Sustainable Food Societies
Information Centres and Farms
BERAS Implementation Partners

SWEDEN
Södertörn University
www.sh.se
Biodynamic Research Institute
www.jdb.se/sbfi
Södertälje municipality,
www.sodertalje.se
Swedish Rural Network,
www.landsbygdsnätverket.se
Swedish Rural Economy
and Agricultural societies,
Gotland: www.hush.se/i
Kalmar: www.hush.se/h

FINLAND
MTT Agrifood Research
www.mtt.fi
Centre for Economic Development, Transport and the Environment for Uusimaa,
www.ely-keskus.fi/uusimaa
Finnish Environment Institute,
www.environment.fi/syke
University of Helsinki, Department of Agricultural Sciences,
www.helsinki.fi

ESTONIA
Estonian University of Life Sciences,
www.emu.ee
Estonian Organic Farming Foundation (EDFF),
www.mahekluubi.ee

LATVIA
Latvian Rural Advisory and Training Centre,
www.lrc.lv

LITHUANIA
Aleksandras Stulginskis University
www.lzuu.lt/pradzia/lt
Baltic Foundation HPI,
www.heifer.lt;
www.heifer.org
Kaunas District Municipality,
www.krs.lt

POLAND
Institute of Soil Science and Plant Cultivation - National Research Institute,
www.iung.pulawy.pl
Kujawsko-Pomorski Agricultural Advisory Centre in Minikowo,
www.kpodr.pl
Polish Ecological Club in Krakow, City of Gliwice Chapter,
www.pkegliwice.pl
Independent Autonomous Association of Individual Farmers ‘Solidarity’,
www.solidarnosc.ri.pl
Pomeranian Agricultural Advisory Center in Gdansk,
www.podr.pl

GERMANY
Leibniz-Centre for Agricultural Landscape Research, www.zalf.de

DENMARK
The Danish Ecological Council, 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.
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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.
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. Karłowski Foundation, Juchowo
   www.juchowo.org
2. Danuta & Jacek Plotta Farm, Trzcinski
   sekretariat@podr.pl
3. Bio-Babalscy, Aleksandra & Mieczysław Babalscy Farm, Pokrzydowo
   www.biobabalscy.pl
4. Zdziarski Organic Farm, Labiszyn
   www.beras.kpodr.pl
5. Ekostyl, Iwona & Janusz Sliczni Farm, Biadacz
   www.ekostylsliczni.pl
6. Barwy Zdrowia, Tomasz Obszanski Farm, Tamogrod
   www.barwyzdowia.pl

**BELARUS**
7. DAK, Lizavetino
   www.dak.by

**LITHUANIA**
8. Virginija & Feliksas Vaitelai Farm, Kedainiai
   www.asu.lt/pradzia

**LATVIA**
9. Latvian Rural Advisory and Training Centre Ltd, Ozolnieki
   www.llkc.lv

**ESTONIA**
10. Research Centre of Organic Farming of Estonian University of Life Sciences, Tartu
    www.mahekeskus.emu.ee

**FINLAND**
11. Luomu-Heikkilä, Loimaa
    www.luomu-heikkila.fi

**SWEDEN**
12. Jäma/Södertälje Sustainable Food Society
    www.foodsociety.se
13. Lövsta Rural Centre, Roma, Gotland
    www.hush.se/i
14. Ingelstorp Agricultural College, Kalmar
    www.hush.se/h

**DENMARK**
15. Stengård, Birkerød
    www.stengaardenoko.dk
16. Krogagergård, Fjenneslev
    www.krogagergard.dk
17. Skovlygård, Jystrup
    skovlygaarden@jysterup-net.dk

**GERMANY**
18. Domäne Fredeburg, Fredeburg
    www.domaene-fredeburg.de
19. LandWert Hof, Stralsund
    www.landwert.de
20. Ökodorf Brodowin, Chorin
    www.brodowin.de

**BERRAS MOBILE INFORMATION UNIT**

**Sustainable Food Societies**

**Information Centres**
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:
**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:
Key features of Bio-Babalscy
Since the year 1986 Aleksandra and Mieczysław Babalscy have run their certified organic farm of 9 hectares in Pokrzydłowo. 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 farms.

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

In cooperation with:
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 ROLMIES.

**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

In cooperation with:

KLAJAWSKO-POMORSKI OŚRODEK DORADZTWA ROLNICZEGO
"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

In cooperation with:
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:

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
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 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

In cooperation with:
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
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 Stulginskas University
The Ministry of Agriculture of the Republic of Lithuania
Lithuanian institute of agrarian economics
Programme TATULA

Contact:
paulius@heifer.lt

In cooperation with:
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

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:
• Mahetoote 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

In cooperation with:
**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
www.sarka.fi

In cooperation with:
Jäma-Södertälje Sustainable Food Society / Södertälje

Key features of Jäma-Södertälje Sustainable Food Society
Jäma-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

In cooperation with:
Key features of Your 2000 Square Meters
Your 2000 Square Meters is a garden located in the proximity of several actors in Jäma-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
Blog: dina2000m2.wordpress.com
FB: facebook.com/dina2000kvadratmeter
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

Contact:
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
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 used 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.stengaardenoko.dk

In cooperation with:
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 egglaying 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

In cooperation with:
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 customers.
- 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:
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

In cooperation with:
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

Contact:
- www.landwert.de

In cooperation with:

LandWert Hof Sustainable Food Society

Germany
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

In cooperation with:
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**
  - Jäma
  - Contact person: Staffan Aresund
  - Total land: 102 ha

- **Lövsta Landsbygdscentrum**
  - Lövsta, Gotland
  - Contact person: Anders Ljung
  - Total land: 169 ha

- **Ingelstorpsgymnasiet**
  - Kalmar
  - Contact person: Mattias Andersson
  - Total land: 186 ha

- **Stora Elghammar**
  - Tystberga
  - Contact person: Jacob Jumiaanse
  - Total land: 156 ha

- **När Siglaivs**
  - Skånga, 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

Contact persons and total land sizes:

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

Knehtlän 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: Terhiikki Sahari & Kiri Keltti
Total land: 27 ha

Säälvikin tila
Tamminsari
Contact person: Louise Fromond
Total land: 84 ha

Estonia

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

Mahetooted OÜ
Järv
Contact person: Andres Alev
Total land: 337 ha

ÖÖ Männtuka Farm
Põltsamaa
Contact person: Margus Saare, Margot Saare
Total land: 328,7 ha

Valde Käasiku Kasesalu Farm
Saare
Contact person: Veeve Kaasik
Total land: 27,5 ha

Latvia

Guntras Engelsones 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

VIRGINIJA IR FELIKSO VAITELIŲ ŪKIS
Kėdainių raj.
Contact person: Virginija Vaitelienė
Total land: 300 ha

Poland
ZBIGNIEW WISNIEWSKI 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

Paweł Fabiszewski Farm
Rakowo Stare
Contact person: Paweł 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
Trzcisz
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
Birkeröd
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.