



FEDERATION INTERNATIONALE des Jardins Familiaux

association sans but lucratif

1926-2021
95 ans

20 rue de Bragnc L-1255 Luxembourg

Regroupement des fédérations européennes des jardins familiaux
Membre d'Europa Nostra
Statut participatif auprès du Conseil de l'Europe
Statut d'observateur auprès de l'UNEA



Call from the Fédération Internationale des Jardins
Familiaux and its member federations to all allotment
gardeners on the occasion of World Food Day
on 16th October 2022



Examples to follow

Introduction World Food Day

For many people, family gardeners or allotment gardeners are privileged because local authorities give them a piece of land to use. Few realise the real privilege: to reap a substantial harvest of locally produced vegetables and fruit for their own family, without the use of artificial fertilisers and pesticides. We gardeners should not only bring this aspect into society on World Food Day, but whenever garden areas are discovered as "ideal building land in cities". If gardeners are also skilled in preserving the harvest, 150 - 200 kg of vegetables and fruit can be harvested on 100 m² of planting land and preserved for the winter. This insight was provided by a scientific study of the Federal Association of the German Schreber Youth entitled "Hidden Champions - On the importance of urban agriculture (especially allotment gardens) for the future of our cities" by Tomas Kilousek and Guido Beneke from 2021 <https://champions.deutsche-schreberjugend.de/>

For the World Food Day, the Federation of Family Gardeners of Switzerland had the idea to ask its gardeners what they harvest and why they produce their own vegetables and fruit on their plot. Two tenants from an area in Dübendorf near Zurich provided information to our board member Mariann Baschnonga. The Association also received various harvest lists from all over Switzerland, which underpin the figures from the study in Germany.

Visit to the Dübendorf site

Martina cultivates 70 m² of planting area at the Jfang site in Dübendorf. She took over this plot from previous tenants only a year ago. The planting area is optimally used: Potatoes are grown in multi-level planters, as are strawberries. Various small apple trees provide fruit. A fig tree, a cherry tree and a plum tree complete the fruit supply. One area is reserved for berry bushes, where jostaberries, blueberries, mulberries, various types of currants, raspberries and blackberries grow.

The range of vegetables and fruit is impressive, often combined in beds: Maize as a support for bean plants and in between pumpkin, whose leaves keep the ground covered. Martina wants to show her children what it means to sow and plant their own vegetables and berries, then tend them for months and wait a long time for the harvest to ripen. For example, her little daughter has already learned that many strawberries are visible on the plants at the beginning of May, but are still small and green at the moment. It is still necessary to wait for red, aromatic strawberries. In this way, the children learn that vegetables do not grow in the Migros or Coop shops.

This year, a herb spiral will be added to the existing herb garden. Another area of the garden will be planted with bee sand to create a home for wild bees in the garden.

The family spends their holidays on a farm in the canton of Bern. She received lettuce seedlings from the farmer's wife, from which she can now regularly harvest cut lettuce. When she harvests more fruits or vegetables than can be used in the family at the moment, she freezes surpluses or also makes preserving jars from beetroot, for example.

Martina has acquired the gardening knowledge herself, partly from books and through trial and error. She considers herself very lucky to be able to cultivate this planting area within walking distance of her home with her children and partner. The family spends about 5-10 hours a week in the garden.



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Elsa has been cultivating 130 m² in the same area for 25 years. She had a butterfly net with her with a freshly hatched swallowtail, which she released in the garden that day. Elsa is proud that she manages to grow all the vegetables and lettuce for her 2-person household herself. On about 10 m² she grows various potato varieties with different harvest times. Elsa can store the "Agria" variety for a particularly long time before the potatoes germinate. She has a garage with natural soil for storing the potatoes, which is ideal.

Currently, Elsa is working towards a harvest goal: on 25 June 2022, her daughter will re-celebrate her wedding feast on a farm. Elsa will be able to harvest the lettuce for all the guests in her garden. For this, she sows various types of lettuce, additional red ciccorino and cress. In autumn, she sows lamb's lettuce. She cuts fennel just above the ground so that small fennels grow again to enrich the salad.

She also plants white cabbage and savoy cabbage, putting on the savoy cabbage leaves to treat aches and pains after long periods of gardening. She makes syrup from ribwort, which tastes good and helps against coughs.

Depending on the amount harvested, she freezes chillies and beans, for example. Elsa makes roulades and capuns (a traditional dish from Graubünden) from savoy cabbage, cabbage and chard at harvest time to expand the menu in winter. She also thinks about the effect on the plate: yellow and green beans are portioned together because that way she can conjure up colour on the plate. She leaves individual vegetables in the ground, e.g. carrots, and also cucumbers remain well covered in the garden. In the tomato house she grows 6 kinds of

tomatoes. When the harvest is large, tomatoes are cooked with celery and carrots to make a sauce and filled hot into jars. Elsa also looks for varieties of berries with a good harvest and has planted a whole bed of autumn raspberries.

In the beginning, Elsa simply asked the best gardener in the area how he gardened. Now she works the garden according to the lunar calendar and brews a decoction from nettle, comfrey and rhubarb leaves. She dilutes this fertiliser and waters the plants with it weekly. To loosen the soil, she uses purchased mushroom soil. Elsa has now become a gardener herself and is asked by other tenants for advice, be it on gardening or preserving the harvest.



Call

1)Such inspiring examples can be found not only among allotment gardeners in Switzerland but also throughout Europe. But they need to be multiplied further. This year's World Food Day should serve as a catalyst and stimulate the gardeners to do so.

2)The allotment garden movement was founded to bring affordable fruit and vegetables to families. The call today to all allotment and family gardeners is destined to invite them to continue and increase this goal! Gardening is a wonderful hobby, but it also brings healthy, local, seasonal and organically grown fruit and vegetables, secures at least partly one's own needs and also reduces the ecological footprint.

3) The allotment and family gardeners are invited to let everyone also be aware of the nutritional function of the allotment and family gardens and sensitise the authorities, planners etc. to this function. In this way, they can contribute to securing and creating more allotment and family garden areas.

Attachment: Harvest list

Harvest list

Vegetables in kg	2016	2017	2018	2019	2020	2021
Cauliflower	1,00	3,71	0,48	1,44	0,24	0,45
Beans	1,10	11,75	7,20	3,39	5,14	4,08
Broccoli	0,35	2,18	1,00	1,30	0,68	1,86
Blackberries	0,90	0,47	1,60	3,57	1,22	3,77
Cherry tomatoes	0,00	0,61	0,00	7,00	1,50	0,00
Chicory salad	0,00	1,80	1,00	0,87	0,00	0,00
Chinese cabbage	1,50	0,00	0,00	0,00	1,00	2,02
Chrosle	0,85	0,87	2,04	1,57	3,39	2,00
Echalots				2,50	1,00	1,50
Peas	0,00	1,10	0,00	0,30	1,45	3,74
Strawberries	0,00	0,80	2,00	1,40	3,10	3,50
Feathered cabbage				0,42	0,08	0,46
Fennel	1,50	3,11	1,76	0,77	0,75	0,16
Raspberries	0,30	0,70	3,87	2,08	4,94	4,26
Young spinach				0,20	0,20	0,00
Potatoes kg	0,00	13,00	14,60	12,30	20,55	8,87
Sweet pea	1,00	1,87	0,35	0,40	0,05	2,59
Chervil	0,25	0,36	0,10	0,08	0,11	0,00
turnip cabbage	3,65	2,12	1,17	1,38	1,86	1,74
Cabbage stalk	0,50	1,77	1,31	0,96	1,30	0,13
Cress	0,40	0,30	0,33	0,50	0,31	0,34
Pumpkin				18,40	4,50	0,60
Lettuce	2,50	3,55	3,00	1,50	0,00	3,54
Leek				0,37	1,06	0,35
Blackcurrant	1,10	2,10	2,00	0,44	1,88	1,30
Lamb's lettuce				0,39	0,74	0,78
Pepperoni	0,20	0,19	0,44	4,74	0,98	0,73
Beetroot	0,50	0,00	0,50	0,27	0,04	0,00
Rhubarb			1,00	0,58	0,90	1,37
Brussels sprouts			0,00	1,76	1,10	0,24
Red cabbage	1,00	1,50	0,00	0,00	0,00	0,00
Arugula	0,00	0,10	0,18	0,55	0,15	0,00
Carrots	1,35	6,87	1,73	7,61	8,98	5,15
Sugar Loaf Lettuce	1,00	0,30	0,00	0,00	1,23	0,60
Lettuce Endive	0,60	0,60	1,20	1,20	0,35	1,37
Lettuce Frisee				1,47	0,00	0,00
Chard			0,23	3,70	0,37	0,50
Lettuce	2,30	2,73	1,53	0,00	1,56	4,22
Celery			0,82	1,17	1,93	0,39
Spinach	0,00	2,40	0,50	1,24	1,79	0,50
Tomatoes	1,80	11,13	30,58	13,56	16,98	1,74
Grapes	5,50	1,41	6,50	0,65	6,00	1,41
Courgettes	0,00	7,73	15,78	9,06	14,45	8,75
Onions	3,50	10,15	5,00	2,80	5,60	5,60

Harvest list

Herbs in bunches	2016	2017	2018	2019	2020	2021
	30	53	35	32	46	17

Vegetables in pcs	2016	2017	2018	2019	2020	2021
Spring onions bunch	0	11	8	0	6	9
Cucumber pcs	10	11	11	16	11	10
Garlic pcs	10	9	1	33	0	50
Lettuce pcs	15	20	21	22	23	9
Parsley root	0	4	3	0	0	0
Radish bunch	6	9	20	6	11	13
Radish pcs	10	0	2	9	0	0

Bouquets of flowers	2016	2017	2018	2019	2020	2021
	10	10	18	19	45	15