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Co-funded by
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GROW

Grow your own tree

Exchanging and selection of best practices
Italy, 16-17. 04. 2024

About the project

Who We Are

With the project activities, we want to create fertile ground for the development of a new profession “Self-sufficiency motivator”, which could be acquired based on the recognition of previously gained nonformal knowledge and experiences. Project promotes social inclusion of persons with fewer opportunities.



We promote »green« skills and the social responsibility of educational institutions, as we believe that self-sufficiency is not only a matter of the agricultural sector.



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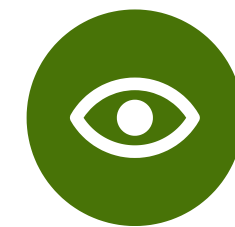
Website

Here visitors will find basic information on how to take the first step towards food self-sufficiency and acquire the basic knowledge necessary for the entire process of self-sufficiency from seed to harvest.

<https://grow-wbl.eu/>



Our Vision & Mission



Goal

The main goal of the Grow your own tree project is to explore the possibilities and build the foundations for the development of a new profession profile called “Self-sufficiency Motivator”.



Results

- Step towards improving food safety among the most vulnerable adults.
- Work-based learning and active involvement
- New profession = “Self-sufficiency Motivator”



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Good practices

Slovenia



01

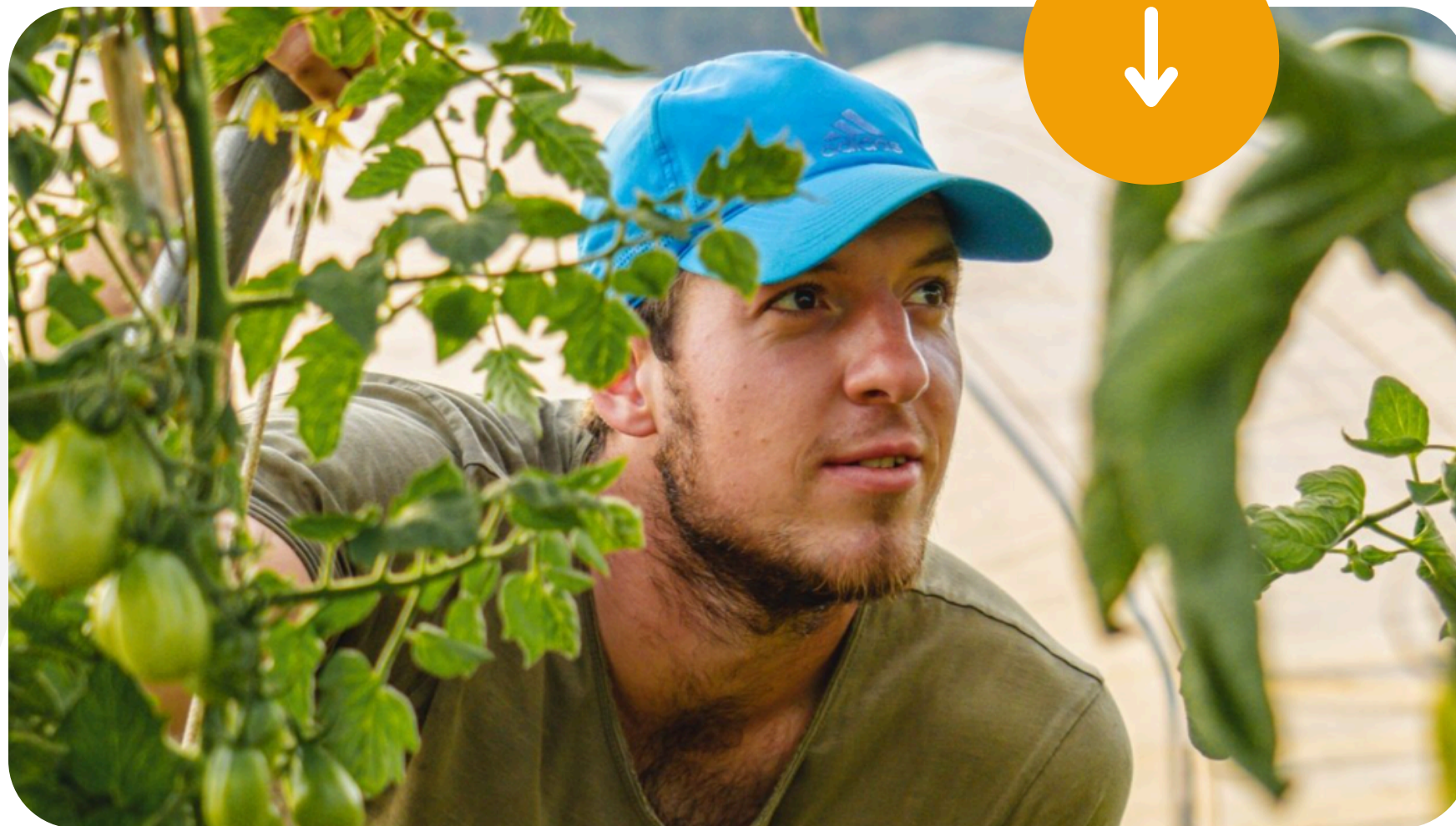
Mum in the Garden - Common learning garden

It's a community dedicated to a brighter future. They offer gardening tips, waste reduction strategies, and explore Slovenia. Their Common Learning Garden in Podutik, Ljubljana, fosters collective learning about growing food. Adults and children collaborate on beds, reading corners, and host expert lectures. Through gardening, they learn from experience and each other, investing time and energy to nurture the garden and enjoy its produce. They share progress reports and provide free gardening resources, including seeds and tools, thanks to donations from companies. Their goal? Empowering everyone to be self-sufficient.

<https://www.maminavrtu.si/skupni-ucni-vrt/>

Good practices

Slovenia



02

Jan's Garden

Jan is a young vegetable farmer. He is particularly interested in new, more modern and manual gardening methods, using innovative tools and simpler greenhouses.

Jan's market garden is 1000 square metres in size and is divided into 48 beds of the same size, each 15 metres long. The rest are garden paths. Over 35 different vegetables thrive in the garden throughout the season. Only sustainable gardening methods are used, without digging up the soil.

He has also started to build a greenhouse for his garden. Over time, he developed the greenhouses and today offers them on the market. All greenhouses and structures are modular, quick to assemble and move, can withstand snow and wind, and are made in Slovenia.

<https://janov-vrt.si/>

Good practices

Slovenia

03 A learning ground for self-sufficiency Dole



Amidst societal shifts away from dependence on shops and chemicals, the Self-Sufficiency Training Ground in Dole offers alternative housing, solar energy, water sources, and permaculture areas, making it self-sustaining. Rainwater is collected and reused, and various innovative farming techniques are employed without chemicals. The Dole Learning Polygon, established in 2010, fosters experiential learning in self-sufficiency, focusing on rainwater harvesting, solar energy, food cultivation, and sustainable housing like Mongolian yurts and earth houses.

<http://ipvo.si/slo/ucni-poligon-za-samooskrbo-dole>

Good practices

Slovenia



04

The Garden of Abundance

The Garden of Abundance, part of The Institute of Abundance, is a 500 m² plot tended by Robi and Tjaša. Despite not being experts, Tjaša's background in Biology and Ecology guides their practical approach to gardening. They share their knowledge through lectures, blogs, and social media, notably on www.vrtobilja.si, visited by over 300,000 people last year. Their gardening philosophy, showcased in their own garden and others they've visited, emphasizes no-dig practices. The name stems from their first blog, "The Abundance of the Little House," inspired by their former tiny home. Their motto, "keep on gardening," encapsulates their passion for this fulfilling hobby.

<https://vrtobilja.si/>

Good practices

Slovenia



05

Association for Healthy Living, Environment and Self-Sufficiency Nova Zemlja

Andrej and Janja Brečko, founders of the Association for Healthy Living, Environment, and Self-Sufficiency Nova Zemlja, epitomize a simple, nature-connected lifestyle. Their home in Mihovica near Šentjernej boasts a lush landscape and a flourishing garden nurtured from once marshy land. Their property, surrounded by a stream, exudes self-sustainability, with chickens freely roaming and local delicacies thriving. Recycled materials form the basis of their sustainable lifestyle, from their own water and electricity to their beautiful thatched house. Their prototype living model aims to harmonize human life with nature, countering modern dissatisfaction and stress. The Brečko family embodies a profound connection to nature, offering a glimpse into a future characterized by meaningful harmony.

<https://projektnovazemlja.weebly.com/>

Good practices

Slovenia



06

GAMI.FI.RE: Fostering Financial Literacy and Career Readiness through Gamification in Vocational Education

The GAMIFIRE project aims to address challenges of insufficient financial literacy and career preparedness, especially among individuals engaged in vocational education, including those from vulnerable demographics by introducing innovative gamified learning approaches tailored to their needs. By integrating gamification into financial education, the project seeks to enhance learner engagement, motivation, and retention of financial concepts. This interactive and dynamic learning experience not only improves financial literacy but also enhances participants' employability prospects.

<https://gamifire.eu/>

Good practices

Slovenia



07

Let it grow

Aljaž Plankl and Danijel Motaln are co-founders of Naj Raste d.o.o. and friends with a passion for nature, trees, healthy food and nature's restorative powers.

The succession of flora and fauna is an area that they are constantly researching and dedicating themselves to.

Based on years of studying literature and working with nature in practice, they decided to join forces and provide people with professional support and assistance to take active steps towards food security, contact with nature and environmental regeneration.

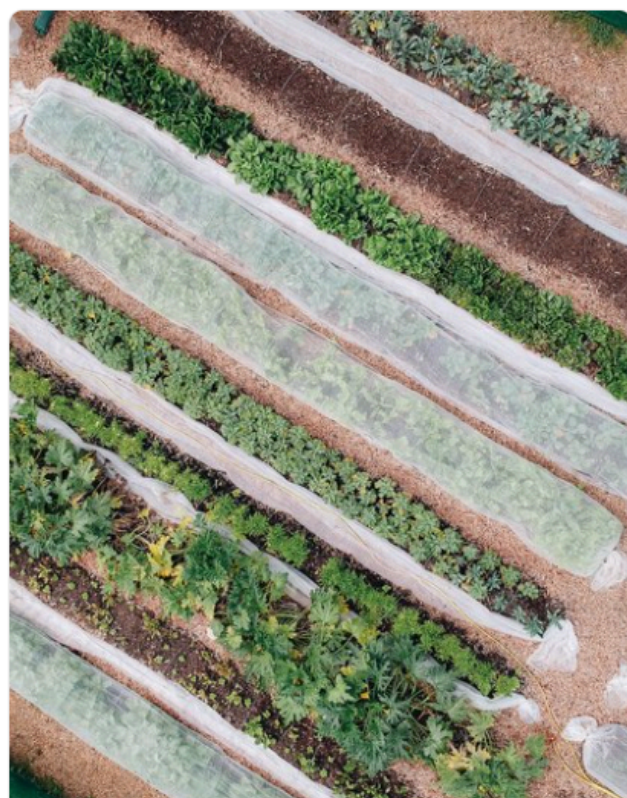
They are not just planting individual trees and traditional orchards - they are creating edible ecosystems where trees, shrubs and perennials intermingle in a way that is inspired by nature.

With their expertise and years of experience, they help create a beautiful environment that is easy to maintain, yet offers plenty of healthy and varied food.

<https://najraste.si/>

Good practices

Slovenia



08

Monera - The farm of life

They are a young family who, with their story and a different way of doing things, want to change the awareness of the importance of the choice of how to produce food, both for people and for nature itself. Years of research have led them to the term regenerative farming, or what they call future farming. Within this way of farming they have found everything they aspire to and believe in wholeheartedly. By choosing regenerative farming, they want to produce living food and, by selling a variety of produce, to support themselves as farmers and to make a decent living in this way. By diversifying their produce, they want to support individuals from the wider local environment as their local community, and by regenerating the soil, they want to support nature in a way that it can best support us.

The farm is built on three pillars of action. Everything they do must be good for the ecology, the economy of the farm and the community we live within. These elements are inseparable and mutually supportive.

<https://www.kmetijamonera.com/>

Good practices

Slovenia



09

Study group The sustainable garden

The members of the group gained knowledge and shared experiences on how to prepare each type of soil for a rich harvest and expanded their knowledge on garden soil care; garden planning, taking into account good and bad neighbours; garden pests and shared knowledge and experiences on ecological pest control methods; exchange experiences on seedling care and seedling rearing and the correct selection, storage and exchange of seeds, and exchange home-grown seedlings and seeds with each other; they worked on how to manage a vegetable garden without digging, composting, preparing and using a roofing material and also learnt about the care of fruit trees.

<https://www.ric-nm.si/si/novice/sonaravni-vrt-za-samooskrbo/7160/>

Slovenia



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Self-sufficiency for sustainably produced food and a better environment

Participants learnt the basic steps to successfully start their own garden or orchard that can provide healthy food and explored how self-sufficiency can improve their physical activity and reduce stress, which has a positive impact on their well-being. They acquired new knowledge on sustainable use of natural resources (water, soil, weather, etc.) and sustainable farming, and learnt how they can contribute to a better environment and biodiversity conservation through self-sufficiency. They explored different ways of subsistence farming that allow the production of quality food without harmful chemical additives. They exchanged good practices, experiences and tips on how to successfully grow different types of vegetables, fruit and herbs without the use of chemicals.

<https://www.ric-nm.si/si/novice/sonaravni-vrt-za-samooskrbo/7160/>

Good practices

Slovenia



11

Municipal and community gardens

Urban municipalities often turn derelict land into arable land, which they rent out to so-called allotment gardeners.

Gardening is a multi-purpose activity with both economic and social potential. Its primary purpose is the production of vegetables for own consumption, but at the city level it is an important factor in increasing the level of self-sufficiency.

Small-scale food production is also an extremely important networking activity with strong potential for intergenerational cooperation, increasing social inclusion and a welcome alternative for socially vulnerable urban dwellers. There is a growing demand for renting a kitchen garden, not only from young families but even from students. The desire for quality and healthy food and leisure time through gardening is also rapidly taking hold among young people.

Every Slovenian homestead has always had a kitchen garden ('gartlc'). The habit of "having a garden" also spread to urban centres with the immigrants. The greatest growth in the installation of allotments is thus being recorded in the new residential neighbourhoods.

Good practices

Slovenia



12

REVEAL (Recognition of Experience Validation of Experience, Achievements and Learning)

As the EU crisis is also affecting nutritional security, especially for adults with fewer opportunities, the main aim of this community is to build the first foundations for fostering the development of a new job profile called "Motivator for self-sufficiency". New job will be performed by adults who work as volunteers in different sectors and have interest to motivate other adults to start with self-sufficiency in food (unemployed, passive, from urban/rural areas who lack knowledge from this field).

The mission of this community is to bring members even closer together, to enable them to learn the skills needed for the effective functioning of the community and to enable individual members to build on these skills. To promote the community and attract new members - to expand the community. To raise awareness regarding self-sufficiency and to empower adult volunteers to start-up with self-sufficiency through gaining practical skills based on their active participation in the community.

Good practices

Slovenia



13

The Korenika eco-social farm

The Korenika eco-social farm is located in Šalovci, at the very heart of the Goričko Landscape Park. After only a few years of operation, Korenika has already become recognizable in a wider geographical area. The professional public recognizes it as an example of good practice in social entrepreneurship, employing people with disabilities and other vulnerable social groups, as well as sheltered employment.

At the Korenika farm, they established a system of organic food production and processing. Korenika arranged a spacious herb garden and animal park, which is home to many animals popular with our youngest visitors. As the number of visitors continues to rise, they offer more and more activities and educational events in this pleasant, soothing, and impressive rural environment.

<https://www.korenika.si/index.php?route=common/home>

Good practices

Slovenia

14

Brinjevka Farm (Project Title: Synergy of Employment Center and Farm)

This farm is a good practice because it operates as a social enterprise, providing employment for vulnerable groups and engaging with the local community. It practices sustainable agriculture, holds certifications for organic production, and promotes transparency and trust through recognized certification marks. Overall, its commitment to social, environmental, and economic sustainability makes it a model of good practice in agriculture and social entrepreneurship.

<https://www.korenika.si/index.php?route=common/home>



Good practices

Slovenia



15 Plant it: Mobile app

Mobile app and planner on the e-platform (www.posadi.si) for developing and organizing gardens for growing plants. Within the platform you can also find planting calendar and education material regarding growing the plants. POSADI.SI is a modern channel for advertising a wide variety of gardening products and services.

Overall, the POSADI.SI platform offers a comprehensive learning experience for individuals interested in gardening, providing them with the knowledge, tools, and resources needed to cultivate thriving gardens and enjoy the many rewards of growing plants.

It is available in Slovenian, English, German and Italian.

<https://posadi.si/>

Good practices

Italy



1

Arkè Olio di Sicilia

A young company that decided to embark on a new entrepreneurial path in 2001 by planning the completion of the entire chain for the valorisation of Sicilian oil on international markets.

Today the company exports to numerous countries where it has won several awards. Arkè manages the production of around 150ha of olive groves with 45000 trees, regulating, with strict controls, the entire supply chain, from the tree to the bottle.

Over time, Arkè has involved numerous producers, bringing added value and profitability by making its production, organisational and logistical skills available, becoming a shared opportunity for those who, like us, live the passion for oil.

<https://www.olioarke.it/>

Good practices

Italy



2

Tenute Lombardo

Tenute Lombardo is a family-run vineyard in Sicily, passionately cultivated for over sixty years. It's located in the center of Sicily, a region characterized by its calcareous, windy, high, and dry terrain, ideal for distinctive wines. The vineyard spans 30 hectares across six estates. Since 2006, they have managed the complete production cycle, from cultivation to bottling. In 2013, they renovated "Sua Altezza", an ancient farmhouse now symbolizing their work, offering stunning views of the surrounding landscape. The winery also features a modern cellar with barrel aging and a tasting room with breathtaking views of the vineyards.

Today, Tenute Lombardo produces 11 different wine labels.

<https://www.tenutelombardo.it>

Good practices

Italy



3

Azienda Agricola biologica Cammarata

The Azienda Agricola Biologica Luca Cammarata is a specialized farm focusing on organic farming and goat breeding, situated near Caltanissetta. The farm is renowned for its sustainable practices, housing over 200 Maltese goats, and producing a variety of goat milk products. These include different types of cheeses, both fresh and aged, and traditional ricotta, all crafted from raw, unpasteurized milk. They adhere to traditional production methods, emphasizing naturalness.

They provide agro-services and products centered around organic farming and goat breeding, offering a variety of goat milk-based products, including different types of cheeses and traditional ricotta made adhering to natural and traditional production methods. The farm also offers experiential visits for guests, allowing them to engage with and learn about organic farming practices and products.

<https://www.aziendacammarata.com>

Good practices

Italy



4

Ciauli AgriCoop

The Ciauli AgriCoop cooperative is an aggregation of small organic producers and social enterprises set up in Palermo about four years ago. It all started with a small solidarity purchasing group set up by four friends, who supplied themselves with fruit and vegetables from the Cooperativa NoE Partinico.

Ciauli is a meeting point between the countryside, the farming community and those who use it. At the shop, in addition to the sale of fresh produce, there is also a space for the workshop of Cuoche Combattenti and a sales space where local agricultural products can be bought directly from the people who grew them. The aim is to truly valorise short supply chains and sustainable agricultural methods. Inside Ciauli there is also a space dedicated to the workshop of Cuoche Combattenti, a social entrepreneurship project from Palermo that fights gender violence.

Good practices

Italy



5

L'Orto Capovolto

Orto Capovolto is a social cooperative based in Palermo, focused on promoting urban agriculture and creating green spaces that serve as sites for sustainable food production and educational platforms. They envision transforming every unused urban space into productive areas that provide local food (km0) and serve as learning grounds for future generations on food and environmental education. The team comprises professionals from diverse backgrounds, including architecture, environmental education, communication, and nutrition, who bring a mix of creativity, problem-solving, and expertise to foster community engagement in urban gardening and contribute to a greener cityscape. They collaborate with local organizations to implement projects like home gardens, school gardens, and more, also offering educational programs and events to foster a connection with food and nature.

Good practices

Italy



6

Orti Sociali – Azienda Agricola Baggini

Azienda Agricola Baggini, a family-owned business with over 100 years of history, is located in Voghera. Since 2014, under the "Orti Sociali" project, it specializes in fruit and vegetable production through social agriculture.

The farm directly sells its produce at its farmstead and participates in local markets under the Coldiretti's Campagna Amica initiative. It supplies fruit and vegetable products to Solidarity Purchase Groups and other structures through Cooperative Sociale 381. The farm is committed to providing good, clean, and fair food for all.

Farm combines food production with health promotion, rehabilitation, education, and social cohesion. It offers work integration for disadvantaged individuals and provides social and health services to the community, demonstrating the multifunctionality of modern agriculture.

www.ortisociali.com

Good practices

Italy



7

Gli Orti delle Fate

The association 'Gli Orti delle Fate' was born in 2014 from the idea of two friends who love the countryside and healthy eating, but whose limited time did not allow them to cultivate this passion with the constancy it requires. Like many happenings in life, this idea met almost by chance with that of the owner of a piece of land close to the former military airport of Boccadifalco, once a flourishing agricultural village known as 'Margifaraci' just a few minutes from the city centre, now a populous suburb, who was eager to breathe new life into an area that had been completely abandoned.

Gli Orti delle Fate manages four urban vegetable gardens in the Palermo area, as well as an organic oasis, for a total of approximately 110 areas intended for cultivation by the association's members.

<http://www.gliortidellefate.it/>

Good practices

Italy



8

Terra Nostra –Caltagirone

The Social Cooperative Terra Nostra was founded in 2004 by Andrea Nicosia, a psychiatric educator, who after a long experience in the field, decided to experiment with new paths of social inclusion and community participation for people with mental illness.

The Social Farm, takes up a model of economy, aimed at combine the profit of the company with the good of the community. Participation in the daily activities of a farm, the contact with the natural dimension, the relationship with plants (Green Care) and animals (zooterapy), the relationship with the community favors in addition to social inclusion, physical and mental well-being: they give a purpose, they mark rhythms and tasks.

<https://cooperativaterranostra.it>

Good practices

Italy



9

Permanido

PERMANIDO involves the establishment and operation of a permaculture farm in Sicily, initiated by a group of individuals who were previously living in Malta. The founders were driven by a deep desire to reconnect with nature, prompted by their dissatisfaction with the stresses of city life.

In addition to their farming activities, the group aspires to create a community around their farm, offering a space where passionate individuals can reconnect with nature, engage in hands-on work, and find solace in the transformative power of the land. Their dream is to inspire and empower others to actively engage in environmental and cultural regeneration, ultimately contributing to a brighter, more sustainable future.

<https://permanido.com>

Good practices

Italy



11

GESI - GrEen Spaces for Social Inclusion

GESI is an ERASMUS+ project that supports the professional development of those who work in education, training and youth with a view to innovating and improving the quality of teaching, training and youth work.

GESI answer to the need of innovative practices that can strengthen the role of the youth work in the development of inclusive, economically prosperous and healthy societies, while young people need safe and recreational spaces that will offer them to be in contact with the nature and where they can interact with each other highlighting the importance building an environmentally sustainable and a greener Europe, and guide young people how they can contribute and work for common goal.

www.prismonline.eu/gessi/

Good practices

Italy



12

Un OrtO per TuTTi

Un OrtO per TuTTi wants to be a space that the community takes possession of to beautify the neighbourhood, form bonds, teach children how food is produced.

It is a 'school of gardens' where indications and suggestions are made available on the most suitable crops, their properties and nutritional benefits, and on when and how to grow them, through collective horticulture initiatives, as a tool for social empowerment and territorial animation.

Un OrtO per TuTTi aims to experiment with traditional and alternative forms of cultivation, to generate quality of life through a rethinking of the relationships between the neighbourhood's inhabitants, to experience a place for meetings and conviviality, not only for those who participate directly in the project but for all the neighbourhood's inhabitants.

Good practices

Italy



13

Orto Bio - Catania

Orto bio Catania is a farm located 10 minutes from the centre of Catania. It is about 80 hectares of land, partly used as an olive and citrus grove, and partly divided into lots that the owner Dario Sagone rents from season to season to those who want to try their hand at organic cultivation.

In 2017, due to a regional ordinance, 10 hectares of citrus grove were uprooted because it was affected by a serious disease that leads first to dryness, then to the blocking of the fruit and finally to the death of the plant. Subsequently, the owner of the plot thought of dividing it into many small plots to be shared and used as private vegetable gardens.

Since its foundation, Orto Bio has been a true rebirth that daily involves people and organisations of all kinds, united by their love of nature and the desire to experience a return to the earth, taking hoe and rake in hand, to embrace a healthier and more sustainable lifestyle and diet.

<https://www.instagram.com/ortobiocatania>

Good practices

Italy



14

Orme – Orti Sociali Torinesi

ORME ETS is an association that brings together a network of vegetable gardens, farmsteads, third sector associations, cooperatives and citizens that support horticulture and urban agriculture in Turin and the metropolitan area.

In addition to cultivation, the urban gardens of the ORME network are spaces open to environmental education, horticultural therapy, beekeeping, social inclusion, job placement and urban regeneration. They contribute not only to environmental biodiversity but also to social biodiversity, involving professionals from the fields of agronomy, education, health, architecture, as well as people active in voluntary work, retired people, people with disabilities, foreign communities, the student population, and children.

Good practices

Italy



15

Si.Orto – Ri.Nova

Si.Orto is an ambitious project started aiming to revolutionize the horticulture sector in the Emilia-Romagna region. The objective is to replace fertilizers and chemicals with green and environmentally friendly solutions, promoting economic and environmental sustainability.

Activities of the project include research and experimentation with alternatives to harmful chemicals, such as the use of cover crops (cultivations chopped and mixed into the soil to nourish plants and combat specific pathogens) and compost derived from urban waste. Si.Orto also aims to evaluate the economic and environmental sustainability of these solutions.

www.astrainnovazione.it/portfolio/si-orto

16-17/04/2024



THANK YOU