

FARM "GERANIA"



GENERAL INFORMATION

Location of farm	Greece, Region of Peloponnese, Loutraki https://goo.gl/maps/n4i3G9shunXbWrnx8
Name of the farmer	Giorgos Foufas
Size of farm	1 Ha
Permanent staff	1
Main products of farm	<ul style="list-style-type: none">• Agricultural crops: The main products are as follows:<ol style="list-style-type: none">1. Olives — olive oil2. Vines- table sultanas, must, molasses, raisins3. Apricots: fresh or dried4. Pears: fresh or dried5. Seasonal vegetables6. Herbs• Secondary products are the following:<ol style="list-style-type: none">1. Almonds2. Walnuts3. Pomegranates4. Plums5. Damsons6. Goji Berries7. Figs8. Cherries9. Ornamental and Indigenous plants• Livestock: Domestic animals, not for economic exploitation



CURRENT REGENERATIVE AGRICULTURE PRACTICES ON THE FARM

Farmland cultivated with RA practices	Most of the farm
Crops produced with RA practices	All crops
Duration of using RA practices	26 years

Description of RA practices used in the farm

- *Co-cultivation of companion plants, trees and shrubs*
- *Rotation of crops using crop rotation and fallow periods*
- *No-till practice — non-use of agricultural soil machinery*
- *Use of legumes, native vegetation islets, use of botanical plants as insect repellents and/or soil improvers*
- *Preparation of organic matter and use as a soil improver*
- *Soil cover (systematic) in hot months*
- *Optimal use of irrigation (drop irrigation)*
- *Near-zero inputs for plant protection and fertilisation-nutrition*
- *Harmonisation of agricultural practices through the biodynamic process (Moon Cycle)*
- *Thorough introspection of agricultural practices through the process of cultivation of the man himself, maintaining the two-way natural relationship between land and man, applying energy practices of traditional Taoist philosophy, such as harmonising yin & yang qualities, balancing the five elements, etc.*

Regenerative agriculture.

An innovative approach towards mitigation of climate change through multi-tier learning.



Erasmus+

STARTING AND MOTIVATION BEHIND REGENERATIVE AGRICULTURE

Main motivation	The farmer started 35 years ago when he decided to do ecological farming following Steiner's standards for organic farming, and I met the philosophical view of land cultivation by Masanobu Fukuoka, the initiator of natural cultivation, mother of organic and regenerative agriculture. We cultivate to heal ourselves with the food that becomes our medicine, and on the other hand we heal the earth and connect with it, thus having a two-way relationship.
Learning the RA farming practices	Elements of RA were in courses at the Agricultural University of Athens where he studied, and also through seminars from various organisations of ecological agriculture, such as the historical Association of Ecological Agriculture of Greece — S.O.G.E. (where he was secretary and head of the agronomist inspectors and supervisors of the organic certification body which he served professionally as an agronomist and with intensive personal involvement), and IFOAM - https://www.ifoam.bio/
Did the farmer receive training?	Yes
Did the farmer receive financial support?	There was no financial support to start the farm with RA. There was financial support from the Regenerative Farming Greece project with the participation of the organisation "The Southern Lights", through which a number of plants were planted.



RESULTS OF REGENERATIVE AGRICULTURE

Benefits of using RA practices

There have been mental, spiritual and material benefits.

Obstacles of using RA practices

Soil and climate conditions — climate change, hydrological requirements, impacts from the wider urban environment — industrial area, lack of logistical infrastructure, social factors. The difficulties have been addressed to some extent and some solutions may have been put in place.



Is the farmer happy overall with RA?

Yes, and he is in constant search for sustainable solutions with constant alignment with climate developments.

Does the farmer intend to continue RA?

Yes. Regenerative Agriculture is a dynamic process where changes, small or large, are included in the cycle of ascension.

Does the farmer intend to introduce changes in RA methods or crops?

No

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