

25th Conference of the Working Community of the Danube Region
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Small Scale Food Production Systems

Growing for Health



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Grow Food Nature's Way ... Eat Yourself Healthy

Total Health Care cost across Europe is 1.984B euros

1.5T euros

A Healthy Diet and Increased Physical Activity could be 50%

992B euros

Ikaria

... The island where people forget to die

- Greek island ... 30 miles off Turkey ... 99sq mi ...8,000 people
- They are 10x more likely to live actively until they are 90...100
- Virtually no dementia or depression
- Longevity attributed to:
 - ... PHILOSOPHY ... Relaxed Tempo of life
 - ... LIFESTYLE ... strong family relationships, hard work, year round gardening, foraging for herbs, [food and medicine] and berries
 - ... DIGNITY ... Pride of Self Sufficiency
 - ... DIET ... low income so live from what they grow & forage ... fresh/seasonal food ... this gives a sense of anticipation for the forthcoming season & savouring the moment.

Know what you are eating

80% of patients going to doctors' surgeries had conditions which were linked to lifestyle + diet

BUT ... Out of 5 – 6 years training, UK doctors' only spend 10 – 24 hours on nutrition

DO I KNOW WHAT I AM FEEDING YOUR FAMILY?

Come with me to my local supermarket ...

Aisle 1 – fruit and vegetables.

Aisle 2 – meats

Aisle 3 – cans/ ready meals

Aisle 4 – breakfast cereal

Aisle 5 – bread

Aisle 6 – freezers

Aisle 7 – beer and wines

So – HOW DO I FEED MY FAMILY?

Rethinking our food production system

The total cost of the Common Agricultural Policy = EUR 51 billion. Could this be spent better?

Farms do not need to be big to be profitable

In the far north of Canada, Jean Martine Fortier is a vegetable grower. His 2 acre farm has an income of \$200K pay

with a 40% profit margin.

The Best Practice in food production ... Farming scale or

Organic

No till

focus on feeding the soil with MULCH and COVER CROPS

What do I know .. ?

Healthy soil ... Crop quality ... Grass fed ... Pesticides used ...GMO ...
Crop quality ... Grass fed Growth Hormones ... Antibiotics
...Additives ... Colorings ... Flavourings ... Preservatives



No boots.No weeding..No bending..No digging



Small space .. Big production



Community Garden



Winter Garlic & Onions



Small Courtyard Garden 60sq m

vegetable beds surrounded by fruit



Black Kale, leeks, onions

...the freshest, tastiest, most nutritious ...
...food for free even mid-winter in Scotland!



Humus Box ... Worm Café!



Crops in Pots on Herb Table



Herb table & Herb Wall

Crops in Pots



The Life of a Herb Gardener



Whole grain ... Mill ... Bread Maker

... whole living grain



Picking berries



My pancakes and jam!



Love baking ... Love my scones!



Whole fruit and vegetable Juicer

... healthy drink ... quick & easy to absorb



Whole grain / beans ... Seed Sprouting

... healthy & delicious in sandwich, soup, salads, garnish or in juicer



Starting young

... Children do love helping. to be busy



Potato planting



I am a farmer

Now I will always be able to feed my family

