

Global Alliance for Organic Districts (GAOD) as models and living laboratories
for the process of transformation towards sustainable food systems



GAOD Book Series
Book 4
Contributions from the Work Groups of GAOD

Published in Conjunction with the
the 6th ALGOA Summit on “Building Alliances Beyond Asia”
& Inaugural GAOD Summit
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The **GAOD Book Series** is published in November 2020 as part of the 1st GAOD Summit, successfully hosted under the generous financial support of Goesan County, South Korea. The Founding Partners of GAOD such as the Asian Local Governments for Organic Agriculture (ALGOA), International Network of Eco-Regions (IN.N.E.R.), Regeneration International, the Organic Food Systems Programme (OFSP), etc have worked together to make the 6th ALGOA Summit “Build Alliances Beyond Asia” and the Inaugural GAOD Summit, a successful and rewarding event, with the support and assist from their global partners.

The **GAOD Book Series** contains all the exchanges on the latest research, experiences, and best practices during the event. Five books are created to allow these valuable inputs during the Summit go beyond the 6th ALGOA Summit and the Inaugural GAOD Summit to benefit more people.



The GAOD Book Series

- Book 1** **Introductory Phase - Pathways for Cooperation**
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About Book 4

Book 4 contains the reports on GAOD **Work Groups 2 and 4** and represents the discussions held during the 6th ALGOA Summit and the inaugural GAOD Summit from Oct 12th to 16th, 2020.

Work Group 2 discusses about tourism and gastronomy and the different tourist spots from across the globe and how the organic districts are promoted not only for their natural beauty but more importantly their natural, historical, and cultural heritage. Gastronomy, the art of preparing food is also given priority and the report showcases the cooking styles from various places.

Work Group 4 discusses how food can change the world, and the objectives of the organic districts - aiming to provide access to affordable, organic, and sustainable food. The Work Group also discusses the worldwide trend of eating out of home, how school meals are an example of the integration of organic food into food strategy policies and education and examples on how the food issue is being tackled from different countries around the world.

GAOD has been launched with the participation of diverse stakeholders in the organic sector from all the major five continents on October 12th, 2020. It is supported by IFOAM-Organics International and its regional bodies, IFOAM-Organics Europe, and IFOAM-Organics Asia.

GAOD would like to express its heartfelt gratitude to Goesan County for its loyal support for the establishment of the Alliance and for the publication of all **Five Books** published in November 2020.

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Reports from Work Group 2 on Tourism / Gastronomy

Objectives of Work Group 2

Supporting the Organic Districts in the development of activities related to the start-up, management and organization of activities of promotion of the territory in terms of its natural, historical and cultural heritage, including gastronomy. An efficient integration of tourism and gastronomy within the Organic Districts provides a much-needed support to valorize the multifunctional dimension of the farming activity and its integration with different actors of the community (touristic agencies, cultural associations, restaurant owners). This can provide an important contribution to the overall Organic Districts sustainable development, provide a better understanding and value of the work, quality and lifestyle in rural areas and inspire the re-population of these areas.

Participants of this Work Group

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Introductory words

Towards a Responsible, Eco-Friendly, Aware, Sustainable Tourism

By Raffaele Basile - International Network of Eco-Regions, IN.N.E.R.

- How to reach a slow, aware, kind, critical, ethical, eco-friendly and supportive approach to the tourism, by means of networks of Organic Districts

Tourism has taken on more and more intrusive forms of impact with the economy, the environment, the culture of the territories.

The real paradox is there are places where everyone wants to go as a tourist and other places - that are no less beautiful but unfortunately less famous - where too few want to go. So, tourists end up going where they begin to be less and less accepted (see the recent “No tourism” movements) while they neglect the places where they would be welcomed with warmth and dedication.

However, in the new century, a more respectful type of tourism has also increasingly developed. It's the tourism with an approach aimed at adding instead of subtracting from the territories. It is a way to visit the places we can define responsible, slow, aware, eco-friendly, kind, ethical, supportive. In a word: “sustainable”.

Here you are the definition of responsible tourism given by the Italian Association of Responsible tourism: “It is a tourism managed according to principles of social and economic justice and in full respect of the environment and different cultures. It recognizes the centrality of the host local community and its right to be a protagonist in the sustainable and socially responsible tourism development of its territory. It works by promoting positive interaction between the tourism industry, local communities and travelers”.



(Photo Credit: Raffaele Basile -
Ancient Etruscan walkway in
Tuscany, linking various touristic
places)

In Italy, a very good example of a participatory approach to the local development are the so called “Bio-distretti”, that are essentially the equivalent of organic districts existing in other areas in the world. They represent an innovative form of territorial governance in which citizens, Institutions, farmers and other actors in the agricultural supply chain make a pact for the sustainable management of the territory, according to the principles of organic agriculture.

The latter productive method may be viewed as the driving force for a multidisciplinary approach, linking together the standard agriculture activities and other services related to the tertiary sector, such as hospitality facilities, leisure, relaxation, well being and wellness activities, catering and restaurant facilities. Last but not least, the typical, quality gastronomy services.

The networks of Organic districts are an excellent opportunity to redirect policies and travelers to places other than those overused, inflated by masses of pleasure travelers. Where to redirect them? In less popular but no less attractive areas. This would be possible thanks to the trans-disciplinary nature of some particular territorial areas, emphasizing their cultural identity, too.

Almost all over the world there are areas rich in history, culture, art and peculiarities such as typical food and gastronomic excellences. In these areas, synergies can be created between tourism and other activities able to create satisfactory income.

All that would be possible by enhancing existing but little exploited resources, due to a state of abandonment or difficult access of some geographic places. In the areas of Organic Districts will be also important to create forms of sweet mobility, to better enjoy the various beauties and attractions, also avoiding the paradox of pollution generated by the touristic flows.



(Photo Credit: Raffaele Basile -
Natural pasture in the Italian Alps)

Following the guidelines arising from organic districts, the tourism can really become an added value for territories and operators, such as hotels, travel agencies, typical restaurants, shops, farm holidays, environmental and touristic guides.

All these considerations should become operational in particular in periods such as the present, in which the tourism has been one of the sectors of the economy more affected by the repercussions of the tragic pandemic events.

Tourism, well managed, will be able in a relevant way to add relevant resources instead of subtracting them to the territories, as frequently it happened in past times.

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1. International Network of Eco Regions (IN.N.E.R) presents the ECO-TRAIL Project

By John Dodds (IN.N.E.R. Tourism Department)

An "ECO-TRAIL" is a walking itinerary through the landscapes of an Eco Region, connecting bio-villages, farms, and public sites of sensorial, environmental, and cultural significance.

The earth and its territories have forever been shaped by nature and, more recently, by man. When man refrains from excess, the land can be the beneficiary of sustainable practices in farming and production, the building of dwellings and infrastructure, thus creating the culture and the landscape of a place.

More aggressive use of natural resources by man in recent times has often impoverished landscapes and depleted places of their significance. Fortunately, innumerable dynamic landscapes and places remain and many of them are crossed and connected by footpaths, tracks, and trails.



(Photo Credit: JOHN DODDS_
Ecotrails)

The peculiarity of an ECO-TRAIL is that it has been mapped with a novel system of processes and procedures capable of identifying and grading the energetic, multisensorial fertility and agri-environmental attributes of the sites, an evolution of Rudolf Steiner's principles of biodynamic agriculture, quantum agriculture.

The new system developed by IN.N.E.R and the founding father of bio agriculture in Italy, Luigi Daina and his associates (in coordination with entities such as A.I.A.B Campania and the association for the aware traveler JAIA), thus creates an "ideal" footpath for the visitor where both the mind and body's pleasurable perceptions are enhanced, favoring the harmonious merging of the individual with the immediate surroundings.

The ECO-TRAIL embodies not only its inherent aesthetic, sensorial and energetic attributes but also the emotions that the landscapes evoke in those who use it, from the local inhabitants to the traveler, and the evaluator. On-site reconnaissance, the use of specialized technical equipment to detect energy lines and network nodes through resonance on fields, crops, and vegetation, together with specifically designed qualitative questionnaires are expertly applied to discover and study:

1. the places, moments, situations, and sensorial features capable of generating emotive responses.
2. the features whose subjective attributes must be preserved for future generations as a part of the aesthetic, sensorial and natural heritage of a site.
3. the main sensorial stimuli which can be perceived on a site (for example, the sound of church bells, a natural echo, the scent of the forest).
4. the changes the landscape undergoes through the seasons (the colors, sounds, scents, energy loads, etc.).
5. the main characteristics of the space which define the sites (the horizon, sound signals, energetic charges, etc.).
6. the locations along the trail exhibiting geo pathological stresses requiring interventions to reestablish an equilibrium of vital energy.



(Photo Credit: John Dodds_Ecotrails)

Throughout the evaluation process both objective and subjective information is expertly combined by trained specialists to evaluate the full range of sensorial attributes of a place, thus awarding points on a scale to grade the relative standing of one site compared with others.

Conclusion

An ECO-TRAIL, as defined by IN.N.E.R's innovative system of evaluation and classification of the energetic, multisensorial, and agri-environmental attributes of the sites, identifies, links, and preserves locations of incomparable natural beauty and sensorial well-being for man to use and enjoy. Attributes such as the degree of silence, the presence of spontaneous, decorative or aromatic vegetation, the intensity of attachment to the land of local inhabitants, the degree of care taken in maintaining non-farmed land, the presence of panoramas and the presence of outlook and listening points, are all precious features of an ECO-TRAIL.

An ECO-TRAIL within an ECO-REGION is a gift from those who maintain and use it to all those who wish to participate in the virtuous cycle of responsibility-centric tourism built on all of those sustainable activities which aim to preserve intact the social, cultural and natural sense of place.

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2. Walking with Walden Viaggi a Piedi

By Gaia Vergari (Walden Viaggi a Piedi)

Introduction

Walden viaggi a piedi (which means “travels by foot”) is a cooperative society based in Italy’s region Tuscany, in the city of Florence. Established in 2010 by Alessandro Vergari, the actual president, and his associates, it organizes, as it can be seen from its name, travels all around the world.

The member of this cooperative, all expert environmental guides, think walking is easily one of the simplest and most practical options to support sustainability.

Unique Approach

In Europe and in particular in Italy, there are many associations and businesses which are active in hiking, trekking, and excursions. But usually, the reason for walking is only to seek contact with nature which many people have lost in city life. There is however another important aspect which treks on offer, often neglect: the meeting of others, through the time shared with whom is walking alongside you, and also the exploring of local or distant peoples and cultures.

Walden has decided to go beyond offering a trekking experience by helping you discover the genuine nature of the country, through its peoples, customs, and traditions. Therefore, the cooperative aims to link in the best way - every need which modern man wishes most to satisfy human contact and re-embracing nature.

The Walden viaggi a piedi cooperative itineraries always begin from places which can be reached by public transport: train, bus or ferries. For example, in some East European regions, we can choose to take a bus that takes workers and carers back home. Already such a trip is good preparation for the days ahead. To reach some islands, sometimes we take our place on the deck of the ferry and are already adapting to the bivouacs ahead. When possible, we try to coordinate participants so that they may share a private form of transport.

Proximity tourism, environmentally sustainable facilities, and supporting local economies, these are the strengths of our proposals, and where we invest our efforts in screening and designing our journeys to be as rich of these characteristics as possible.

We try to select and support facilities managed by persons who have made often courageous life choices, perhaps in counter current to the dominant model and who struggle to bring solidarity projects and sustainable development to life and who are, in general, attracted to an alternative way of community. Even choosing such facilities for only one night or even one meal leads to a meeting and enrichment of those who are passing through and those who stay but, most importantly, an opportunity has been created for a seed to be sown which will, hopefully, one-day bear fruit.



(Photo Credit: Gaia Vergari-Walking with Walden Viaggi a Piedi Towards Vinci, among the olive trees after Leonardo's house)

Impact

Among all our itineraries, there is one in particular that is worth mention, as it is representative of a responsible local tourism and also focus on the importance of bio-districts.

Walden's example of good practice is "Florence and organic farming in Tuscany, From Florence to Greve in Chianti - to the farms and with the farmers". It is a six-day walk through the Tuscan countryside, starting from the ancient roads around Florence to arrive at the rolling hills of the Chianti.



(Photo Credit: Gaia Vergari- Walking with Walden Viaggi a Piedi - Developing a responsible and more sustainable tourism in Florence)

On this trip, we will go discover not only natural beauty and art history but also the world of small farmers who choose to produce organically and sustainably. Witnesses of how it is possible to combine the quality and sustainability of agriculture, taste, and respect for the planet, people, and places. These enlightened actors should be known and supported, because they show that, especially today, another agriculture is possible.

We will begin from Piazza della Signoria to walk the old ways which still intertwine on its hills, to visit the splendid Carthusian Monastery of Galluzzo and we will continue through the little villages, farms and

beautiful farmhouses up to “Poggio Valicaia”, an unexpected park on the outskirts of Florence.

During the trek, we will meet and visit farms, farmers, and new cooperatives such as, in Scandicci the “Circular Farm”, an organic farm based on the principles of zero waste, and “Alessandro Vergari and his Orto di Olmo”, an natural art based garden, an example of a sustainable way of living, in the Chianti Bio-district the “Podere le Fornaci”, a local farm where WWOOF, Willing Workers On Organic Farms, is practiced, the “Castello di Verrazzano Organic Farm”, where wine is produced organically following biodynamic farming, the “Chianti Cashmere Farm” where the excellent wool of the same name is obtained from goats, and “Duccio Fontani’s Farm”, where they produce local km 0 aromas, scents, and essences for kitchen use.

Finally, we will head towards Impruneta, known for its fine production of terracotta, Santa Cristina in Pancole, and then Greve in Chianti, producer of noble wines and a worthy conclusion to this walk.

Through this itinerary and many more, we aim to reach a slow, aware, kind, critical, ethical and supportive approach to tourism, by empowering people to choose a sustainable way of traveling while discovering new people, cultures, and especially ways of producing and living.



(Photo Credit: Gaia Vergari - Walking with Walden
Viaggi a Piedi - Walking together can truly be a
revolutionary act which can change society)

We think that working in synergy with the networks of Organic districts is an excellent opportunity to redirect policies and travelers to places that might be considered less popular but that for sure has a lot to offer.

In conclusion, Walden’s impact can be found in the act of walking together, which can truly be a small revolutionary step that can change society.

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3. The France Organic District, Biovallée

By Claude Boudeulle (Vice-presidente, Biovallée)



BIOVALLÉE

Biovallée is a rural territory situated along the river La Drôme, a clean river with great biodiversity. 40% of the agriculture is organic. Many good practices are followed for the tourism which represent 30% of the valley economic.

Indeed, the quality of life in this place, attracts more and more tourists from France and around in search of rare good life. To welcome them there are often guest houses offering organic meals of high quality. They buy all their products on the territory; they explain to their guest their approach about sustainable development, not only for alimentation but also for the consumption of electricity, water, waste recycling. They explain with kindness : the transmission of good practices is very important.

They can also rent cottages to come with their families and friends. They can, then, cook for themselves, they buy their products.

Biovallée is a small territory where we can find fruit trees, market gardens, sheep farm, and free range



chicken farming. So it is easy to buy local organic food. You can also buy from farms. The farmers explain their approach: grow without pesticides, treat animals with medicinal plants and essential oils to avoid using antibiotics harmful for health.

BIOVALLÉE



If they want to go to restaurants many cooks make the choice to transform organic foods. They have also the possibility to spend their holidays in farms Inn. They are, then, totally immersed and up-to-date with good practices. Their children are introduced very early to « eating well ».

For them, donkey rides are organized: respect for nature is taught.

The contact with animal is educational for the children. They found also hiking trails, winding also the hills and mountains. Many cycle paths can be borrowed. Hiking trails and cycle paths are well maintained. They have also the possibility to stay in structure where to learn permaculture. With global warming, making tourist aware of these practices is essential. We are very attentive to waste management: (moving toward Zero waste is our goal).



Citizen campaigns are set up at the end of each tourism season to clean hiking trails, cycles paths, the river, the forest. We have to communicate more and more about these good practices to all visitors so that our territory is respected as we respect it ourselves.

Sources

All photo credits are with BIOVALLÉE

4. Tourism and rural productions by the women of ancient villages of the south of Tunisia

By Selma Mokhtar Mkaemini - Tataoui - Tunisia

ARCS- TUNISIE was created as a Tunisian branch of the Italian non-governmental organization ARCS CULTURE SOLIDALI and was registered in 2017 as a national association.

ARCS CULTURE SOLIDALI was born in 1985 as an NGO in charge of international cooperation within a vast network of cultural associations called ARCI (more than one million members in Italy). Since then, ARCS CULTURE SOLIDALI has developed joint projects together with partners from different countries in Latin America, Africa and the Mediterranean area.

This article aims to provide a quick representation of the activities carried out by our organization in Tunisia, with a particular focus on those in the field of tourism and cultural heritage.

However, before we start with the projects, I want to give you some elements regarding the region in which these projects have been implemented, in order to show the great potential this region can have in this field.



(Photo Credit: SELMA MOKHTAR MKADEMINI - Tataoui – Tunisia)

Tataouine is the southernmost governorate of Tunisia and the largest, although much of its territory is made up of desert. It is indeed a very arid region, yet very rich in history and culture. Most of the different cultures that have formed our country have left their mark on the region. The most famous monuments in the region are probably the KSOURs. This word, plural of KSAR or KASR, an Arabic term meaning "castle" or "fortress", indicates a series of ancient buildings scattered throughout the region and whose origin can be traced back to a period ranging from the 11th to the 19th century.

The KSOUR were the places where the semi-nomadic population of the region kept their most precious goods and products and consisted of a series of small cellars belonging to every family in the community that built the KSAR.

Another very important element of our cultural heritage is a number of ancient villages, built on the arid and rocky hills that form the local landscape. The interesting thing is that, although you can see some buildings, the most important part of each house, where families lived and sometimes continue to live, is carved right into the rocks.

These villages flourished in the past in the setting of a landscape where the hands of man, able to obtain products and livelihoods from a hostile and arid environment, have shaped every inch of land. Another characteristic of the local culture is in fact the typical rural practices, still visible in the conformation given to the land in order to use every drop of water.



(Photo Credit: SELMA MOKHTAR MKADEMINI - Tataoui – Tunisia)

It is important to underline that a great effort in water and soil management has been put in place by women, who are still the repositories of this ancient knowledge today. In our project in the region, run in partnership with IRA, Institut des Régions Arides, a research institute of the Ministry of Agriculture, we supported this effort of women, seeking to convert traditional knowledge into the production of food, cosmetics and craftsmanship in sources of income and a strengthened position of these women in society.

With more or less 100 women from 5 villages around Tataouine, we organized 5 small production centers, providing training courses for product improvement and creating a specific brand and a specific design that allowed these women to present their products to the market.

A great effort was made on the presentation of the products, trying to give them a new aspect, very different from the traditional presentation of rural products. We have created a product catalog, launched the "TATAOUI" brand nationwide, participating in the most important trade fairs. This effort was recognized by the Tunisian institutions, which awarded us with the first prize for the best presentation of traditional productions in 2019 and with two medals at the national competition of rural production in the same year.

5. Cultural Tourism, Farming, Gastronomy and Well Being In The South Of India

By Anbusivan MP, Secretary Gandhian literature society - Gandhi Memorial Museum, Madurai

Tourism



(Gandhi Memorial Museum, Tamilnadu, INDIA)

In our place every month 10000 people come from all over the world. Gandhi's constructive programs are going on particularly related to tourism and Gastronomy, we are doing more number of Agricultural activities like natural and organic agricultural events, Natural, organic farm / home visit, Nature Cure camps, Natural lifestyle programs, Naturopathy Treatments, particularly water therapy, mud therapy, sun, air therapy, we are doing hear and near. In this premises we are running two boutique shops. we are



selling and exhibiting local foods and organic millets and natural palmyra jaggery, natural herbal products, wooden products and organic agricultural inputs.



(Above: Natural Mud Therapy Camp @ ISS Sevapur)



(left: Water Therapy Camp in Gandhi Museum)
(right: Bananaleaf Therapy Camp @ ISS Organic farm)



(left: Natural lifestyle Camp @ kadavur eco forest)



(right: School level organic vegetables farming)

Gastronomy

In gastronomy related activities here, we follow Gandhi's simple lifestyle methods. Like food preparation, healthy food culture. Through tourism and gastronomy, we bridge rural and urban peoples. we run uncooked food canteen on demand also we conduct uncooked / Sun cooked organic food camp and

exhibition. In my village I serve uncooked healthy food to pregnant women also teach the preparation methods for government hospitals, health centres. In our Gandhi museum boutique shops we market natural and organic seasonal millets and fruits, palmyra teddy, jaggery natural coconut, cold pressed oils, and seasonal vegetables to local and all over India.



(Healthy food camp for tourists)



(left: Sun cooked sprouts for immune booster)



(right: Uncooked organic vegetables mixed variety)



(We Make & Market it Natural Palmyra jaggery)

(Natural Palmyra leaf sweets - village gastronomy)

(we make traditional cold press oil)



(Food Education for Travellers)



(Children Natural lifestyle camp)

Vision and Mission



To achieve swaraj / freedom in health organic agriculture is the only way. Make the Natural / Organic fruit kingdom in the world. Our past diet is the present punishment. so teach the diet methods.

(Fruit trees planting by Jostein Hertwig)



Gandhi's seven social sins

We are one among the bridges between the tourism and gastronomy sector in India. We interchange the culture, agriculture, natural and organic manner. We teach travel within you through gastronomy. Food is the key for health and so natural & organic food is the one and only key to health.

We undertake education on the truths to tourists and local peoples. We teach ways of food preparation and food culture in the grassroots level to the top level. Both students and tourists learn about food knowledge and food systems and also about natural lifestyle and natural cure methods.

We are building alliances beyond Asia through tourism and gastronomy.

6. The Elm's Garden

By Alessandro Vergari (CEO, Walden Viaggi a Piedi)



It is a piece of land near Florence that I have been taking care of for over 20 years. It is a garden where I cultivate fruit and vegetables, from cabbage to onions, from fennel to peppers, but above all it is a place where I express my creativity.

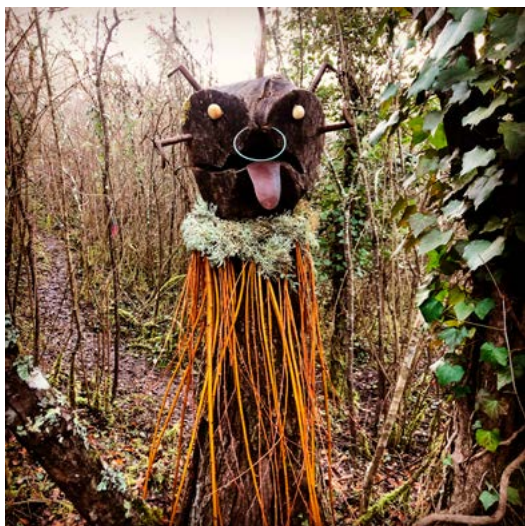


I also built a small wooden hut, similar to that of H. D. Thoreau built near Concord on the shores of the Walden Pond, in which I spent the two months of lock down and often it is my meditation nest.

There is also a terracotta oven – handmade with crude earth - and in the garden I organized various

activities, such as book presentations, walks in search of edible plants and, join with a Japanese cultural association in Florence, the garden was place for a tea ceremony.

In addition, at the garden I made a “landscape art trail” in a piece of land nearby, that 40/50 years ago it was a beautiful orchard of apple and pear trees. Abandoned for decades, nature has taken over the work of man and this trail, opened by myself a few years ago, crosses it with a lot of surprises, like



strange creatures made of wood and iron, spirals in which you can walk into, musical glades, and other “stations” to read some poems or just figure out the forms of nature.

It is a path to take calmly, in silence, possibly alone, listening to the sounds of nature around you.

You are a stone's throw from the city, but it will be like walking away from everything. Whenever possible, I wrote some notes about them to understand them better.

In the end, unwillingly, it became an initiatory path, where from below and from the dark, one reaches the top and the light. Everything is a perennial work in progress, always different, especially depending on the time and season in which you walk.

The path is open to everyone and



everyone can walk it freely. Those who come there are always struck by the beauty and beautiful energy that you breathe there.

It is a miniature bioregion.

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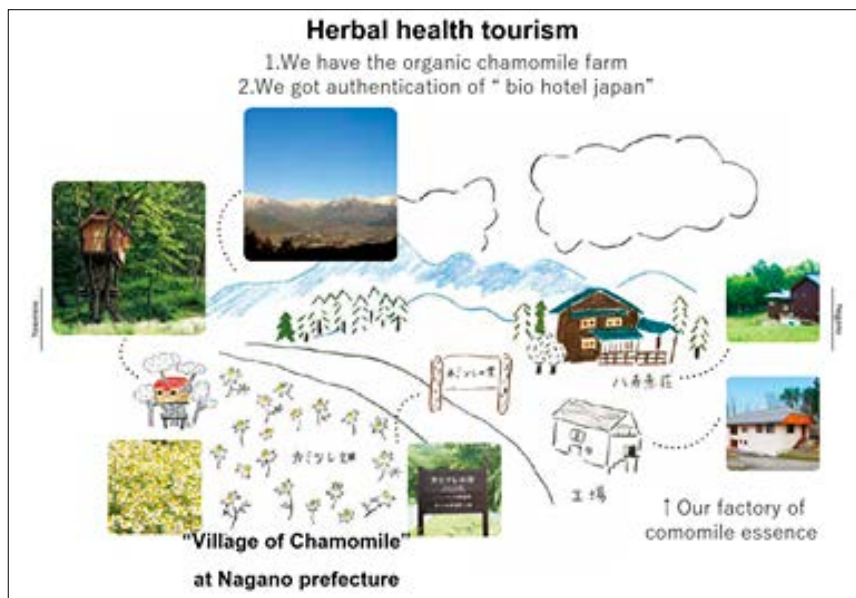
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7. Kamitsureno Sato, Nagano prefecture Japan

By Yuko Kitajyo (CEO, SouGo. Co)



Kamitsure, means “Chamomile”, Sato means “Village” in Japanese.

Our company SouGo, co. was founded in 1949 by my father Haruhisa Kitajyo. One of our business is using organic chamomile to help healthy life of people. Our mission is to help people and we make efforts toward achieving SDGs. For example, we use 100% renewable energy. Ikeda town, Nagano Prefecture is the hometown of Haruhisa Kitajyo. As is famous in the Japanese Alps, 80% of Nagano Prefecture is mountainous. It is rich in clean water.

Haruhisa decided to make “Village of Kamitsure” in his hometown. 13 ha of Chamomile field attracts people when it blooms in May to June. Haruhisa was enchanted the power of chamomile. He invented original method to extraction essence from chamomile. Since 1984 we are growing chamomile organically.

Using these certified organic herbs, we produce body care products such as bath essence under our

original cosmetics brand “Kamitsuren”. Over 30 years since Kamitsure no Sato established, we are collaborating with local communities. One of the biggest outcomes is hosting the Hana Matsuri (Flower Festival) held every June. The Hana Matsuri attracts more than 4,000 people every year from inside and outside of the town. This event is organized by many stakeholders in our town; local government, local organizations such as Tourism association, many local companies and volunteers, as well as tourists from other area.

Kamitsure no Sato became a significant place to connect people in the town.

Yasuesou, the name of hotel in Kamitsure no Sato, is certified to Bio Hotel which is the first in Japan. It requires criteria by concerning the health of our guests, and environmental impacts. It was built with local materials such as seven types of woods. Local sourced wood chips are used for heating system, in order to avoid using fossil fuel. Dishes provided at Hotel are prepared with locally produced organic vegetables. Also textile such as towels and bedding are made with organic cotton.

Running this Bio Hotel is eventually supporting local economy as well. Now our town Ikeda is famous as “village of flower and herb”. This is also come with promotion of the health tourism.

This year 2020, Kamitsure no Sato is certified to the health tourism, which aim to provide the type of tourism to enhance health of the tourists. We have been continuing two types of tourism for more than 10 years; “Nature program” and “Breast Cancer Survivor tour”.

“Nature program” is for children with allergies. The doctors join this tour, so they can feel relieved and relax. We cherish that they can play to their heart’s contents.

“Breast Cancer Survivor tour” is for people who fight breast cancer. Our original chamomile essence is very good for dry skin.

We provide diverse nature programs and visitors can have relaxing chamomile experiences which are effective physically and mentally. We plan to develop more about this health tourism with rich natural resources and organic products.

With our mission, together with local communities, we continue to include more people for our journey.

Summary from the Work Group

- Enhancing identity and attractiveness of the Territories by means of Organic Districts

By Raffaele BASILE, IN.N.E.R. – International Network of Eco-Regions

The kind of approach to be implemented in the tourism sector is the one managed in conjunction with other productive and commercial areas, in particular the sustainable agriculture.

The ingredients to maximize the touristic activities have to consist in a responsible, multifunctional way to do things, with a good respect for the environment, a creative imagination, a well targeted organizational capacity.

All that, maintaining the centrality of the territory and of the hosting population. The innovative models of sustainable and attractive geographic areas - carried out by entities such as Eco regions, Biodistricts, Organic districts - can represent an innovative and effective starting point, to realize more responsible and conscious forms of tourism.

These are, in extreme synthesis, the basic inputs arising from the fruitful four working days of ALGOA Summit 2020 Work Group 2, named "Tourism and gastronomy".

The various and heterogeneous contributions of the participants to this group underlined how, if managed in a correct way, activities and products of the local agri-food system can become a cultural element of safeguard of territory and local identity and a good source of further income for local economy, especially for farmers.

It will also be important the models based on a multifunctional approach of the agriculture can have their best realization especially in those rural areas neglected by standard touristic flows.

The group's discussion highlighted that several of this kind of initiatives have been successfully developed in various Countries. Relevant are some very good experiences carried on in some Ecoregions, in Italy (Biodistretto Cilento), France (Biovallée), Portugal (Bio-Região Idanha à Nova). That's why the international network of Eco Regions (IN.N.E.R.) was created in 1994: to better coordinate in a synergic way the activities of these entities.

The Summit's works underlined good practices led also in different places all around the world, even if not strictly carried in the context of an organic district.

The good practices deepen during the ALGOA Summit works have been the followings:

- Walking through organic farms by means of sustainable paths (Cooperative society Walden travels on foot) – Italy
- Criteria for the evaluation and certification of eco-trails (IN.N.E.R. Association - International Network of Eco-Regions, in synergy with Socialtrekking movement – Italy)
- Ecotourism in Organic Districts - Biovallée ecoregion - France
- Facilitation of entrepreneurship of women in the rural villages (A.i.c.s. / Tataoui - Tunisia)
- Natural lifestyle in Gastronomy and tourism (Gandhian Literature Society - India)
- Mixing up knowledge and tastes (Cilento Biodistrict - Italy)
- Eco tourism in organic herbal farm with certified Bio Hotel (Kamiture no Sato - Japan)
- Eco tourism and fun activities and gastronomy – Philippines

Analysis:

The analysis of these good practices emphasizes organic agriculture can be one of the best practice to maximize the positive effects of the above mentioned multifunction approach of the different activities of a territory.

The local organic producers and local operators in the food chain can become an important device, by means of excellence in the food and excellent cooking. Gastronomy can count on seasonal products and excellences in cooking of products which characterize an area with their traditions and cultural heritage.

It will be important that farmers and tourism operators can be linked in a structured, synergic network with other operators involved in the organic Districts, ensuring also a good level of safeguard of the territory.

Agriculture operators have then to improve their propensity and skills to practice their activity in a close operative conjunction with other activities carried out at company level.

These activities will be - of course - the “tourism” properly so called, but also activities related to the leisure, the gastronomy, the therapies for the health and the well-being.

The farm house activities, for example - in addition to the standard activities of farming - have to concentrate their efforts also to the hospitality services, the direct sales on the farm, the entertainment, the outdoor recreational activities, the cultural and educational experiences.

Farmers, and in particular organic farmers, have then to try to act in a synergic network with other realities existing in the territory, promoting cultural activities linked to them. In this way, the promotion of local farming productions (in particular the organic ones) will be strictly connected with the promotion (and safeguard) of the territory and its specific characteristics.

Each Organic District or Eco-Region will be able in this way to give an offer of “qualified diversity” in terms of lifestyle, human relations, cultural heritage, food and gastronomic excellences, nature protection, etc.

It will be also important to ensure a soft mobility inside the organic districts, to avoid the paradox to create pollution by increasing the numbers of tourist. Green ways of transportation are recommended. A kind of tourist “slow” (by foot, bike, horse) have to be encouraged.

The cultural “identity” arising from a territory such as an Organic district or Eco region, can also become a sort of strong brand to be spent in the touristic market, attracting travelers more conscious, less intrusive and respectful of the territory.

Is then time to redirect tourist flows in a sustainable way towards marginal rural areas, increasing the attractiveness of them by the mentioned multifunctional approach to the agriculture, combined with other compatible activities.

Proposal to GAOD:

The Global Alliance GAOD can direct in the best way the farmers and tourism operators to the above underlined multifaced approach, giving a relevant impulse to the promotion of the territory and its specific characteristics.

The Global Alliance GAOD can support these organic districts by monitoring the starting of new

ecofriendly activities, supporting them with well targeted advice and, in the future, creating a brand which can enhance the opportunity for farmers and other operators of the Organic District.

Implementing the good practices and input arising from the ALGOA Summit 2020, requires further consideration. The complexity of today situation in the whole world, due to the ongoing pandemic, must realistically be kept in mind. Tourism in the organic districts can in fact be considered one of the sectors most affected by the crisis arising from the pandemic. So, it will be basic to consider that some of the objectives and actions must be implemented in the short future, others in the near future and others in the distant future.

To conclude, we can say that the synergy given by a network between the various virtuous realities of the organic districts really seems will be able to give rise to tourism. So, we will be able to effectively consider the touristic sector a strong added value for the support of the territories and the people who live there.

Report from Work Group 4

Food: Processing – Distribution- Consumption. Food and nutrition security, Quality and Health

Objectives of the Work Group

Supporting the Organic Districts in the development of activities related to the start-up, management and organization of activities supporting the different stages following the farming activity.

The differentiation of the Organic District economic system, by adding sustainable and locally based Food Processing-Distribution-Consumption activities will contribute to the territorial economic development; the support to a sustainable model of agriculture and food production, provided by this WG, will also involve social and environmental benefits in terms of food quality and health for the communities and other external actors, such as tourists, consumers outside the Organic District.

Participants of this Work Group

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Introductory words by Girlie Sarmiento and Edgardo Uychiat

This was truly a meeting between dedicated people from Asia and Europe. The discussions showed that different countries have different priorities, opportunities and challenges in various areas such as the availability of organic food for the population at large, resources dedicated for education programmes, research and other forms of capacity building both at governmental level but also for consumers, the relevance of processing as an intermediary between the farming and distribution/consumption in the value chain and local food based processing operations which addresses the nutritional content and food mileage challenges in the distribution. In many of the Asian countries there is a specific challenge related to post harvest also when it comes to preserving valuable nutrients in the food and feeding the population in situations of emergencies.

In all of these areas we should find common ground for constructive interactions.

Summary from the Work Group, presentations and references

By Lena Schniering



Presentations

ISUM Project		
Name	Topic in short	Main contribution to the GAOD session
Prof. Dr. Susanne Bügel	<ul style="list-style-type: none"> Project: Indicators for assessment of health effects of consumption of sustainable, organic school meals in Ecoregions (ISUM) 	<ul style="list-style-type: none"> Support the organic districts in the development of activities related to social and environmental benefits in terms of food quality and health
Dr. Dominika Srednicka-Tober	<ul style="list-style-type: none"> Aim: define bio markers to apply all over the world to measure the health impact of organic consumption 	<ul style="list-style-type: none"> share the results via OFSP and GAOD
Prof. Dr. Carola Strassner		

Professor Susanne Bügel: The project is called Indicators for assessment of health effects of consumption of sustainable, organic school meals in Ecoregions (ISUM)

- The aim is to define bio markers (indicators) to apply all over the world to measure the health impact of organic consumption
- They want to create Something to use on daily basis eg in school
- The project shall support the organic districts in the development of activities related to social and environmental benefits in terms of food quality and health

- Also aim is to make ideas available, support other countries, to make a discussion possible, Comments: In the Philippines and Malaysia for example, they do not have such capacity for education material and research. So, it would be good to share this in our group. Organic is good but often focus more directly of getting enough food with sufficient content of nutrient to vulnerable groups like children in critical situations.

Contribution to GAOD:

- Support the Organic Districts in the development of activities related to social and environmental benefits in terms of food quality and health
- Integrate participants in a workshop (mostly EU other must fund themselves) workshop can be online; the money can be used for technical assistance.

Organic out of home (OOOH!)		
Name	Topic in short	Main contribution to the GAOD session
Prof. Dr. Carola Strassner, FH Muenster University for applied science	<ul style="list-style-type: none"> A range of material is available in different countries All parts of a system are necessary to effect a change Important to build relations 	<ul style="list-style-type: none"> Making material visible, accessible through the new GAOD platform Links to WG 1, 2 & 7 Revive OOOH! Network

Conclusion: make ideas available, support other countries, to make hearing and discussion possible, communicate the results and share the results on platform of OFSP and GAOD.

Presentation by Professor Carola Strassner:

Eating out of home is a worldwide trend and a great opportunity for organic food.

In an organic system we have a supporting environment offering workshops for Growers, Consultants, Educators and Networks. There is a lot of experience available already so we have to bring it together through the new network and platform.

All parts of a system are necessary to affect something. When we connect production and consumption with all necessary parts (elements/people/units) then transformation can take place e.g. school meals where multi-actors are involved.

So as we heard it is important to build relationships. From a system perspective this is essential.

School meals are an example of the integration of organic food into food strategy policies and education.

Carola also mentioned the opportunity now to revitalize a network for Eating out of Home.

Selina: Gave some impressions from her work in Malaysia. There is a demand for more healthy food.

Organic however, is expensive and not so accessible for most people. She is working to establish new technology /processing methods to preserve food and to have a longer shelf life.

Contributions to GAOD:

Is to make material visible, accessible through the GAOD platform and also to revive and integrate the old Organic out of home Network.

Another conclusion was the important issue to address the relevant countries to provide access to affordable organic, sustainable food and make sure an organic DIET is affordable to everyone.

NVC Foundation in the Philippines and MINGO Meals

On Thursday 15 October Edgardo introduced coworkers of the NVC (Negrense Volunteers for Change) Foundation and their MINGO meals, a children-feeding program and also use MINGO for emergency food during disasters. Their mission is to fight hunger and poverty by providing proper nutrition for poor children, as well as sustainable livelihoods opportunities for their parents.

Contributions to GAOD

It is so important that we share challenges and opportunities from different parts of the world building a network of people based on a real knowledge and interest for each other.

