



The EFCF is a member of the
European Environmental Bureau

European Federation of City Farms

Working together for a Sustainable Future



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Administrative Office
Schapenstraat 14
B - 1750 Lennik
Belgium

phone: +32-2-5691445
fax: +32-2-5692651
efcf@vgc.be
www.cityfarms.org

EFCF-conference in Stockholm from 13 - 17 September 2006

The EFCF conference in Stockholm was attended by over 50 delegates from Belgium, Germany, Italy, the Netherlands, Norway, Sweden and the United Kingdom. Chairperson of the Swedish 4H, Åsa Elmquist opened the conference, explaining the 4H-work in Sweden.

There are 45 4H-farms in Sweden. Stockholm has twelve 4H-farms, including Hästa gård, which functions mainly as a production farm for the other 4H-farms in Stockholm. The Stockholm 4H-farms have about 800 members. The farms are rented from the Stockholm city and, apart from the salaries through the 4H, the farms are not funded by the city of Stockholm. The money comes from membership fees, social structures and from production (forestry for instance) at Hästa gård. All the farms are open to the public but you have to be a 4H-member if you want to participate in the activities at the farms. The farms keep rare breed animals and there is a good cooperation and exchange with the zoo in the open air museum in Skansen. Rare breeds are part of the Swedish heritage. They can be considered as the original Swedish domesticated animals. They have adjusted themselves to poor quality grazing, can survive in a hard climate, are resistant to the illnesses present in Sweden and are good at foraging. The physical appearance of the animals can vary widely - appearance was less important than the ability to survive. Animal welfare is also very important in the 4H-farm work. In Sweden the rules about animal welfare at the 4H-farms are the same as for the zoos. The minimum space for rabbits e.g. is 6 m² per rabbit. Production farms have different rules and regulations.

Conference theme

The theme for the conference was 'Well-being for body and mind' and Pierre Hanell, 30 years experience as a chef in a restaurant and in research on healthy food, spoke about the self healing capacity of a well-balanced body. Healthy food, better breathing, exercise like yoga etc. are as important as the understanding and application of the food pyramid. www.green-n-lean.se ,

Benefits of 4H-farms

Annika Jansson talked about the benefits of a 4H-farm in the field of after school care and as a school for delinquent children. There is also a programme for children with mental disorders, e.g. depressions, burn-outs or eating disorders at Stora Skuggans 4H-gård. The delegates made study visits to four farms, a training college and the Skansen open-air museum.

Hästa gård is not a 4H-farm in the sense of the other Stockholm 4H-farms. Although there are guided school tours and open days for special occasions, since 1996 the 200 ha. of land are mainly used for the production of food and income (e.g. forestry) for the benefit of the other 4H-farms in Stockholm. The farm has 50 sheep, 30 cows and 10 horses. Two more stables will be built next year. The farm has 2 full-time staff, helped by trainees from agricultural schools. There are possibilities for disabled people to work at the farm for a period of 3 weeks. They take care of their own catering.

More information: Tel.: + 46 87 50 73 80 or 4h.lantbruk@swipnet.se www.4hlantbruk.se



Hästa gård is not a 4H-farm

Stora Skuggans 4H-gård (Big Shadow farm) is a 4H-farm since 1986 and was the first 4H-farm in Sweden which was especially built for this purpose. The farm (ha.10) is situated on the King's Land, which is historic land, where the kings used to hunt. There is a farm building, a hen house, a sheep stable, a garden and an 'outdoor' kindergarten. The farm also functions as school for potential drop-outs aged between 13-15. For this programme the teachers come especially to the farm. Some children stay for one year, others for two years. The farm organizes day camps in summer and winter and children's parties. The rabbit run has wheelchair access. Research at the farm involves cows and goats from the North of Sweden eating trees, from which they get specific health problems like worms. By eating certain poisonous mushrooms, they seem to treat themselves back to health. There are five staff at the farm.

More information: + 46 81 61 62 06 or storaskuggans4hgard@telia.com
www.storaskuggans4hgard.se



Stora Skuggans 4H-gård

The red colour of the farms comes from paint made of the residue from the copper production. It is said that once a goat with horns came back with a red colour on its horns. It appeared to have been at the site of a copper mine. The paint also has preserving qualities.



Pony riding at Augustendals 4H-Farm

Akalla 4H-gård has been a 4H-farm since 1974 and keeps rare breed goats, sheep, hens and ducks (Swedish yellow ducks) on about 5 hect. of land. Many different ethnic groups come to the farm. The farm employs 2¼ staff and organises different courses. Many young leaders from 12+ come and help with the children.

More information: Tel. + 46 87 50 81 49 or info@akalla4h.se www.akalla4h.se



Alkalla pigs

Augustendals 4H-gård has been a 4H-farm since 1984 and employs 1½ staff. The farm has 200 4H-members and there are programmes like baking, playing at the farm and food. From Monday to Friday the members take care of the animals. There is also funding from the city to keep the farm open for the public. On the 2 ha. of land there are the farm buildings, a play area and a café. The farm keeps ponies and goats. There is pony riding for the smaller children.

More information: Tel.: + 46 88 369 85

Liljeholmens djurgymnasiet (Animal School) started five years ago and is a training college for animal education, animal health care and animal presentation. The students aged from the age of 16 can study for three years to be for instance a veterinary assistant, zookeeper or assistant in a pet shop. The college also teaches subjects such as geography, arithmetic and language. The first 2 years are spent at school and year 3 is spent on vocational training.



For this some students go abroad. There are 300 students and 90% of them are girls. The students can specialize in different animal groups. The animals in the school are housed in a different building because some of the teachers or students may be allergic to some of them. Most students come from the Stockholm area, partly because for students from the rest of the country it is difficult to find a place to stay.

The EFCF delegates were very much impressed by the assignments where students have to figure out and build animal housing according to the animals' natural needs. It showed clearly that animal welfare is a very important issue at this school. The school is always looking for trainee posts abroad.



Rat-cage at Lijeholmens djurgymnasiet



More information: Box 44078, 100 73 Stockholm. Tel.: + 46 8744 62 50, Fax: + 46 8744 62 59, e-mail: info@djurgymnasiet.com www.djurgymnasiet.com

Skansen open-air museum

Skansen is the oldest open-air museum (founded in 1891) in the world with different types of gardens, farmsteads, workshops, an aquarium, the World of Monkeys, a children's farm and a zoo. Skansen is located on the island of Djurgården, a royal park near

the centre of Stockholm, and open every day of the year, except Christmas Eve. The zoo in the park has about 70 different animal species, the main emphasis being on Scandinavian fauna, which is represented by Nordic wild animals such as the brown bear, elk, reindeer, wolverine, lynx, wolf, seal, European bison, the brown bear, polecat, fox, otter, the Eagle owl and the Great grey owl. Apart from the Rare Breeds programmes, Skansen also has a conservation programme for threatened plants. More information: www.skansen.se



Horses at Skansen open-air-museum

Swedish 4H

Swedish 4H organisation 4H is an international youth association with a large variety of activities, ranging from cultivation and animals to sports and drama. The vision of the 4H is to enable all children and youth to develop into committed and responsible individuals with respect for the world around them. The 4 H's stand for Head (knowledge), Hand (skills), Heart (respect) and Health (sound way of living). The 4H motto is 'Learning by doing'. The national 4H employs about 100 staff all over the country. Each area and club has a board of their own. In Sweden there are several hundred 4H clubs spread all through the country. The members pay a membership fee of 10 to 12 Euro per year. The Swedish 4H has approximately 15,000 members. Most activities are carried out in the local clubs. Some of them have a club farm with cultivation and animals. 4H organises activities on county and national levels. The main purpose of these stages of the organisation is to support the work of the local clubs. Club meetings are arranged by club members and the weekly meetings organise group activities. Members learn how to run an enterprise of their own (e.g. baking cookies for sale), how to carry out the project and the bookkeeping of costs and receipts. The main reason that there are so many young people involved in leadership, is that 4H wants to get young people acquainted with democratic rules and taking responsibility as soon as possible.



The EFCF board wishes to thank Åsa Elmqvist, Erik Jahn, Jill Hedlund, Jessica Kennedy and Maria Jansson for all their good care, a most interesting programme and a great atmosphere.

EFCF conference 2007

The EFCF conference 2007 will take place in Namur, Belgium from 10 - 14 October 2007

Child in the City 2006

Many concerns about the 'child friendly city' focus on the problem of 'space for children'. The Child in the City- Conference from 16. - 18. October 2006 in Stuttgart did focus on one aspect of this: children's mobility, which is at the same time narrower and broader than 'space for children'. This theme is on the crossroads of many concerns. It is related to the broad problem of how to organise 'mobility' as such in and around the city in a way that everyone can be mobile. The role of a well-considered design of public space combining the needs for mobility with the needs for recreation, shopping, enjoying the urban life etc. should not be underestimated. Moreover, while all people feel the need for movement, their specific mobility needs are clearly age-related. Considering the city's density, private and public transport have to be combined without compromising the ecological and urban quality of the city. And within this mixture of interests, the child's voice should be heard as well.

To get a grip on this issue, it is necessary for both practitioners and researchers to join forces. This is what the conference was about. Several cities did present their good and bad practices and scientists did add the results of research projects. Moreover there was plenty of time for exchanging ideas and experiences. As children's mobility is a crucial way in which children integrate in public life throughout the city, this conference did offer a great opportunity for learning how to deal with one of the most urgent challenges cities are confronted with: how to make our cities more child friendly. The EFCF was represented at the Conference by Hans-Jörg Lange from the German Bund der Jugendfarmen und Aktivspielplätze e.V. with an excursion to 2 Jugendfarmen in Stuttgart and an information-stand at the info-market.



Request for material for the City Farmer's Food Book

The EFCF wants to compose another booklet in the 'City Farmer's' series: The City Farmer's Food Book with all kinds of activities with food. If you have examples of good ideas (art, simple recipes, puzzles etc.) please send them to Pauline Wolters (pwolters@planet.nl).

Animal Welfare on City Farms

An updated EFCF Animal Welfare paper has been placed on the EFCF website www.cityfarms.org Other detailed papers on individual farm animals are to follow in the new year.

Visiting or working on a City Farm in another EU member country

Free movement of people is one of the fundamental freedoms guaranteed by Community law. Find out about your rights to live and work in another EU Member State and how this rule is applied in practice via the European Commission's website on Free movement of workers.

The Your Europe website offers general guides and country-specific fact sheets with information on citizens' rights.

The Citizens Signpost Service (CSS) is an advisory service that operates in conjunction with Your Europe. It offers a free and personal advisory service to citizens on specific problems they encounter in the EU. EU citizens who encounter problems with mobility may use this service to obtain advice and guidance concerning their rights and how to obtain redress.

On PLOTEUS you can find all relevant information about learning opportunities in Europe, including links to universities and higher education institutes, and information on EU exchange programmes and grants. More information: <http://europe.eu.int>

Clever ideas

If you come across a clever idea or if you had a brilli-

ant idea yourself, take a photograph and e-mail it to Hans Jörg Lange (bdja@bdja.org) or to Pauline Wolters (pwolters@planet.nl). Location and two or three lines of explanation will do.



How far can an animal jump...?
....and how far can you jump? Children's farm in the Skansen open-air museum, Stockholm.

New EFCF contacts

Since April this year, people from Germany, Finland, Italy, Ireland, Japan, South Korea and four groups from England visited Windmill Hill City Farm in Bristol, UK to find out more about city farming and/or social enterprise.

Architectural landscape students came to Het Neerhof near Brussels for information about creating a city farm near Gent in Belgium.

An undergraduate student at an American university in Oberlin, Ohio contacted the EFCF. She is putting together a proposal for several fellowships to study and work with Urban Youth Farms in Europe, Latin America, and Africa this coming year.

Nature guides of the open air museum in Bokrijk, Belgium went on a study visit to the Centre of Environmental education in Maastricht, The Netherlands. They visited a city farm and an ecological garden, where they participated in school programmes for children.

Nectar pub: Observe the climate change

A nectar pub is a real bar, made of solid wood of Douglas pine on a piece of ground of 3 x 3 m. with nectar plants, an apple tree, an information board, an

insect house, a butterfly house and a bird house. Visitors can fill in a form and note which plants are flowering, what the temperature is and which animals can be seen. The information is sent to Wageningen University and the results can be found on www.naturkalender.nl. Nectar pubs were placed on more than 100 locations in The Netherlands on city farms and in gardens open for public.



The Nectar pub project was set up by several charities supported by the Dutch Postal Code Lottery to pay attention to the climate change. Involved are several nature organisations and the Dutch city farm organisation SKBN. Other organisations and businesses have linked up with the Nectar pub project by organising 'pub crawls' (visits to several nectar pubs) and by producing climate neutral beer (by a local brewery).

Coordination Paysanne Européenne (CPE) - European Farmers Co-ordination

During the Stockholm 2006 EFCF Conference Ingeborg Tangeraas, one of the Norwegian delegates and also a board member of the European Farmers Co-ordination (CPE) invited the EFCF board for a meeting with CPE in Brussels. On Friday the 20th October 2006 Mike Primarolo and Marc De Staercke of the EFCF met with Gérard Choplin, the CPE co-ordinator.

CPE was created in 1986 following European farmers' meetings which had been held annually since 1981. Its members propose an in-depth reform of the agriculture policies in Europe and in the world, in particular of the Common Agricultural Policy of the European Union. CPE has been recognised since 1986 as European agricultural professional organisation by the Institutions of the European Union. CPE has taken part in regular hearings of the Agriculture Commission of the European Parliament, the European Commissar for Agriculture and the European Commission. From October 1998 CPE sits in the Agricultural Advisory Committees of the European Commission. The CPE consists of 18 farmer and rural organisations from 11

European countries (Members and non members of the EU).

CPE's priorities

- * sustainable family farms,
- * economic recognition of the farmers' work through the sale of their products, which must represent the major part of his income,
- * sustainable modes of production respecting the quality and safety of the products and care of the environment,
- * supply management,
- * a fair distribution of the public funds between farms, between sectors of production and between regions,
- * balanced production among all the regions of Europe,
- * a relation of solidarity with the farmers of Central Europe and other continents
- * the elimination of dumping in international trade.

The organisation CEP

The CPE Council is composed of representatives of all the member organisations. It elects an Executive Board of 5 people. CPE co-ordinates the positions and the actions of its members concerning European policies. CPE engages or takes part regularly in actions and public awareness campaigns, in common with other partners, (e.g. lobbying for the prohibition of hormones, antibiotics in feedstuffs, etc.). CPE supports exchanges between farmer organisations of the various countries, regularly organises study trips, as well as many European seminars and publishes relevant documents.

Achievements of CPE

- * modulation of direct payments,
- * ban of dairy and bovine growth hormones,
- * ban of antibiotics in feedstuffs,
- * the resistance of the European farmers to GMOs,

More information: Rue de la Sablonnière18, 1000 Brussels-Belgium
Tel: + 32 2 2173112, Fax: + 32 2 2184509
E-mail: cpe@cpefarmers.org

Vía Campesina

Via Campesina is an international movement which co-ordinates peasant organizations of small and medium sized producers, agricultural workers, rural women, and indigenous communities from Asia, America, and Europe. It is an autonomous, movement, independent from all political, economic, or other denomination.

Via Campesina is organized in seven regions as follows: Europe, Northeast and Southeast Asia, South Asia, North America, the Caribbean, Central America, and South America and is collaborating with organisations in Africa.

The origin of Via Campesina goes back to April 1992, when several peasant leaders from Central America, North America, and Europe got together in Managua, Nicaragua, at the Congress of the National Union of Farmers and Livestock Owners (UNAG). In May of 1993, the First Conference of Via Campesina was held in Mons, Belgium, where it was constituted as a World Organization. In April, 1996 37 countries and 69 organizations met in order to analyze a series of issues that are of central concern to small and middle-scale producers, including food sovereignty, agrarian reform, credit and external debt, technology, women's participation, rural development and others. CPE is one of the founders of Via Campesina. More information: www.viacampesina.org

Rabbit research

Allowing domesticated rabbits to enjoy their natural behaviour



Rabbits originally came from Spain and Northwest Africa. From there they were spread all over the world.

In some areas they became a plague, like in Australia. The Romans kept rabbits in big enclosures let them breed and hunted them. One could call this an example of the first 'free range' rabbit farm.

Domesticated rabbits are raised primarily for commercial purposes (meat, pelts, wool) and for show or pet purposes. Rabbits are also bred for research. Many city farms keep rabbits for educational programmes, particularly for contacts between children and animals. Some city farms sell rabbits for pets, other city farms sell them for the meat. In many cases several breeds of rabbits are kept, so that visitors can learn about the origin of a breed and see the differences.

Generally there is little knowledge among visitors about the natural behaviour and needs of rabbits in the wild. Many pet owners are attracted by the cuddly appearance of the animal; This is big business for pet shops. Few people know about rabbit breeding as an agricultural enterprise, such as breeding of farmed animals like cows, pigs or chickens for meat. Commercial rabbit farming has been addressed by animal welfare organisations. Questions of humane use and production methods are similar to those raised about other intensively raised animals such as pigs, chickens and cows.



Dutch research on pets in 2004 by an animal welfare organisation showed that of all the animals kept as pets, the rabbit suffers most from loneliness and boredom. In good conditions a rabbit, kept as a pet can expect to live 15 years, but a rabbit kept on its own in a small cage is likely to be dead in 4 years. We need to weigh the interest of the rabbit against the interest of a child, playing with its pet for 15 minutes a day. It means that the animal is condemned to solitary confinement for over 23 hours a day. In the wild rabbits live in social family groups, in unpredictable circumstances and in challenging surroundings. As a pet most of its life is predictable and without any challenge at all. In other words, it gets bored to death. After a while many children tend to lose interest in their pet altogether and in many cases the animal is put out of sight in the backyard or the parents want to get rid of it. Many rabbits each year are left behind at city farms or simply abandoned to fend for themselves. Research held on Dutch city farms revealed that most city farms do not want these animals because of danger of transmitting diseases as nothing is known about the life of an animal. If city farms do accept former pets, the farm

needs to know what to do with the animals next to prevent maltreatment or inhumane slaughter in the future.



Setting examples at the city farm

Poor living conditions in many pet shops and on a number of city farms communicate the wrong message to the public and encourages pet owners to replicate the same living conditions at home. Rabbits need to have living conditions that enables them to exhibit their natural behaviour as far as possible. More and more city farms keep their rabbits in groups, mainly the females. The males have a territorial nature and will fight with other males. If a male needs to be kept on its own, it requires enough space (e.g. 6 m² per animal in Sweden) providing the space to engage in digging, running and playing, additionally introduce enrichment objects into the pens like wooden rings or card board boxes. If you have a group of female rabbits and you want to breed with them, provide e.g. PVC tunnels, hiding places, different levels and protected nesting areas, which can be visited by the mothers. In this way the female rabbits can be apart or together in the rabbit enclosure. Research shows that, given such a choice, the rabbits spend 90% of their time together.

Group housing and open space with environmental enrichment and information about the natural behaviour of the animals is far more interesting for visitors than a block of flats with isolated neurotic or lethargic rabbits.

If you sell rabbits as pets

- Make sure that children (and their parents!) understand that a rabbit is a living being and not a disposable toy.
- Have a brochure which clearly indicates the natural needs of a rabbit.
- Organise training sessions for people who want to keep rabbits
- Never sell animals to children

- Introduce a waiting time for persons who have never kept rabbits

If you do not believe in selling rabbits as pets

If you do not have any rabbits for sale, refer buyers to animal shelters, which take in abandoned rabbits. City farms should take responsibility for the destination of surplus animals. If you do not want to sell rabbits as pets (in fact, in most cases they are not the perfect pets), you could breed for meat. In that case you will know what the final destination of an animal is as is the case with other 'meat' animals at the farm. City farms can include information about intensive rabbit farming and the welfare concerns in educational programmes.

Rabbits in petting corners

- Make sure there is always adult supervision.
- Provide hiding places for the rabbits where the children do not have access.
- Do not allow children to pick up the animals without proper supervision and training.

A city farm enterprise

Looking after appropriate animals (e.g. rabbits, guinea pigs), while their owners are on holidays or in hospital for example. Those animals are kept isolated from other city farm animals to prevent disease etc. Owners pay in advance and agree the city farm contract.

Rabbit with prunes

1 rabbit chopped into pieces
150 gr. prunes
150 gr. raisins
200 gr. butter
pepper, salt, thyme, bay leaf
3 tablespoons flour
1½ dl tarragon vinegar
2 tablespoons tomato purée
3 cloves
1 teaspoon cinnamon
3 tablespoons brown sugar

Rub salt and pepper into the pieces of rabbit. Fry the pieces on all sides until browned and then remove them from the pan. Put the flour, the vinegar, tomato purée, a little water and the brown sugar in the pan and bring it to the boil, stirring continuously. Add the cloves, the cinnamon and the bay leaf, put the pieces of rabbit back into the pan and pour some sauce over the meat. Put the lid on the pan and let it all simmer for 1½ hour, turning the pieces occasionally and pouring some sauce over them. Add the prunes, the raisins and thyme and let the dish simmer for another 30 minutes.