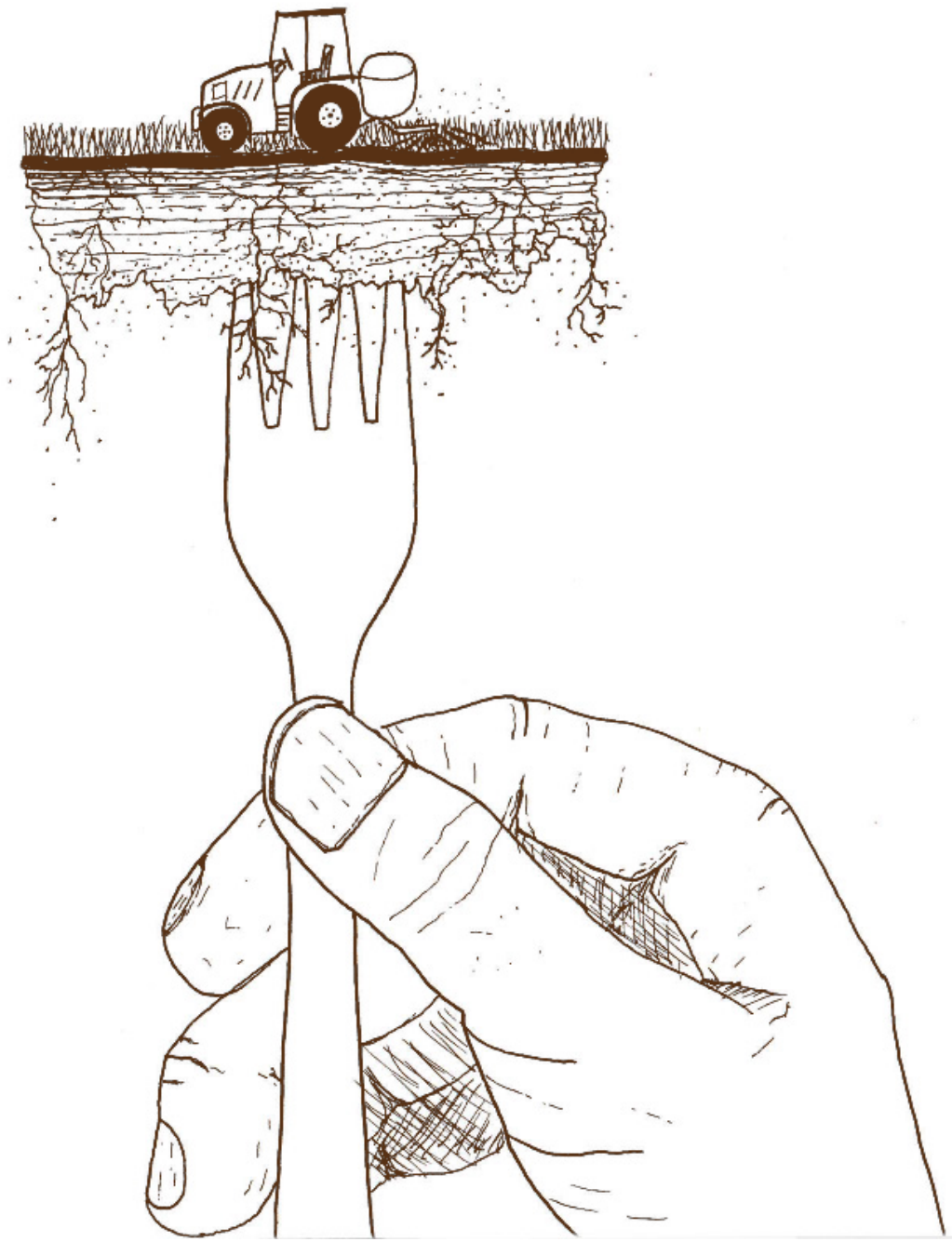


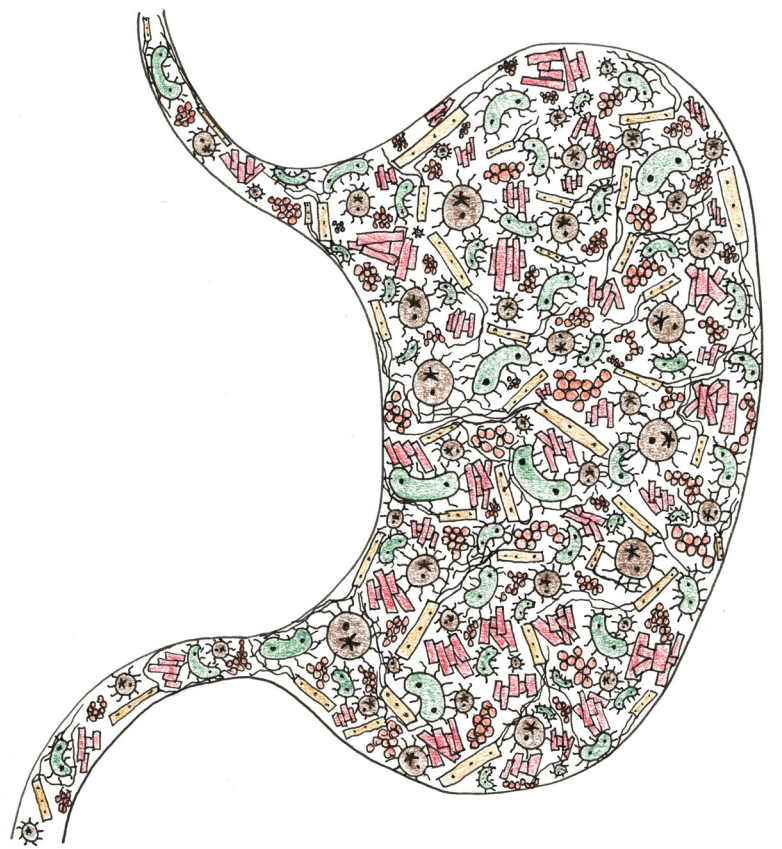
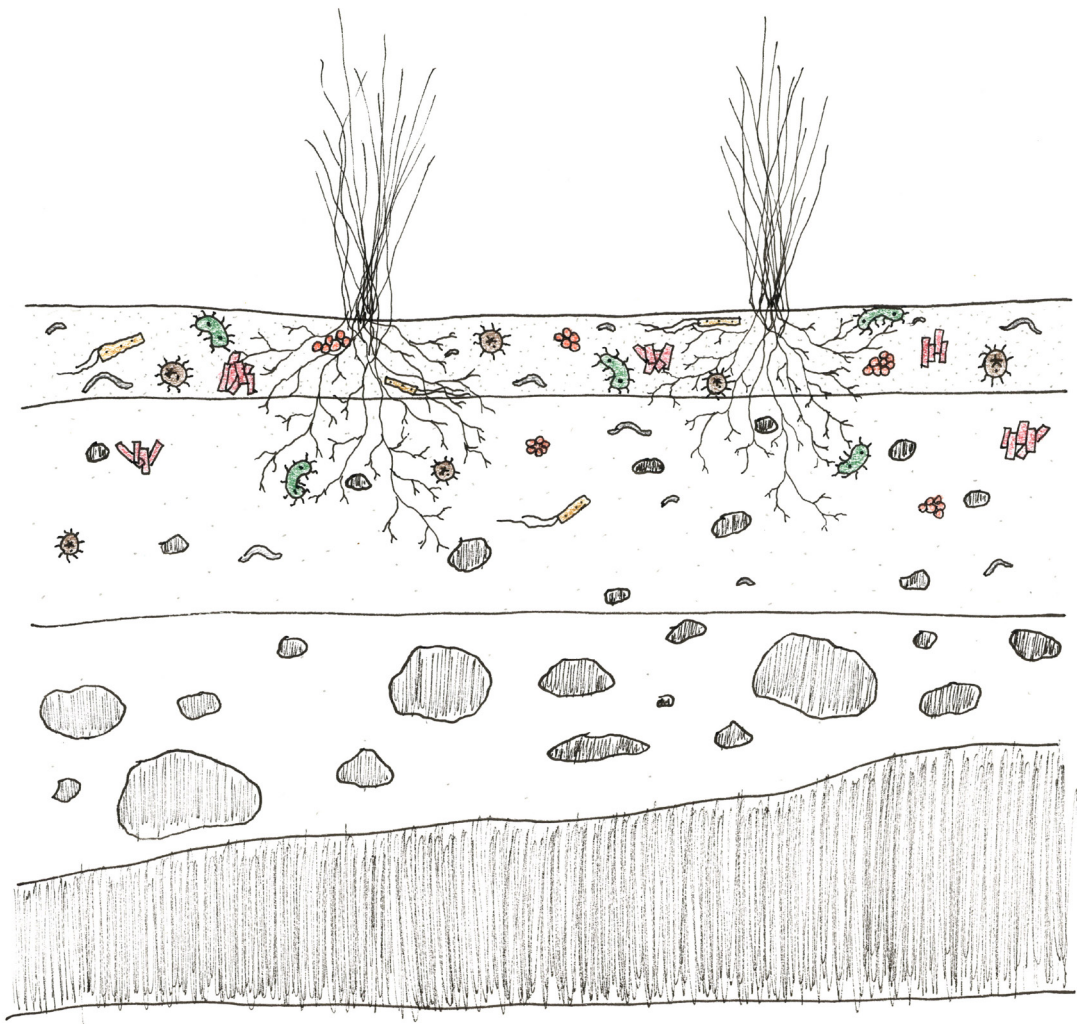
FARM TO FORK

Building a Circular Food System
through Collaboration between Farmers



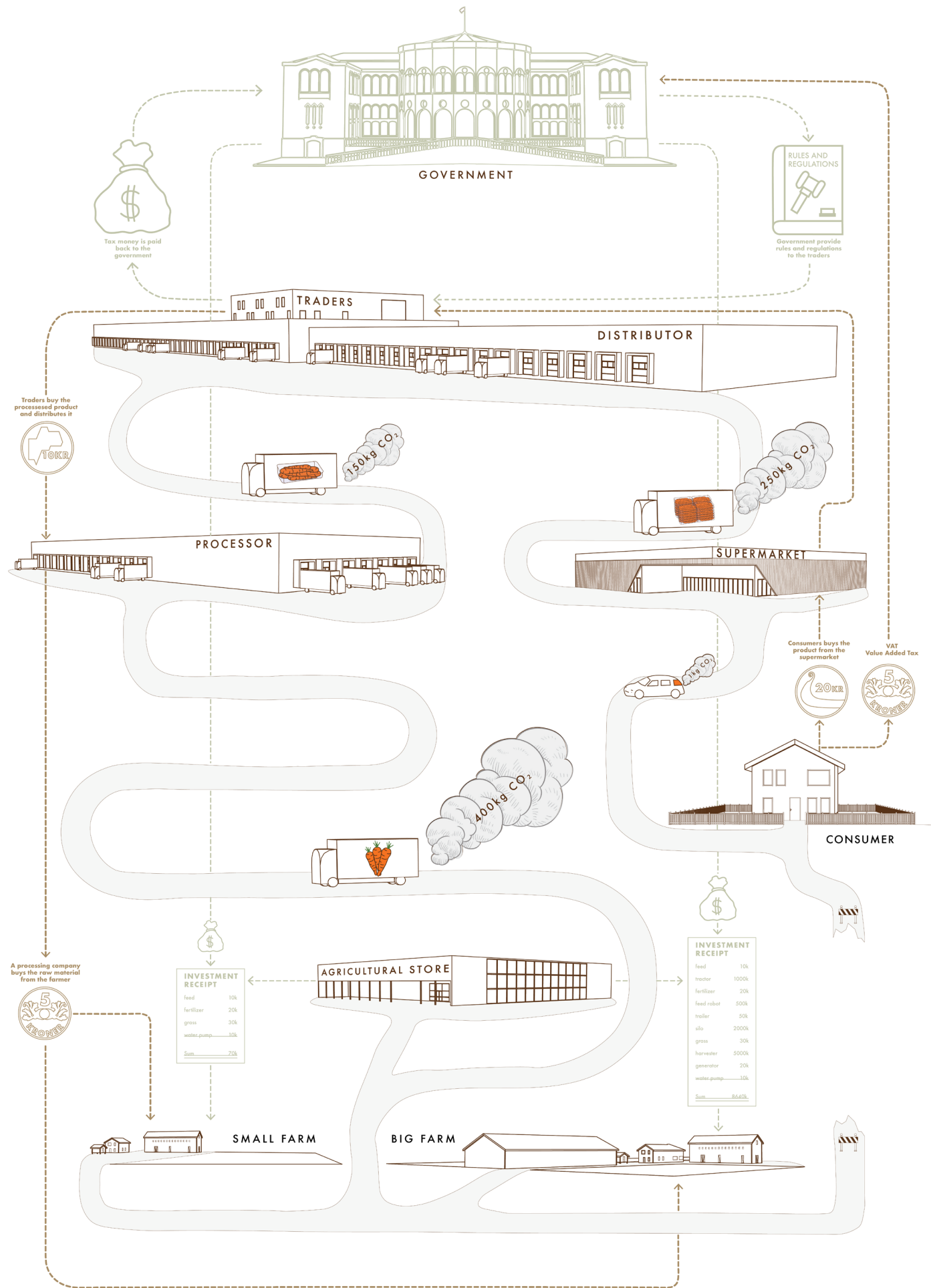
GLOBAL

Farm to Fork seeks to understand the connection between the health of the soil and the human beings, and how we can live healthier lives through what we are eating. As the food industry values cheap transport and preservatives, we end up with products that are wiped clean of both good and bad microorganisms. **Our microbiomes are highly dependent on these microorganisms to keep our immune system in balance.** Since the industrial revolution the amount of microorganisms in our microbiomes have plummeted; leaving us with immune-related disorders. **Our health is intricately connected to the health of the soil beneath our feet; if the soil is healthy, we are healthy.**



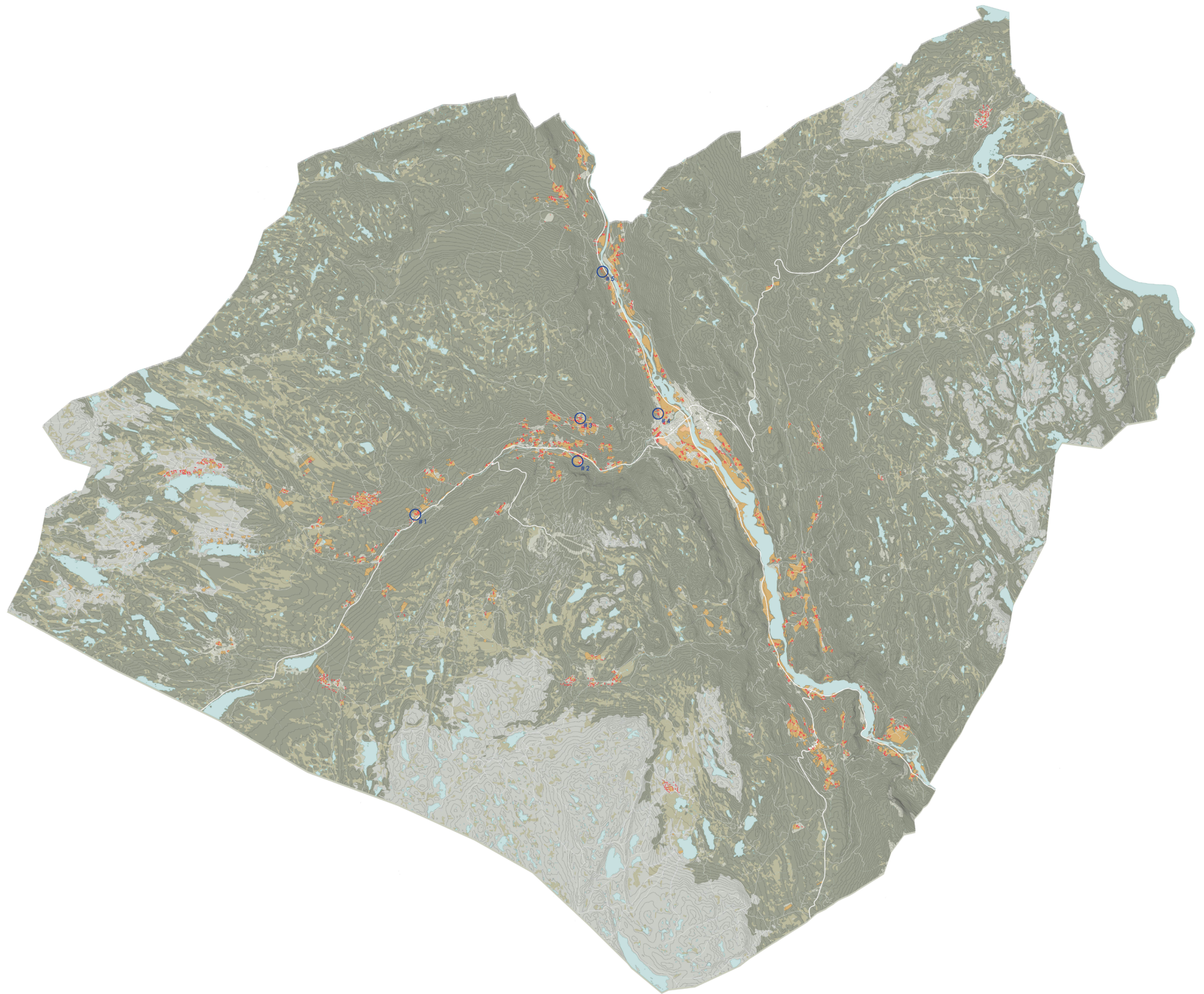
NATIONAL

In Norway we produce only 45% of what we eat. We are highly dependent on other countries to export food and resources for us to create our own food. **Norway is self sufficient on dairy and meat products and a diet which becomes more and more plant-based.** This fact screams for a change in the way we do agriculture. Farming vegetables are too risky for farmers as they get very low subsidies per decare of crops. **Farmers in Norway are governed by the highly skilful traders who owns the supermarket chains which decides the price of the products the farmers produce.** We, the consumers, buy the supermarket chains' products as the other alternatives are way too expensive or hard to obtain. A farmer earns 60% of the average pay in Norway. That is money they are supposed to live off and reinvest in their farm. Today 40% of all norwegian farmers suffer from depression mostly tied to loneliness, financial depts and long work hours. **How are we gonna create the diet of tomorrow if we can not make the farmer believe in and invest in their own future in the trade.**



LOCAL

To understand how it is to be a farmer, I decided to meet farmers in my local village, Nesbyen. Nesbyen is a village of 3200 people inbetween Bergen and Oslo. **The reason why a village like this one is interesting is because 1/4 lives on agriculutral land; not so unlike the rest of rural Norway.** Through reaching out to the farmers and having lunch or coffee with them it has become even more evident how hard it is to make ends meet as a farmer. **There are long distances required to deliver their products, they are very poorly paid for their hard work, common pasture is expropriated for cabin industry and they often work alone in a tractor 365 days a year.** The local farmers also express that the quality of their products are not valued and that they have no clue which products are theirs in the supermarket. **If a farmer really cares to make good products, but do not meet the requirements of organic products they fall inbetween 2 categories, but get paid the same as any other conventional farmer.**

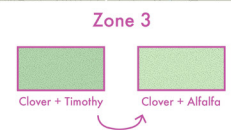
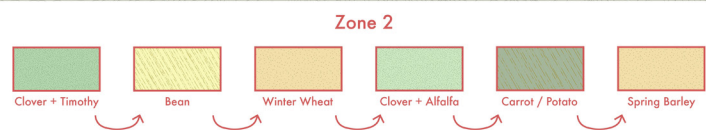
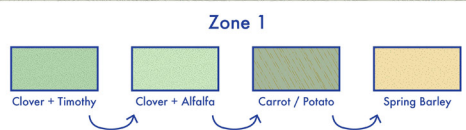
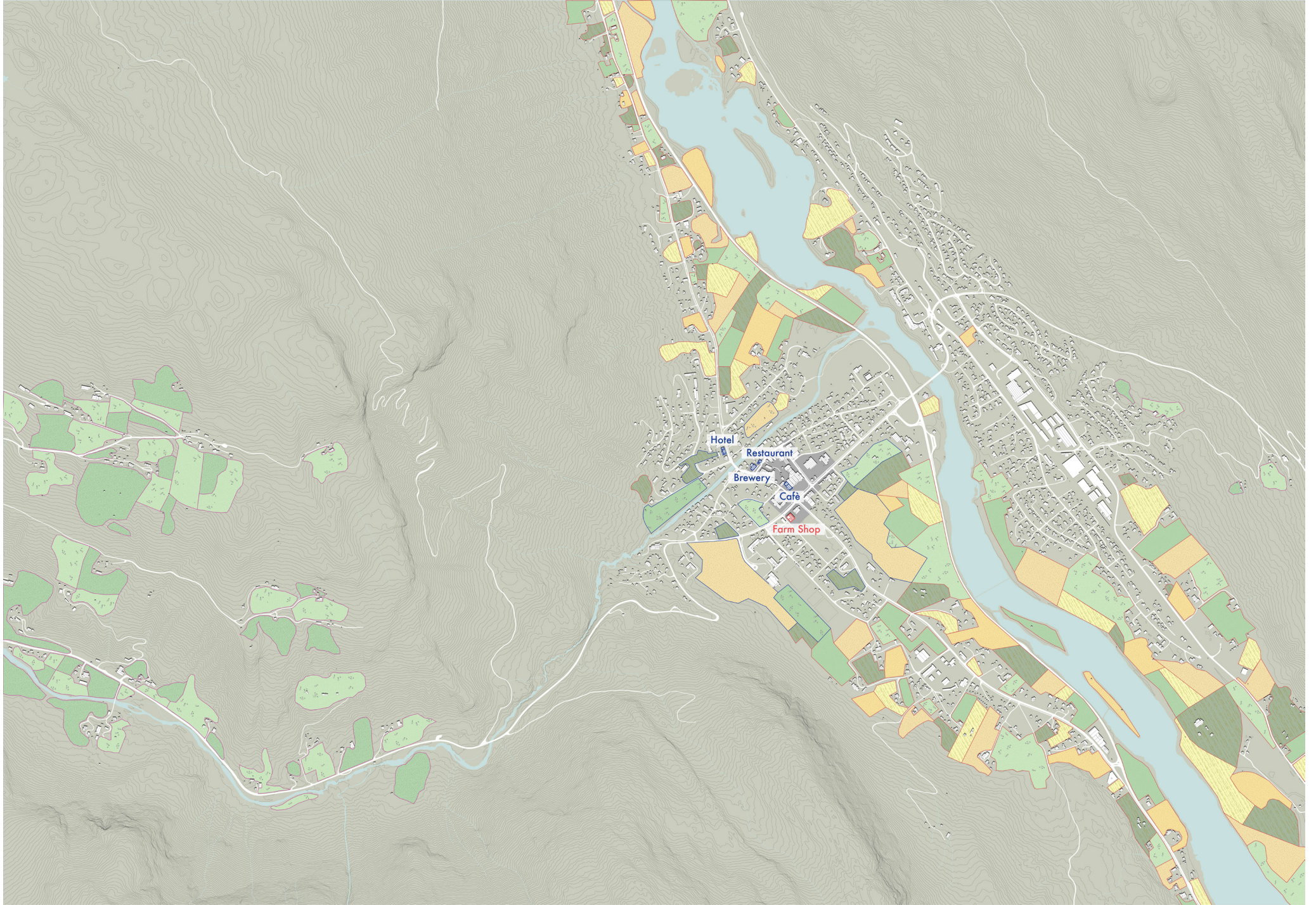


PROPOSAL

The role of an architect in this scenario has become to make connections between farmers and work together with them and agricultural counsellors to create a proposal of how to farm the arable land in the village.

A logical direction to go has been to create a farming co-op which focuses on regenerative practises, diversity in crops and local distribution of food. This will create a more versatile and healthy soil while also spreading the risk farmers take when cultivating edible crops instead of having livestock.

Nesbyen is a farming Village eventhough the agricultural presence in the village centre has faded. Most arable land in the area is expropriated for building masses, but some fields are still present. **Farm to Fork intends to introduce more animal pasture and vegetable cultivation adjacent to the village centre, to let the agriculture be more present in the village.** The presence of agriculture in the village centre will make people more aware, and therefore more likely to care for the role of agricultural in the future.



FARM SHOP AND IMPACT

The project proposes to create a building in the city centre where the farmers of the co-op get a place in the village center where they can process their products, store and sell them; all in one place. The proposed building makes room for a restaurant to have the local food prepared by professionals, but can also adapt to host different events such as the Nesbyen´s famous markets.

The building will also host a shared office space where the farmers can do administrative paper work or simply just be social with other like minded people.

The intention is that not only farmers and consumers will benefit from the farming co-op, but also local businesses like the café, hotel and brewery. This way more products will circulate within the village keeping more money in the village instead of letting it escape to the traders in the big cities.

Another bonus impact of what this project can achieve is to help make Nesbyen more versatile in flood situation. Every time a field doubles its percentage of organic matter, it also doubles its amount of water it can hold. This can make a huge difference as most farms today has about 1 - 2% organic matter. Healthy agricultural land where regenerative principles are applied can achieve 5 - 8%.

