

Field tour May 29

2. Agroforestry in and around Amsterdam



Various initiatives integrating agroforestry principles are developing in and around Amsterdam, the most densely populated region of the Netherlands. During this field trip we will visit an amazing biodynamic fruit garden 2.0, a food-forest recently started by young academics, and a newly developed ecological neighbourhood in which trees and food production constitute an integral part of its design.

Fruittuin van West

Fruittuin van West ('Fruit garden of western Amsterdam') is a three years old farm, with a size of eight ha, located in the western part of Amsterdam, 130 km from Nijmegen.

Farmers: **Wil and Lisan Sturkenboom.**

General: A biodynamic (bd) orchard integrated with poultry, berries, CSA-horticulture, tourism, celebrations, farm shop, restaurant and education.

Integration: The bd-orchard with 20 types of hard and soft fruits constitutes the backbone of the farm. In the row of fruit trees berries have been planted. Between the rows of fruit trees a mixture of grass and clover is grown. The orchard provides an excellent environment for mobile poultry houses. The 250 layers find around 40% of their diet in this fruit forest. They keep meat chickens as well. Meat and eggs are sold in the farm shop. On part of the farm three women run a community supported horticultural farm. The idea has developed to grow cereals between some rows of fruit trees.

Benefits: The hens catch insects and they manure the orchard. The large biodiversity lowers diseases and pests. All products are sold in the farm shop. The farm inspires people and has become more and more a place where people meet, even to the extent that people go there to celebrate their marriage or organise a funeral ceremony. Fruittuin van West employs on average five people.

Contribution: The farm brings food production, nature and farm life close to the urban people. The municipality of Amsterdam supports the farm wholeheartedly. It is a brightly shining example of combining food production with connecting people. The farm generates new knowledge on developing an agroforestry farm in urban areas.

Must see: In only three years Wil and Lisan have developed an agroforestry farm. The farm includes several other social and economic functions, which is welcomed by the urban population, while generating a stable and solid income.

Lekkerlandgoed and Paradijsvogelbosje

Lekkerlandgoed ('Tasty Estate') is CSA self-picking food forest in development close to a rapidly expanding urban zone. The five hectares of former grassland interspersed with rows of alder trees is gradually developed into a food forest with a wide range of products including fruit, berries, nuts and herbs. The aim is to develop a healthy ecosystem in which food production is combined with high biodiversity. Plants are developing fast on these fertile soils whereas the number of bird, insect and mammal species counted, increase. Interesting: design and development of the food forest, crowdfunding, marketing concept.

Your hosts: **Jan Degenaar** and **Maarten Schrama**.

Paradijsvogelbosje ('Bird of paradise forest') is a neighbourhood in development near the city of Almere located in the Flevopolder, the youngest of the vast Dutch polders. In this new neighbourhood families develop almost everything themselves, ranging from designing and building eco-houses to road construction. In a short period of time an oasis developed on bare sea clay. An adjacent forest plantation will be integrated and developed into a food forest. Interesting: urban planning, municipal support, eco-friendly houses combined with (future) agroforestry type food production. *Your hosts:* **Marien Abspoel** and **Marie-José Abspoel**.