



**BERAS** *implementation*  
Baltic Ecological Recycling  
Agriculture and Society



# Sustainable Food Societies

## Information Centres and Farms

# BERAS Implementation Partners



SWEDEN  
Södertörn University  
[www.sh.se](http://www.sh.se)



Biodynamic Research Institute,  
[www.jdb.se/sbfi](http://www.jdb.se/sbfi)



Södertälje municipality,  
[www.sodertalje.se](http://www.sodertalje.se)



Swedish Rural Network,  
[www.landsbygdsnatverket.se](http://www.landsbygdsnatverket.se)



Swedish Rural Economy and Agricultural societies,  
Gotland: [www.hush.se/i](http://www.hush.se/i)  
Kalmar: [www.hush.se/h](http://www.hush.se/h)



FINLAND  
MTT Agrifood Research  
[www.mtt.fi](http://www.mtt.fi)



Centre for Economic Development, Transport and the Environment for Uusimaa, [www.ely-keskus.fi/uusimaa](http://www.ely-keskus.fi/uusimaa)



Finnish Environment Institute,  
[www.environment.fi/syke](http://www.environment.fi/syke)



University of Helsinki, Department of Agricultural Sciences,  
[www.helsinki.fi](http://www.helsinki.fi)



ESTONIA  
Estonian University of Life Sciences,  
[www.emu.ee](http://www.emu.ee)



Estonian Organic Farming Foundation (EOFF),  
[www.maheklubi.ee](http://www.maheklubi.ee)



LATVIA  
Latvian Rural Advisory and Training Centre, [www.lkcl.lv](http://www.lkcl.lv)



LITHUANIA  
Aleksandras Stulginskis University  
[www.lzuu.lt/pradzia/lt](http://www.lzuu.lt/pradzia/lt)



Baltic Foundation HPI,  
[www.heifer.lt](http://www.heifer.lt);  
[www.heifer.org](http://www.heifer.org)



Kaunas District Municipality,  
[www.krs.lt](http://www.krs.lt)



POLAND  
Institute of Soil Science and Plant Cultivation – National Research Institute,  
[www.iung.pulawy.pl](http://www.iung.pulawy.pl)



Kujawsko-Pomorski Agricultural Advisory Centre in Minikowo, [www.kpodr.pl](http://www.kpodr.pl)



Polish Ecological Club in Krakow, City of Gliwice Chapter,  
[www.pkegliwice.pl](http://www.pkegliwice.pl)



Independent Autonomous Association of Individual Farmers 'Solidarity',  
[www.solidarnoscri.pl](http://www.solidarnoscri.pl)



Pomeranian Agricultural Advisory Center in Gdańsk,  
[www.podr.pl](http://www.podr.pl)



GERMANY  
Leibniz-Centre for Agricultural Landscape Research, [www.zalf.de](http://www.zalf.de)



DENMARK  
The Danish Ecological Council,  
[www.ecocouncil.dk](http://www.ecocouncil.dk)



BELARUS  
International Public Association of Animal Breeders "East-West"

# Preface

## Resilience of our ecosystems is at stake

Despite various measures the eutrophication of the Baltic Sea is not decreasing and the resilience of multiple ecosystems is at stake. In this situation business as usual is not an option. New approaches are needed to create a safe operating space within the environmental boundaries. BERAS develops and implements practical examples where innovation and entrepreneurship from a multi sectorial engagement flows into realistic fully integrated ecological alternatives for the whole food chain from farmer to consumer.

## BERAS - background and main concepts

The BERAS concepts have been developed through two transnational projects part-financed by the European Union and Norway (the Baltic Sea Region Programme), BERAS (2003 – 2006) and BERAS Implementation (2010 – 2013). These concepts are the result of common efforts by the partners from nine countries around the Baltic Sea (Sweden, Denmark, Germany, Poland, Belarus, Lithuania, Latvia, Estonia and Finland), Russia and Norway and includes national and local authorities, universities and research institutes, advisory services, ecological and environmental NGOs, farmers' organisations, food chain actors and finance institutions.

The concept of **Ecological Recycling Agriculture (ERA)** is based on many years of research and studies on how organic farms can be organised to be truly sustainable and environmentally friendly and has demonstrated its potential related to the reduction of nutrient leakage from the farm, soil carbon sequestration/climate effect, biodiversity and increased soil fertility.

BERAS has also successfully started the implementation of fully integrated full scale examples of regional **Sustainable Food Societies (SFS)** in all countries in the Baltic Sea Region. The consumer engagement concept **Diet for a Clean Baltic** offers a sustainable lifestyle with consumption of enough and good food without threatening the environment of the Baltic Sea or the planetary boundaries.

## BERAS future

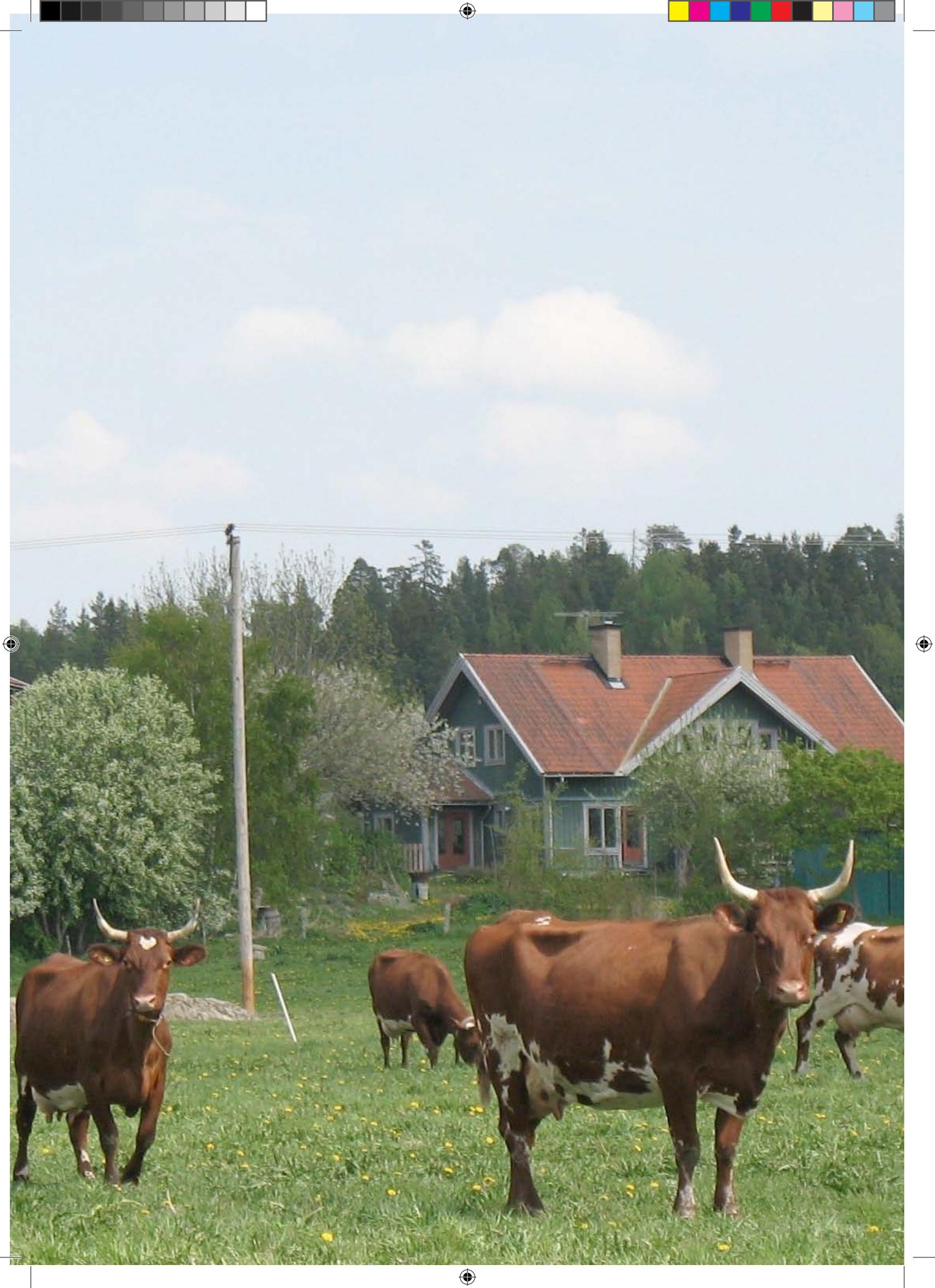
Following the conclusion of the EU project BERAS Implementation in 2013 a Network Agreement has been concluded to further develop BERAS and secure the continuation of the work in the Baltic Sea Region and to share our competence and building alliances with initiatives in other parts of the world.



Artur Granstedt  
Agr. Dr.  
Project Coordinator



Jostein Hertwig  
Attorney at Law  
Head of BERAS Secretariat



# Contents

BERAS Implementation Partners.....	2
Sustainable Food Societies.....	6
Sustainable Food Societies Information Centres .....	9
Juchowo Farm / Juchowo.....	11
Plotta Farm / Trzcińsk.....	13
Bio-Babalscy / Pokrzyudowo.....	15
Zdziarski Organic Farm / Łabiszyn .....	17
“Ekostyl” Iwona & Janusz Sliczni Farm / Biadacz.....	19
Barwy Zdrowia, Tomasz Obszanski Farm / Tarnograd.....	21
“DAK” goat farm / Lizavetino.....	23
Virginija and Feliksas Vaiteliai Farm / Kedainiai.....	25
BERAS Mobile Information Unit.....	26
Latvia Rural Advisory and Training Centre /Ozolnieki.....	27
Research Centre of Organic Farming of Estonian University of Life Sciences / Tartu.....	29
Luomo-Heikkilä / Loimaa.....	31
Järna-Södertälje Sustainable Food Society / Södertälje .....	32
Your 2000 square meters / Järna.....	33
Lövsta Rural Center / Roma, Gotland.....	34
Ingelstorp Agricultural College / Kalmar.....	35
Stengården / Birkerød.....	37
Krogagergård / Fjenneslev.....	39
Skovlygård / Jystrup.....	41
Domäne Fredeburg / Fredeburg.....	43
LandWert Hof / Stralsund.....	45
Ökodorf Brodowin .....	47
Ecological Recycling Agriculture Farms.....	48



# Sustainable Food Societies

Sustainable Food Societies are examples of local food clusters that are socially just, environmentally friendly and economically viable.

## Sustainable Food Societies – the concept

Sustainable Food Societies (SFS) involve all actors in the food chain – from farmers to consumers. Farms and gardens that practice ecological recycling agriculture (ERA) are central actors. By placing the farms at the centre of attention they can develop their full potential and contribute to environmental, social and economic sustainability of the food system.

The farms are connected to other actors through horizontal integration within the food chain, including producers, processors, distributors, restaurants and consumers. This strengthens the local provision and consumption of organic food and in particular from ecological recycling agriculture farms.

Vertically SFS further encourages local innovative cooperation between business sector, authorities, NGOs, research and education. This 'triple helix' model undergirds the establishment and functioning of networks and facilitates knowledge exchange.

Each SFS is encouraged to develop its own character depending on local interests, challenges and opportunities. Connecting local SFS in a transnational network can enhance the exchange of competence and cooperation for further development of best practices.

Sustainable Food Societies have the capacity to

- increase consumption of local organic products



- strengthen local economies and contribute to rural development
- develop ecological agriculture and food processing through knowledge exchange
- raise the awareness of agriculture and environmental impacts of food
- reduce negative environmental impacts of food

#### **Sustainable Food Societies information centres**

The creation of Sustainable Food Societies is a long term project. In this brochure we present the 20 Sustainable Food Societies information centres that have been established in the Baltic Sea region.

These centres have exhibitions that present their agricultural practices and more generally the environmental consequences

of agriculture and food consumption. Most of them are learning centres for children and adults, students and farmers. They also represent efforts to shorten the distance between food production and consumption and strengthen local communities and rural areas.

#### **A network of learning centres for sustainable agriculture around the Baltic Sea**

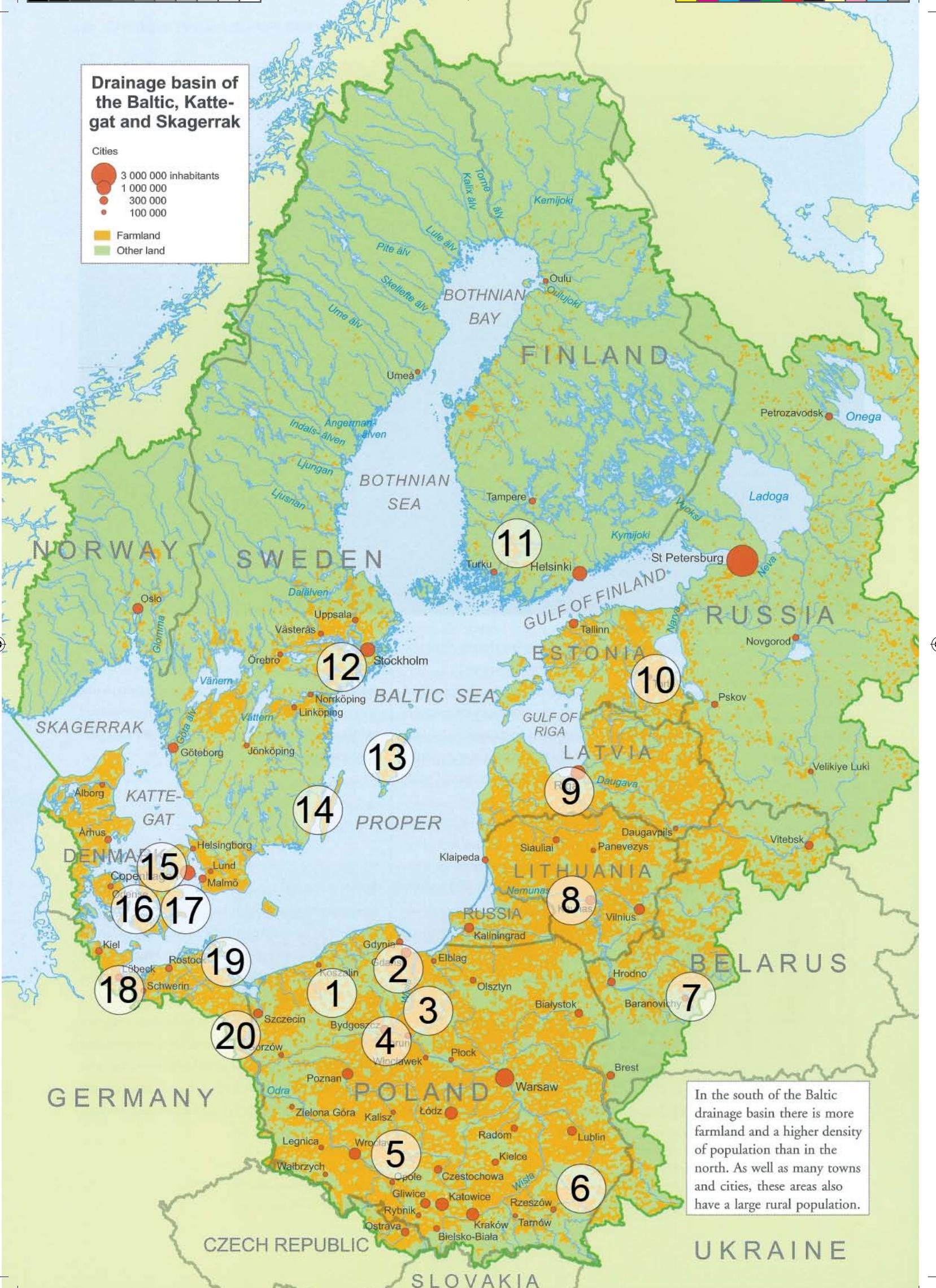
We hope this brochure will convey some of the richness of these Sustainable Food Societies information centres. If you want to visit one of them to be more inspired you can find contact details under each centre.

# Drainage basin of the Baltic, Kattegat and Skagerrak

## Cities

- 3 000 000 inhabitants
- 1 000 000
- 300 000
- 100 000

- Farmland
- Other land



In the south of the Baltic drainage basin there is more farmland and a higher density of population than in the north. As well as many towns and cities, these areas also have a large rural population.

# Sustainable Food Societies Information Centres

Within the BERAS Implementation project  
Sustainable Food Societies are being established in  
all countries in the Baltic Sea region

## POLAND

1. Karlowski Foundation, Juchowo  
[www.juchowo.org](http://www.juchowo.org)
2. Danuta & Jacek Plotta Farm, Trzcinsk  
[sekretariat@podr.pl](mailto:sekretariat@podr.pl)
3. Bio-Babalscy, Aleksandra & Mieczyslaw  
Babalscy Farm, Pokrzydowo  
[www.biobabalscy.pl](http://www.biobabalscy.pl)
4. Zdziarski Organic Farm, Labiszyn  
[www.beras.kpodr.pl](http://www.beras.kpodr.pl)
5. Ekostyl, Iwona & Janusz Sliczni Farm, Biadacz  
[www.ekostylsliczni.pl](http://www.ekostylsliczni.pl)
6. Barwy Zdrowia, Tomasz Obszanski Farm,  
Tarnogrod  
[www.barwyzdowia.pl](http://www.barwyzdowia.pl)

## BELARUS

7. DAK, Lizavetino  
[www.dak.by](http://www.dak.by)

## LITHUANIA

8. Virginija & Feliksas Vaiteliai Farm, Kedainiai  
[www.asu.lt/pradzia](http://www.asu.lt/pradzia)

## LATVIA

9. Latvian Rural Advisory and Training  
Centre Ltd, Ozolnieki  
[www.llkc.lv](http://www.llkc.lv)

## ESTONIA

10. Research Centre of Organic Farming of  
Estonian University of Life Sciences, Tartu  
[www.mahekeskus.emu.ee](http://www.mahekeskus.emu.ee)

## FINLAND

11. Luomu-Heikkilä, Loimaa  
[www.luomu-heikkila.fi](http://www.luomu-heikkila.fi)

## SWEDEN

12. Järna/Södertälje Sustainable Food Society  
[www.foodsociety.se](http://www.foodsociety.se)
13. Lövsta Rural Centre, Roma, Gotland  
[www.hush.se/i](http://www.hush.se/i)
14. Ingelstorp Agricultural College, Kalmar  
[www.hush.se/h](http://www.hush.se/h)

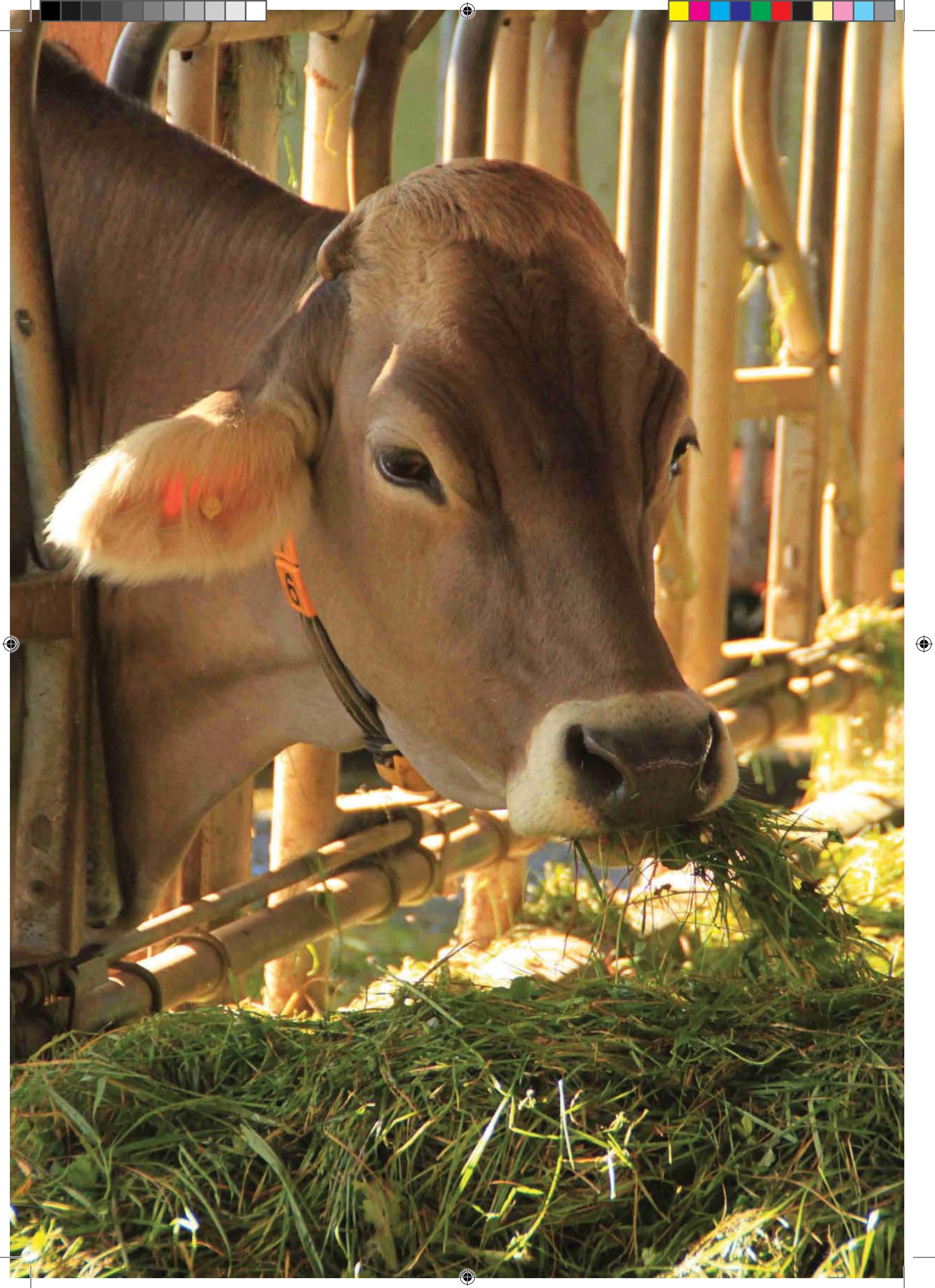
## DENMARK

15. Stengården, Birkerød  
[www.stengardenoko.dk](http://www.stengardenoko.dk)
16. Krogagergård, Fjenneslev  
[www.krogagergard.dk](http://www.krogagergard.dk)
17. Skovlygård, Jystrup  
[skovlygaarden@jysterup-net.dk](mailto:skovlygaarden@jysterup-net.dk)

## GERMANY

18. Domäne Fredeburg, Fredeburg  
[www.domaene-fredeburg.de](http://www.domaene-fredeburg.de)
19. LandWert Hof, Stralsund  
[www.landwert.de](http://www.landwert.de)
20. Ökodorf Brodowin, Chorin  
[www.brodowin.de](http://www.brodowin.de)

## BERAS MOBILE INFORMATION UNIT





## Juchowo Farm / Juchowo

### Key features of Juchowo farm

The Stanisław Karłowski Foundation is a public benefit organization and the legal owner of the land, buildings, animals and other material properties.

Spółka Rolnicza Juchowo Sp. z o.o. is a limited liability company (Ltd), which was established on the initiative of the Foundation and cooperates under the contracts and leases.

#### Demeter Farm:

- 1.900 ha of land:
- 340 ha fens
- 140 ha forest, hedges, shrubs
- 6,0 ha horticulture
- 1,5 ha herbal garden
- 680 cows (350 milk cows including)
- fruits and herbs processing plant

#### Fields and Meadows Management:

- Compost management
- Improvement of soil fertility
- Preparation House

#### Products of organic agriculture:

- Milk
- Grain
- Vegetables, bread
- Syrups, herbs

#### Social Responsibility:

- 95 workers
- 40 people with disabilities

#### Social therapy:

- Apprenticeships for 40 people with disabilities from the district of Szczecinek
- Social integration trough culture, tourism, recreation

#### Pedagogical Province:

- Education: study visits, guided tours and advisory services for farmers
- Professional practice-based courses, seminars and conferences
- Research project in cooperation with FiBL Switzerland

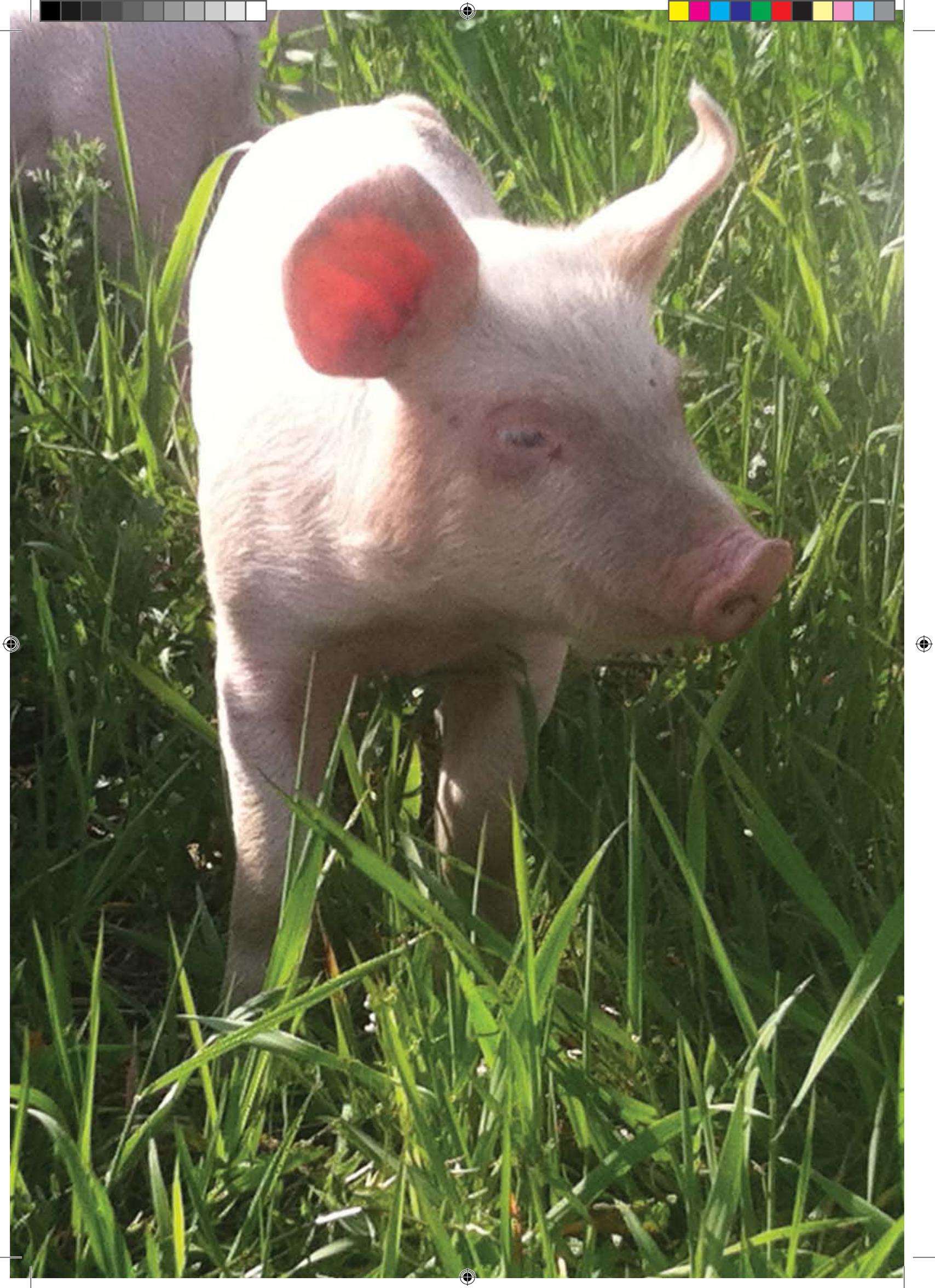
#### Contact:

info@juchowo.org



In cooperation with:







## Plotta Farm / Trzcíńsk

### Key features of Plotta Farm

The family farm of Danuta and Jacek Plotta is a certified organic farm with crop production and livestock. Ecological pig production has been carried out for many years with great responsibility for the environment. The farm is self-sufficient to a high degree with a closed circuit of nutrients. This is an excellent example of how to maintain a high level of profitability while keeping a clean environment.

#### Farm:

ERA farm with a total of 120 ha with organic pig production.

#### Processing and distribution:

Danish and Polish organic food companies.

#### Education:

Training and education in cooperation with an agricultural college.

#### Diet for a Clean Baltic:

Cooking and serving food according to Diet for a Clean Baltic for trainees at the farm.

#### Authorities and research:

Marshal Office,  
Institute of Meteorology and Water Management,  
Warsaw University of Life Sciences – Division of Hydrology and Water Resources

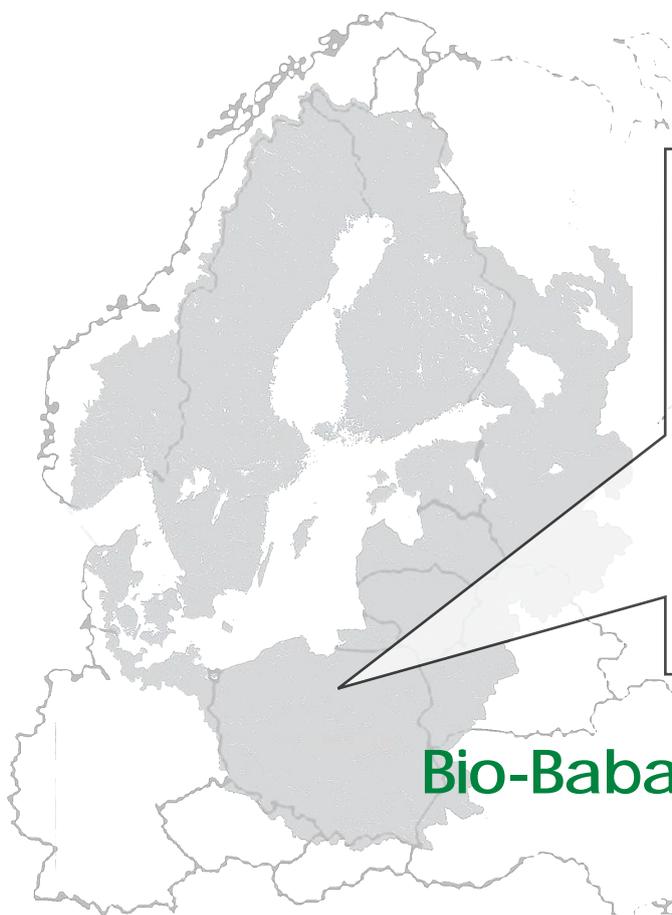
#### Contact:

email: sekretariat@podr.pl

In cooperation with:







## Bio-Babalscy / Pokrzydowo

### Key features of Bio-Babalscy

Since the year 1986 Aleksandra and Mieczysław Babalscy have run their certified organic farm of 9 hectares in Pokrzydowo. The main production of the farm consists of old varieties of grain: spelt, "plaskurka" wheat (*Triticum turgidum* L.), "samopsza" wheat (*Triticum monococcum* L.), old varieties of apple trees, cherry trees, layers, guinea-fowl and Polish red cattle. A processing plant is located on the farm. Since 1991 organic grain is processed into flours, pastas, cereal groats, flakes etc. Yearly approx. 350 tonnes of grain is bought from organic farmers. Bio-babalscy were part of establishing and are in cooperation with EKOŁAN – Kuyavian – Pomeranian Association of Organic Producers including 100 farms. Ecological education is organised on the farm involving approx. 2000 young people per year.

#### Farm:

9 ha. Cattle and layers. Old varieties of grain. Fruit and berries.

#### Processing:

Processing own and other organic farmers' cereals into flour, pasta, groats, flakes etc.

#### Cooperation:

Part of establishing and current partner of EKOŁAN – Kuyavian – Pomeranian Association of Organic Producers with 100 farm.

#### Education:

On farm education of ca 2000 young people per year.

#### Diet for a Clean Baltic:

Organising various events on the theme of organic food and participating in festivals and fairs.

#### Contact:

[www.biobabalscy.pl](http://www.biobabalscy.pl)

In cooperation with:







## Zdziarski Organic Farm / Łabiszyn

### Key features of Zdziarski Organic Farm

The multigeneration farm of Piotr Zdziarski is a certificated organic farm with crop production and livestock. Crop production is used for the needs of breeding pigs, livestock and poultry. Animal livestock production is used in the family butchery.

#### Farm:

Farm with a total of 158 ha with organic pigs, cattle, poultry production.

#### Processing:

Family meat processing company ROLMIĘS.

#### Distribution:

Farm shop, mobile shop, shops, markets, fairs etc.

#### Education/Diet for a Clean Baltic:

Workshops for farmers, advisors, students and pre-school children about organic food.

#### Contact:

[www.beras.kpodr.pl](http://www.beras.kpodr.pl)

In cooperation with:



KUJAWSKO-POMORSKI  
OŚRODEK DORADZTWA ROLNICZEGO





## “Ekostyl” Iwona & Janusz Sliczni Farm / Biadacz

### Key features of “Ekostyl” Iwona & Janusz Sliczni Farm

“Ekostyl” has been a certified organic farm since 1993. The main area of production is crops such as spelt, rye, barley, oats and vegetables. There is a grain processing plant on the farm, where flours, cereals and muesli are being made. “Ekostyl” organic farm also concentrates on ecological education. Seminars are targeted for school kids, students and farmers. “Ekostyl” is a pioneer and now other farms in the region are following in their footsteps.

#### Farm:

Ekostyl cooperates with 5 farms of a total of 75 ha.

#### Processing and distribution:

Grain processing plant and farm shop.

#### Education:

Schools (all levels), Universities, advisors and farmers from Poland and abroad.

#### Diet for a Clean Baltic:

Individual customers and shops in the region. Educational paths about Diet for a Clean Baltic are organized at the farm.

#### Authorities and Research:

Kluczbork Municipality  
Opolskie Marschal Office

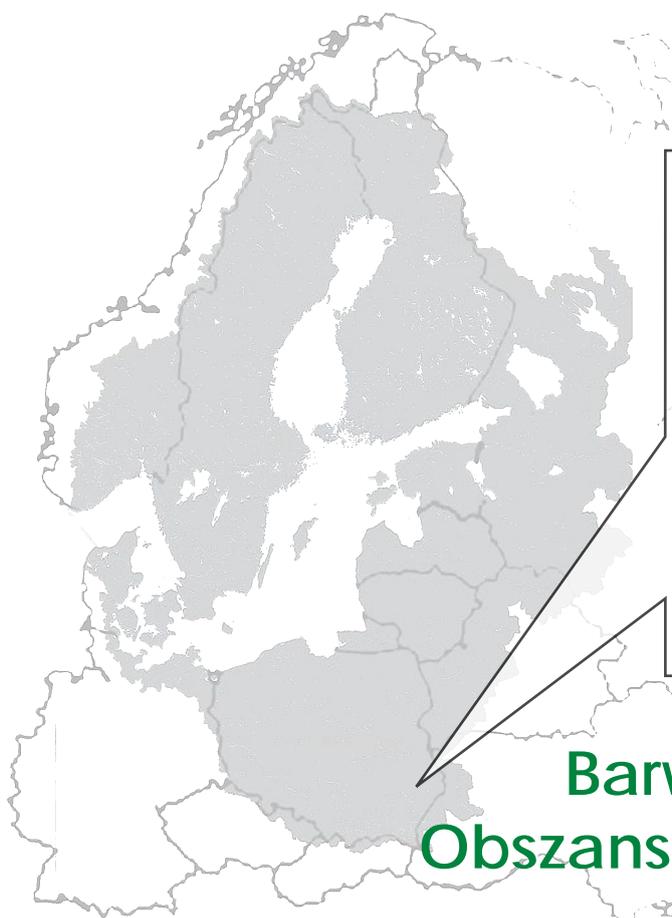
#### Contact:

[www.ekostylsliczni.pl](http://www.ekostylsliczni.pl)

In cooperation with:







## Barwy Zdrowia, Tomasz Obszanski Farm / Tarnograd

### Key features of Barwy Zdrowia, Tomasz Obszanski Farm

Our ERA farm and information centre is located in the south-east part of Poland in the Lubelskie province. In this region many farms have converted to organic agriculture in the last years. Tomasz Obszański produces organic vegetables and fruits. He does not have animals but he gets natural fertilizer from another farm.

#### Farm:

21 ha. Fruits: strawberry, raspberry, rhubarb, black currant. Vegetables: cabbage, broccoli, cauliflower. Linen oil.

#### Distribution:

All products are sold under the trade mark "The colour of health" (Barwy Zdrowia)

#### Training and education:

Individual and group advising on conversion to organic production, spreading knowledge about organic production and promoting organic products.

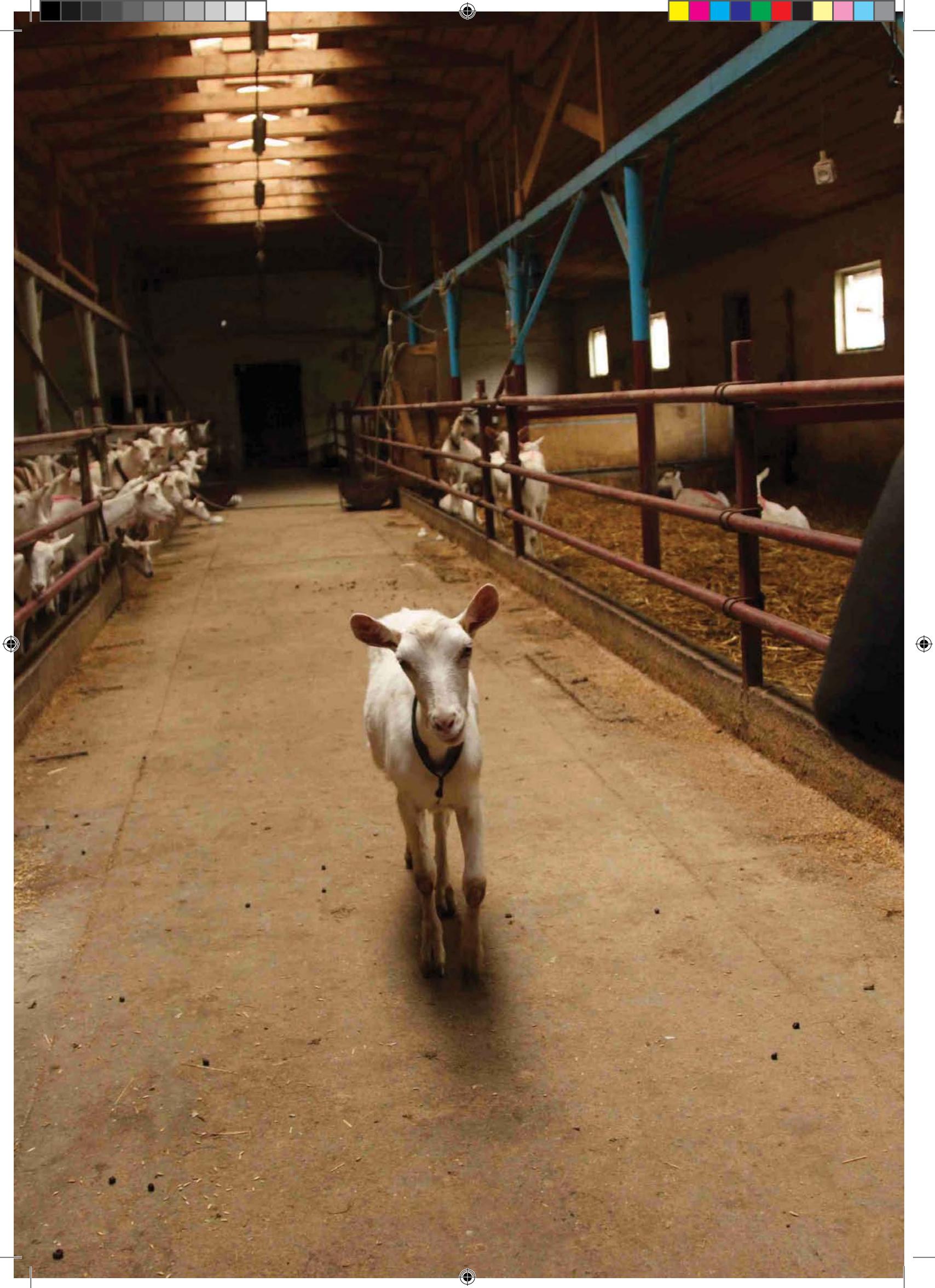
#### Contact:

[www.barwyzdowia.pl](http://www.barwyzdowia.pl)



In cooperation with:





## Republic of Belarus



## "DAK" goat farm / Lizavetino

### Key features of "DAK" goat farm

"DAK" goat farm was founded in 1992 in a picturesque and quiet place located in the Dzerzhinsky district, 20 km south-west from Minsk. The farm is owned by the family of Dmitri Krylov and Halina Vauchanina and they employ 6-9 persons depending on the season. "DAK" goat farm is the biggest goat farm in Belarus and the first farm which completes conversion to organic production. Conversion of animal husbandry and milk processing shall be completed by the spring 2014. The farm is constructing a farm-based small scale organic milk processing.

#### Farm:

80.7 ha arable land, 13 ha pasture, 6.3 ha forest, 312 dairy goats and 400 kids  
Three more farms under conversion included in Belarus SFS.

#### Processing:

Constructing a dairy with a wide range of goat milk products.

#### Distribution:

Two web-shops selling organic, homemade, local and traditional food. E.g. [www.ecaeja.by](http://www.ecaeja.by) with more than 300 customers and about 20 suppliers.

#### Education:

National education center is being established at the DAK goat farm.

#### Contact:

[www.dak.by](http://www.dak.by)

In cooperation with:







## Virginija and Feliksas Vaiteliai Farm / Kedainiai

### Key features of Virginija and Feliksas Vaiteliai Farm

Virginija and Feliksas Vaiteliai run their farm in cooperation with the farms of their two sons, Mantas and Donatas. Half of the farm income comes from cereal production, half from raising and breeding Limousine cattle. Better animal health and improved soil structure are positive consequences of conversion to ecological recycling agriculture.

#### Farm:

300 ha, ca 200 animals, mixed farm beef limousine and breeding + crop production. Producing own seed.

Two sons in cooperation with 310 ha and 200 ha respectively. They also have Limousine cattle plus a small herd of free range pigs.

#### Processing and distribution:

Crop products used for fodder and also exported. Cattle for breeding and some meat are sold locally. Most meat is exported as conventional meat though slaughtered at organically certified slaughterhouse. Plans for small processing to make own sausage.

#### Farm cooperation:

Farm management is facilitated by dividing the tasks between Feliksas, Donatas and Mantas. One is responsible for agro-technical aspects, one for the harvest and another one for feed production.

#### Education and research:

Students and farmers visit through cooperation with the university. There is ongoing research on animal health.

#### Contact:

[www.asu.lt/pradzia](http://www.asu.lt/pradzia)

In cooperation with:





## BERAS Mobile Information Unit

### Key features of BERAS Mobile Information Unit

The Mobile Information Unit was launched in May 2011. Mobile BIC is modified minibus with colorful exterior. It is a vehicle fully equipped with portable interactive exhibitions, material, posters, interactive computer tools and BERAS software package, also there is water and soil quality measurement lab equipment. The Mobile Information Unit is continuously traveling in the countries of the Baltic Sea Region as an exhibition and learning centre. The Mobile Information Unit will keep, facilitate and expedite the exchange of experiences and building of competence in the whole food chain and inspire the extension of good practice after finishing the project.

#### Authorities and research:

Aleksandras Stulginskis University  
The Ministry of Agriculture of the Republic of  
Lithuania  
Lithuanian institute of agrarian economics  
Programe TATULA

#### Contact:

paulius@heifer.lt

In cooperation with:





## Latvia Rural Advisory and Training Centre /Ozolnieki

### Key features of Latvia Rural Advisory and Training Centre

The information centre is located in Latvian Rural Advisory and Training Centre where we have an SFS exhibition. A communication platform is under establishment, bringing together organic farmers, organic products processing companies, organic food shops and direct buying groups, as well as schools, bakeries, Ministry of Agriculture, Association of Latvian Organic Agriculture, National Rural Network, organic agriculture inspecting institutions and other organic agriculture organizations.

#### Organic operators:

- 120 farmers,
- 8 processors,
- 9 retailers,
- 2 caterings

#### Education:

- Latvia University of Agriculture
- Other agricultural educational and research institutions

#### Schools:

- Ikšķile Free school
- Ozolnieki highschool

#### Farmers a.o. org:

- Assoc. of Latvian Organic Agriculture

- National Rural Network
- Latvian Agricultural Organisation Cooperation Council
- Farmers Parliament
- GMO Free a.o. organizations

#### Politics, Certifying and Testing org:

- Ministries of Agriculture, of Health, of Environmental Protection and Regional Development
- Certifying and Testing Centre
- Food and Veterinary Service

#### Contact:

[www.llkc.lv](http://www.llkc.lv)

In cooperation with:







## Research Centre of Organic Farming of Estonian University of Life Sciences / Tartu

### Key features of Research Centre of Organic Farming

Our centre is a part of Estonian University of Life Sciences and is focused on the development and research of organic food and farming. All activities to promote sustainable food societies are done in collaboration with organic stakeholders in Estonia.

#### Research Centre of Organic Farming of ELUS:

- Research and knowledge transfer
- Trainings and education
- Information materials
- Consumer awareness, promotion
- Pool of expertise
- Collaboration

#### Good organic farming examples:

- Tarvastu Saariku Farm
- Pajumäe Farm
- Riido Farm
- Alt-Lauri Farm

#### ERA Farms:

- Mahetooted OÜ
- Kitsevälja Farm
- Kasesalu Farm
- Mätiku Farm

#### Research and development:

- Jõgeva Plant Breeding Institute
- Estonian Research Institute of Agriculture
- Estonian Organic Farming Foundation
- Centre for Ecological Engineering
- Kindergartens, schools and catering.

#### Marketing:

- South-Estonian Food Network
- Estonian Organic
- Wiru Vili

#### Organic producers' organisations:

- 8 organisations

#### Contact:

[www.mahekeskus.emu.ee](http://www.mahekeskus.emu.ee)

In cooperation with:





## Luomo-Heikkilä / Loimaa

### Key features of Loimaa Sustainable Food Society

Loimaa Sustainable Food Society is built upon cooperation between Finnish Museum of Agriculture and organic cereals and beef cattle farm Luomu-Heikkilä. The museum displays the history of agriculture from the perspective of organic agriculture for tourist and consumer groups. Luomu-Heikkilä farm is a representative of a modern ERA farm with effective nutrient cycling and diversity of production.

#### Farm:

200 ha. Cereal crops, 100 suckler cows and 200 heifers and calves in beef production. Greenhouse and 0,5 ha vegetable production. Sheep and chicken mainly for touristic reasons.

#### Distribution:

Farm shop and plans for a box scheme.

#### Marketing:

A professional website and product branding are important tools for marketing.

#### Cooperation with food processors:

Ice cream & cheese from a local organic dairy, flours of cereals from Luomu-Heikkilä, milled in a local organic mill.

#### Consumer-Farmer interaction:

Twice a year a market and get together for consumers with ca 700 visitors.

#### Museum:

Finnish Museum of Agriculture in Loimaa

#### Contact:

[www.luomu-heikkila.fi](http://www.luomu-heikkila.fi)

[www.sarka.fi](http://www.sarka.fi)

In cooperation with:





## Järna-Södertälje Sustainable Food Society / Södertälje

### Key features of Järna-Södertälje Sustainable Food Society

Järna-Södertälje Sustainable Food Society includes more than 70 different initiatives; farms, gardens, processors, distributors, stores, restaurants, schools, research centers, culture and tourism services. Common to all is the work with food and ecology.

#### Farms and gardens:

9 farms with a total of 1400 ha.

6 gardens

#### Processing and distribution:

4 farm shops

Organic food companies, dairy, bakeries

#### Education:

Agricultural college, Gardening school

#### Diet for a Clean Baltic:

21 schools, restaurants and cafés cooking and serving food according to Diet for a Clean Baltic.

#### Authorities and research:

Stockholm County Administration Board

Södertälje municipality

Södertörn University

Biodynamic Research Institute

#### Contact:

[www.foodsociety.se](http://www.foodsociety.se)

In cooperation with:



Södertälje  
kommun



Biodynamic  
Research Institute



## Your 2000 square meters / Järna

### Key features of Your 2000 Square Meters

Your 2000 Square Meters is a garden located in the proximity of several actors in Järna-Södertälje Sustainable Food Society, The garden illustrates the farm land, 2000 square meters, that each and every person has at his or her disposal if the total amount of arable farm land in the world is divided with the total population. But the average use of farm land today in Sweden is 4000 square meters.

In the Your 2000 Square Meters garden we cultivate everything you need to eat during one year. This is to show that 2000 square meters is enough for one person to live well on!  
Welcome!

Your 2000 Square Meters is situated in the garden park in Ytterjärna, close to the Nibble market garden.

### Contact:

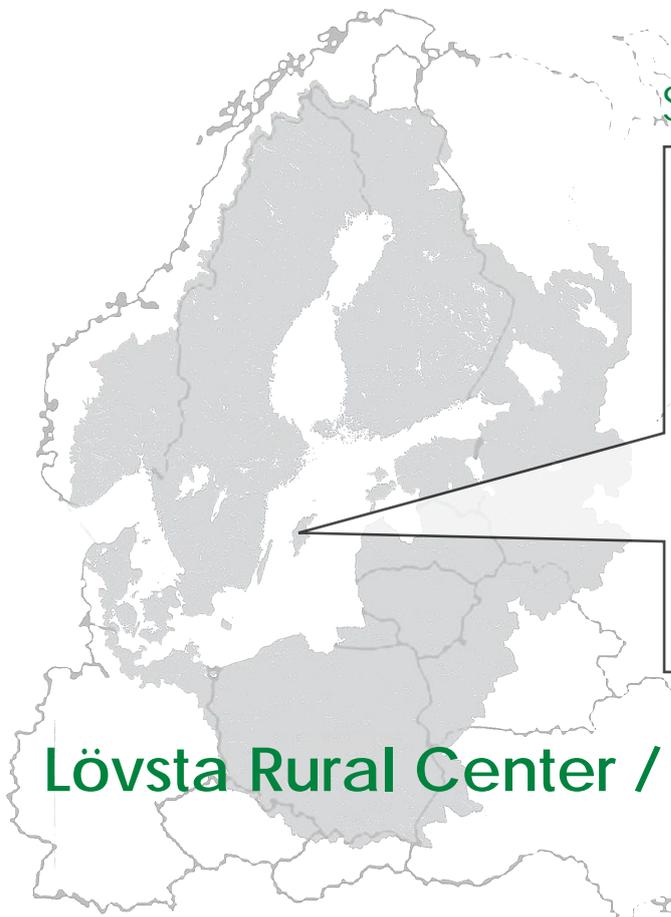
Web: [2000m2.se](http://2000m2.se)

Blog: [dina2000m2.wordpress.com](http://dina2000m2.wordpress.com)

FB: [facebook.com/dina2000kvadratmeter](https://facebook.com/dina2000kvadratmeter)

In cooperation with:





Sweden



## Lövsta Rural Center / Roma, Gotland

### Key features of Lövsta Rural Centre

Swedish Rural Economy and Agricultural Societies in Gotland works among other things with conversion of farms to ERA. The organically certified restaurant at the Rural Centre implements Diet for a Clean Baltic through for example using a bigger share of the school farm's products and informing about transition. We also work with the European Network of Regional Culinary Heritage which consists of companies from field to fork.

#### Farm:

240 ha arable land. 185 ha in organic production with cows and lambs. 56 ha conventional production with free-range pigs.

#### Education:

Lövsta has ca 150 students, in agricultural college and adult education in farming and forestry.

#### Diet for a Clean Baltic:

The Rural centre's organically certified restaurant.

#### Small scale food processing:

Well equipped production facilities are offered for rent to small-scale food processors.

#### Cooperation:

European Network of Regional Culinary Heritage [www.culinary-heritage.com](http://www.culinary-heritage.com)

#### Contact:

[www.hush.se/i](http://www.hush.se/i)

In cooperation with:





#### Key features of Ingelstorp Agricultural College

Swedish Rural Economy and Agricultural societies in Kalmar-Kronoberg-Blekinge counties operate four natural resource schools with 700 students - who learn how to take care of the countryside's resources. We have also started a network for ecological farmers in the region, with theme meetings and study tours. We have school classes on all levels visiting us, where they learn more about ecological farming and how food is produced.

Ingelstorp is one of the natural resource schools. Ingelstorp invests in a sustainable future, with care for the animals and the environment. With great skills and long experience in agricultural education, we are happy to be a part of an ecologically sustainable society in a very intensive agriculture region. The school of agriculture has 213 ha of land in organic management and 56 dairy cows delivering organic milk. At Gamleby, As an ERA farm we share our experiences with students and farmers.

#### Contact:

[www.hush.se/h](http://www.hush.se/h)

In cooperation with:



Tilbud på **Gule** 5 kr/stk  
Squash 5 stk. 20  
Dyrket på Stengården  
*Gulme/pole*



Artiskokker  
Dyrket på Stengården 25 kr





## Stengården / Birkerød

### Key features of Stengården

Stengården is owned by Jens Otto and Elisabeth Rasmussen and has been 100% ecological since 1997. The farm is run by the owners, the family and 2-3 year-round workers as well as a number of seasonal workers. Vegetables, potatoes, fruit and approx. half of the eggs are sold through our farm shop, which is well located and many customers visit us the whole year round. All feed grain is used for our own livestock.

#### Farm:

- 100 % organic for 14 years.
- 70 ha incl. 2 ha mixed vegetables and 1.5 ha potatoes. Fruit. Contracting 30 ha grain and 30 ha pasture/meadow.

#### Animals:

- Beef cattle, egg layers (3000).
- Grain is use for feed.

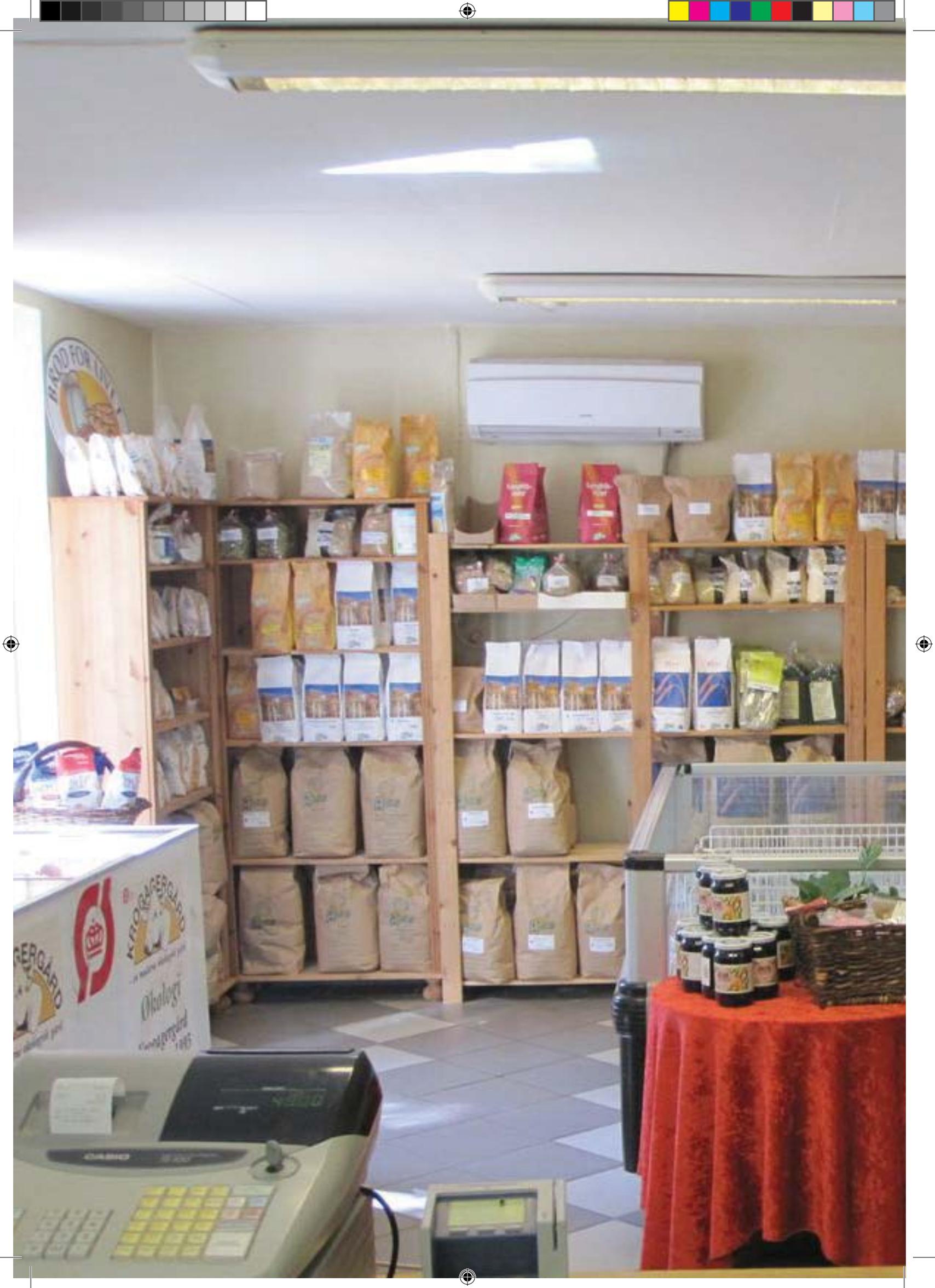
#### Distribution:

- Vegetables, fruit and egg primarily sold via the popular supermarket on the farm site. Meat is sold to private consumers.
- Egg packing station.

#### Contact:

[www.stengardenoko.dk](http://www.stengardenoko.dk)

In cooperation with:





## Krogagergård / Fjenneslev

### Key features of Krogagergård

Krogagergård is an ERA farm with many different types of animals. We grow cereals, grass and vegetables as well as raise beef cattle, sheep, lamb and free range pigs. Our meat is processed at the farm by our own butcher. All products are sold in our own farm shop and web shop.

#### Farm:

101 ha arable land, including 2,4 ha vegetables and potatoes.

50 egg-laying hens, 150 pigs, 8 suckler cows with breeding, 180 steers and 28 ewes with lambs.

#### Processing:

Butcher's shop, processing own and neighbours' meat.

#### Distribution:

Farm shop, box scheme through internet sales.

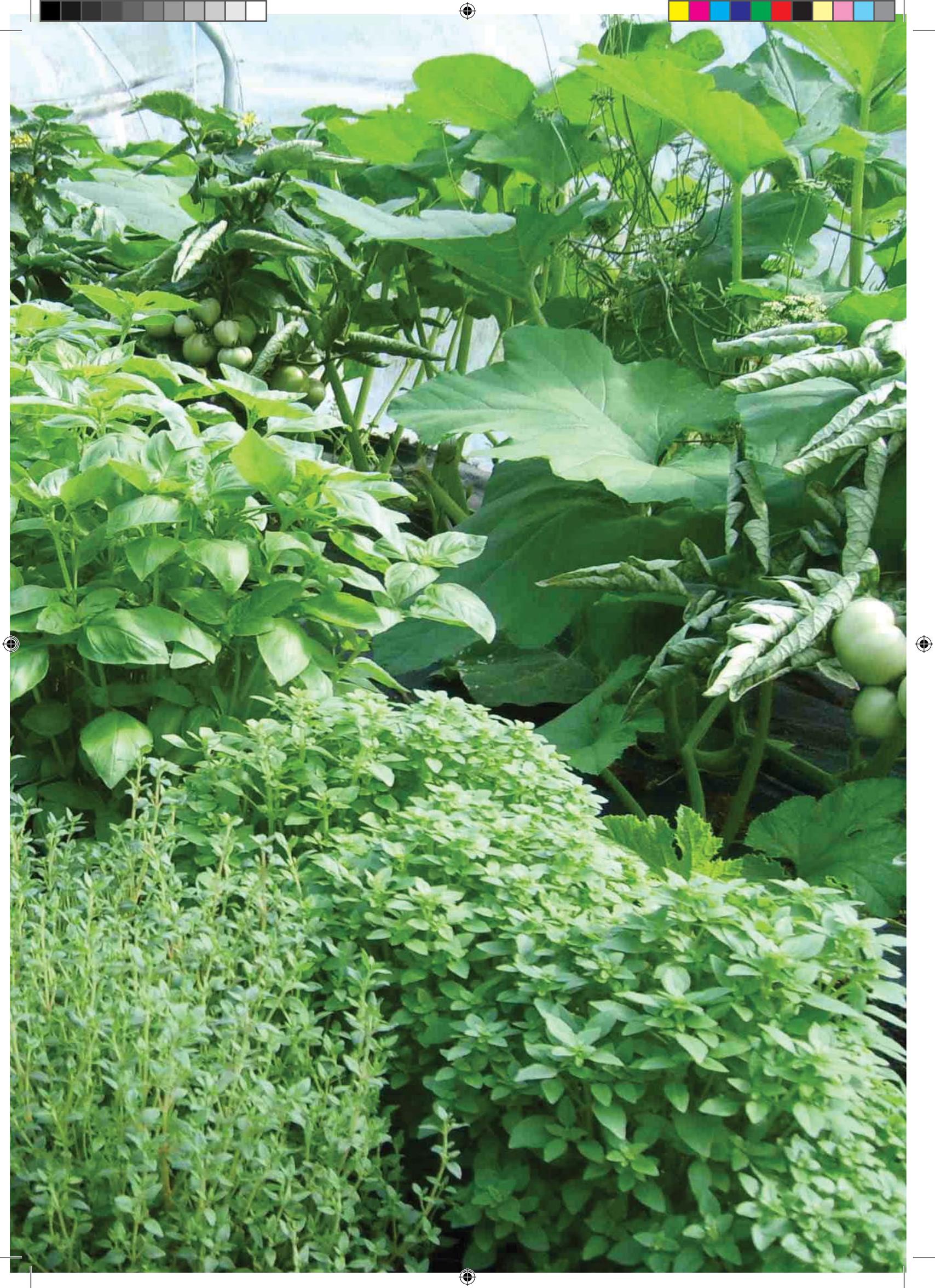
#### Renewable energy:

Wind power plant, processing own canola oil for tractor fuel.

#### Contact:

[www.krogagergaard.dk](http://www.krogagergaard.dk)

In cooperation with:





## Skovlygård / Jystrup

### Key features of Skovlygård

Skovlygård is run by Anders and Kirsten Due-Andersen. Anders is 6th generation at Skovlygård. We cooperate with a catering firm at the neighbouring farm, and with another ecological farmer about social work for young people. We sell our products packed in boxes, with a few items from other organic producers. Some of them are distributed, but most customers collect their own boxes at the stable door.

#### Farm:

- 100 % organic for 13 years
- 45 ha incl. 1.5 ha mixed vegetables and 1 ha potatoes. Rotation: 3 years clover grass – spring barley/wheat/oats - oats + under sown clover grass
- Animals: sheep, egg layers. 0.4 LU/ha
- Grain for bread, beer or feed.

#### Distribution:

- Farm shop.

- Meat is sold to private costumers.
- Vegetables primarily sold via box scheme and to the neighbour catering firm.

#### Education:

- Facilitates social training
- Facilities for on farm courses/events

#### Cooperation:

- Cooperates with 4 other organic farms

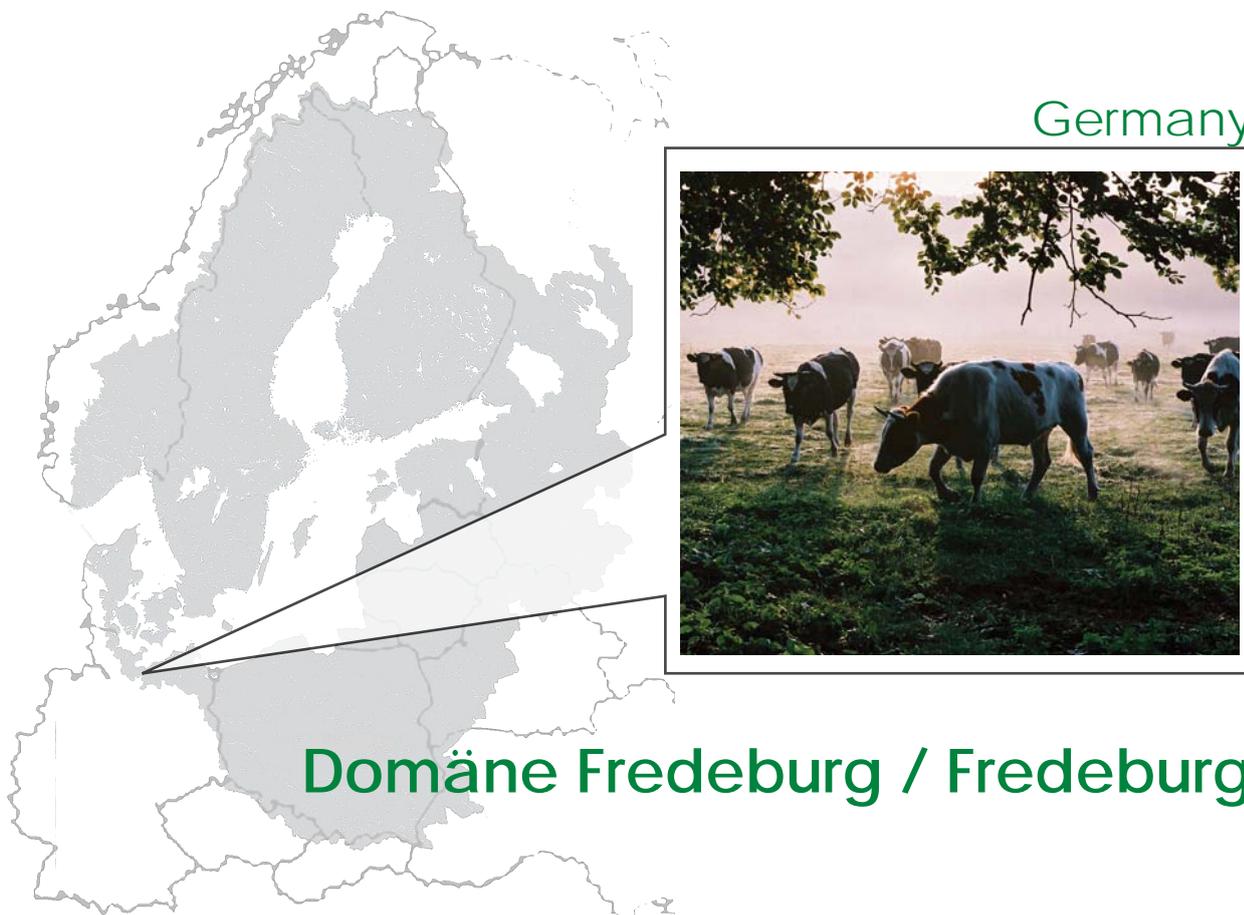
#### Contact:

- skovlygaarden@jystrup-net.dk

In cooperation with:







## Domäne Fredeburg / Fredeburg

### Key features of Domäne Fredeburg

The Demeter farm Domäne Fredeburg is a good example of sustainable farming, innovative marketing and education as well as shared leadership by a group of families living in a farm community.

#### Demeter farm:

- 167 ha farm land
- Diverse crop rotation
- Vegetables and potatoes
- 95 cows (30 lactating)
- 50 pigs

#### Social life:

- 4 families working and living on the farm
- Culture, music and arts activities on the farm

#### Education:

- Open days for consumers
- Learning activities for children and youth

#### Regional marketing:

- Professional farm shop
- Member in a producer-consumer cooperative (27 farms)

#### Food processing:

- Milk, butter and cheese
- Meat products
- Cooperation with bakeries
- De-hulling of spelt

#### Ecosystem services:

- Water protection
- Increasing biodiversity
- Innovative energy production

#### Contact:

[www.domaene-fredeburg.de](http://www.domaene-fredeburg.de)





## LandWert Hof / Stralsund

### Key features of LandWert Hof

On the coast, vis à vis the island Rügen, LandWert Hof is located.

As an organic producer group they integrate organic farming, high quality food processing, a farm shop with gastronomy and a school farm.

#### Farms in cooperation:

- Organic producer group involving 6 farms.
- Cattle, pigs, sheep, cereals, vegetables.

#### Processing:

- Manufactory
- Butchery
- Soil ripening dome

#### Distribution and marketing:

- Gastronomic shops on farm and in Stralsund
- Online shop
- Café

#### Education:

School farm with garden, animals, kitchen, processing facilities and dorm

#### Museum:

Deutsches Meeresmuseum Ozeaneum in Stralsund

[www.ozeaneum.de](http://www.ozeaneum.de)

#### Contact:

[www.landwert.de](http://www.landwert.de)



[www.landwert.de](http://www.landwert.de)

In cooperation with:







## Ökodorf Brodowin

### Key features of Ökodorf Brodowin

On a village scale, Brodowin integrates social responsibility with organic farming, high quality milk processing, ecosystem services and regional marketing in close cooperation with research and regional authorities.

#### Demeter farm

- 1 400 ha farm land
- 30 ha vegetables
- 0.2 ha greenhouses
- 600 cows (260 lactating)
- 220 goats
- 400 chicken

#### Processing level and trade:

- Milk, butter, mozzarella, goat and cattle cheese
- Vegetables, salami, bread, sunflower and linen oil
- Box scheme (1 400 families)
- 8 farmers' markets
- Farm shop, external supply

#### Social Responsibility

- 77 employees + 25 temps

- Students' training
- School partnerships

#### Ecosystem services:

- Nature conservation
- Guided farm tours
- Transparent dairy for tourists

#### Authorities:

- Brandenburg State Office of Nature Protection
- Biosphere Reserve Administration Research
- Leibniz-Centre for Agricultural Landscape Research (ZALF)
- University of Applied Sciences Eberswalde

#### Contact:

[www.brodowin.de](http://www.brodowin.de)

# Ecological Recycling Agriculture Farms

Farms that practice Ecological Recycling Agriculture are central actors in developing Sustainable Food Societies. The following farms are engaged in BERAS Implementation 2010-2013. All practice Ecological Recycling Agriculture. Some are information centres as described in this brochure, others are documented farms in conversion.

## Germany

### **Domäne Fredeburg**

Fredeburg

Contact person: Susanne Trapp

Total land: 162 ha

### **Ökodorf Brodowin**

Chorin

Contact person: Ludolf von Maltzan

Total land: 1400 ha

### **LandWert Hof**

Stralsund

Contact person: Rolf Haug

Total land: 650 ha

In cooperation with: Deutsches

Meeresmuseum Ozeaneum in

Stralsund

Contact person: Ines Podszuck

### **Hof Neuheim**

Kappeln

Contact person: Sören Kötting

Total land: 105 ha

## Sweden

### **Nibble Gård**

Järna

Contact person: Staffan Aresund

Total land: 102 ha

### **Lövsta Landsbygdscentrum**

Lövsta, Gotland

Contact person: Anders Ljung

Total land: 169 ha

### **Ingelstorp gymnasiet**

Kalmar

Contact person: Mattias Andersson

Total land: 186 ha

### **Stora Elghammar**

Tystberga

Contact person: Jacob Jurriaanse

Total land: 156 ha

### **När Siglaivs**

Stånga, Gotland

Contact person: Annika and Rune Hägg

Total land: 132 ha

### **Gamlebygymnasium**

Gamleby  
Contact person: Anders Nordberg  
Total land: 188 ha

### **Vannborga By**

Köpingsvik  
Contact person: Jörgen and Anette Larsson  
Total land: 265 ha

### **Finland**

#### **Luomu Heikkilä**

Loimaa  
Contact person: Teppo Heikkilä  
Total land: 199 ha

#### **Knehtilän tila**

Hyvinkää  
Contact person: Markus Eerola  
Total land: 410 ha

#### **Peltomäen tila**

Kankkila, Askola  
Contact person: Arja Peltomäki  
Total land: 155 ha

#### **Salo**

Suomusjärvi  
Contact person: Timo Himberg  
Total land: 38 ha

#### **Luomuna**

Loppi  
Contact person: Hannes Uusitalo  
Total land: 55 ha

#### **Heinolan tila**

Haarajoki/Mäntsälä  
Contact person: Terhikki Sahari & Kirsi Keltti  
Total land: 27 ha

#### **Sällvikin tila**

Tammisaari  
Contact person: Louise Fromond  
Total land: 84 ha

### **Estonia**

#### **Kitsevälja Farm**

Viljandi  
Contact person: Juta Lehemets  
Total land: 107,28 ha

#### **Mahetooted OÜ**

Järva  
Contact person: Andres Alev  
Total land: 337 ha

#### **OÜ Männituka Farm**

Pärnu  
Contact person: Margus Saare, Margot Saare  
Total land: 328,7 ha

#### **Valdek Kaasik Kasesalu Farm**

Saare  
Contact person: Veeve Kaasik  
Total land: 27,5 ha

### **Latvia**

#### **Guntras Engelšones piemājas saimniecība "Straumes"**

Tervete  
Contact person: Guntra Engelsone  
Total land: 69 ha

#### **Andra Kalniņa zemnieku saimniecība "Ozoli"**

Vecumnieki  
Contact person: Andris Kalniņš  
Total land: 130 ha

### **Lithuania**

#### **Vitas Kučiauskas farm**

Kaišiadorių raj.  
Contact person: Vitas Kučiauskas  
Total land: 208,87 ha

#### **Darius Adomaitis farm**

Prienų raj.  
Contact person: Darius Adomaitis  
Total land: 30 ha

### **Julius Martinonis farm**

Panevėžio raj.

Contact person: Julius Martinonis

Total land: 34,21 ha

### **Virginijos ir Felikso Vaitelių ūkis**

Kėdainių raj.

Contact person: Virginija Vaitelienė

Total land: 300 ha

## **Poland**

### **Zbigniew Wiśniewski Farm**

Stara Huta

Contact person: Zbigniew Wiśniewski

Total land: 8,62 ha

### **Jacek Oldak Farm**

Goczałki

Contact person: Jacek Oldak

Total land: 5,96 ha

### **Pawel Fabiszewski Farm**

Rakowo Stare

Contact person: Pawel Fabiszewski

Total land: 37,3 ha

### **Artur Obrycki Farm**

Gackie

Contact person: Artur Obrycki

Total land: 26,9 ha

### **Piotr Dawidowski Farm**

Grabowska Huta

Contact person: Piotr Dawidowski

Total land: 24,91 ha

### **Danuta and Jacek Plotta farm**

Trzcinsk

Contact person: Danuta & Jacek Plotta

Total land: 120 ha

### **Gospodarstwo Ekologiczne**

Łabiszyn

Contact person: Karolina & Piotr Zdziarscy

Total land: 150 ha

### **Educational organic farm "Ekostyl"**

#### **Biadacz**

Contact person: Iwona Sliczna and Janusz

Sliczny

Total land: 10,5 ha

#### **BIO-Babalscy**

Pokrzydowo

Contact person: Mieczysław Babalski

Total land: 5 ha

#### **Juchowo**

Radacz

Contact person: Sebastiaan Huisman

Total land: 1900 ha

## **Denmark**

#### **Stengården**

Birkerød

Contact person: Jens Otto Rasmussen

Total land: 72 ha

#### **Krogagergård**

Fjenneslev

Contact person: Bjarne Krog

Total land: 102 ha

#### **Skovlygård**

Jystrup

Contact person: Anders Due-Andersen

Total land: 38 ha

## **Belarus**

#### **DAK**

Dzerzhinsk

Contact person: D. Krylov & H. Vauchanina

Total land: 100 ha



# Welcome to visit our Sustainable Food Societies

This brochure presents the concept of Sustainable Food Societies and 20 Sustainable Food Societies information centres in the Baltic Sea region. Sustainable Food Societies aim at stimulating local and sustainable food networks by involving all actors in the food system, from farmer to consumer. Farms that practice Ecological Recycling Agriculture are at the core of these networks. This kind of farming coupled with shortened distances between food production and consumption have significant positive impact for the environment. It also strengthens local communities and rural areas.

The concept of Sustainable Food Societies is developed within BERAS Implementation and project partners around the Baltic Sea work with the local implementation.

BERAS Implementation (2010-2013) is a transnational project part-funded by EU (Baltic Sea Region Programme 2007-2013). The project has a scientific basis and a partnership and supporting network with competence within the whole food chain. Among these are 24 project partners from 9 countries around the Baltic Sea and 35 associated organisations with representatives also from Russia and Norway.

[www.beras.eu](http://www.beras.eu)



**BERAS** *implementation*  
*Baltic Ecological Recycling  
Agriculture and Society*



**Baltic Sea Region**  
Programme 2007-2013

Part-financed by the European Union  
(European Regional Development Fund  
and European Neighbourhood and  
Partnership Instrument)