beginners, another for more advanced gardeners. Nowadays the course takes five weekdays and twenty-five students can take part. Thanks to its excellent reputation, it fills up quickly and often has a long waiting line. The price, a mere 130 € including room and board, is a strong inducement, too. The Federation subsidises the course by more than 50 %. Students receive three study points for the course, its title in the University curriculum being 'Advice to Hobby Gardeners'.

The range of topics is wide, ranging from growing fruit, berries and vegetables to perennials and annuals. It covers plant diseases, garden pests, garden design and maintenance. Students spend a day out in the orchard learning to cut apple trees and berry bushes – they even learn grafting.

The feedback from the course has always been enthusiastic. Students continue to praise the teachers for their professionalism, the Lepaa campus for its surroundings as well as the room and board. A highlight they always point out is getting to meet other allotment gardeners.

What I gained from the course at Lepaa

I was energised and felt more assured after the tightly scheduled five-day course. The teachers are very professional both regarding their field of expertise as well as pedagogically. Conversations with other allotment



"Lepaan Mamselli" – the Mam'sell of Lepaa, a landmark at the campus



Eija Rekola - the head teacher of the course for the last 10 years.

gardeners were a bonus. As one of the teachers said: "true learning means that once you learn something new, you cannot revert to old ways of thinking". For instance, when you understand how a berry bush grows, you make sure to plant it deep enough.

Anne Mattsson, Lepaa 2019

A video filmed during the course 2019 (credit to Anne Mattsson) is available on the Finnish Federation's YouTube-channel – 'Suomen Siirtolapuutarhaliitto'. Unfortunately the video is in Finnish and without subtitles.



Representatives of the Finnish Federation of Allotment Gardens traditionally visit the course on the first day and serve the students some delicious cakes.



In the beginning of April 2019 the weather was a bit harsh for training cutting apple trees in the orchard.



The accommodation facilities are modest.



Teamwork at the course.



The students found a familiar magazine in the campus library.

Sweden: We are proud of our programme for sustainable gardening

The Swedish Allotment Society's Certificate of sustainability

Ingrid Rogblad

Swedish Allotment Federation



Twenty years ago, the Swedish Allotment Federation started a programme for raising and spreading knowledge about sustainable and environmentally friendly gardening. The goal is to inspire to ecological knowledge and change. Up to now some 40 associations, among our 230 member associations, have obtained the certificate. But we aim for more.

The programme has now been updated to match today's reality. We have made the material more accessible and we are more actively communicating it to all our members. The material is distributed within our organi-

sation, as well as in collaboration with Studieförbundet, one of Sweden's largest associations for adult education. We want to put an emphasis on the learning process in the field of sustainable gardening. Learning together, on a free basis, is a wonderful way to make positive changes and while having a good time. The aim is to double the amount of certified member associations until 2024.

We stress the links to the Agenda 2030 by raising knowledge about how the global goals can be interpreted in garden life. The work towards obtaining the certificate is made by achieving

points through a number of steps with different criteria.

For example:

Avoid artificial fertilizers and pesticides. Use natural manure and garden waste to produce your own perfect soil. Cover open soil with materials such as cut grass, straw, wood chips, keeping humidity and preventing weeds.

Weeds, diseases and pests can be prevented with planting resistant species, mixing greens and flowers in the land and creating a crop rotation.

Promote biodiversity, the base of all life, with flowering plants throughout the season, from early spring until late autumn, nests for pollinators and birds, a pond, dead wood and stones. Let part of the lawn become a flowering meadow.

Materials and products shall not contain chemicals. Promote reuse and recycling, sharing of goods and tools and common solutions for mobility and transportation.

Sustainability is also economically smart. Water can be saved by cov-

ering soil with organic mulch doing smart irrigation and water harvesting. Solar panels can cut energy costs in the long run. Sharing services can reduce consumption.

Of course, all this is not done in one season. In fact, it is an advantage if it takes time to obtain the certificate, to make sure all members of the allotment community participate in the learning and change. A period of at least three years is advisable for obtaining the first level of the certificate. Obtaining gold level can take 10 years or more.

Sustainability has always been crucial during times of crisis and hunger. These last months we have experienced that our society has proven to be quite vulnerable. To take care of a piece of land and be able to grow your own food is again becoming important, economically, but also as a social fundament. Knowledge about this resilience promotes engagement in the todays' society with obvious links to the tradition of allotment gardening throughout the ages.

France: We are proud of our design office

Sandra Bele

manager of communication



Let's start at the beginning: What is an allotment?

Allotments are private grounds which regroup individual vegetable plots. These allotment gardens are managed by an association and made available to the inhabitants, so that they can enjoy them for their leisure and cultivate them to cover the food needs of their family; any commercial use is excluded.

Nowadays, the allotment gardens are a real place of social mixing and exchanges.

The local authorities, companies for social housing or the landlords, who finance them, use them as elements of integration and as planning tools.

Some of these allotment gardens have existed for a long time, others are more recent or are still to be created. This is where the federation's design office comes into play.

Zoom on our design office

For nearly 30 years, the federation's design office has been designing and creating allotment gardens and is adapting to the demand by providing a specific answer to each association, local authority or H. L. M. landlord who requests it.

Since its creation, the design office has developed its main asset: the knowledge of what is going on.

This basic knowledge is essential, because no study or creation of allotment gardens is similar to another. The design office has to listen and to adapt to the site.

It carries out on average two or three projects per year creating, renovating or relocating allotment garden sites. From the first contact to the opening of the new site, it takes between one and one and a half years for the project to get off the ground and to be ready for the client.

From design to garden creation

An individual person, a lessor, a company or a local authority owns grounds and might be hesitating between several projects. The federation's design office is able to help them by a phase of exchange of ideas and general questions on the opportunity to set up allotment gardens on it.

Once the project has been decided, where to start?

The feasibility study answers all the questions that may arise by providing a technical and landscaping diagnosis, detailed specification of the project, one or more development sketches, an estimated cost of the works, a provisional calendar and even a list of the financial support that can be requested.

If the project is validated, the federation offers support to the project owner until the delivery of the final project.

In order to illustrate the work of our design office, you find here an allotment garden project, which was created on Mée-sur-Seine.

The local authorities of Mée-sur-Seine had made available to their inhabitants grounds on the borders of the Seine to host allotment gardens. The authorities called the federation's design office to build and develop this ground situated in a sensitive natural area. The heart of the project was to adapt to certain constraints: the landscape, the protection of the unique eco-system existing on these grounds and the floods.

How did the design office deal with these constraints?

The landscape: By creating its two "mirror sites" which respond to each other thanks to a central path which leads to all the plots on the site via branches.

The gardens have been planned and designed in "Fish scales" (semi-circular shape) to encourage strolls (the path) to the plots that are not squared. These fish scales were made for aesthetic and organic reasons as well as for the satellite view.

The protection of the eco-system: an educational pond has been set up to

extend the green and blue grid (ecological devise developed by the State to maintain natural habitats and ecological corridors). A strip, left in its natural state on the banks of the Seine, has been designed to maintain ecological continuity.

Flooding: The design office had to innovate and create semi-open individual shelters in the form of pergolas with benches to store the equipment, in order to avoid the risk of being washed away by flooding.

A collective shelter, where the gardeners normally gather, is not allowed in the local urban plan. The design office therefore proposed to create a collective space along the central walkway where tables, playgrounds and dry toilets would be set up.

To create gardens, yes, but not only!

Allotment gardens are already existing, but they need to be rethought? Our design office can draw up a diagnosis to provide a detailed vision of the state of the site and define the opportunities for redevelopment.

Some time ago a redevelopment project was initiated in Toulouse. The allotment gardens were to be relocated due to the construction of a school.

A piece of land on the banks of the river Hers was made available. This new land is situated in a larger area along the banks of the Hers, which the city wished to cover in vegetation. Some remarkable trees, old buildings and other technical constraints were used by our design office to adapt and show ingenuity.

After a lot of work, the project will soon be finished, and the gardeners will finally be able to find their long-awaited plot!

The creation of allotment gardens is a real know-how. Indeed, it is important to take into account economic, sociological, geographical, historical and environmental parameters. This is how our design office has specialised for almost 30 years in the conception and realization of these ambitious projects that are allotment gardens with only one watchword: to serve the interest of the gardeners.

Would you like to get more information?

In order to contact our design office you can write to Mr. Justin Collard

serviceprojet@jardins-familiaux.asso.fr

He will be happy to answer any of the questions or requests you may have.

France: We are proud of our scientific commission

Sandra Bele

manager of communication



Indeed, we also have people interested in research in our federation! For nearly three years now, the national allotment and collective garden federation has initiated the creation of a scientific commission.

What is a scientific commission? What role does it play within the federation? What subjects are addressed?

The scientific commission is a committee of nine people: members of the board of directors of the allotment federation, scientists linked to the federation and people invited for their expertise. This commission, which meets every quarter, discusses, evaluates and analyses research topics concerning gardens.

The objective is threefold: to make the gardeners aware of research results that may be of interest to them; to question researchers and the federation's board of directors on aspects or questions that emanate from the basis regardless from which region; and

finally to provide the federation with arguments based on scientific methods and results (often obtained in research projects in which members are involved) to defend the gardens with the authorities.

Several subjects of interest are ongoing, and have on several occasions lead to internship for young academics at the federation's headquarters.

In 2018 a study on the economic interests of the vegetable garden, carried out together with the national horticultural society, has shown that allotment gardens often constitute a source of savings for families in their food supply. This source of food is objectively variable according to the size and care given to the plots and according to the cultivated species (particularly clear for small red fruits).

By estimating crop values on the basis of average organic prices and taking into account the expenses for the garden, the savings are highly variable,

but often exceed 1,000 €/year (Jaubert, 2018).

Since 2018, in depth work has been carried out to support local communities and the federation in the characterisation and management of contaminated soils. This work is carried out alongside an action-research study between AgroParisTech and the scientific commission. The characterisation and management of contaminated soils contribute to the increase in competence of the federation's design office and in the creation of new roof gardens.

In 2019, an internship in political science on the ways in which local communities include gardens in their urban planning documents and development policy was started, and had just been brought to an end before the confinement due to the Corona-Virus (Temple, 2020). A wide variety of community practices in garden zoning and a growing interest in considering gardens as a planning tool have been

demonstrated, and the recent health crisis is likely to further increase this interest.

A study on biodiversity in the gardens, carried out in partnership with the Nicolas Hulot Foundation, is still ongoing. For this study the gardeners, who are members of the allotment garden federation, had been approached for participation. This study should give rise to important arguments for the gardens: it confirms what incredible places gardens

are for cultivated (and spontaneous!) biodiversity, but also how much many gardeners are attached to protecting and promoting it through their practices and the arrangements they make.

Several of these results have promoted debates and exchanges during the general assemblies, and articles are currently being written for the federation's magazine, *Jardin Familial de France*! These texts aim at informing and providing an expertise related to all that is closely or remotely related

to the vegetable garden and, therefore, to our gardeners and our faithful readers.

The Scientific commission, a real asset for the federation, has not finished working for the best of the family gardens and their gardeners!

The members of the commission are: Christine Aubry, Anne Barbillon, Daniel Cazanove, Jean-Noël Consalès, Marcel Marloie, Gil Melin, Badis Mérad, Fanny Provent, Jean Wohrer

Luxembourg: We are proud of the allotment garden movement during the Corona pandemic and its numerous functions

Léon Wietor

Vice-president of the Luxembourgish allotment federation

Exhibition stand at the occasion of the Ambiance jardins Samen event



In these difficult times of the Corona crisis, we are proud of our Ligue du Coin de Terre et du Foyer "Garden and Home league", which has existed in Luxembourg for almost 100 years



Making plumb marmalade

and is co-founder of the "Office International". Individual associations, which carried out their activities locally, founded the league. At that time, the allotment garden movement also played an important role among the working class, because the yield of the garden had a vital function for survival. It was also at that time, when the first allotment garden settlements were founded, which are still being looked after and accompanied by the respective sections today. Little by little, the scope of offered activities increased such as exchanging experiences in gardening, developing recipes preserving jams and canned food.

We are proud of our associations, which combine these activities at a local level with appropriate celebrations

and meetings, and have thus become an important factor of social integration in our multicultural society. This is how lived solidarity is created, not only in the gardening sector, but also in other social and economic sectors. This now also needs to be proven true in times of crisis, such as the current pandemic and the possible consequent economic and financial crisis, in order to maintain social coherence in society.

We are proud of our association's newspaper, which provides members with valuable information and interesting professional articles and so represents an important exchange platform for the allotment gardeners and can be further developed with the help of modern media. Herewith we



offer insights into gardening and the various functions of our gardens not only to our members but also to broad sections of the population. Owning a garden conveys a certain philosophy and quality of life in contact with nature. The garden provides relaxation and a meaningful balance to the often stressful everyday life.

We are proud of the value of our gardening work and of the products of our activities, whether it is growing fruit and vegetables, creating flower beds, running a small greenhouse, tending an herb garden or creating a garden pond. Gardening is a healthy and sustainable leisure activity during which all human senses are challenged and developed. It is the sight of the whole and the detail, the big and the small things, the physical activity, which is often also strenuous, but at the same time serves our health and

well-being. It can be experienced with all our senses: listening to the bird-song, looking at the flowers, tasting the fruit, feeling the earth, feeling the weather and experiencing the seasons.

We are proud of our contributions to biodiversity, both in plant and animal life. From childhood to old age, people learn to appreciate nature and develop an understanding of complex interrelationships in biological and nutritional processes. This way, people learn to appreciate food, better understand the seasonal offerings of products and can thus counteract food waste. One also learns to try out new techniques of cultivation, both in allotments and home gardens, as well as in roof gardens and on balconies. Modern initiatives, under the keyword "urban gardening" are also increasingly being propagated.

Austria: We are proud of the contribution of women's expert groups to the development of the allotment movement

Thomas Gindl



Women's expert group "Gaswerk XI" at the occasion of the celebration of their 15th jubilee (2001)

The women's expert groups have a long tradition in Austria. Since the beginning of the 20th century, women allotment gardeners have played a decisive role in the flourishing of the allotment garden sector in social and economic terms. Their union into women's expert groups was the logical consequence of the challenges of that time.

The exact origin cannot be determined today, but the formation of the women's expert groups is closely linked to the social and economic developments of the inter-war and post-war period. At that time there was great poverty, especially in the urban areas. The inhabitants of the first allotment garden settlements



Women of the women's expert group Floridsdorf offer their delicious products at the allotment exhibition in 2019

had to learn to deal with their small piece of land as effectively as possible. The procurement of useful plants was just as much the focus of attention as finding ideal recipes to make the best possible use of the harvested produce to feed the family.

Passing on recipes, knowledge about preserving food and exchanging fruits and vegetables was essential for the entire garden community.

After the Second World War, the lack of many products also led to creative alternatives, which were passed on to the younger members through the women's expert groups.

These activities of the early manifes-

tations of the women's expert groups could be summarised today with the modern term „knowledge management“. The transfer of traditional knowledge about the ideal use of the allotment garden was an important good in those days and was promoted and supported by the associations.

Change to new structures

The economic boom of the 50s and 60s, as well as the new structures in the allotment gardens also changed the orientation of the women's expert groups from economic to social goals.

The expert groups that are active today arose from the desire to meet with like-minded people for joint activities. Unfortunately, due to problems with



The products from their own garden transformed for a good cause



Small works of art are created with much love and are handmade for the Christmas bazaar

recruiting young people, there are now only a few associations with women's expert groups.

Women's expert group of the allotment gardeners "Floridsdorf"

In the 21st district of Vienna, allotment gardeners came together to use their love for the products of their own garden for a good cause. Under the leadership of Helga Lang, the women's group was founded in 2005 in the „Bezirksorganisation der Kleingartenvereine Floridsdorf“ (district organisation of allotments Floridsdorf).

They put their experience of processing the fruits of their own garden into the production of jams and liqueurs,

among other things. This is how delicious creations arise, like: fig, orange and kumquat jam or elderflower liqueur.

At Christmas, baking together is also a must. Their vanilla crescents, rum truffles and "Marmeladeherzen (heart-shaped cookies filled with jam) are in great demand. Consequently the ladies produce about 40 kilos of biscuits per season, which can be pre-ordered from November on.

All this requires good organisation and so a plan is drawn up at the monthly meeting. Special emphasis is placed on organically grown products from their own garden.

The products are sold at events like the allotment garden fair or Christmas markets. The proceeds are used for a good cause that is particularly close to the women's hearts. Together with the "Ambulatorium Strebersdorf" (a clinic for disabled children), an herb garden for children and young people with developmental problems was created. *„When we look into the eyes of the children and recognise how much joy they get from working in the garden, all the effort is forgotten. That is reward enough for us“,* says Helga Lang, touched.

In addition to the therapy garden, the women also work with the charitable association KoMiT, which supports people with disabilities and mental illness.

Unfortunately, the women's group of allotment gardeners Floridsdorf is very worried about young people taking up its succession. Currently only 10 women between 65 and 80 years are still active and try in vain to motivate young women to continue their commitment.

Women's expert group "Kolonie Gaswerk XI"

On the opposite bank of the Danube, the women's expert group "Kolonie

Gaswerk XI", founded in 1986, has its headquarters.

The idea for the foundation arose from the desire to better get to know the neighbours. So, the suggestion was taken up by the chairman of the association to found an own expert group. To be financially independent, the women decided to pursue their passion for handicrafts together.

Over the past 35 years the 20 to 25 members have devoted themselves mainly to crafting Christmas decorations. A Christmas bazaar takes place every year. Especially popular are the richly decorated Advent wreaths, which are pre-ordered in large numbers. Furthermore, you can find everything from Christmas tree decorations to pearl animals.

All the works of art have one thing in common. They are handmade with much love. The use of natural materials as well as upcycling is emphasised. For example, with angels made from used coffee capsules. The preparatory work starts already in March and ends two weeks before the 1st Advent in the intensive phase of completion. At the sale, homemade biscuits, tea and punch are also offered.

Also, the women intensively participate in the associative life. For many years, the lantern procession for Martini has been co-organised and up to 70 lanterns have been handmade for the children of the area. In addition, the women are happy to help with all kinds of celebrations and are thus known and loved beyond the association's borders.

That amount of work has to be well organised. Every Wednesday the members of the women's group meet to do handicrafts and bring in new ideas. Everything is recorded in the minutes. That way, thick folders with handicraft projects have accumulated over the years.

The proceeds go back into new projects and are invested in joint activities. „Sometimes the men are allowed to take part if they have helped well“, says chairwoman Sonja Feller.

These activities are certainly also a reason why the women's group does not suffer from worries about young women becoming members. The current 20 members are between 24 and 86 years old. From the beginning, everyone was able to come by and bring their children and grandchildren along. So up to 4 generations have shared the common passion. The new generation from their own ranks and the contact to all age groups in the association will hopefully ensure the women's group a long continued existence.

Prospects

The Austrian allotment garden movement can look back with pride on the great contribution of women's expert groups to the development of the allotment garden sector. Even though living conditions are changing and time has become a scarce commodity, we still hope that many initiatives will in the future originate from the community of allotment gardeners and so continue the long tradition.

The allotment association “Älvtomta” in Örebro (SE) received the diploma for innovative projects



Älvtomta has always worked to keep the original houses, plants, values etc, but has also kept an eye towards the future and all of its challenges, such as the environment, accessibility etc. Based on this, they have successfully worked with a number of interesting projects to develop their association since 2006.

Between 2006 and 2013 they made the association accessible for the elderly and people in wheelchairs. The first thing they did was to dig out and remove all the loose, coarse gravel on all the paths, and replacing it with rock flour. As rock flour sets it becomes a firm surface that allows wheelchairs, wheelbarrows and prams to roll along the paths without problems. When

this was done, they built ramps to the club house and dance-floor and all areas within the association are now accessible to all. Finally, they built a new service building with a toilet and a shower adapted to accommodate wheelchairs. As an extra plus they prepared the new service building so that they can switch to using solar panels for energy in the future.

In 1917, when the Älvtomta allotment association was created, the city of Örebro donated an apple tree, a cherry tree and a pear tree to each plot. In 2011 a group started to make an inventory of the trees that still remained of these original trees. The main goal was to keep the trees and to make sure none of these trees were



removed without informing the board. The trees that were in too poor condition were removed and replaced with new ones.

At about the same time they joined the Swedish Allotment Federation's environmental programme and Älvtomta have now reached the Bronze level.

Finally, with their centennial birthday coming up in 2017, they turned the old, no longer used service building into an allotment museum. There visitors can read correspondences of over 100 years and follow a family's history of their life in Älvtomta. There are also tools, furniture etc. The museum was inaugurated during Älvtomta's 100 year celebration.

The project “Orten odlar” in Stockholm (SE) received the diploma for innovative projects



Their manifest

To put focus on the importance of allotments as

- meeting places and for social exchange
- for relaxation
- as a source of inspiration for gardeners
- for biodiversity
- the importance of allotments for society

Based on this they put forward the following requests:

- Build more allotment areas
- Protect existing allotment areas (by law)

- Allotment areas should receive financial support from cities.

Activities

The project was a collaboration between the network Pepper & Pumpkin, The arthall in Tensta, Studieförbundet (study org) and 12 allotment associations in Järva (suburb with many “newly arrived people”)

- A seed exchange in the spring
- Participation during the political week in Järva (a big event where all political parties and their leaders participate)
- A garden festival located in the centre of Järva, open allotment areas, market and stage with short lectures etc.

The organizers were invited to the morning shows on tv, press and radio talked to them as well.

Let us first mention some of the people who inspired us to start Orten Odlar.

1: First Muhammad Shabazi, once Iranian champion in wrestling. Thanks to him we learned a lot about herbs and vegetables from Iran and about intensive gardening.

2: Kelly's allotment, where she grows African plants in Sweden. It shouldn't be possible.

3: Korean Kim Hyowon grows chili, garlic, daikon radish, cabbage and makes kimchi of it all. She eats kimchi at least twice a day.





4

4: Friendship on the allotment is a very special friendship, like this one between Tao and Toma.



5

5: We started in autumn 2018. Visited allotments in Järva and arranged several meetings with allotment holders. This day it was snowing outside but warm and cosy in Slawomirs cottage. Also, in winter he visits the garden every day.



6

6: Fahyma from Syria invites us into a traditional Arabian guestroom in a nine square meter cottage in an allotment in Tensta. Fahyma became an important person in the project. She teaches immigrants in Swedish by gardening in an allotment.



7

7: We realised that the allotments aren't sleeping during wintertime. In Lilla Rinkeby, most of the men go there after a hard day's work, chatting, relaxing and drinking tea. This is what they also do wintertime on the allotments: smoke meat in a traditional Bosnian way.



8

8: March 2019: Seed pop up in Tensta. 200 people came to swap seeds and learn about seed saving. There were seeds from all over the world.

9: June 2019: To Zarah, her mother and most of the allotment holders in Järva, the teapot is almost as important as the spade. Every day relatives and friends visit them.

10: Negma told us something interesting: Her psychiatrist recommended her to find an allotment, and it worked. That's the best medicine ever for her. She also told us that nine of her allotment neighbours have gotten the same advice from their health centre.

11: Per-Arne is the only Swedish allotment holders we met in Rinkeby's many allotments. He has a problem with ADHD and severe depression. Only when he spends the day in the garden, growing vegetables and inventing/constructing things, he is okay.



9



10



11



12

12: June 2019: We take part in the biggest political event in Sweden, the Järva week. We had a little tent where we served soup from Syria, torshi and tea. It was a success.



13

13: Isabella Löven, vice prime minister and minister of environment, came to our tent and discussed allotment questions with two of our enthusiasts, Maria and Zita (to the left).



14

14: August 24th: Today is our festival. And these are some of our volunteers and enthusiasts.

15: Colourful market with allotment holders in Järva.

16: Kim Hyowon sold lots of home-made kimchi with ingredients from her allotment.



15

17: During the festival day, the visitors could listen to short speeches about soil, compost and of course about our manifest. They could also get advice from experts in organic gardening.

18: The whole day shuttlebuses took the festival visitors to three allotment associations in Järva. Hajra and Ejub Lemes from Bosnia guided them in their awesome Bosnian garden and served barbecued lamb and salad in a Bosnian way (Orten Odlar payed).



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19: They also had the opportunity to meet Zita, our master gardener who every week reports how much she has harvested on her allotment, 100 square metres.



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20: The result of the Zita project: From April 1st – November 24th 2019 she harvested 870 kilo vegetables on her organic plot (100 square metres). It shows the potential of an allotment. It must be the must-have kitchen garden in Sweden.



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The allotment association "Amis de la Fleur Belvaux"(L) received the diploma for innovative projects



This association has created a community garden called "Matgesfeld" in Belvaux with the following characteristics:

- a unique concept of sustainable gardening and horticulture,
- dry toilets,
- a garden patch with a robot,
- 6 gardening plots for school children,
- an aviary and
- an apiary.

Description:

Since the 2017 gardening season, the „Amis de la fleur Belvaux“ have been able to make garden plots available to their members following a new concept for Luxembourg.

Within the framework of the master plan for sustainable gardening in the municipality of Sanem, adopted in 2016, there also was a focus on the "Matgesfeld" in the village of Belvaux. "Matgesfeld" is a green transition area between urban space and open landscape, well connected to the existing road network. It is an ideal place for the development of an action, meeting and integration space. What could be more suitable for this purpose than a garden?

In opposition to traditional allotment gardens, the 28 square garden plots

(7 × 7 metres) are only used for cultivation. For the common use and relaxation, you find a surrounding green space with a picnic bench, a sunbathing bench, a barbecue area and, new



for this gardening season, a greenhouse with automatic irrigation. The background of this concept is that all elements in the garden fulfil a functional and ecological purpose. Thus, the two tool sheds have extensively green roof areas. In the sheds gardening tools can be individually locked up. Solar cells on both roofs supply electricity for the lighting in the shed. The barrier-free public dry toilet also fulfils its ecological functioning by saving water. In this toilet, liquids and solid materials are separated from each other. The liquid flows to the bottom of the collection container, while the solids remain on a dry plate. Due to a special aeration system, the excretions are exposed to a continuous air flow. Consequently, the solid matter dehydrates and the liquid evaporates. Together with heat, natural enzymes, long storage times and oxygen-rich air, the faeces are therefore dried and decomposed and are finally reduced to about 5 % of their volume. The neg-

ative pressure in the container prevents the escape of odours.

Another innovative element is the garden robot. Here, the focus is less on bed preparation, than on programming. If everything is set, the robot can sow, water, pick weeds and loosen the soil independently. The aim is to demonstrate on a small scale that horticulture can be innovative and "high-tech".

As 6 plots are reserved for school structures, the garden also takes on an educational role. The neighbouring French community of Rédange is also taking advantage of this opportunity starting in this gardening season, in cooperation with a Luxembourgish school. The multi-nationality of the tenants additionally makes the garden an intercultural place. From young families, singles, elderly single people to circles of friends; all household forms and age structures are present.

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