

Agriculture in Amsterdam



Growing fruits & vegetables in the Amsterdam Zuid Oost community

PRESENTED TO

Stichting Venzo

2023, March

A REPORT BY

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GROWING FRUITS & VEGETABLES IN AMSTERDAM ZUID OOST

Academic Consultancy Training (ACT) project for WUR Science Shop

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Image front page

Allotments. (n.d.). My Site. <https://www.catherinepape.co.uk/allotments>

9-03-2023

Wageningen University & Research (WUR)

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EXECUTIVE SUMMARY

Amsterdam Zuidoost (AZO) is historically a neighbourhood with a low socioeconomic status. This disadvantaged position is only emphasised more by the rising food prices as a result of inflation. The project, which is owned by Stichting VENZO, aims to improve the economic accessibility of fresh produce in this area with a strong focus on self-sufficiency, exotic produce, and gardening. Stichting VENZO, in cooperation with the WUR science shop, hired this consultancy team to do research on how this can be achieved by involving the residents in gardening. The general research question formulated to give the commissioner relevant recommendations is 'How can fresh produce accessibility in AZO be improved with a residents focused approach?'. This question is answered through a series of 6 specific research questions. Using a mix of literature review, interviews, and a questionnaire, a recommendation was formed based on three future approaches with a specific focus. In addition to these approaches, we propose two steps to the commissioner for future consideration before implementing any of the suggested approaches.

Our first suggestion is to change the perspective from top-down to bottom-up. Residents of AZO should have a more central role in this situation, as they are the main actor in this story. The residents should get actively involved in the brainstorming, decision making process, and eventual execution to ensure longevity of possible initiatives. Secondly, while we think urban gardening is a great social connector, we find that it has a limited potential to increase fresh produce accessibility in AZO. Hence, the focus should not lie on gardening alone, but also on other options that can improve the accessibility of fresh produce.

Approach 1 emphasises connecting existing gardens in AZO, promoting social and cultural connections as well as emphasising education. Approach 2 highlights solutions related to effective gardening such as the benefits of hiring a professional gardener. Approach 3 explores alternative ways to improve the availability of fresh produce in AZO. In order to make fresh produce more economically accessible, urban gardening solutions need to work alongside other price-reduction solutions. These solutions can increase the availability of cheap fresh produce in AZO and reduce food waste. We believe that these suggestions will contribute to the sustainability of gardens, to the increase of the accessibility of fresh produce, and it encourages growth of the community, and in the AZO area.

From our research, we found that there was very little willingness from the residents to be involved. Ultimately, we ended up interviewing a total of 6 participants and were able to distribute the survey to 53 people in AZO. Our findings should therefore be taken with a grain of salt, as it is not truly representative for the community at large.

Combining our personal experiences and views, the results from the interviews, questionnaire, and the literature research, we come to two conclusions. First, the role of residents should be central to this project. A top-to-bottom approach is, in our experience, less likely to be appreciated by the community. Secondly, we also conclude that the accessibility of fresh produce cannot solely be tackled through the utilisation of community gardens. They serve a great purpose in uniting people, but there is a limited capacity and therefore a limited ability in aiding food security in the AZO area.

For confidentiality, all names of participants are redacted.

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1 INTRODUCTION

1.1 History

For a long time, Amsterdam Zuidoost (AZO) has been referred to as the Bijlmer, a metonym for the high-rise neighbourhood that was built between 1966 to 1975 around the so-called "Bijlmer Lake" (Dutch: Bijlmermeer). The region saw an influx of naturalised immigrants in the late 1970s from former Dutch colonies in Suriname and the Dutch Antilles. In the following immigration waves, the area saw the arrival of people from various regions in Africa. Consequently, Amsterdam began to develop neighbourhoods with distinct "ethnicities" (Arbones & Hoffschulte, 2017).

The main problem this project is focussing on within the AZO community, is lack of economic accessibility of fresh produce. People in AZO deal with health problems like obesity and Type 2 diabetes (Solomon, 2020), unemployment, and loneliness (WUR, 2023, P.54). Additionally, the rising expense of living in today's society puts more pressure on those with lower incomes. Aiming at solving these problems, we research different approaches that contribute to improving the accessibility of fresh produce in the neighbourhood. Based on this, the following problem description is formulated: The target group often faces poor health conditions, in part due to the lack of economic accessibility of ethnic produce.

1.2 Goal

With this problem description in mind, the long-term goal is to increase the accessibility and availability of ethnic produce by connecting existing local cultivation projects. To realise this, we are suggesting different approaches on how to connect existing gardens, taking into consideration organisations and residents' needs, to improve social cohesion.

Looking at the problem from multiple disciplinary angles, there will be different focus points within this project. The focus areas are societal and practical. The societal focus is mainly about considering the needs of the target group to ensure its involvement to protect the longevity of the project. The target group for this research is representatives of community garden organisations and participating residents in these gardens in the AZO area. In addition, there will be focus on the knowledge and skills of this target group to make sure that this is used appropriately. The practical part is mainly focused on the practicalities needed to be considered when creating different feasible scenarios.

This project is owned by Stichting VENZO and has been given to WUR Science Shop for research. The Science Shop WUR supports non-profit organisations like Stichting VENZO by implementing research projects with a potential societal impact on the fields of sustainable agriculture, environmental quality, and processes of social change. Organisations are supported with research that do not have the financial means to turn to professional consultancy bureaus. The prerequisite is that these organisations are prepared to use and implement the research (WUR, 2023, P.54).

1.3 Research questions

The general researched question answered in this report is: How can fresh produce accessibility in AZO be improved with a residents focused approach?

To answer this general research question, multiple sub-questions are compiled.

- RQ1: What kind of urban gardening initiatives are already being executed in the AZO area?
- RQ2: What other successful urban gardening initiatives exist in other cities, as well as connecting initiatives?
- RQ3: Why is connecting community gardens relevant for the community in AZO?
- RQ4: In what way can connecting existing gardens contribute to improving social cohesion?
- RQ5: What is the residents' and organisations' perspective towards connecting existing gardens?

1.4 Theoretical framework

This theoretical framework further elaborates key elements of this project to create clarity and consistency within this report.

1.4.1 Social cohesion

In their research about 'The relationship between social cohesion and urban green space' Jennings and Bamkole (2019) identify the meaning of social cohesion. In short, they state that social cohesion refers to "interpersonal dynamics and/or collective efforts that may be used to assess quality of life" (Jennings & Bamkole, 2019, p. 1), it can also involve feelings of trust, belonging, acceptance (Hartig et al., 2014), and connectedness (Carpiano, 2006). It is important to focus on the improvement of social cohesion, because according to Chuang et al., (2013) it can improve health on different levels. Social cohesion regarding urban green spaces (e.g, community gardens) has proven to motivate people to spend more time outside, which decreases loneliness, conditions of obesity, and higher rates of emotional and physical illnesses (Louv, 2011), and increases the opportunity for social engagement. In addition, Peters et al., (2010) found that health promoting outdoor activities may cultivate social cohesion and the other way around.

1.4.2 Existing gardens

According to O'sullivan et al. (2019), urban agriculture in general involves "all industry that produces, processes and markets food, on land and water dispersed throughout urban and peri-urban areas" (p. 133), including (community) gardens and allotments. The authors refer to a conceptual framework, created by Goldstein et al. (2016), which is a taxonomy of different urban farms (figure 1). The figure divides four different categories based upon the demand for energy (conditioned or unconditioned) and materials (ground-based or building integrated):

The first category, ground-based, unconditioned, is most related to our research and therefore the only one being elaborated on. Different kinds of ground-based, unconditioned urban agriculture could be; peri-urban farms (stadslandbouw), community gardens, allotments and home gardens. Characterising non-profitable farms is that they provide either produce for the participants or food for charities.. They could be an important addition to communities' well-being, since they can offer serious food cost savings for participants (Santo et al., 2016; used by O'sullivan et al., 2019). Research has demonstrated that community gardens can enhance social cohesion, offer access to healthy food for those living in low socio-economic areas, and educate the community on the advantages of growing and consuming healthy food. (Golden, 2013; Santo et al., 2016; ; used by O'sullivan et al., 2019).



Figure 1 Taxonomy of different urban farms (Goldstein et al., 2016)

1.4.3 Target group

"A target group is a segment of the population that has a specific opportunity to take action on the problem you have identified; or is specifically affected by the problem." (University of Wisconsin-Madison, n.d). Target group for this research is representatives of community garden organisations and participating residents in these gardens in the AZO area. Qualities of community workers, described by Gilchrist (2000), match our idea of the representatives that are connected to different community gardens. A community worker is explained by Gilchrist (2000) as someone who has knowledge on 'the social and political landscape' (p. 271) and who is able to use this knowledge to support other people within the community. The author elaborates on why they play such an indispensable role within the connection of the community (gardens). The complexity theory, used by the author, is an interesting approach that elaborates on the complex features of our social environment. The theory stresses that one important asset of communities, which is often overlooked, is the input of community workers.

Besides offering support, they also play an important role in decision-making and help 'developing mature, resilient, egalitarian and heterogeneous networks which underpin and sustain the community activities.' (p. 271). The community workers most often work in the informal spheres, which also requires understanding of the emotional aspects of the interpersonal relationships. These emotional aspects are important sources of information and chances to work on connections.

1.4.4 Urban agriculture academy

An urban agriculture academy is a concept which some stakeholders of this project suggest as a way of sharing knowledge within the community. This can come in different forms with the same objective; train citizens by sharing knowledge about gardening to encourage residents to start working as 'prosumers', producing consumers, in Zuidoost.

2 RECOMMENDATIONS

Recommendations are the core of our research, we decided to place them immediately after the introduction to give them a central position in the report. In this chapter we condense our opinion on the present situation and what we believe should be the next steps for the future of AZO. We describe the recommendations for the commissioner through three approaches consisting of practical scenarios that can be implemented to contribute to solving the larger problem. These recommendations are introduced through general advice that we as consultants would like to give to the commissioner since we came to some fundamental findings during this project.

2.1 Residents' point of view

The main actors of the issue that WUR Science Shop wants to tackle are the residents of AZO. Their disadvantaged socioeconomic position and their limited access to fresh produce are the main problems. To tackle the limited accessibility of fresh produce in AZO, many different solutions are possible, nevertheless not all of them might get the same response from the residents. Solutions might either be designed from outside actors (municipality, universities, companies, and organisations) or being built from residents' ideas and perception on their own reality. In the first case, ideas might have a stronger scientific background, a more realistic consideration of laws and available subsidies. Nevertheless, only if the opinions and ideas of residents are seriously considered is it possible to come up with solutions that are at the same time attractive to them and based on their needs. In our opinion, bottom-up solutions are better fitting the AZO community and the purpose of Stichting VENZO since this is the only way to make a project succeed for the long term in this community and we therefore advise to focus in that direction. As R4 mentioned in their interviews:

"Anything that comes from bottom up works better than what comes from the top down." [R4]

2.1.1 Bottom-up approach

A bottom-up approach is also called a community-based approach. Igalla et al., (2020) did their research on community-based initiatives (CBI's) in the Netherlands. They describe CBI's as 'a form of self-organisation in which citizens mobilise resources to collectively define and carry out projects aimed at providing public goods or services for their community' (p. 603). CBIs are rising in the Western world, in the last couple years. According to Healey (2015, referred by Igalla et al., 2020), it is important that residents take control of the purpose, the process, and the implementation of the initiatives. Igalla et al., (2020) stress that a community-based approach does not inherently mean that there is no interference of the government, municipality, or other organisations, but that the residents remain in control. They express that CBI's are different from other co-creating initiatives in that residents are not 'just' involved, but they take a leading role. Helping organisations are there to follow and facilitate. The results confirm that CBI's together with the help of governments or other organisations can be really powerful. Therefore, it is important that CBI's put effort into bridging and linking social capital. They substantiate this with former research about 'governmental institutions that express their support to CBIs in different ways, including allowance, counselling, and stimulation, can be instrumental to CBIs in realising good performance.' (p. 623). These insights on CBI's and the bottom-up approach make it the perfect approach to apply within our project.

"That's [a project coming from outside does not work] the big argument now from Brasapark and is not working." [R2]

During individual interviews, the dyadic interview, and the questionnaire, we observed a lack of response from our target group and a somewhat resistant attitude. We concluded that the residents of AZO are not very keen on the involvement of outsiders in yet another project meant to "improve" the area, which is how they perceive it. The issue we observed is that both WUR Science Shop and Stichting VENZO did not appear to consider the residents of AZO as their main actors. Although the disadvantaged

socioeconomic position of the residents and their limited access to fresh (ethnic) produce is mentioned as the main problem in this query, the rest of their involvement and consideration appears to be limited in the approach to this research. From our experience in this project, residents are considered only in the solution design process. It seemed to us that solutions should be designed directly starting from the ideas and the needs of the residents, not brought to them from the top.

"It really has to come from the residents, not from above." [R4]

"I do like the fact that you were hired by VENZO, but we, as a court garden, don't need anything with VENZO." [R4]

Therefore, we advise considering the residents of the AZO community as the core of this project and putting them central within possible initiatives; the people should have a bigger role in solutions design and form key to its long-term sustainability.

In the light of the previous considerations, we believe that the first steps needed should focus on a better understanding of the residents' ideas on fresh produce accessibility, their perception of the problem and possible solution ideas. On more practical terms we suggest organising focus groups, interviews and questionnaires since we couldn't execute these the way we would have liked to, due to the time constraints. By winning the people's trust and making their voices heard, a clear picture of the problem can be drawn. Residents' needs and ideas need to be the backbone of any project developed in AZO, only in a second moment experts and outside stakeholders should be involved. Furthermore, it is our opinion that residents should have the focus not only in project planning but also should be the main actors in the implementation of any project in AZO. As R5 suggests:

"You have to feel intrinsically motivated." [R5]

In this way residents can work together to develop their ideas and needs into projects they feel connected to and be involved in the building of the future they want for AZO.

2.2 Limited Potential Urban Gardening

Urban gardening has great social, natural and cultural value. General benefits of community gardens include supporting mental health and well-being. Gardening can have positive effects on well-being, reducing stress and anxiety, and improving mood and self-esteem (Egli et al., 2016). As it turns out from our questionnaire, 46.43% of the participants revealed that the reason for their involvement in gardening was the fact that it brought them peace of mind. In second place, the social connection with other gardeners was mentioned (21.43%). Additionally, community gardens can increase access to fresh produce, providing community members with access to fresh, healthy produce that they may not otherwise have access to. This can help improve the overall nutrition and health of community members. Furthermore, community gardens can also promote community building, bringing community members together and providing opportunities for social interaction and engagement (McDougall et al., 2020). In addition to these benefits, community gardens can provide opportunities for income generation, such as through the sale of produce or gardening-related products.

Nevertheless, the amount of fresh produce that can be produced in urban gardens in AZO remains limited compared to the size of the community. Nearly 90,000 people live in this neighbourhood, focusing on urban gardening to tackle the limited accessibility to fresh produce might help specific groups in the community but will not be enough to significantly increase the fresh produce accessibility in the entire community. Urban gardens are small-scale, with a limited potential to grow a lot of fresh produce. Making a small plot of land very productive in terms of fresh produce production would require high levels of technical knowledge and specific production focus on the gardens goals. This is often not prioritised for urban gardens which prefer to focus on the social, community building and nature aspects, according to our research. If the goal is to tackle the disadvantaged socioeconomic condition of AZO residents and their limited access to fresh produce, urban gardens solutions should therefore work side

by side with other options. The main limit to accessibility of fresh produce in Amsterdam Zuidoost is related to the disadvantaged economic position of the residents. It is therefore fundamental that no matter what solution we consider, the outcome must be a cheaper fresh produce provision. With an increased availability of cheaper fresh produce, people are generally incentivised to prefer more healthy food with a benefit on their diet (Hoenink et al., 2020). Furthermore, solutions need to take into consideration the size of the community. It is not realistic to hope to help the entire AZO community at once but at the same time is also not realistic to increase fresh produce accessibility with very small scale solutions.

2.3 The Approaches

Community gardening is an approach to urban agriculture that has gained popularity in recent years as a way to address a range of social, economic, and environmental challenges facing cities around the world (Gregis et al., 2021). The benefits of community gardening include improving food security, reducing food waste, providing fresh produce, increasing social interaction, building community cohesion, and promoting sustainability. Based upon our experience in the AZO area and with the residents, our results, as well as our own expertise. In Approach 1, practical initiatives to increase social connection within the AZO community are emphasised. In Approach 2, the productivity of community gardening and practical implementations which contribute to this, are highlighted. In Approach 3, alternative ways to improve the availability of fresh produce in AZO are explored. In order to clearly map out the approaches and to present the most relevant information in a creative way, the approaches have been presented in infographics (appendix 2).

2.3.1 First Approach: Connection

Amsterdam Zuidoost is a diverse neighbourhood where many different projects developed in the last years. Urban allotments, social projects, nature connecting initiatives and community building start-ups can be found around AZO (e.g., Bloei en Groei, Stichting Buurtmoestuyn Bijlmerplein (n.d.), Stichting Buurtmoestuyn Gaasperdam, Stichting Groen voor de buurt, (n.d.)). During our project, we realised how many diverse projects exist. We therefore developed the idea that the priority should not be the creation of new projects but it should be about connecting existing initiatives. GroenplatVorm has a map and contact information for the majority of nearby gardens in AZO (GroenplatVorm, n.d.). Residents and the community in AZO will gain a lot from the development of a stronger network of them, as well as other nearby urban gardens. 80.95% of the participants in our questionnaire agreed that connecting existing initiatives could potentially aid food security. Furthermore, practical knowledge about produce could grow, tools could be shared, and costs could be reduced. When asked, 24.14% of the gardening residents mentioned they mostly missed tools and resources, followed by 20.69% missing space and knowledge. Connection between gardens could be a solution to these lacks. Ultimately, connection can help create a stronger community (Gilchrist, 2019).

Referring to our collected data, there are some ideas for potential scenarios to add. Regarding 2.3.1.1 Educational connection, in the questionnaire participants expressed their wish for an educational based connection. In addition, ideas such as workshops were mentioned in the interviews. We added the idea of an urban agriculture academy since this is one of the directions we received from the commissioner, even though this was not very enthusiastically received in the form we presented in the questionnaire and interviews, as is stated below.

"We have that idea with us, it's fine how we are doing it now." [R4]

Regarding 2.3.1.2 Social and Cultural Connection, the idea of a plant swap is suggested by the interviewees. Furthermore, there is the suggestion of increasing the accessibility of a garden, also opted for by the interviewees. The other ideas for scenarios, community garden club or garden tours, are ideas from our own input. Next, as to 2.3.1.3 Generational approach, in the interviews, gardening involving children and teenagers are mentioned. However, this scenarios' idea is not totally supported by the collected data. Lastly, 2.3.1.4 emphasizes a practical way of how to implement the food bank in this area.

2.3.1.1 Educational Connection

In this scenario, the aim is to promote educational connection within the community gardening network in AZO. The most recommended ways for AZO would probably be the creation of a website where gardening knowledge could be shared, personal workshops and urban agricultural academy. This is concluded from the questionnaire results where 53.33% of participants preferred a website, followed by 20.00% of participants who preferred workshops at existing community gardens. Also as shown in our questionnaire results, 85.30% of the participants stated that they would be interested in an urban agriculture academy. Workshops are simpler to organise personally by people from inside the community and concentrate on field instruction provided by local gardening experts; they are more like experience sharing. Universities (like Wageningen University), community colleges (Open Schoolgemeenschap Bijlmer), and nonprofit organisations (VENZO) frequently offer urban agricultural academies, which may conclude with the issuance of certificates or other credentials.

Garden Workshops

Gardening workshops are an excellent way to educate community members on various topics related to gardening. Invite community members to attend and learn together. According to Kugler et al. (2019) using a workshop as a teaching method is beneficial, since it motivates peoples' social and communication skills, and problem-solving skills. Furthermore, people participating in workshops were found to be eager to learn. These workshops can be held in public community locations like OBA (Openbare Bibliotheek Amsterdam). In these workshops, participants could learn about the various composting techniques and how to pick the one that suits their needs the best. The use of compost to enhance soil quality and nutrient levels in one's garden could also be covered in the workshop. Additionally, participants can learn how to maintain their gardens on a regular basis by doing things like pruning, mulching, and weeding. When asked about the shape or form of the agriculture academy, this option was popular with 20.00% in the survey.

"Maybe that's an idea when it comes to that connection, to organise more training and workshops like this, in this way you can get to know others as well." [R4]

"But, it would be very nice if, for example, we take a course together some day." [R1]

Urban Agriculture Academy

The urban agriculture academy was originally proposed by Stichting VENZO as an idea that did not have a concrete shape or form yet. The main goal of this urban agriculture academy is to equip individuals and communities with the knowledge and skills to grow food in urban settings, promote food security, and support sustainable urban development. This can involve learning about topics such as soil health, plant selection and propagation, irrigation and water management, composting, pest management, and planning for urban agriculture ventures.

To achieve this, local community gardening organisations could offer workshops and courses on gardening techniques, sustainable agriculture, and environmental conservation. By sharing knowledge and skills, participants would have the opportunity to learn from one another and develop a sense of community through a shared interest in gardening and sustainable living. Urban agriculture academy typically involves offering education and training programmes focused on urban agriculture and sustainable food systems. These programmes can take various forms, such as courses, certificate programmes, or apprenticeships (Cohen & Reynolds, 2016).

2.3.1.2 Social and Cultural Connection

AZO has residents with many different backgrounds which means there is a richness of cultures. However, there is not much diversity in cultures within the garden initiatives. Most of the gardeners are white, rich and highly educated people.

"We all have owner-occupied houses, so the gardeners are people who all have relatively good jobs, and are all educated. Fortunately, since the expansion of the garden, we are becoming a little more diverse in terms of cultures. But, the garden really started with white, educated, women, of which I am one myself." [R1]

"Not many [people coming from other backgrounds], but there are some. Especially that area where there are some foreign people, Suriname, Antilles." [R2]

In this scenario, the aim is to promote social and cultural connection within the community gardening network in Amsterdam Zuidoost. Through interactions between individuals of diverse cultural backgrounds, knowledge can be shared. To achieve this, the community gardening organisation could organise a series of events that celebrate the diversity of cultures and traditions within the community. For example, the neighbourhood could organise a potluck, where participants bring a dish that represents their cultural heritage. However, when you want to invite people, it is important to approach people both in Dutch and English. In this way everyone feels addressed and included. Furthermore, it's important to keep in mind that people from different cultural backgrounds are motivated in different ways. As such, it's essential to consider these differences when organising events or activities.

"For example, we have a harvest festival, to which we also invite people from the neighbourhood who simply live in the neighbourhood, and then we provide food, but then people can also bring their own things." [R5]

"The invitation (to join a garden) was often in Dutch. It turned out that people from Ghana, for example, didn't feel addressed. So you have to do it in English, because if it is in Dutch, it is not considered important enough." [R5]

"Ghanaians might have a different motivation than Moroccans or Dutch or Surinamese people." [R4]

Plant Swaps & The "PlantswAPP"

Hosting plant swaps is a good way to build the community spirit among gardeners and residents and share resources. This is a great way to diversify the garden and connect with other gardeners in the area. Farmsterdammers is one organisation who is doing this now in the Amsterdam area. More pick-up points can be held in AZO with the cooperation of Farmsterdammers. People can share their planting knowledge for a particular species and obtain seeds for cultivation of ethnic species. In addition to a once-in-a-year event like the one described above, another opportunity for connection could be to create and use a mobile app like Facebook or the Dutch website Marktplaats, or simply utilise existing platforms such as Facebook Marketplace which many gardens are already connected to. This would be an easy-to-access app where users can post messages about tools or other resources they need, as well as offer and purchase seeds and cuttings. Such online platform can integrate knowledge and experience more comprehensively and clearly. It can include community forums where members can share tips and ask questions, a plant database with information on plants suitable for small spaces, a section on container gardening, and blogs with articles on urban gardening topics. This promotes more regular interaction with fellow gardeners across the AZO area than a plant-swap day and can grow to also include tools, compost, and other resources. Both these initiatives allow people to share their planting knowledge, and/or obtain seeds they otherwise would have never planted themselves. Finally, if there is a good seed harvest, people may distribute some of the seeds and receive information regarding some cultivation techniques.

"An idea came up in my mind, an app like "marktplaats" post things you want to get rid of and you can search for what you still need. Marketplace for gardens, that everyone who is connected to a garden can connect to the app. That's also a connection." [R4]

"That urban farm day, I'm going to make bags now with about 10 seeds per bag. These bags I can trade on that urban farm day. But if there will be an (online) marketplace for example. So if you have a lot of seeds, you can also exchange them on such a marketplace. Then you can exchange throughout the season, and you don't have to wait for one of those urban farm days once a year." [R4]

Increasing accessibility

Within the interviews it was reflected that the placement of the garden influences the accessibility of the gardens. When the garden is not easy to access people are not motivated to join the garden.

"Our garden is right next to a walking path, so we have a lot of visitors." [R4]

"People from the high-rise buildings, but they don't come back because it's just too far away. It's not very far, but if you're packed with fruit and vegetables, then yes, it's just too far." [R4]

Community Garden Club

Starting a community garden club can be a fun and rewarding way to bring people together. To recruit people and raise awareness of community gardening, other initiatives can be involved. This can be done by contacting local community centres, churches, or other community organisations in AZO like Casa Japie Makandra, BijlmerparkTheater, OBA Bijlmerplein. Additionally, the gardening organisation could invite local musicians or artists to perform at the community garden, providing a space for people to connect over shared interests and passions.

Garden Tours

Organizing Garden tours where members of the community can visit different gardens in the area, can enhance the community attitude. This is a great way to showcase the hard work of the community gardeners and to share ideas and inspiration. Moreover, this is a way of making connections with communities within this area and between neighbourhoods. Garden Tours can also increase area attractiveness which will also increase local economic vitality. The "Open Groen Dag" in Amsterdam is organised by a large group of organisations like Stichting WeMakeThe.City, Pakhuis Dezwijger and locals. From vegetable gardens and city farms to parks and Canals, with excursions, tours by bicycle and by foot, talks, and tastings (WeMakeThe.City Green, n.d.). Representatives from AZO gardens can consider joining the Open Groen Dag for the garden tours together.

2.3.1.3 Generational approach

In this scenario, the aim is to promote generational approach within the community gardening network in Amsterdam Zuidoost. The European organisation 'Urban' focuses on engaging youth in urban gardening projects (Urban, n.d.). They highlight that the wish to include 'disfavoured and threatened with exclusion youth people and local youth eg. migrants, long-term unemployed people' (Urban, n.d.). Until this moment, they have come up with gardening handbooks, an app and training platform, curriculum, and some input for workshops. Youth community centres, such as Cararabic, could use this interesting information to engage youth in urban gardening. Below you can see a quote from one of the interviews with a suggestion.

This can even be taken one step further. An intergenerational approach could also be implemented. To achieve this, the community (gardening) organisation could establish a mentorship programme where younger members are paired with older members, providing an opportunity for intergenerational learning and relationship-building (Cohen & Reynolds, 2016). For older generations, it provides an opportunity to stay active and engaged in their communities, while also sharing their knowledge with younger generations. For young people, it offers a chance to learn valuable life skills, develop a sense of responsibility and connection to the environment, and build relationships with elders and peers. Additionally, the organisation could host events that are specifically designed to bring together people of different ages, such as a family gardening day or a seniors' gardening club. The Amsterdam Elders Council could be a useful partner for promoting intergenerational connection within the community gardening network. Moreover, celebrating the harvest season with a community harvest festival can encourage the relationship between elder and younger people. This can include food, music, and activities for all ages. This is a great way to bring the community together and celebrate the hard work of the gardeners.

"In our neighbourhood, you have the Cararabic foundation for young people. They have quite an influence on those young people. If you can come in contact with them, then they could do something for the young people and then those young people might also feel more motivated to maintain the environment." [R4]

"And we also have children's gardens, so parents can maintain a square metre garden with their child, and they can just work on it for a season." [R5]

2.3.1.4 Food bank

The price of food is often a choice-limiting factor for economically disadvantaged people. With healthy products being more expensive, unhealthy food is often preferred. To increase people's accessibility to fresh produce the price of it needs to have a central role and be reduced as much as possible. While food banks already exist in the AZO area, there is a potential for community gardens to ship their surplus yield to food banks for easy distribution to residents.

"Yes, I think the food bank is a nice idea! If the harvest is worth it, because there is not that much left over." [R1]

"Then again, there is too little [yield] for that. At the food bank, they prefer more." [R2]

Our takeaway from these conversations is that currently, residents find that community gardens produce too little individually to hand over extra yield to the food bank though the idea was generally well received.

2.3.2 Second approach: Gardening

We mentioned above that urban gardens have a limited potential when it comes to increasing fresh produce accessibility in AZO. Nevertheless, gardening plays a fundamental role in the AZO community, and it can still make a difference, especially for the groups of people that are directly connected to them. As mentioned in section 2.2, urban gardens serve as a great social connector, but they might not be the ultimate solution for food security in AZO. However, they can play an important social role and be the starting point for bigger projects working on fresh produce accessibility. We therefore included different gardening solutions and ideas in our recommendations. Some of them are more realistic and feasible than others but they all bring some specific benefit to the community.

Productive gardening in a community is a form of urban agriculture where people gather to cultivate plants and vegetables on a shared plot of land. This type of gardening can have numerous benefits for both individuals and the community (Stocker and Barnett, 1998). Community gardening can help to strengthen social ties and create a sense of community among participants. Additionally, it can provide opportunities for physical activity and outdoor recreation (Shisanya and Hendriks, 2011). Overall, community gardening can be a great way to promote health, social connection, and environmental sustainability within a community. Getting involved in a community garden can be a rewarding way to connect with others and contribute to the well-being of the community. The community gardening can be productive by considering the following ideas.

The ideas of using a more professional approach by hiring a gardener, appointing a board or using the CSR method, were all given by interviewees. However, youth and school gardening was mentioned by an interviewee, but in an unfavourable connotation. The ideas of making use of greenhouses and tunnels were also opted for by interviewees. Next, the ideas of creating scenarios where one designs a food chain, acts in guerilla gardening, or creates rooftop gardens, are not supported by either interviews or the questionnaire.

"So, I initiated that last year that in the spring I would work there every Wednesday morning there [primary school] and we put that in the newsletters, we have invited people for it, etc. But there is hardly anyone coming" [R5]

2.3.2.1 Professional approach

Attributes of a gardener

Hiring a gardener can be a valuable asset to a community. A good gardener should be accepted and respected by the community, as this can encourage residents to engage in gardening (Hale et al., 2011). When community members see the value in gardening and the benefits it can bring, they are more likely to participate and help maintain the garden. One of the benefits of having a gardener in the community is increased engagement. A gardener also needs to have the potential to become a reference point for other activities in the community. They can organise community events, such as gardening workshops or harvest festivals, that bring people together and encourage them to work towards a common goal (Sachs et al., 2022). This can help to build stronger relationships within the community and promote a sense of shared ownership over the garden. Another benefit of having a gardener in the community is increased access to fresh produce. A gardener has the expertise and knowledge to understand the demands of each species and factors that affect them. They can provide valuable advice on how to cultivate healthy plants and maintain the garden in optimal condition. By doing so, they can help ensure that the garden produces an abundance of fresh fruits and vegetables that are available for community members to enjoy.

"The gardener must have the knowledge to connect the people to bring them together." [R2]

"The gardener must be good at connecting people. You need that kind of person. Encouraging them to work together. That's the best way in my opinion." [R3]

"But when you have a good gardener and [whom] helps everybody to do it together then you have more production." [R2]

Board

Within the interviews it was reflected that it is very important to have a board or a representative for the garden, to keep control. The presence of the garden representative ensures that the garden is managed efficiently, and all tasks are carried out in an organised manner. The board can also serve as a connector between the garden and the community, enhancing communication and engagement with local residents.

"Our chairman is also a good motivator" [R5]

"It was set up by M., so that's why she got that role (chairman) and we listen to her. But the board consists of three. Of course, they also discuss what they are going to buy with the rest of the gardeners." [R4]

Corporate social responsibility (CSR)

Growing vegetables is a task that requires careful consideration of many different factors. While there are individuals within the AZO community who possess gardening knowledge, enlisting the services of a professional gardener could significantly enhance the community's collective knowledge and improve the overall production of fresh produce. Corporate social responsibility (CSR) is a concept that highlights the responsibility of a community to engage in actions that benefit itself. One way to put CSR into action is through the implementation of a yearly subscription produce garden that is maintained by a professional gardener. This initiative not only contributes to the community's overall well-being, but also promotes sustainable practices and a sense of communal responsibility. This type of garden structure is community based and requires no storage and selling facilities. One or multiple gardeners are hired and are responsible for interactions with customers and to work in the garden. Vegetables are grown by the gardeners but harvested directly by the customers who pay a yearly subscription. This entitles them to harvest fresh produce for the entire year. What, and how much, can be harvested depends on the season and is constantly communicated to the customers. This is a trust-based structure which allows reducing to zero harvesting, storing and selling facilities. Furthermore, allows customers to connect with their food production and create social connections between each other. On top of this, such a garden can be the starting point for many other gardening related or social connection projects like workshops and events.

"The people can do it by themselves but then you do not have much production. But when you have a good gardener and help everybody to do it together then you have more production. It is fundamental to have someone with knowledge" [R3]

"People could focus on finding an expert, e.g., a gardener. Some gardens are missing an expert, you need a lot of knowledge about a lot of things. When you start it is difficult." [R2]

2.3.2.2 Youth/ School Gardens

Youth/school gardens have become increasingly popular in recent years due to the benefits they offer to students and the wider community (Rahm, 2002). One of the primary advantages of school gardens is that they provide an excellent opportunity for students to learn about gardening, healthy food, biodiversity, and environmental sustainability. In many communities, residents collaborate to build and manage gardens at local schools, giving students access to fresh vegetables and outdoor learning opportunities (Phibbs and Relf, 2005). By working together, these community members can provide students with the tools and resources they need to grow their own food and learn about the importance of sustainable agriculture. One of the most significant benefits of school gardens is that they promote healthy eating habits among youth (Ozer, 2007). By providing access to fresh and nutritious fruits and vegetables, youth gardens can encourage students to make healthier food choices and develop a greater appreciation for the food they eat. Another benefit of youth gardening is that it teaches important life skills such as responsibility, teamwork, problem-solving, and decision-making. Through gardening, students learn how to care for plants and work together to achieve a common goal, helping them develop valuable skills that will serve them well throughout their lives. In addition to promoting healthy eating and teaching important life skills, school gardens also provide valuable environmental education. Gardening can serve as a valuable educational tool, teaching youth about topics such as biodiversity and sustainable agriculture. By learning about these topics, students develop a greater appreciation for the environment and learn how to care for it more effectively. Finally, youth gardens are essential for maintaining and perpetuating gardening in a community. By introducing gardening to young people, we can ensure that the existing gardens are well-maintained and that the project will continue over time. This helps to create a more sustainable community, one in which individuals work together to care for the environment and promote healthy living.

2.3.2.3 Greenhouses/tunnel

Greenhouse or tunnel construction is an effective way to increase productivity and extend the growing season of community gardens. Greenhouses or tunnels create a controlled environment that allows plants to grow in conditions that are more favourable than the outside weather. The controlled environment can protect plants from pests, extreme temperatures, and harsh weather conditions (McCartney and Lefsrud, 2018). When constructing a greenhouse or tunnel in a community, it's essential to consider the size and design (Tallaksen et al., 2015). The size of the greenhouse or tunnel should be based on the available space and the needs of the community. It's important to ensure that the structure is sturdy, durable, and well-ventilated. The design should also allow for easy access to the plants for watering, pruning, and harvesting. In addition to improving the productivity of community gardens, greenhouses or tunnels can also provide educational opportunities for the community. Residents can learn about sustainable agriculture practices and the benefits of growing their own food.

The establishment of a greenhouse can prove to be a formidable undertaking for any community (Tallaksen et al., 2015). Nevertheless, through the identification and adherence to a set of prescribed steps, the process of constructing a greenhouse can be regarded as a practical and achievable task (Skinner et al., 2014). The first step is to identify a suitable location for the greenhouse or tunnel. The location should have access to adequate sunlight and be protected from strong winds. It's also essential to ensure that the location is easily accessible for community members. After identifying a suitable location, the next step is to decide on the size of the greenhouse or tunnel. The size should be determined based on the amount of available space and the needs of the community. Once the size has been determined, the next step is to either build or purchase the tunnel. There are various materials and designs available, so it's important to consider factors such as durability, cost, and ease of construction (Song et al., 2012). After building or purchasing the tunnel, it's essential to set rules for its maintenance, cleaning, and participation. This can include assigning roles to community members

and establishing a schedule for regular maintenance and cleaning. Identifying suitable species is also crucial when it comes to greenhouse or tunnel gardening. Consider factors such as climate, soil type, and the preferences of community members when choosing the species to cultivate.

"Yeah they [tunnels] are very cheap, but they do not work in winter. The main advantage is that they can expand the cultivating season. You can start the sowing earlier and the harvesting later." [R2]

The AZO region, like the rest of the Netherlands, has a temperate maritime climate which means that it has mild summers and cool winters with moderate precipitation throughout the year (Meteoblue, 2023). Due to this, AZO is well-suited for a wide range of fruits and vegetables that can be grown both in the winter and summer months (Laumanns, 1982). Winter crops are generally planted in the late summer or early fall and harvested during the cooler months of the year. During the summer months, AZO is also ideal for cultivating a range of fruits and vegetables. The crops can grow well in warm temperatures and require ample sunlight, making them well-suited for the summer growing season in AZO. The most suitable winter and summer species presented in appendix 7.

2.3.2.4 Design a food chain

Creating a food chain in a community can help ensure that fresh, locally grown produce is accessible to community members. One way to do this is by establishing a food co-op, which is a grocery store owned by its members and specialises in locally sourced and sustainable goods (Marion & Aklilu, 1975). By partnering with a food co-op, a community garden can sell its products through a consignment arrangement. Or by becoming a member of the co-op, making the produce available to a wider audience at reasonable prices. Another option is to establish a Community Supported Agriculture (CSA) programme, where consumers can purchase a portion of a local farm or garden's production for a set period of time (Cone & Myhre, 2000). A community garden can set up a CSA programme to allow community members to purchase a portion of the produce, providing a consistent source of revenue for the garden while also ensuring that the community has access to fresh, locally grown fruits and vegetables. In addition, forming partnerships with local food businesses can help promote the community garden and its products (Adam, 2006). By reaching out to local restaurants, cafes, and marketplaces, community gardeners can establish relationships and offer to supply them with fresh vegetables in exchange for their support and promotion of the garden. These partnerships can help create a sustainable food chain within the community, benefitting both the gardeners and local businesses.

2.3.2.5 Guerrilla gardening

Guerrilla gardening is a practice that involves transforming abandoned or rundown urban sites into green and productive areas (Hung, 2017). Typically, community members come together to plant flowers, herbs, and vegetables in public places such as vacant lots, sidewalks, or street corners. This practice not only beautifies the city but also provides access to fresh produce for everyone in the community. One of the primary benefits of guerrilla gardening is improved aesthetics. Neglected public areas can be unsightly and detract from a community's appeal. By adding plants, flowers, and other greenery, guerrilla gardening can enhance the visual appeal of these spaces and make them more attractive (Francis-Pester, 2014). In addition to aesthetics, guerrilla gardening also provides environmental benefits. Plants absorb carbon dioxide and release oxygen, which can improve air quality in urban areas. Furthermore, plants can help absorb pollutants and other harmful substances from the soil and water. Guerrilla gardening can, therefore, contribute to the creation of healthier and more sustainable urban environments.

2.3.2.6 Create rooftop gardens

Building a rooftop garden in a community can provide numerous benefits, including aesthetic benefits, sustainable design features, and environmental advantages (Zande, 2006). Elevated beds and common places for gardening such as rooftops and balustrades can be used to create these gardens. One of the most notable aesthetic benefits of a rooftop garden is the addition of greenery and vegetation to an otherwise barren urban environment. By bringing nature to the city, these gardens can improve the

overall aesthetic attractiveness of the community and provide a soothing and relaxing space for community members to enjoy (Zande, 2006). Moreover, incorporating sustainable features into the construction of a rooftop garden is an excellent way to promote sustainability and help build more resilient communities. Using green roofs, for example, can provide various benefits, such as improved stormwater management, lower energy costs, and better air quality. This can help to reduce the carbon footprint of the community and promote a more sustainable lifestyle. Additionally, rooftop gardening can improve water conservation. Rooftop gardens can collect and utilise rainfall, reducing the demand for municipal water and encouraging water conservation (Dahle et al., 2012). This can help to lessen the risk of stormwater runoff, which can be damaging to the environment. Lastly, rooftop gardens can aid in reducing the urban heat island effect, which occurs when metropolitan areas experience higher temperatures than surrounding rural areas (Yang et al., 2016). By absorbing solar energy and releasing moisture through transpiration, plants in rooftop gardens can help to cool the surrounding environment, thereby mitigating the effects of the urban heat island effect.

2.3.3 Third approach: Alternatives

We believe that in order to create an effective and attractive provision of fresh produce to the AZO community, the economical accessibility of these products needs to be improved drastically. In practice, this could mean finding ways to provide fresh produce at a competitive price on par to the prices of produce at supermarkets and local shops. However, the question remains whether this is feasible to achieve with the smaller urban and community gardens that exist at the moment. A questionnaire respondent answered:

Q: Do you think a connection between gardens could provide an opportunity to aid in food security?

A: No, because I don't think there is enough space in community gardens to produce at a large scale.

The sentiment was shared by the respondents of the dyadic interview.

"That's a whole different approach. One idea of the organisation was to make agreements, kind of like, there's 30 gardens connected to us and this is the pumpkin season. This is our target and at the end of the season we should have reached that target so we can distribute to local supermarkets." [I2]

"No, it's way too expensive. It would be much cheaper to produce elsewhere, that's not going to work here." [R4]

From this input we can conclude that perhaps producing at a large scale in community gardens may not be achievable at the moment. We therefore believe that if we want to tackle the high prices and the reduction in accessibility of fresh produce, urban gardening solutions need to work side by side with other price reduction focused solutions. In this section, we explore what possibilities and initiatives could potentially work in the AZO area.

Listening to the interviews, the idea of bringing access to the foodbank, was positively answered by one interviewee. However, one other interviewee mentioned they do not think it is a feasible option. Furthermore, the system of pay what you can, was opted by one interviewee. This was an expansion of the CSR system in 2.3.2.1. Other ideas that are put on the table regarding distribution centres waste vegetables utilisation, are not supported by interviews or questionnaire results.

2.3.3.2 Pay what you can / income based payment

As mentioned, economic accessibility of fresh produce needs to be central in this solution. Regardless of the way fresh produce is brought to the residence of AZO, it is fundamental that price makes these products more attractive than unhealthy alternatives. A *pay-what-you-can* system allows consumers to decide how much money they can spend based upon their income or the perceived worth of the product. This trust based paying system can be implemented in many different contexts, especially if non-profit. Waste vegetables and local vegetable markets, food processing workshops, community kitchen, a hired gardener and food banks are all examples of initiatives where having an income based wage can allow economically disadvantaged people to benefit from projects that otherwise would not be accessible to them. In addition, a concept where the price of produce is based on income could be a suitable way to decrease the distance between poor and rich people, as R2 initiates.

"Yeah, when you have a good garden then you can think about the system. Poorer people can save money while richer people can pay more. So, you can connect the poor and rich people."
[R2]

In general, we think that urban gardening solutions must cooperate with other price reduction-focused solutions if we wish to address the high costs and decreased accessibility of fresh food.

2.3.3.3 Distribution centres waste vegetables utilisation

Along the food supply chain, large quantities of fresh produce are wasted every day (Rezaei & Liu, 2017). Often, these products are still fine for consumption and are discarded simply because it would be too costly to do a more careful selection. Finding ways to give new life to such a waste product could at the same time help increase the availability of cheap fresh produce in AZO and reduce food waste.

Several locations where fresh produce waste is present, could be identified in the metropolitan area of Amsterdam. These locations could include fresh produce distribution centres, markets, and farms amongst others. If a collaboration takes place, possible waste produce could be collected for free or bought for a lower price by the markets and farms.

How to use waste vegetables?

Of course, just obtaining the produce is not enough. Equally important is the part where these fruits and vegetables are made available to the residents of the AZO area. Some possibilities for this are: waste vegetable markets, processing/pickling workshops, community kitchens, a "waste vegetable bag", foodbanks, etc. Below, we will elaborate upon a few of these ideas.

Waste vegetables market

After the quality selection, vegetables from distribution centres could be sold during markets at a competitive price. However, before being able to sell waste vegetables, a selection is necessary; rotten ones must be removed, and all produce must be checked for quality. The most interesting part of this scenario is that waste vegetables could be sold for a very competitive price, which could increase the accessibility of fresh produce for economically disadvantaged people. Nevertheless, collecting waste fresh produce might be illegal if there is not a previous agreement. This needs to be evaluated time by time since it is something difficult to assess in advance. Also, selling fresh produce that was first considered waste could be delicate in legal terms. Evaluating the legal terms within which this could be achieved, is out of the scope of this report and must be further researched.

Food processing workshops

Another possibility for the utilisation of waste produce is processing it during food processing workshops. Processing food prolongs the storage time of vegetables. When dealing with waste vegetables this is particularly useful. Fresh produce wasted from distribution centres might come in big quantities and not be very diverse in species. Being able to store it longer will make it more attractive for people and reduce waste. Another important part of this possibility is the knowledge sharing. Learning how to process fresh produce will be useful for people also to process the vegetables grown in their own gardens and reduce their waste. The challenge of this scenario might be finding the right space and experienced people to hold the workshop.

Community kitchen

Also, in the perspective of utilising wasted fresh produce a community kitchen could be an interesting idea. A space where cooking facilities are available and where several people can cook at the same time. This can first create a community bounding space. Food is a binding factor and cooking can enhance it even more, people from different backgrounds will have the chance to share their food traditions and learn from each other. This will be the starting point for a higher level of community connection. Furthermore, waste fresh produce could be use soon after collection, solving storage challenges. Of course, also locally produced vegetables could play an important role in this kitchen allowing people to learn more about urban gardening realities in AZO.

Waste vegetable bag

When dealing with “waste” produce, consumers will not always have a choice with which products they purchase. The availability of different species of vegetables depends on what has been discarded the most on a specific day. To deal with this varying availability and low choice towards residents, a possibility would be to prepare vegetable bags with a mix of the vegetables available that day, which the residents will then pick up for a low price per kilo without the option of choosing the type of vegetables. This allows on one hand to give out all the waste vegetables and reduce the waste, and on the other hand to regularly distribute a cheap stack of fresh produce to the community.

3 METHODOLOGY

Various research methods were used for this project with the goal of answering the general research question as correctly and concrete as possible. As the project ultimately has a social purpose, only qualitative research was conducted.

3.1 Desk research

3.1.1 Literature Review

In the first phase of the project, it was important to create a grounded basis for further research within this project. To achieve this, we conducted a literature review. Literature review is a commonly used method to acquire a general overview on the research topic in question and to capture the existing knowledge (Randolph, 2009). Hence, a literature review is conducted on various components within this project. First, to answer research question 1, possible local cultivation approaches are examined to get an overview of all the possibilities for scenarios we have to think of when conducting the research. This was done by actively searching for what kind of urban gardening initiatives are already being executed in the AZO area. This excludes initiatives from other areas and only focuses on organisations and initiatives where residents work in the gardens. Second, to answer research question 2, similar previous projects executed in other areas, and focus on community gardening, are investigated to get an insight into what projects exist there, in what form, and what their goals, way of working, and consequences of this are. To answer research question 3, a literature review is done on why connecting community gardens is relevant for the community in AZO by reviewing papers about the benefits of connecting people in a community, what the role of community gardens can contribute to this process and why this is relevant for the AZO community. Research question 4 aims to explore the contribution of connecting existing gardens to improving social cohesion. The focus for this question was on the definition of social cohesion and the function of connecting community gardens on improving social cohesion.

The combination of the answers to these research questions provided the basis for the final recommendations given to WUR Science Shop as seen in section 2 Recommendations.

3.2 Field research

3.2.1 Dyadic interview

A dyadic interview, an interview with two simultaneous participants, is conducted to gain a deeper insight into the community's perspective on community gardening and to see what the residents' ideas are on connecting these gardens. This is done to ensure that their perspectives, needs, and ideas are put first whilst simultaneously creating recommendations for the commissioner. Several topics are discussed, such as current experience in gardening, experience with community gardens, and their desires and needs with respect to crop types and urban garden solutions. Although closer in the number of participants to individual interviews, a dyadic interview has great similarities with a focus group as the emphasis lies on the interaction between participants (Morgen et al., 2013). The process of sharing and comparing, which lies central in focus groups, is therefore also present in the dyadic interview. Through encouraging an open discussion between participants, we aimed at getting insight into their perception of increasing social cohesion through connecting existing community gardens.

Generally, participants in a focus group are selected based on their common demographics and attitudes germane to the topic (Greenbaum, 1998). This same method is applied when selecting the participants for the dyadic interview. The focus group was initially intended to involve between six to ten participants (Greenbaum, 1998), but since we only gathered two participants, the method changed to a dyadic interview. The participants were selected through purposeful sampling. Purposeful sampling is widely used in qualitative research for the identification and selection of groups of individuals that are especially knowledgeable about or experienced with a phenomenon of interest (Cresswell & Plano Clark, 2011). The participant selection was based upon availability and accessibility. Due to time constraints, it was not possible to hand-pick each participant. Instead, the aim was to invite participants with gardening experience in existing community gardens in the AZO area.

A guide was created with the most important questions for the conversation, based upon our findings and the goal of this project. This provides a degree of reliability as it allows the dyadic interview to be replicated with the same structure and aim when necessary. Furthermore, the setting of the conversation was an important aspect for the dyadic interview. Therefore, the interview took place in an informal setting in a room of a community centre in the middle of AZO. This familiar, informal and neutral setting contributes to the validity since this is defined as the factuality of the answers of the participants. Additionally, this dyadic interview was guided by three researchers; the moderator was monitoring the conversation in addition to providing reliability (Flom, 2021). During the dyadic interview, I4 was the moderator and aimed to set the tone of the group session, as well as stirring the conversation in such a way that all the research topics are discussed (Krueger, 2002). In addition to the moderator, there were two notetakers assigned, I1 and I2. The notetakers did intervene in the conversation since the conversation took place in a very informal setting with just two respondents. In addition, they noted down any point of interest and the most relevant information. To ensure adequate participation of all participants, the interview started by asking every participant to express what comes to their mind when talking about 'community gardening', after they were introduced to the goal of the dyadic interview and this project. This is used as a starting point, after which the conversation flows towards the other research points which are defined in the guide appendix 3.4. This guide was set up to make sure important questions are being asked and answered. With permission, the interview was recorded. To analyse the interview, the recording and/or the notes are transcribed and coded based upon the coding scheme (appendix 4). To analyse the dyadic interview, the most relevant information is gathered, based on these codes, and substantiated by quotes from the transcript (appendix 5.4).

3.2.2 Interviews

Interviews were conducted to get in-depth insights from at least 3 professionals of current cultivation projects and people who are currently already involved in urban farming/gardening projects within AZO or other parts of the Netherlands. These participants provided the necessary technical insights beyond the limits of literature research. Interviews, and semi-structured interviews, are a highly flexible tool, commonly used when there is a need to capture the essence of an experience (DeCarlo, 2018). Semi-structured interviews permit for a more natural flowing conversation, encouraging the participant to be more honest and open about their experience without directing a certain answer. Additionally, semi-structured interviews also address the more theoretical driven variables of the research in question (Galletta, 2013). This provides high validity as it allows to gather detailed accounts and perceptions amongst the practitioners. The validity is threatened when a lack of consistency across the respondents occurs (Ahlin, 2019). The interview is conducted by two people, Dutch speaking when preferred by the respondent: one interviewer and one note taker. To prepare the interviews, interview guides were set up to make sure important questions are being asked and answered (appendix 3). With permission, these interviews are recorded. To analyse the interviews, the recording and/or the notes are transcribed and coded based upon the coding scheme (appendix 4). To analyse the interviews, the most relevant information is gathered, based on these codes, and substantiated by quotes from the transcripts (appendix 5).

3.2.3 Questionnaire

In addition to the interviews, a questionnaire was created to gain more insight from the community. Questionnaires are an effective way of data collection. The purpose is to produce a numerical representation of the population based upon a sample (Fowler, 2009). This sample was selected based upon accessibility and availability to the research; a method called convenience sampling (Galloway, 2005). To gather these participants, we reached out to several institutions, organisations, and community centres across the AZO area in order to distribute the questionnaire and we asked people on the streets of this area to fill out the questionnaire.

Where the interviews provided us with in depth ideas, the questionnaire is to give more insights into the community and their view on urban and communal gardening through an easier approach. This questionnaire derives from the dyadic interview by narrowing down the potential answers based upon a preliminary literature research. The questionnaire can be found in appendix 6. With this questionnaire we more broadly tried to answer RQ5 'What is the residents' and organisations' perspective towards connecting existing gardens?', as well as finding out if there was a potential support base for the agriculture academy and in what shape or form this should then take place. The questionnaire took participants roughly 5 to 7 minutes to finish and was distributed through a scannable QR-code which

was hung up at several locations throughout Amsterdam Zuidoost as well as asking people directly to participate on the streets in AZO which is referred to as convenience sampling. This resulted in a total of 53 answers, of which roughly 40 were filled out to a 100%. Participants could pause the survey at any time and chose to skip questions if so preferred. As the questionnaire was distributed by asking participants on the street, there cannot be said anything based on the response rate. The questionnaire was both distributed in Dutch (NL) and English (GB).

4 ANSWERED RESEARCH QUESTIONS

4.1 RQ1: What kind of urban gardening initiatives are already being executed in the AZO area?

The AZO neighbourhood has a long history of local projects and a sense of cooperation. Numerous (un)official initiatives are being carried out by the friendly locals in this AZO area (WUR, 2022-2023). Many of these projects are urban gardens with different focus areas. The four main areas of focus of these projects are: social, edible crops production, education, and nature protection (GroenplatVorm, n.d.). A few examples are:

Groei & Bloei

Groei & Bloei is one of the umbrella organisations in Amsterdam Zuidoost. The organisation focuses on using community gardens to let women from AZO flourish. The organisation started in 2013 and is already connected to over 400 women. Besides offering urban gardens where people can grow their own food, they also offer a gardening coach (Dutch: tuincoach) and a growing coach (Dutch: bloeicoach). While the gardening coach is mainly focused on practicalities like how to grow certain foods and how to maintain the garden, the growing coach is more focused on how women can develop themselves. The gardening coach is also being used for organising workshops. During the workshops people practise their skills, knowledge, and get inspired. The organisation has six focal points, namely: resilience, sustainability, superdiversity, local, personal, and social enterprise (Over Bloei & Groei - Bloei & Groei, 2023).

Nutstuinen Nellestein

Nellestein is an ageing neighbourhood in AZO. The residents' associations (BVNellestein) organised some utility gardens around the neighbourhood. In the regulation, BVNellestein states that the utility gardens should be for 'growing vegetables for consumption or growing of annual, biennial or perennial plants which have ornamental value due to their flowering or foliage.' (BVNellestein, 2013). The residents' association has a committee that oversees the rental and management of utility gardens. This committee points out a complex manager who is responsible for the day-to-day business of the complex. The utility gardens can be rented by individuals who live in the area. BVNellestein also mentions that utility gardens are a great way to meet 'plants, birds, and fellow residents' (BVNellestein, 2022).

Oost Indisch Groen

Oost Indisch Groen is an organisation located in the Indische Buurt in the AZO area. The organisation contributes to the community by developing services and programmes. Their active citizens approach implies that neighbourhood residents have great potential for ideas and talents that can be harnessed to work together to make the neighbourhood thrive (Oost Indisch Groen, n.d.). Different projects that are already realised by Oost Indisch Groen are, amongst others, a community garden, a courtyard, (cooking) workshops and a cookbook (Oost Indisch Groen, n.d.).

GroenplatVorm

GroenplatVorm is an organisation that wants to make AZO a greener neighbourhood by connecting people and nature. They want to contribute by building a sustainable and healthy neighbourhood. Their vision is to locally grow fruits and vegetables. GroenplatVorm is mostly focused on connecting different existing projects to make them more resilient. For example, they have created a map of multiple projects and added contact details regarding the different gardens. Furthermore, they also organise different events, like gardening days or cycling routes throughout the area (GroenplatVorm, 2023).

Overall, the projects named above are just a fraction of all the different projects already happening in the AZO area. Noticeable is how each of these initiatives have very different approaches and intentions. Some projects and organisations fulfil a social purpose, like connecting residents, whilst other projects are much more focused on food production or nature. However, beyond their purpose, these initiatives are all trying to involve the residents of the AZO area actively through the organisations of different events.

4.2 RQ2: What other successful urban gardening initiatives exist in other cities, as well as connecting initiatives?

In this section other examples of urban gardening initiatives existing in other cities and/or countries are explored to see what possibilities exist for the initiatives in the AZO area. Several initiatives throughout the Netherlands and one initiative in Hamilton, Canada are elaborated on which could provide interesting ideas and options for the AZO area.

Example 1: "Oosterwold urban agriculture - Almere"

In the city of Almere exists Oosterwold, a good example of an urban gardening initiative that focuses on connecting the city to land and agriculture. The initiative focuses on connecting neighbours, working together to provide their own food, as well as combining agriculture with hospitality and recreation (Maak Oosterwold, n.d.). Urban agriculture can be defined as the production, processing, and marketing of food (and related products) in and around the city. It is about food production, but also about social issues such as community cohesion and participation, care, education, short (food) chains, sustainable energy and closing cycles. In practice, this takes the shape of a network of activities and initiatives where residents have power to create their own initiatives as well as decide on other projects. Below a list of a few of the initiatives in the Oosterwold area:

- Bed&Breakfast LCBT (Life Contains Beautiful Things) is a small B&B just outside of Almere and just 25 minutes from both Amsterdam and Utrecht. Aside from the B&B, the initiative also includes a city vineyard (LBCT, n.d.).
- Boerderij Uniek Leven is a care farm situated right in the polder with both an orchard and an arable farm. Aside from the farm, there is also a tea/lunchroom on the premises and the organisation offers daytime activities for elderly with dementia and the intellectually disabled (Facebook, n.d.).
- VoKo is an online platform where people can buy local fruits and vegetables directly from a local farmer or a neighbour involved in gardening without the necessity of a middleman (VoKo Oosterwold, n.d.).
- Coöperatie Oosterwold is a cooperative created to help fellow residents to urban agriculture and to add value to produce (Co-Op Oosterwold, n.d.). Similarly, an app has been created where it is visible who is cultivating what, and where the products can be sold at the local supermarket. This part of the initiative is called "local for local".

Example 2: Cascoland rescued fruits & vegetables - Amsterdam Nieuw West

In 2020, neighbourhood chefs from Amsterdam Nieuw West made jams, chutneys, fruit juices and more from leftover fruits and vegetables that they received from market vendors in the area (Cascoland, n.d.). Cascoland, which is a network of artists, designers, and academics based in Amsterdam, facilitated this connection for resources in exchange of food-preparation and preservation, cultural exchange, and collaboration with neighbourhood economic activity. Cascoland realised that, within the framework of cultural exchange and making connections in the neighbourhood, it is precisely the culture-specific pickling and preparation of food that is a popular activity amongst the residents which can be transformed into an economic neighbourhood activity. This birthed the idea of CascoConserves. Preserving food contributes to a healthier, more conscious, and sustainable use of food. By bringing residents into contact with the way their food is grown and prepared creates knowledge about what people eat, where it comes from, and how it is produced and transported. In addition, this will also raise awareness about how people can start eating healthier at a lower cost (Cascoland, n.d.).

Example 3: Neighbour2Neighbour - Hamilton, Canada

In Hamilton at the outskirts of Toronto, Canada, the community gardening network of Neighbour2Neighbour (N2N) is organised. The centre organises an emergency foodbank, education and family support, as well as a community food centre, all to combat poverty in Hamilton. N2N has existed for over 35 years and is built up out of dedicated staff and volunteers to keep running. One particular initiative of the organisation is their gardening initiative to sustain and expand the gardening community in Hamilton, and to support residents to use gardens to build community, enhance the environment and promote wellness (Neighbour2Neighbour, n.d.). Currently, there are 72 gardens connected to N2N supported by 49 gardening coordinators who provide expertise and support where necessary (Neighbour2Neighbour, 2022).

4.3 RQ3: Why is connecting community gardens relevant for the community in AZO?

Connecting community gardens is important and beneficial to social cohesion since gardens can provide a space for people to socially connect and grow nutritious food (Jennings and Bamkole, 2019). The term 'social cohesion' can be split into two parts; interaction and place attachment (Peters et al., 2010). The authors acknowledge the potential of urban green spaces to increase interaction. Due to their nature, urban gardening allows for long interactions which supports social cohesion. Regarding place attachment, it was found that the contact between people lead to more feelings of connection towards certain places. The main conclusion was that in urban green spaces different ethnic groups blend and people can feel at home. Peters et al., (2010) stress the importance of the engagement of residents, since this allows creating projects with motivated participants and ultimately creates more connection between them. Furthermore, social cohesion can help develop feelings of acceptance, belonging, trust (Hartig et al., 2014) and be the base for a healthy lifestyle (Jennings and Bamkole, 2019). Additionally, interactions can accommodate a basis for relations between individuals, create a sense of community (Cattell et al., 2008), create a feeling of acceptance (Putnam, 2000; stated by Peters et al., 2010), provide relief from daily routines and ease tensions in a neighbourhood (Cattell et al., 2008). Urban green spaces appear to be the ideal place for these interactions because they provide space for frequent contact (Fainstein, 2005).

More generally speaking, access to urban green spaces has a positive impact on health, physically and mentally. Both directly, engaging more in physical activities and experiencing less stress (Jennings, & Bamkole, 2019), indirectly, thanks to the positive effects of social cohesion. Maas et al., (2009) found that Dutch people with less access to green spaces, experience higher levels of loneliness and less social support. Loneliness and isolation could also lead to lower health, more stress, depression, and cardiovascular issues (Jennings, & Bamkole, 2019). In particular, health stressors can disproportionately affect low socioeconomic groups (Mitchell, & Popham, 2008). Thus, the strengthening of social environments (e.g., community gardens) can benefit sustainable communities and health equity (Jennings et al., 2017).

Amsterdam has a strong tradition of urban agriculture, and community gardens play a key role in providing fresh, healthy produce to local communities (Colding et al., 2013). Connecting these gardens can help ensure a more equitable distribution of fresh produce throughout the city, particularly in neighbourhoods with limited access to healthy food options. Also, connecting community gardens can promote environmental sustainability; community gardens in Amsterdam have been recognized as important contributors to urban sustainability (Guitart et al., 2012). By connecting these gardens, a wider range of resources and knowledge can be shared, which can promote sustainable gardening practices and reduce the environmental impact of food production in the city. Social cohesion seems to be one of the foremost benefits from urban gardening particularly for non-Western migrants. Due to migrants' high family valuing and the social nature of urban gardens, these green spaces are particularly attractive to them (Stodolska and Livengood, 2006). Since people from many backgrounds live in the AZO area and the accessibility of fresh produce has decreased, connecting the existing gardens is very relevant within this community.

In summary, urban gardens can be the sparks for a more socially cohesive neighbourhood improving different life quality aspects of the residents, especially if they are part of socially disadvantaged groups (Mitchell and Popham, 2008). Connecting existing gardens will increase residents' interactions and create more place attachment, this will consequently enhance the quality of the social environment, and ultimately promote social cohesion, community feeling and health (Jennings et al., 2017). It therefore is very relevant for the community in AZO to connect existing community gardens.

4.4 RQ4: In what way can connecting existing gardens contribute to improving social cohesion?

Connecting existing community gardens can contribute to improving social cohesion by creating opportunities for residents to interact and build relationships, fostering a sense of community and belonging (Litt, et al., 2015). According to Peters et al. (2010), urban green spaces, including community gardens, can increase interaction among people. By creating a network of community gardens, people from different neighbourhoods and backgrounds can come together, building social ties and promoting a shared sense of community. Additionally, connecting existing community gardens can help engage residents and increase participation in gardening initiatives, which can ultimately lead to more connection and cohesion within the community. As Stodolska and Livengood (2006) note, and as mentioned before, community gardens can be particularly attractive to non-Western migrants, who highly value family and social connections. By involving these residents in gardening initiatives and connecting them with others, community gardens can provide a space for people to come together, share knowledge and resources, and build relationships that transcend cultural and ethnic differences.

Moreover, by promoting social cohesion, connecting community gardens can also help address health disparities and improve overall well-being. Research has shown that social cohesion can be a critical factor in promoting a healthy lifestyle and reducing stress, depression, and cardiovascular issues (Hartig et al., 2014; Jennings and Bamkole, 2019). Furthermore, by improving access to healthy food options and promoting sustainable gardening practices, community gardens can contribute to better physical health outcomes for individuals and the community as a whole.

In summary, connecting existing community gardens can contribute to improving social cohesion by fostering relationships and building a sense of community among residents. This can ultimately lead to better health outcomes and improved well-being.

4.5 RQ5: What is the residents' and organisations' perspective towards connecting existing gardens?

In general, residents and organisations indicate little or no need for structural cooperation with other gardens in the form of connecting them. This is mainly due to the essence of the gardens, which boils down to gardening with the main purpose of getting to know people and connecting with people from the neighbourhood. Cooperating with other gardens in other neighbourhoods does not contribute to this goal so it is not seen as relevant by the residents. During the dyadic interview, two residents from different neighbourhoods in AZO discussed this possible connection and how they would envision it. It was clearly mentioned here that a structural collaboration will not work but that they are open to a practical collaboration in the form of sharing knowledge or materials.

"Structural cooperation with other gardens won't work, in the form of exchanging people, no. But exchanging knowledge is always fun." [R4]

"... Couldn't we buy something together, or couldn't we learn something from them? ... [R1]

A practical collaboration that emerged from the residents is a platform where gardeners from different gardens and neighbourhoods can post seeds, plants and practical materials with the aim of swapping it among themselves. This recommendation is further explained in scenario 2.3.1.2 Plant swaps.

"... if there will be an (online) marketplace for example. So if you have a lot of seeds, you can also exchange them on such a marketplace. Then you can exchange throughout the season ..." [R4]

In addition, different answers emerged in the questionnaire when asked about what a good collaboration with fellow gardens would look like. A network for gardeners to meet and exchange knowledge, a network where people can exchange harvested fruit and vegetables, and a way to learn about fruit and

vegetables from other cultures are the most relevant answers according to the respondents. The connection with other gardens through knowledge sharing can take various forms. The questionnaire shows that residents are interested in a platform where knowledge is shared about gardening and everything related to it (85.3%). However, the enthusiasm for this platform depends on the content. They also indicated that a good way to shape the urban agriculture academy is a website where people can share their own knowledge and read what others have said (53.33%). 'A mix between a website and community-led classes' is also indicated as a preferred way to share knowledge between different gardens.

5 RESULTS INTERVIEWS

This section highlights the most relevant findings from the interviews. Four interviews, including the dyadic interview, have been conducted that lasted between 30 and 90 minutes. After performing and transcribing the interviews, several themes and codes were ascribed based on expected topics from literature and the topics discussed during the interviews. These codes are grouped into three pillars based on the three approaches: Connection, Gardening, and Alternatives (Appendix 4). After coding the interviews, the most relevant findings are noted down for each code, substantiated by quotes. The quotes were obtained from the Dutch transcripts of the interviews (Appendix 5). The Dutch quotes have been translated into English so that the report is consistent and readable for everyone. The quotes used in this section derive from all transcripts and are assigned to the respondent who mentioned it during the interview. For privacy reasons, no names are mentioned but the respondents are indicated as R1 for Respondent 1, etc. The table below shows which organisation the respondent is connected to and what their role within this organisation is.

Interviewer #	Name
I1	Chloë Vertegaal
I2	Veerle van der Bruggen
I3	Susanne Bouwman
I4	Lynn Wolbert
I5	Marco Filz

Figure 2 Interviewers ACT Team 3.073

Respondent	Organisation
R1	Main Gardener De Hoftuin (AZO area)
R2	Farmer
R3	Experienced gardener (Organic farm, Wageningen)
R4	Amateur Gardener (AZO area)
R5	Amateur Gardener (AZO area)

Figure 3 Respondents

5.1 Connection

5.1.1 Communication

Within the code 'communication', fragments dealing with different forms of communication within existing projects are coded. Not only interpersonal communication but also communication about gardening. It also mentions how potential members are approached and rules people have to follow when gardening in specific community gardens.

Firstly, according to the respondents, a common way of communicating with people who are interested in joining a community garden is by putting physical cards (with contact information of the organisation of the garden) in the community garden. In this way people can take a card when they cross or walk by the garden. Besides that, a lot of people pass by and just start a conversation with the people working in the garden.

"We made cards and put them on a table. So if people want to sign up, they can leave their phone number." [R4]

"We also made a cabinet with cards saying: would you like to join? Then you can call or email to... those are the little physical cards." [R1]

"A lot of people pass by to ask what we do, whose is it, and if they can sign up." [R4]

Secondly, within the community garden, people communicate in different ways. The ways of communication that came up more often are having contact through a Whatsapp group, other apps and speaking with each other in person.

"We have our neighbourhood app, Hoppler. You can post all kinds of content on there and we, as a garden, sometimes also post updates." [R4]

"Really in person, word of mouth when I meet them. We don't have a whatsapp group or anything. But it's hard to get that 100% coverage because a lot of people come after work. It's self-harvesting so they can also come when I'm not there." [R3]

"We created a Whatsapp group as well." [R1]

Lastly, communication within the organisation about rules on how to garden and how to make sure everyone takes it seriously.

"They put the flag by the species and customers can see where they can take vegetables and how much." [R2]

"Is on trust but there are rules." [R2]

"When you sign up with us, you also get garden rules, a kind of contract. They are statutes that you have to sign, so you have to be willing to conform to them. So you already have a kind of screening at the beginning of people who are really willing to participate and follow the rules." [R5]

"Be nice to each other and attend when you are able and let people know when you cannot attend." [R4]

5.1.2 Goal of organisation

Within the code *Goal of organisation* there are four subcodes. First is *making profit*, which can be interpreted as 'The organisation has 'making profit' as the main priority.' Second is connecting people, which is defined as 'The organisation has 'connecting people' as the main priority.' Third, the subcode *hobbying* refers to 'The organisation has 'creating a place for people to have a hobby' as their main priority.' And lastly, the subcode *produce of vegetable* entails 'The organisation has 'producing vegetables' as main priority.' A gardening project can have multiple goals.

5.1.2.1 Making profit

R2 and R3 are connected to profit-making gardens/farms. In both businesses, there is a system that focuses on producing vegetables and people can harvest after paying tuition. R3 is mentioning that the tuition is about €235 and R2 is mentioning that it is about €300 and €400 a year. Both gardens pay a professional gardener from this income, R3 is the professional gardener.

"He can live from this." [R2]

"...then you are at about 17,000, 18,000 euros on average per year." [R3]

5.1.2.2 Connecting people

The garden projects of R1, R4 are not focused on making profit, but on ways to connect people. The initiatives are community focused and state that gardening is a side benefit. Gardening together, having a chat, but also drinking coffee and connecting through other ways. The garden of R5 is not mostly focusing on connecting but sees it as a positive addition.

"I think the garden... but the intention is also the contacts." [R5]

"Because it's really for the neighbourhood and you're slowly seeing that more and more people are joining the garden and it was really the intention to bring people into contact with each other in a simple and fun way." [R4]

"I do like being in the garden, and I find it extra fun when there are other people around and I think many people experience that." [R5]

"...and you also talk to other people that you don't normally speak to, because they live in a different street, for example, and I like that." [R4]

"It started with the community, and we try to create community through the gardens." [R4]

5.1.2.3 Hobbying

Besides the importance of connecting with other people through gardening, R1, R4 and R5 mention that the gardens also serve as a hobby.

"Like, if you like to build a community garden, you can sign up. I think: 'Oh I like that!'. I just left work and I think, 'well, that's my chance to do something I like and get more settled in the area.'" [R1]

"This is much more like a hobby, social project. To do something fun and meaningful together." [R1]

"Both parents and children can practise gardening." [R5]

5.1.2.4 Produce of vegetables

The gardens which are interested in making profit, try to do this by producing vegetables as a main concept. Furthermore, the garden of R5 is also mainly based on producing vegetables, since the garden is more individually based, however, they are not trying to make profit.

"To prove to myself and to the world that you can actually grow vegetables on a small scale and that it can be successful." [R3]

"A lot of people can eat from it." [R2]

5.1.3 Knowledge

Within this code, fragments are coded that have to do with where the knowledge comes from within the organisation. The interviews revealed that mainly Google is used as a source to look for information. Below you find quotes in which this was reflected.

"But we don't have someone who really knows everything about it either, but we do look up everything. I mean, there's always someone with a phone and with Google..." [R4]

"I also sometimes just get my knowledge from the internet. And some things I know because I come from a family where there was always gardening. Also with allotments and so on." [R1]

In addition, the interview revealed that residents also enjoy learning from each other or, for example, attending a course or training. In doing so, they indicate that this also strengthens the connection between people in the neighbourhood.

"Maybe that's an idea when it comes to that connection, to organise more training and workshops like this, in this way you can get to know others as well." [R4]

"You sometimes see courses offered on the GreenplatVorm. At one point I saw something and thought, 'Wouldn't that be fun to do with some people? Well, then there were four, five, people who then went to another garden in Oost. Where they knew more about permaculture. So yes, I would like something like that in AZO, if that would be organised more.' [R1]

Moreover, the farmer of Hartstocht and the head gardener of Nieuwe Ronde state that it is important to have good knowledge about gardening. They indicate they possess this knowledge themselves and that fellow gardeners have it as well.

"Education is very important." [R2]

"Yes many subscribers have an agricultural or natural or nutrition background so they have a lot of input. And my own knowledge of course." [R3]

5.1.4 Cooperation

This section contains fragments from the interviewees regarding collaboration, both within the organisation and between organisations. Within the organisation (gardens), the respondents mainly collaborate by sharing garden materials and seeds and helping each other when needed.

"We let each other know what seeds you have, otherwise it gets ordered. If you have a bag of kale, you have a lot of seeds, you're not going to plant all of them. We then divide these seeds. We send each other a Whatsapp message when we have something left, maybe someone else will want it." [R5]

In addition, it was reflected that there is not a lot of collaboration between similar organisations. It was mentioned that there is a seed exchange day and that sometimes they share knowledge with other gardens. However, it was mentioned that they are open to more cooperation, for example by learning from each other or by joint purchasing.

"(Sem Franklin) sometimes refers us to other neighbourhood gardens: 'go talk to them, how they did it.' Or recently someone from a neighbourhood garden of GroenplatVorm Zuidoost called to bundle the initiatives. But yes, that doesn't really generate a lot of contacts between them. 'Sometimes we contact another community garden because we think, 'Couldn't we buy something together, or couldn't we learn something from them?' Then that comes about, and actually hardly through that platform, it doesn't work that way." [R1]

"Well, then there were four, five, people who then went to another garden in Oost. Where they knew a little more about permaculture. So yes, I would like something like that in AZO, if that could be done a little more (knowledge sharing through courses and training). And joint purchasing." [R1]

"But you would also do that on a larger scale (purchasing seeds). We could visit another garden sometime if that connection is there." [R5]

"Structural cooperation with other gardens won't work, in the form of exchanging people, no. But exchanging knowledge is always fun." [R4]

"That urban farm day, I'm going to make bags now with about 10 seeds per bag. These bags I can trade on that urban farm day. But if there will be an (online) marketplace for example. So if you have a lot of seeds, you can also exchange them on such a marketplace. Then you can exchange throughout the season and you don't have to wait for one of those urban farm days once a year." [R4]

5.1.5 Target group

Within this code, fragments occur that relate to the target audience of the gardens. No clear target group emerges from the interviews, gardening is for all ages from young to old. A few fragments where this emerged are formulated below. It did emerge that people from the neighbourhood who live close to the garden are mainly involved.

"Earlier people came from outside the neighbourhood, then we noticed that the barrier was higher to come because they had to come from far away. Then we decided that the registrations have to be from Gein3. So only people living in the neighbourhood, because it's also nice to get to know people from your own neighbourhood. And if people from far away join, you don't build your own community feeling. That's why we thought it was important to take that step. We also have children's gardens, so then parents can maintain a square metre garden with their child, and they can just work on that for a season. I've been involved in that a lot, to get kids involved." [R5]

"All kinds of people. Actually everyone is allowed, we also have very young children who walk around." [R4]

In addition, it is mentioned that the distribution in terms of diversity is a bit uneven, but that there is a shift towards more inclusion and diversity.

"We all have owner-occupied houses, so the gardeners are people who all have relatively good jobs, and are all educated. Fortunately, since the expansion of the garden, we are becoming a little more diverse in terms of cultures. But, the garden really started with white, educated, women, of which I am one myself." [R1]

"Not many [people coming from other backgrounds], but there are some. Especially that area where there are some foreign people, Suriname, Antilles." [R2]

5.2 Gardening

5.2.1 Procedure

The code *procedure* involves two different subcodes. One of them is *practical gardening*, and one of them is *gardening behaviour*. The first one means 'different ways of gardening' and the second means 'different ways of behaving and handling regarding the garden.'

5.2.1.1 Practical gardening

Practical gardening entails everything that is said that relates to the practical ways of gardening. Tools that are used to water the plants, what is necessary to maintain the garden or in what style of gardening is applied. Furthermore, there are also differences in whether to share the garden or work more individually regarding practical gardening.

"We did get a pump, a groundwater pump. So together with that submersible pump you can finish spraying in an hour." [R4]

"You really have to weed a lot." [R5]

"We also have an organic garden, so if you buy seed or soil, it must all be organic." [R5]

"We grow organically" [R1]

"Because it [a shared garden] is the best for us as a grower, you can grow the crop on a slightly larger surface." [R3]

5.2.1.2 Gardening behaviour

The subcode *gardening behaviour* relates more to ways of working regarding gardening. This relates oftentimes to whether or not the gardens function jointly or work more individually. R5 mentioned that they also provide gardens for children. Also, it came up multiple times what rules were decided on, so the communion works well. Some rules are literally rules, but others are more manners. For example, on how to treat the garden, when to meet, or how to ensure continuity.

"With us everyone has their own piece indeed and we have a common part." [R5]

"We only have common [gardens]." [R4]

"We also have children's gardens, so parents can maintain a square metre garden with their child" [R5]

"Is on trust but there are rules." [R2]

"On Wednesday and Saturday/Sunday, it is said that we go to the garden, and then we all get to work" [R4]

"Let it go, nature really knows what to do." [R4]

"Usually we do it on Saturday or Sunday." [R1]

"In this garden, when gardeners wanted to stop, we had to look for somebody who would take it out" [R2]

5.2.2 Species

The code *species* refers to 'different kinds of species that could be/are planted'. Non-edible flowers were mentioned multiple times. Different regular vegetables are used within the different gardens, such as potatoes, kale, asparagus, lettuce, leak, brussels sprouts and parsnip. However, some ethnic produce, such as bok choy, amsoi and cucamelon, are also planted. Furthermore, fruit trees and herbs are also sometimes planted.

"Flowers, and in the other garden only vegetables. But also potatoes" [R4]

"We use a lot of old-fashioned vegetables." [R2]

"We do have many forgotten crops that are valued; parsnip, parsley root, chard, green chicory..." [R1]

"With the entry of more Surinamese ladies, we did start with amsoi and a strange kind of cucumber and a kind of spinach." [R1]

"Especially beans, leeks, lettuce and such as bok choy are seen as very exotic." [R1]

"We have fruit trees." [R4]

5.2.3 Revenue

This code refers to 'different income sources'. Interviewees were mostly talking about how much money residents have to contribute, whether it is to make profit or just enough to cover costs. One time there was also mentioned that the municipality also contributes.

"12 euros or so? Almost nothing, which is very nice." [R4]

"We do indeed have a 50 euro contribution per year." [R5]

"And if you are completely new to the garden, you have an entry fee. And that is about 100 euros now." [R5]

"That is €235 per person per year." [R3]

"Last year the turnover was roughly 45,000, ... In the end, you are left with 20,000 as income" [R4]

"Between 300 and 400 euro a year. So the garden has money to buy the seeds and can do it well for that money." [R2]

"the municipality is responsible for ensuring that the neighbourhood gardens have a little budget or if something needs to be done." [R1]

5.2.4 Harvest

The code regarding *harvest* can be best described as 'everything that is harvested.' Two main subjects emerged. The first being statements about quantity. For example, an interviewee mentioned that they experienced large quantities being harvested at the same time.

"A lot of people can eat from it [the harvest]." [R2]

"But, we don't have that much left either. It's just those peaks, you know?" [R1]

Furthermore, there were statements about the division of the harvest. One interviewee mentioned that they try to do the harvest when multiple can join, so they can divide it equally. And also when there is a peak, they communicate with others to come pick it up.

"And if harvesting is possible, we prefer to do so when there are a few more people. So that we can distribute it immediately. And yes, if there is a surplus, then we say: 'Please go and pick zucchini or lettuce in between,' or things like that." [R1]

"Then we text like, we harvested this and this and this is still there, take it with you." [R4]

"And when we harvest, at some point you just have a lot of produce. And if we have too much, we go door to door to give something away." [R4]

5.2.5 Responsibilities

This section is about the responsibilities within the organisation and contains fragments from the interviewees regarding this topic. Besides that, it is also about motivation 'who feels responsible?'. Below, some important fragments in relation to the responsibilities are formulated. The interviewees stated that it is very important to have a board or a representative for the garden, to keep control.

"Our chairman is also a good motivator" [R5]

"It was set up by M., so that's why she got that role (chairman) and we listen to her. But the board consists of three. Of course they also discuss what they are going to buy with the rest of the gardeners." [R4]

Furthermore, the distribution of motivation is not completely equal. There are always people who go more often or are more involved in the garden than others. Below some fragments in which this is reflected are formulated.

"We started with a large joint part, but the work always ends up with a few people. And because of that, because you put a lot of time into it, or other people don't, it didn't feel very good. Over time, that part has become smaller and we now only have a herb garden together. But there are two people of us who mainly take care of that. You just have to enjoy something and then you can keep it up yourself." [R5]

"There is a big difference in how people take care of their gardens whether they commit to it or not, whether they're present regularly or not." [R5]

5.3 Alternatives

5.3.1 Accessibilities

The code of *accessibilities* contains two subcodes. The first is *accessibility of community gardens*, which is defined as 'Factors that affect the accessibility of involvement in gardening.' The second subcode is *accessibility of produce*, which is defined as 'Factors that affect the accessibility of access to produce.'

5.3.1.1 Accessibility of community garden

There were different factors mentioned that affect the accessibility of different gardens. Very practical things were mentioned like the placement of the garden and the size of it. But more detailed there were also mentions of things that the gardeners do to protect the garden from unwanted visitors or how to make it more accessible to wheelchair users. Furthermore, there was also a comment about the assistance that was provided to start the garden.

All the interviewees mentioned that the placement of the garden influences the accessibility of the gardens. Furthermore, seizure was also mentioned multiple times.

"Our garden is right next to a walking path, so we have a lot of visitors." [R4]

"People from the high-rise buildings, but they don't come back because it's just too far away. It's not very far, but if you're packed with fruit and vegetables, then yes, it's just too far." [R4]

"It's [Brasapark] in the middle of many neighbourhoods. And when you start a garden in one neighbourhood, in a smaller area, then you can talk to the people around. There you have a very big area. And it's all different neighbours." [R2]

"I think we have thirteen gardens, most of them are 25 m², and we have 1 half garden. And then those children's gardens, there are also 10 of about one m²." [R5]

Only one of the gardens that was interviewed mentioned that they tried to make it more accessible for disabled people.

"Yes, we wanted to make it all inclusive, but it is not because we cannot accommodate people with a wheelchair. You can go up the path, but then you won't get far, you can't go through the garden." [R4]

"We only got a small piece at first, and it was last summer that the garden was expanded a bit." [R1]

One interviewee expressed that they encountered some vandalism.

"Our experience is that sometimes children come to the garden because there is also a football field next to it. That sometimes goes rowdy, they take things or break things and we don't want that." [R5]

Multiple interviewees mentioned that they have taken precautions to protect the gardens.

"There is also a sign that you are not allowed to enter the garden just like that." [R5]

"Yes, there is also a gate in front of us, but it can be opened." [R4]

"Yes with us too, but there is a sign saying do not enter, only if a gardener is present." [R5]

5.3.1.2 Accessibility of produce

The interviewees mentioned different factors that affect the produce. The seasons were mentioned multiple times, because different vegetables grow in different times of the year. Furthermore, the condition of the soil has its effect on accessibility. A tunnel and a professional gardener were mentioned as a tool to positively influence the accessibility of the produce and moles as animals that negatively affect the accessibility.

"The season starts at the end of April and continues through the turn of the year. At the end of April there are few choices, asparagus, a little lettuce if you're lucky. Then it gets more and more and from September it gets less and then in December you still have leeks and sprouts, and it must be gone by mid-January. So, it's harvested for three-quarters of a year." [R3]

"In the city mostly, the ground is very poor because they bring sand around the houses to build. And then they want to start a garden, so you need organic material to bring life in the ground." [R2]

"Yeah, they [tunnel] are very cheap, but they do not work in winter. The main advantage is that they can expand the cultivating season. You can start the sowing earlier and the harvesting later." [R2]

"Yeah [the moles are disturbing the garden], we have to try to take them out but I think it is already a whole family." [R2]

"The gardener must have the knowledge to connect the people to bring them together." [R2]

5.3.2 Existing social initiatives

The code *existing social initiatives* could be explained as 'Existing social initiatives that could be connected to community gardening, e.g. foodbank, Groei&Bloei.' In the answers that were given by the interviewees it emerged that they are acquainted with different existing social initiatives within AZO. Some of the organisations mentioned are related to gardening, such as Bloei & Groei (the name of this organisation often gets confused with Groei & Bloei). Furthermore, there were also community centres and social initiatives in general mentioned, such as Elixer. Lastly, by *existing social initiatives* we also mean the organised events such as a harvest festival.

There are already multiple initiatives regarding gardening in AZO. Bloei & Groei is an organisation that empowers women by gardening, Nellestein is a collective of gardens within a neighbourhood, Brasapark is a relatively newer project on the Gaasperdammertunnel, GroenplatVorm is an overarching organisation which tries to connect different gardening initiatives in AZO, and Urban Famers.

"Groei & Bloei [Bloei & Groei] was one of the first in Zuidoost." [R4]

"There is a garden at het Kraaiennest [...] That's the case with that mosque, and a shopping mall." [R4]

"Yes, it's called Groei & Bloei [Bloei & Groei]. And I also know the gardens in Nellestein, there are a few of them." [R1]

Besides the multiple existing initiatives regarding gardening, there were also various organisations mentioned that do not focus on gardening but are more socially oriented. Stadsdeel Zuidoost is part of the municipality, Elixer and Cararabic are community centres, and the foodbank is an organisation which provides food for households with a low income.

Lastly, there are also social initiatives that are not connected to a certain organisation, or events that are organised, which do not occur regularly.

"At our school, they have no money to maintain the garden there, so I initiated that last year that I would work there every Wednesday morning in the spring and we have that in the newsletters set, we invited people to it, etc." [R5]

"For example, we have a harvest festival, to which we also invite people from the neighbourhood who simply live in the neighbourhood, and then we provide food, but then people can also bring their own things." [R5]

"And if someone doesn't have food, they can come and get it. He doesn't have to say that, but if we have something left over, we're happy to give it away." [R4]

"That urban farm day, I am now going to make bags with about 10 seeds and then you will immediately have the entire fence full." [R4]

5.3.3 Future possibilities/recommendations

This section contains fragments of ideas and suggestions from the interviewees for the future. First, it was mentioned several times that there is a need for more workshops and training from or together with other organisations. In addition, it was mentioned that there is a need for some kind of marketplace app or platform. Where advertisements can be placed or products (e.g. seeds) can be purchased together.

"And there was also a question from M. and maybe that's an idea when it comes to that connection, to then organise more of these kinds of trainings and workshops and in that way you also get to know others." [R4]

"But it would be very nice if, for example, we take a course together some day." [R1]

"And joint purchasing." [R1]

"An idea came up in my mind, an app like marketplace where you post things you want to get rid of and you can search for what you do still need. In other words, a Marketplace for gardens, that anyone who is a member of a garden can sign up on this. That's also a connection." [R4]

"I think the best way is when you bring the people to the garden and start working on it and during work they learn and they do not forget. If you are sitting in the classroom you tend to forget. It is connected with the whole thing. When you start a garden you need a space/room to tell the story and then you go do the work and that's the best way to learn. I am not a teacher but that's my opinion." [R2]

In addition, the advice from the interviewees is to make connections with people in the neighbourhood (bottom-up) and from there determine what people need to get motivated to garden. Furthermore, approach people in both Dutch and English, because some people do not speak Dutch. It is also mentioned that intrinsic motivation is very important.

"The invitation (to join a garden) was often in Dutch. It turned out that people from Ghana, for example, didn't feel addressed. So you have to do it in English, because if it is in Dutch, then it is not considered important enough." [R5]

"In our neighbourhood, you have the Cara-arabic (?) foundation for young people. They have quite an influence on those young people. If you can come in contact with them, then they could do something for the young people and then those young people might also feel more motivated to maintain the environment." [R4]

"Anything that comes from bottom up works better than what comes from the top down." [R4]

"You have to feel intrinsically motivated." [R5]

Lastly, an expert gardener (farmer) recommends that an organisation should hire an expert to share knowledge with the gardeners.

"People could focus on finding an expert, e.g., a gardener. Other gardens are missing an expert, you need a lot of knowledge about a lot of things. When you start is difficult. You must have a good connection with the people around to bring them together and make a good thing. That's important." [R2]

5.3.4 Users opinion/feedback

The code *users' opinion/ feedback* is divided in two subcodes. One regarding 'positive feedback regarding different existing initiatives' and the second one is regarding 'negative feedback regarding different existing initiatives'.

5.3.4.1 Positive feedback

Most positive feedback answers were from the interviewee that is located in Wageningen, and only one time interviewee located in AZO mentioned something that is positive feedback.

"Yes people are actually always very positive and enthusiastic but I would really like to get some more feedback from the people but I don't get that haha. People never give up and think it's all perfect." [R3]

"You often see that children are very enthusiastic in the beginning, and even when harvesting is required" [R5]

"I think that in our vegetable garden, people simply enjoy purchasing the products themselves and social contact is also very important in the neighbourhood, and they can enjoy their own bunch of flowers from the garden." [R1]

5.3.4.2 Negative feedback

Negative feedback was mentioned multiple times. R2 was expressing its negative towards Brasapark. They elaborate on it, saying that there is no connection because it was initiated from outside and the placement is not within a community, but in between two communities.

"That's [a project coming from outside does not work] the big argument now from Brasapark, and is not working." [R2]

"It's not a neighbourhood. It's bigger. And that's a difficult thing I think." [R2]

"I am not saying that Brasapark is not a good place but it is difficult to connect with" [R2]

Furthermore, there was also negative feedback given towards working with children and the overall ignition of the garden.

"So in the beginning when we started gardening there a lot of people thought it was difficult, sloppy and we only had a fence around it. People thought it was sloppy" [R5]

Lastly, negative feedback was mentioned towards our project, VENZO, and the procedure.

"I like that you have been hired by VENZO, but we as a court garden don't need anything with VENZO." [R4]

"If you know the residents here in Zuidoost, you know that this is not going to work." [R4]

6 RESULTS QUESTIONNAIRE

This section highlights the most relevant and useful results of the questionnaire. The questionnaire, which was provided via a scannable QR-code that was placed up at various sites throughout Amsterdam Zuidoost and directly solicited participation on the streets of AZO, took participants about 5 to 7 minutes to complete on average. This produced a total of 53 replies, of which around 40 were fully completed.

6.1 Descriptive statistics

Of our respondents, we found that the average age was roughly in the category of 18-24 (38.00%), and 45-54 (20%). The majority of the respondents are identified as female (61.22%) followed by male (28.57%). Since our respondent rate is not large enough to demonstrate representative results, we will dismiss traditional analysis methods and instead opt to treat this more as input by the residents.

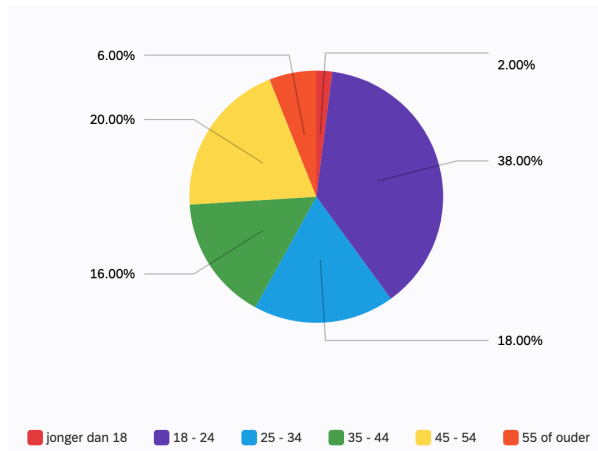


Figure 4 Results RQ 1 What is your age?

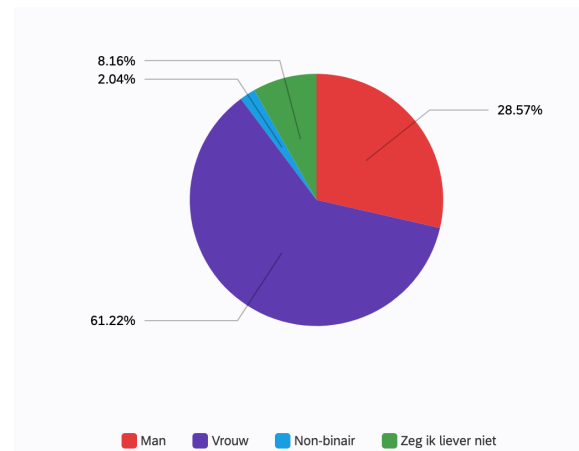


Figure 5 Results RQ2 What is your gender?

6.2.1 Results

Below the most relevant findings of this survey are highlighted. For this research, the choice was made to use descriptive analysis methods by which we sought to describe the status of variables (Winston-Salem State University, n.d.).

After the participants filled in the general information (age, gender, whether they lived in the AZO area) our first set of questions focused on gardening. Whether people were involved, and if not, how could we potentially get them more involved. The chart below shows what the residents found most crucial to their potential involvement in gardening. For each of these charts, the x-axis contains the number of responses, and the y-axis the possible answers.

6.2.1.1 On gardening

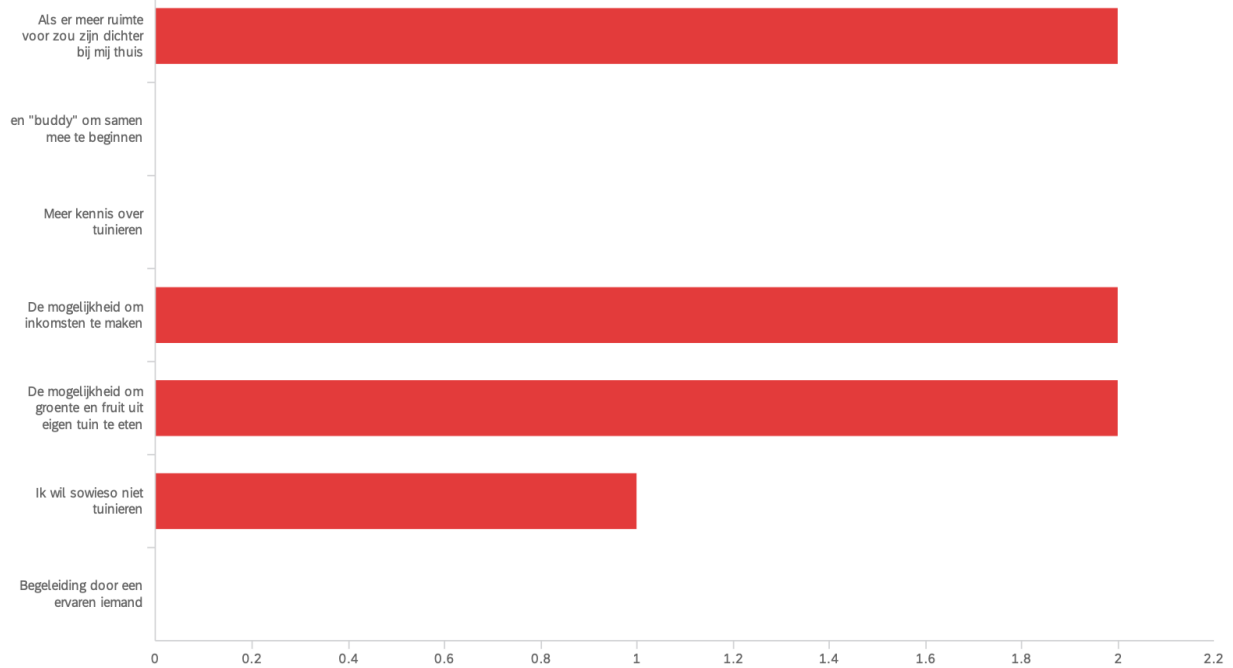


Figure 6 Results Q7 How could you get more involved with gardening and communal gardens in the neighbourhood?

In total, 7 respondents answered this question. The majority of participants (28.57%, a total of 85.71%) were undecided between "more room for me to garden, closer to home", "the opportunity to make money", and "the opportunity to eat fruits and vegetables from my own garden".

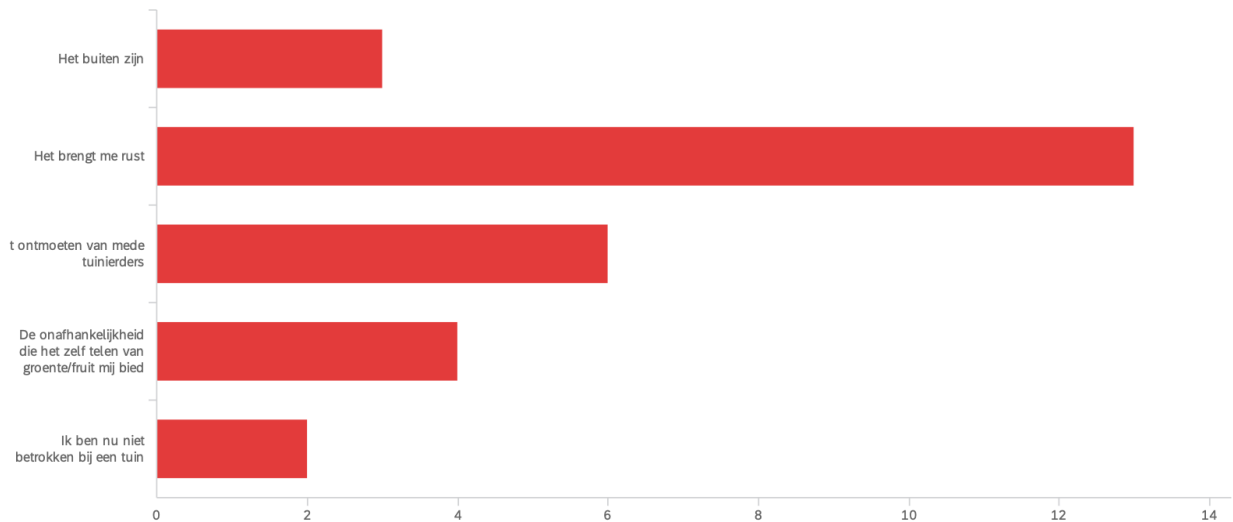


Figure 7 Results Q11 If you are currently involved in gardening, what makes it the most enjoyable for you?

Of the people who already did involve themselves in gardening and communal gardens within the AZO area, we checked the reason for their involvement. In total, 28 respondents answered this question. Of all respondents, 46.43% revealed that the reason for their involvement in gardening was the fact that it brought them peace of mind. In second place, the social connection with other gardeners was mentioned (21.43%). Followed by the independence gardening offers (14.29%) and being outside (10.71%).

6.2.1.2 The Urban Agriculture Academy

The participants then moved on to a set of questions regarding the agriculture academy, which was led by the following explanation of the platform: "There are potential plans in Amsterdam Zuidoost for an "urban agriculture academy". This is a way for residents to gain and share knowledge about agriculture, vegetables, and fruits,".

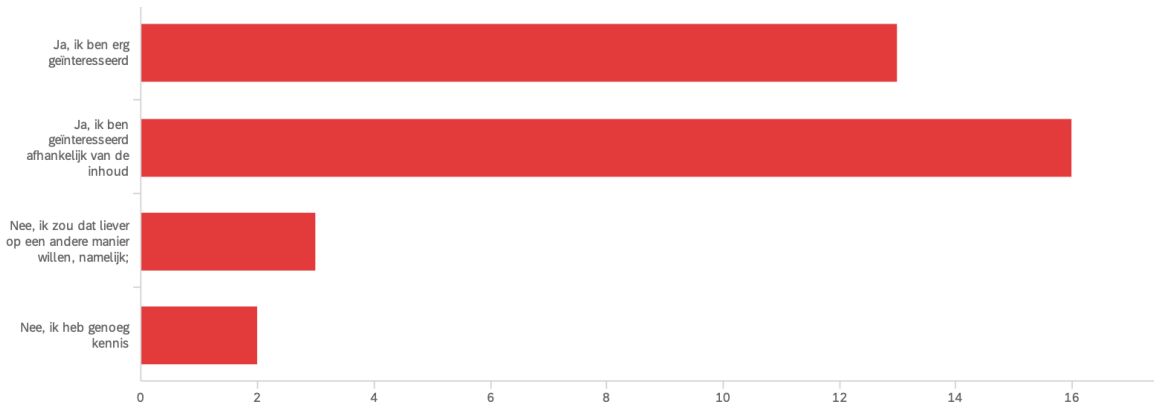


Figure 8 Results Q9 Would you be interested in a platform where you can share and receive knowledge about urban gardening?

This statement was then followed up by the question whether or not residents would even be interested in such platform, and if they had any ideas for the shape of the agriculture academy. In total, 34 respondents answered this question. A total of 85.30% stated they would be interested in the agriculture academy in one shape or form, of these 29 respondents, 38.24% would only be interested depending on what is being taught.

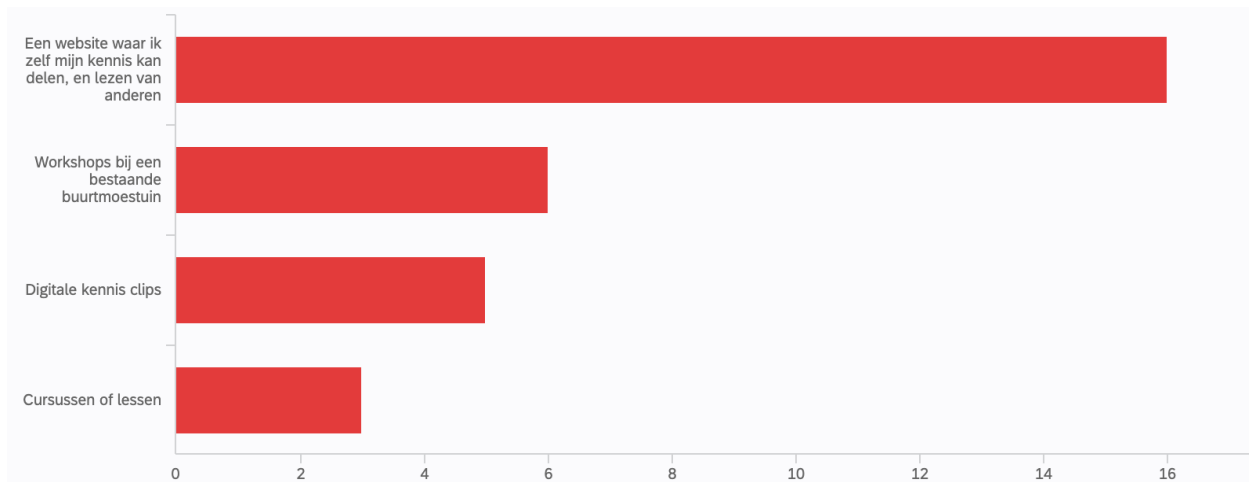


Figure 9 Results Q8 What would be, according to you, a good way to shape the urban agriculture academy?

In total, 30 respondents answered this question. When prompted with the question what they would think is a good shape or form for this potential agriculture academy, respondents agreed that a website where knowledge could be shared and received was the most desirable platform (53.33%). This was followed by workshops at existing community gardens (20.00%), digital knowledge clip (16.67%), and a course/class (10.00%). Respondents were then invited to write down their own thoughts and ideas about the agriculture academy if so desired. This produced the following responses.

1.	"Laagdrempelig" (easy to access, little effort)
2.	A mix between a website and community-led classes
3.	Lots of plants
4.	No, but I can simply guess that it can be a place to gain knowledge on gardening both in theory and in practice and in the end getting a certification for your attained knowledge.

Figure 10 Results Q19 Do you have any ideas or remarks on how this academy should be shaped?

6.2.1.3 Facilitating a Connection

The next part of the questionnaire could only be accessed by people who selected they had experience in gardening. To gather insight on whether a connection between existing urban gardens within the AZO area is desired by the residents, questions on if there was anything these gardeners were missing in their gardens (and if that could form a basis for a potential connection), what they already saw, and what they would like to see.

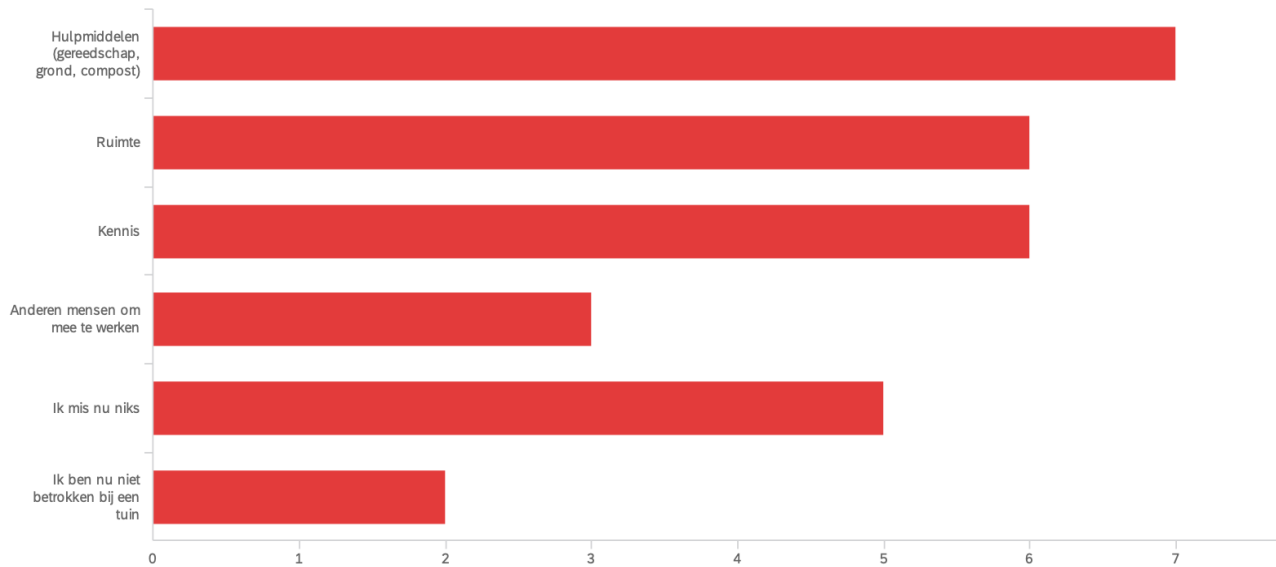


Figure 11 Results Q13 Is there anything you are currently missing in your garden?

In total, 29 respondents answered this question. Of all responses, 24.14% mentioned they mostly missed tools and resources, followed by 20.69% for space and knowledge, 10.34% was missing other people to share the work with, and the remaining 24.14% was either not involved in a garden at the moment or not missing anything at all.

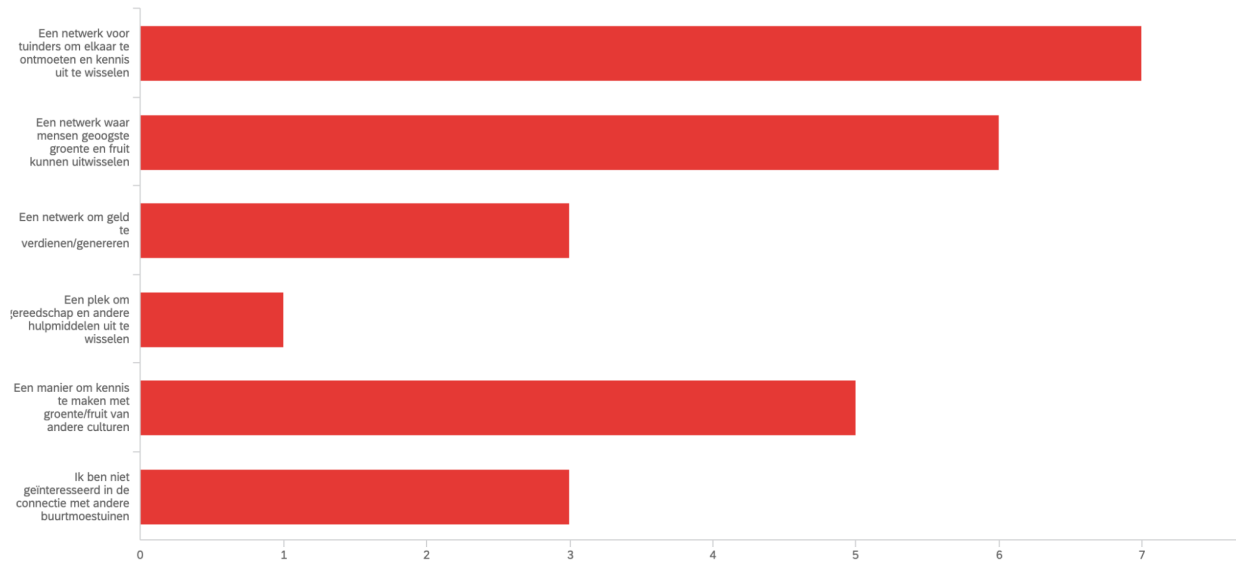


Figure 12 Results Q14 What would a good connection with fellow gardens imply for you?

In total, 25 respondents answered this question. Respondents were given multiple options to choose from on what kind of connection they could see happening between community gardens in the AZO area. The responses were varied and diverse, with a social network, a network for exchange of goods, and a network to exchange cultural knowledge were amongst the most popular with 28.00%, 24.00% and 20.00% respectively. This was followed by a network to earn money and a network (12.00%) to facilitate the exchange of resources and tools (4.00%). The remaining 12.00% stated to have no interest in a connection. Of these respondents, 85.71% percent stated that they would actually like to see this kind of connection, followed by 4.76% would not and 9.52% not having given it any thought yet.

6.2.1.4 Food Security

Finally, we asked participants whether or not they saw urban gardening as an opportunity to combat food security.

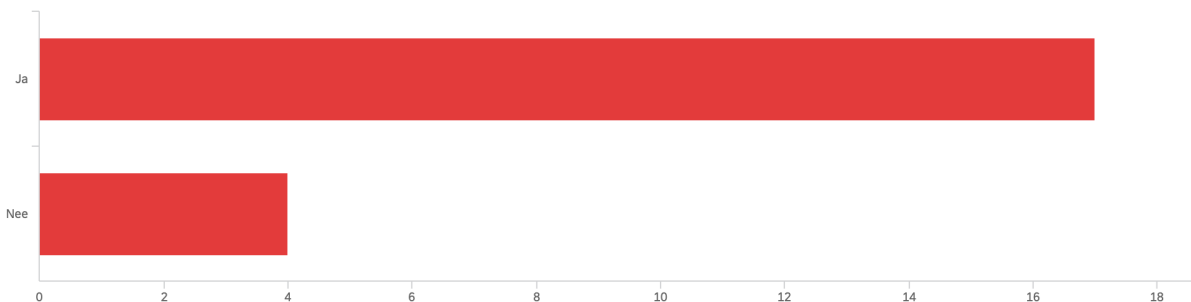


Figure 13 Results Q23 Do you think a connection between gardens could provide an opportunity to aid food security?

In total, 19 respondents answered this question. The overwhelming majority (89.47%) agreed that it could potentially aid food security, whilst 10.53% disagreed with the statement. This question was followed up by people being able to elaborate on their answer if desired, 5 people answered:

1.	Yes, because independence with your own yields
2.	Yes, because this way you have control over your own production
3.	Yes, because sharing surplus
4.	Yes, because once you eat own cultured food you don't want anything else
5.	No, because I don't think there is enough space in community gardens to produce at a large scale.

Figure 14 Results Q23 If you wish, please explain your answer.

6.2.1.5 Final Thoughts & Remarks

For the last question of this survey, we asked respondents whether they would like to leave their final thoughts about urban and communal gardening as well as the agriculture academy. 3 people left remarks:

1.	People with knowledge are important, because there is no time for people to gain knowledge on their own. People with knowledge does not necessary have to mean professional gardeners, it can be another person from the community to guide others. Let's say a leader is important to give guidelines.
2.	Good company and the whole summer vegetables and great atmosphere!
3.	The work is peaceful, you learn a lot from each other, you get to know new faces, and overall and a good atmosphere

Figure 15 Results Q29 Is there anything else you would like to share about your experience with community gardening?

7 DISCUSSION

7.1 Critical reflection on process

After the first general research question was formulated, we started conducting the research. During this process, taking a bottom-up approach, rather than creating something and handing it over to the community, was one of our focus points during this process. However, during this process, we were not really focussing on this bottom-up approach but made the common mistake of putting our own point of view prior to the residents' point of view by aiming for an answer to the problem we thought they experienced. Later, we realised that instead of trying to contribute something to "the problem" from our own perception, we had to use the input from residents. In the end, we came up with three approaches which are based on the insights from the residents, advice from experts and literature research.

7.2 Critical reflection on methods

Within this chapter, a critical reflection is written on methods and whether the methods are the best in view of the problem and research questions, but also optimal in view of the available budget and time.

7.2.1 Literature review

The literature study answering the research questions, formed a preliminary base for the follow up field research as well as the foundations for the recommendation. Due to the demarcation of the literature search based on the substantive specific research questions, less or too little literature research has been done into the target group of this project. As a result, there was an incomplete picture of the residents that were researched, this has become apparent from the reaction to the approach that is applied when approaching the residents. In the future, sometime should be dedicated to properly researching the inhabitants of the AZO area before approaching as it is, in our experience, too complex to be approached with minimal research and knowledge.

There is also a large discrepancy between the sources used to answer each research question. Although plenty of sources and information are available, questions 1 and 2 by nature could only be answered using organisation websites, instead of scientific papers, due to the practical nature of the questions. On the other hand, RQ3 and RQ4 are more theoretical and more supported by professional literature. The lack of proper theoretical support could have led to potential biased conclusions (Haddaway, 2020).

7.2.2 Interviews

While we found our findings to be quite fruitful and assisted us in discovering a pattern of behaviour between the interviews, we recognise a handful of limitations to our research, mostly due to the sufficient means, especially time and resources. The interviews conducted varied in length and in content. Two interviews were directed at gardening professionals, while the third interview was a resident of the AZO area who dabbles in gardening every now and then at a community garden. The interviews lasted anywhere between 30 minutes to 90 minutes. The interview with R2 lasted 90 minutes as this has taken place in the form of a guided tour. The brevity of the interviews can be attributed to several components. Firstly, the difference in content made that not all the same questions could be discussed in every interview, resulting in different length times and results. Secondly, it is possible that the interviewers' limited prior experience in this field could have impacted the procedure. Additionally, some interviewees were quite brief with their answers and would not cooperate with the material and follow up questions we were providing.

In addition, the inexperience of the researchers also plays a role in a possible lack of quality of the interviews. Although the interview guides were prepared by researchers who are experienced in this, the conduct of the interviews fluctuates in quality because some of the researchers have no prior

experience in doing interviews. In addition, a conscious decision was made to conduct the interviews in an informal manner to make the interviewees feel at ease by having a fluid conversation rather than a very structured interview. These two factors caused too much deviation from the interview guide during some interviews, resulting in too many closed questions being asked instead of open questions. This resulted in a transcript with few substantive answers that were supplemented during transcription (appendix 5.2). Without these additions, coding would not have been possible, and not much relevant results would have come from this particular interview (R2). We made the choice to have inexperienced people conduct interviews as well because we wanted to keep the division of labour fair and because it was indicated that people wanted to take this opportunity to learn how to do an interview.

The quantity of interviews is also something we believe to be a hindrance to the quality of our findings. We were able to produce a set of three interviews (four with the dyadic interview included) with participants who were all very different in nature. As mentioned, we interviewed two professionals and one amateur gardener from the AZO area which resulted in multiple interview guides to make sure the questions fitted the interviewee. We would have liked to do more interviews since we grasped a lot of useful knowledge from them and it would contribute to the representativity of the research, but due to the time constraints, we were not able to do this.

We encountered several constraints that had prevented us from reaching our intended target. Firstly, the restricted available time hindered our ability to conduct a more extensive research on the community, resulting in a limited list of people to interview. Secondly, our lack of connections to the AZO area and surroundings hindered us from being able to expand upon the number of interviews we were able to conduct. Furthermore, the distance between our research team and the community was also a restriction that added to the limitations we faced. Additionally, there is a risk of sampling bias since the sample is not representative for the population, which limits the generalisation of the study's findings. Finally, the lack of interest in participating in this research, is also believed to be a signal by the residents and professionals from this community to this project.

Despite the limitations described above, we want to emphasise that we are confident in the quality and value of our results. Although a greater number of interviews would have been beneficial for our results, we believe that despite our limitations, our findings are insightful and fruitful. We acknowledge the limitations we faced, but we are confident in the robustness of our analysis and the relevance of our findings.

7.2.3 Dyadic interview

Our aim was to invite participants with gardening experience in either existing community gardens in the AZO area or in their country of origin to discuss several topics regarding their experience with gardening, their ideas and needs towards connecting gardens and their general opinion on the current situation about community gardening in AZO. This would not provide a strong representativeness of the whole AZO area, but it potentially would reflect a more realistic experience of community gardening within the area. As mentioned in section 3.2.1 (Dyadic interview), the participants were selected using purposeful sampling and only one dyadic interview ended up taking place. Due to time constraints, it was not possible to hand-pick each participant. Instead, the aim was to invite participants with gardening experience in existing community gardens in the AZO area. Unfortunately, this also implies that the research sample is prone to sampling bias as the group is never a statistical balance of the population (Galloway, 2005; Andrade, 2021) and does not fully represent the complex community of AZO. In order to combat the potential bias, a guide is created in order to ensure greater replicability of the research.

In addition, it is very important to note that the two participants of the dyadic interview were both originally Dutch, high-educated women, who live in the outskirts of the AZO area in owner-occupied property instead of residents with different cultural backgrounds from the rental highrise flats which characterise the neighbourhood. This influences the external validity which implies that any results that

came out of this dyadic interview, should be taken with a generous grain of salt regarding representativity and validity.

Furthermore, instead of a dyadic interview, the original plan was to hold a focus group. This was unfortunately not possible due to the lack of interest by potential participants. To adapt to the situation, the choice was made to continue and hold a dyadic interview instead as it is comparable in dynamic to a focus group (Morgan et al., 2013). With more time and resources, we could have expanded the dyadic interview into the original planned focus group or initiated multiple other dyadic interviews that together would be more representative for the population. However, as noted in various stages of this research, the lack of response is perhaps also a sign and a useful result of this project.

7.2.4 Questionnaire

The number of responses does not stand in proportion with the number of inhabitants in the area, thus the research is prone to sampling bias as the available group will never be a statistical balance of the population (Galloway, 2005; Andrade, 2021). The questionnaire was created because it was initially very difficult to reach residents of the area to participate in a focus group, but the questionnaire too proved to be difficult to spread. As none of the researchers involved had ties to the Amsterdam Zuidoost area, the questionnaire was initially intended to be spread through certain contact points provided by the commissioner as well as reaching out to neighbourhood centres in the area. However, our question for help was most of the time met by refusal. To keep moving forward, the choice was made to go out into the city to approach residents physically. Once again, responses to the survey were very difficult to acquire. Most people we approached were hesitant to fill out the questionnaire since they had the feeling that we were yet another group of students aiming to "improve" the AZO area with another project with no potential (from their point of view). In the end, a total of 53 responses were gathered over 7 days. This low response to our survey gave off a clear signal; the residents of AZO are not very keen to the "improvement" initiatives of outsiders in their neighbourhood.

Additionally, due to the digital nature of the survey which was distributed through a digital link or a scannable QR-code, a certain group of people was more likely to respond to the survey than other groups of people. We can conclude, from section 6.2.1, that most of the respondents fell into the age category 18-24, a generation of people generally more knowledgeable and comfortable with anything digital. It was observed too on the streets when distributing the survey, that certain people would like to fill it in, but did not have the means or the ability to scan the code or access the link. This sampling bias skews the results.

The answers could also have been influenced by the options given in the survey, which is referred to as response bias (Survey Monkey, n.d.). This breed of response bias is called *demand characteristics*, describing how respondents may change their answers in advance or during the survey based upon provided information or because they are simply part of an experiment ("APA Dictionary of Psychology," n.d.).

The small sample size that was hence collected was by no means representative for the population of Amsterdam Zuidoost and would never make any kind of statistical analysis statistically significant. Correlative and quasi-experimental analysis methods would therefore be inappropriate. The choice was therefore made to use a descriptive analysis method (Winston-Salem State University, n.d.) that was deemed more appropriate for the situation.

7.3 Critical reflection on outcomes

A critical reflection on the project's output is written in this section. Since the recommendations, consisting of three approaches, are written not only based on the results of the research but also on the creative input of the researchers, there are some limitations that are described.

Although there are many practical ways in which the accessibility of fresh produce can be increased, there are also several challenges and limitations that must be taken into account when implementing the described approaches in section 2.

Regarding approach 1, creating a social connection through community gardens only works if there is intrinsic motivation from the community itself. As long as the residents of the AZO area themselves do not want to participate in possible projects, not a single recommendation will work. A different approach that we suggest is a bottom up approach. In other words, a different approach that we suggest is a bottom-up approach. This is very important to keep in mind while implementing practical scenarios from approach 1. In addition, not only the residents must be open to cooperation and connecting the gardens, but also the board members of community gardens and other organisations must be open to this. A working long-term collaboration can only be realised when there is mutual interest in a connection in every form. Thirdly, budgets may be required for specific initiatives recommended in approach 1, which is another limitation that could prevent residents or organisations from participating in a social connection. Moreover, other things can be foreseen as possible thresholds when implementing these scenarios, such as more land, soil, or other resources.

For approach 2, there are also some critical reflection points that need to be addressed. This approach focuses on the productivity of community gardening which is accompanied with certain challenges. One of the key challenges is ensuring the long-term sustainability of the community gardens. This requires the involvement of skilled gardeners and community members who are committed to maintaining the gardens over time. The need for a professional gardener is critical for the success of a community garden. Professional gardeners can provide the necessary skills, knowledge, and expertise to ensure that the garden is productive and sustainable. In addition, some scenarios described in approach 2 are written with a future perspective which makes them unfeasible in the short term. In addition, urban gardening is not the solution to food security, but the scenarios described can contribute to the solution of this problem in this region. Access to fresh and affordable produce is a critical issue in many communities, and AZO is no exception. The challenge of ensuring that residents have access to healthy food options is more vivid in urban areas where space and resources for traditional agriculture may be limited. Urban gardening solutions offer one potential alternative for increasing access to fresh produce, but they must be complemented by other strategies aimed at reducing costs and increasing availability.

The third approach focuses on the economical accessibility of fresh produce and which initiatives can be applied to create an effective and attractive provision of fresh produce to the AZO community. Economic changes cannot be implemented as abruptly as many parties, laws and regulations, are involved and the legality of collecting waste produce must be considered. The food sector may be significantly impacted by governmental regulations. A review of agriculture policies and trade agreements is also necessary in execution of the scenarios of this approach. The initiatives described are possible practical scenarios that can contribute to the increase of economical accessibility of fresh produce. Based on the stakeholders' ideas and our own input, we quickly came up with increasing the production of the community gardens. However, it might not be possible for community gardens to produce on a huge scale now.

Implementing the described approaches is accompanied with certain challenges. For example, the legality of collecting waste produce must be considered, appropriate workshop spaces and individuals must be identified, and the power of the municipality in this area should not be underestimated. The municipality in AZO has a lot of influence on initiatives that may or may not be implemented. A different approach that we suggest is a bottom up approach. Nevertheless, by pursuing such solutions, communities like AZO can work towards building a more sustainable food system that ensures all residents have better access to healthy and affordable food options.

So, community gardening and sustainable food practices have the potential to address a range of challenges facing urban communities such as social cohesion, environmental sustainability and improvement of available fresh produce. While there are challenges associated with implementing these solutions, they represent an innovative approach to addressing critical issues facing urban communities like AZO. It is believed that these suggestions can contribute to increasing the accessibility of fresh produce, to the sustainability of gardens, encouragement of community spirit and continuity of the project. By pursuing such solutions, communities can work towards building a more sustainable food system that ensures all residents have access to healthy and affordable food options.

7.4 Critical reflection on GRQ

During this project, the direction of the research changed due to input and desires from stakeholders and to own findings gained during the process. These changes led to an adjustment of the direction of the research from a focus aimed at only connecting existing community gardens in the AZO area, to a focus aimed at overall improving the fresh produce accessibility in this area with the residents as main actors. The general research questions stated in the beginning of this project was formulated as

How can existing gardens within Amsterdam Zuidoost be connected based on the stakeholders' needs to improve social cohesion?

This question emerged from a brainstorming session with the group in which we considered all perspectives and influences of all stakeholders, resulting in our own focus and setting the frameworks for the project. In delineating the focus, we mainly considered the limited time we had during this ACT period and the feasibility and longevity of the project. It was decided to focus only on the connection between existing community gardens in AZO to increase social cohesion in this neighbourhood which would contribute to the overall problem.

After this question was formulated, we started conducting the research. During this process, different perspectives and findings emerged, with the result that not only is social connection central to this project but we need to look broader and include other directions in this project. This led to another brainstorming session in which we stepped back to zoom out, critically considered these insights, and made a distinction between three approaches to base the recommendations on; connection, gardening and alternatives. These three approaches eventually became the advice to the commissioner in the form of concrete recommendations. The consequence of this adjustment was that, based on the results of the research done, we could not provide a concrete and valid answer to the previously formulated main question. This led to a critical discussion within the consultancy team on how we could now logically finalise this report using appropriate recommendations and conclusions that answer a suitable main question. The result was a modification of the main research question to make sure it can be answered based on the results of the study. This question was formulated as

'How can fresh produce accessibility in AZO be improved with a residents focused approach?'

Namely, this question not only focuses on connecting gardens and residents, but also gives room for recommendations focused on increasing the productivity of community gardens and on alternatives for availability of fresh product, which are the two added focus points. Based on the results of the research, the recommendations are given by means of these three steps.

8 CONCLUSION

After combining our academic backgrounds with our results from the interviews and questionnaires, and literature research, we came to two main conclusions.

Firstly, the role of AZO residents in any project directed to this neighbourhood should be central. Projects like these with a sensitive subject matter, should have the residents as main actors and should start with an exploration of what local residents' needs and ideas are. Especially for community gardens, residents need to be truly involved to build something that can be at the same time attractive and long lasting. The lack of response to our questionnaire and interviews is a clear sign that top-to-bottom projects coming from outside the local community will have a hard time in AZO.

Secondly, we conclude that to effectively tackle the limited accessibility to fresh produce in AZO, urban gardening might not be the best option. Urban gardens bring many benefits to a neighbourhood, they support the mental health and well-being of the residents, they are great social connectors and can enhance social cohesion within the community. Nevertheless, when it comes to fresh produce, the production is rather limited and with difficulty can have an important influence on the food security of a community the size of AZO.

To increase the accessibility to fresh produce in AZO, urban gardening is not the only way to contribute to this. Other social initiatives, more focused on the economical accessibility of fresh produce, will need to work side by side. An effective approach would be conducting research in the same form and shape as ours, brought to the residents from a figure within the community and with plenty of social ties to facilitate the central position of the residents in the discussion. With a diverse combination of projects, a more central role of the residents and a better connection between different initiatives, AZO residents can gain both a more cohesive community and a more accessible fresh produce.

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APPENDENCIS

Appendix 1 Stakeholder analysis

Stakeholder Analysis

In this section, the stakeholders of this project are mapped. A stakeholder is “any group or individual who can affect or is affected by the achievement of the organisation’s objectives” (Freeman, 1984; Jones, 1995; Kreiner & Bhamri, 1988). The stakeholders for this project will be identified and classified accordingly, using the stakeholder classification method as described by Mitchell et al. (1997): power, legitimacy, and urgency. Power describes “the relationship among social actors in which one social actor “A”, can get another social actor “B”, to do something that B would not have otherwise done (Dahl, 1957; Pfeffer, 1981; Weber, 1947), which can be summarised as a position of power to carry out actions despite possible resistance. Legitimacy is “a generalised perception or assumption that the actions of an entity are desirable, proper, or appropriate within some socially constructed system of norms, values, beliefs, definition” (Suchman, 1995; Weber, 1947) implying that the stakeholder has an interest and genuine involvement in the project. The third element is urgency, which is “the degree to which stakeholder claims call for immediate attention” (Mitchell et al., 1997). By categorising the stakeholders, the consultants should have a better idea of the different roles, responsibilities, and influences.

Whilst this kind of stakeholder classification traditionally only features stakeholders, there are also actors included in this list. The difference is that while stakeholders are affected, actors are simply “cogs” within the system (FutureLearn, 2022). The most important stakeholders and actors are described below as illustrated in figure 14. A smaller, more comprehensive list follows in figure 15.

AZO inhabitants

As definitive stakeholders in the project, the inhabitants of AZO have a sense of legitimacy and urgency. We assume legitimacy, as the project is in the interest of the AZO inhabitants and is desirable in their assumed current situation. The issue of legitimacy is up for debate however, and further research will have to prove this. Additionally, there exists a sense of urgency; as described in previous sections, healthy produce has grown massively more expensive as a result of inflation (CBS, 2023). Depending on the perspective, the inhabitants have power as well. An individual inhabitant will not have the ability to disrupt the project, but banded together, the residents have a great contribution to make this project work or either disrupt the project. As we have stressed, this project aims to build upon the needs and desires of the AZO community. Their involvement is thus key to its success.

WUR Science Shop

The WUR Science shop is responsible for the research of this project, which is being owned by stichting VENZO. The designation is therefore a bit more complex; there is a legitimate interest and a degree of urgency due to their role as consultant to Stichting VENZO. This makes the WUR science shop a dependent stakeholder on the client (Stichting Venzo) regarding the future of this project. On the other hand, as a research entity within the project, WUR Science Shop provides the necessary information to determine the overall project’s future. While this does not put WUR Science Shop in a direct position of power (which was defined as an entity with the power to make decisions regardless of resistance), it certainly gives more weight to their position in this overall system.

Municipality of Amsterdam

While not currently directly involved with the project and thus falling into “actor” category, the municipality of Amsterdam holds a tremendous power over the project when it is eventually carried out. The municipality controls the land, and the potential funds to ensure the future of this project. Since the municipality is not yet involved, they hold neither urgency nor legitimacy. A dormant stakeholder should therefore be treated with more care. While not influential for this particular part of the process, their potential involvement in the long term means that they can enforce their own will onto the project (Mitchell et al., 1997).

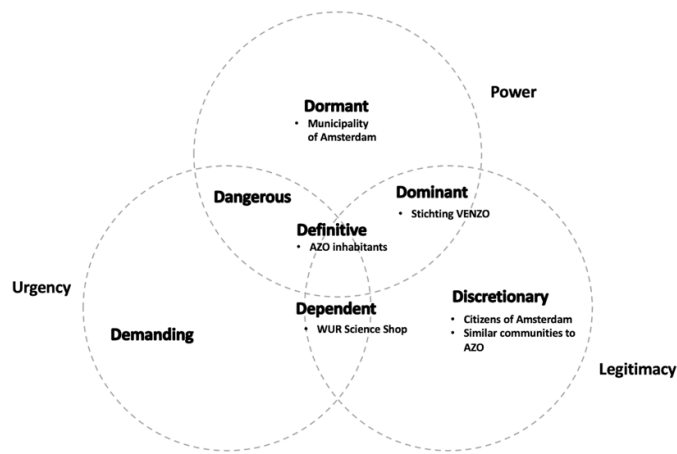


Figure 14 Stakeholderanalysis ACT Project 3.037

Stakeholder	Stakeholder type
AZO community	Is a definitive stakeholder and should therefore be managed closely. They have legitimacy, urgency, and power in this project due to their desired involvement
Stichting VENZO	As the owner of the overall project, Stichting VENZO has power and legitimacy. The institution is the position to enforce power, and have a legitimate involvement with the project. This makes VENZO a dominant stakeholder. The organisation committed to connecting initiatives with a social clause.
WUR Science Shop	Is a dependent stakeholder and should therefore be managed closely. WUR Science Shop has acquired the project from their client, Stichting Venzo, and therefore lacks power. However, due to the delegation of tasks, there is a strong sense of urgency and legitimacy.
Municipality of Amsterdam	Is a dormant stakeholder/actor and should therefore be managed carefully. While currently not involved, their potential involvement could have a lot of impact on the project.
Citizens of Amsterdam	A discretionary stakeholder, having only legitimacy. There is no pressure to engage with this group, but they can benefit or be hindered by the outcome of the project. Depending on the success of this project, it could potentially lead to a decrease in vandalism and civil unrest, benefiting the city of Amsterdam at large.
Inhabitants of similar communities	A discretionary stakeholder, having only legitimacy. There is no pressure to engage with this group, but they can benefit or be hindered by the outcome of the project. Depending on the success of this project, other communities could implement similar plans.

Figure 17 Stakeholder and actors list

Appendix 2 Infographics

2.1 Approach 1

CONNECTION

Creating a stronger network of existing urban community gardens will have several benefits for residents and the community in general.

Educational connection


- Knowledge sharing
- Garden workshops
- Urban agriculture Academy



"53% of the participants preferred a website"

"20% of the participants preferred workshops at existing community gardens"

"85% of the participants stated that they would be interested in an urban agriculture academy"



Social and Cultural Connection

- Plant Swaps
- Increasing accessibility
- Community Garden Club
- Garden Tours


"An app like 'marketplace' where you post things you want to get rid of and can search for things you still need. Marketplace for gardens, a place where everyone who is connected to a garden can connect to the app. That's also a connection."



Generational Approach

- Intergenerational approach

"In our neighbourhood, you have the Cararabic foundation for young people. They have quite an influence on those young people. They could do something for the young people and then those young people might also feel more motivated to maintain the environment."



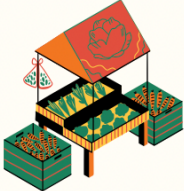
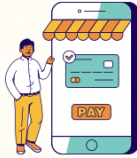
2.2 Approach 2

GARDENING

Urban gardening is a great social connector, it helps to improve people's mental health, creates more cohesion and allows people from different cultural and economical backgrounds to work together.


Design a food chain

- Establishing a food co-op
- Community Supported Agriculture (CSA) program
- Partnerships with local food businesses

Professional Approach

- Professional Gardener
- Board
- Corporate social responsibility





"The gardener must have the knowledge to connect people and bring them together."



"Our chairman is also a good motivator"

"People could focus on finding an expert, for example a professional gardener"

Guerilla Gardening




- Plant flowers, herbs, and vegetables in public places
- Enhances the visual appeal of urban spaces
- Healthier and more sustainable urban environments





Youth & School Gardens

- Promote healthy eating habits
- Learn how to care for plants and work together
- Learn about biodiversity and sustainable agriculture



ECO-FRIENDLY

Create rooftop gardens



- Improve aesthetic attractiveness
- Promote sustainability
- Provide various benefits

Better air quality

Improved stormwater management

Lower energy costs


Reducing the urban heat island effect





Greenhouses & Tunnel

- Effective way to increase productivity and extend the growing season of community gardens

"Yeah the tunnels are very cheap, but they do not work in winter. The main advantage is that they can expand the cultivating season. You can start the sowing earlier and the harvesting later."





2.3 Approach 3

ALTERNATIVES

Urban gardening solutions need to work side by side with other price reduction focused solutions. Alternative ideas and suggestions were created that could potentially work in the AZO.

Food bank

- Free access to fresh produce for economically disadvantaged people
- Connect urban gardens to food banks



"Yes, I think the food bank is a nice idea! If the harvest is worth it, because there is not that much left over."



Pay what you can

- Pay-what-you-can system
- Income based payment

"Yeah, when you have a good garden then you can think about the system. Poorer people can save money while richer people can pay more. So, you can connect the poor and rich people."

Distribution

- Waste vegetables market
- Food Processing workshops
- Community kitchen
- Waste vegetable bag



Appendix 3 Interview guides

3.1 Interview guide Other city projects (ENG)

Introduction

Hi, first of all, thank you for participating in this interview for our research. I have some questions before we start the interview. Are you okay with me voice recording the interview? ... **Start recording if yes** I will introduce myself first. I am ..., **Other students present introduce themselves** and we are students at Wageningen University and Research. We are conducting research with 4 fellow students for a multidisciplinary project for the WUR science shop.

Within this research, we want to get insight on how to connect existing gardens to improve social cohesion in the AZO community. The purpose of the interview is to gain more knowledge about the organisation you work for, and to get insights into current projects and who participates in these projects.

For this research, I will ask some questions regarding different topics, such as the organisation, gardening projects and participants of these projects. During the interview, ... will be making some notes and ... will observe during this interview. In total, the interview will take around one hour. We would like to mention that there are no right or wrong answers here, we are truly interested in your organisation and the projects you discourse. We will delete the voice recorder after the data has been processed. Only our group members will get access to the voice recordings, and your name won't be mentioned as you stay anonymous.

Opening questions

First, I would like to ask some opening questions.

- Q1. What organisation do you volunteer/work for?
- Q2. What does this organisation do?
- Q3. What is your role within this organisation?
 - How do you experience this role?
- Q4. Why do you volunteer/work for this organisation (intrinsic motivation)?

Interview questions

*Now, I would like to ask some questions regarding *the organisation*?*

Topic 1 Organisation

- Q5. How would you formulate the current purpose of this organisation?
 - Values
 - Mission
 - Economical purposes
 - Social purposes
- Q6. In what way do you put your goal into practice?
- Q7. What is the long term goal of this organisation?
 - Vision
- Q8. Is your organisation profit or non-profit?
 - Profit: Where does the money go?
 - Residents themselves
 - Community investments
 - Municipality
 - Own organisation
 - Non-profit: Is there any financial income? Where does it come from?

Topic 2 Garden

The next topic is about gardening.

Q9. How many gardens belong to your organisation?

- Where are they located? How large is the area?

Q10. What crops are currently growing in your gardens?

- Are you satisfied with these crops? Or would you like to see other crops in the garden?

Q11. Where is the current gardening knowledge coming from in this organisation?

- Do you want to improve/ expand this?
- Urban Agriculture Academy?

Q12. What is the goal of each garden? Do they differ?

Q13. Do you think this goal is being reached right now?

- If yes: what is the key to success?
- If not: what do you think your organisation would need to achieve this?

Topic 3 Participants/ Residents

Next, I will ask some questions about the participants of this project.

Q14. Who is gardening/ participating in your gardens?

- Residents
- Professional gardeners
- Municipality people

Q15. What are the responsibilities within your gardens?

- Produce
 - Main gardener (professional/ volunteer?)
 - Residents themselves
 - Volunteers
- Where is the product going afterwards (profit)?

Q16. What is the current relationship of the organisation with residents in AZO?

- Do you know why the residents use your garden/join your project?
- How do you create awareness about the garden to the residents?
- How do the participating residents connect with each other?

Q17. What do you think the opinion of the residents is towards your projects?

- (Un)satisfied? Why?
- How do you know this? Or is this just a feeling?

Topic 4 Cooperation

*Lastly, I have some questions regarding cooperation of *this organisation*.*

Q18. What parties are involved in the gardening projects?

- Municipality
- Schools
- Homeless shelter
- Other similar organisations (Q19)
- Community centres

Q19 How do each of the organisations you mentioned contribute to this project?

Q20. *You mentioned before that you cooperate with other similar organisations;*

- With what organisation(s)?
- What does this cooperation look like in practice?

You mentioned before that you don't cooperate with other similar organisations;

- Are you willing to cooperate with other organisations?

- If yes
 - Why?
 - In what way would you like to see this cooperation? Working together?
Sharing gardens?
- If no
 - Why not?

Specific questions

Q20. What do you think is the benefit of this organisation situated in ... instead of in AZO?

Q21. What do you think is the disadvantage of this organisation situated in ... instead of in AZO?

Q22. What do you think would work, regarding gardening projects, in the AZO area, from your expertise point of view?

Q23. Do you have any experience with working together with a similar organisation?

Open conversation

How would you describe your ideal situation with regards to social cohesion in the AZO community?

Social cohesion: refers to the extent of connectedness and solidarity among groups in society

Ending

Allright, we have gone through all the questions. To summarise: ...

Does this summary give a good overview or is there something you would like to add?

Maybe considering one specific question?

I would like to thank you very much for your contribution, and good luck with all the running projects!

Close with social talk. → Keep the recording running!

3.2 Interview guide AZO organisations (ENG)

Introduction

Hi, first of all, thank you for participating in this interview for our research. I have some questions before we start the interview. Are you okay with me voice recording the interview? ... **Start recording if yes** I will introduce myself first. I am ..., **Other students present introduce themselves** and we are students at Wageningen University and Research. We are conducting research with 4 fellow students for a multidisciplinary project for the WUR science shop.

Within this research, we want to get insight on how to connect existing gardens to improve social cohesion in the AZO community. The purpose of the interview is to gain more knowledge about the organisation you work for, and to get insights into current projects and who participates in these projects.

For this research, I will ask some questions regarding different topics, such as the organisation, gardening projects and participants of these projects. During the interview, ... will be making some notes and ... will observe during this interview. In total, the interview will take around one hour. We would like to mention that there are no right or wrong answers here, we are truly interested in your organisation and the projects you discourse. We will delete the voice recorder after the data has been processed. Only our group members will get access to the voice recordings, and your name won't be mentioned as you stay anonymous.

Opening questions

First, I would like to ask some opening questions.

- Q1. What organisation do you volunteer/work for?
- Q2. What does this organisation do?
- Q3. What is your role within this organisation?
 - How do you experience this role?
- Q4. Why do you volunteer/work for this organisation (intrinsic motivation)?

Interview questions

*Now, I would like to ask some questions regarding *the organisation*?*

Topic 1 Organisation

- Q5. How would you formulate the current purpose of this organisation?
 - Values
 - Mission
 - Economical purposes
 - Social purposes
- Q6. In what way do you put your goal into practice?
- Q7. What is the long term goal of this organisation?
 - Vision
- Q8. Is your organisation profit or non-profit?
 - Profit: Where does the money go?
 - Residents themselves
 - Community investments
 - Municipality
 - Own organisation
 - Non-profit: Is there any financial income? Where does it come from?

Topic 2 Garden

The next topic is about gardening.

Q9. How many gardens belong to your organisation?

- Where are they located? How large is the area?

Q10. What crops are currently growing in your gardens?

- Are you satisfied with these crops? Or would you like to see other crops in the garden?

Q11. Where is the current gardening knowledge coming from in this organisation?

- Do you want to improve/ expand this?
- Urban Agriculture Academy?

Q12. What is the goal of each garden? Do they differ?

Q13. Do you think this goal is being reached right now?

- If yes: what is the key to success?
- If not: what do you think your organisation would need to achieve this?

Topic 3 Participants/ Residents

Next, I will ask some questions about the participants of this project.

Q14. Who is gardening/ participating in your gardens?

- Residents
- Professional gardeners
- Municipality people

Q15. What are the responsibilities within your gardens?

- Produce
 - Main gardener (professional/ volunteer?)
 - Residents themselves
 - Volunteers
- Where is the product going afterwards (profit)?

Q16. What is the current relationship of the organisation with residents in AZO?

- Do you know why the residents use your garden/join your project?
- How do you create awareness about the garden to the residents?
- How do the participating residents connect with each other?

Q17. What do you think the opinion of the residents is towards your projects?

- (Un)satisfied? Why?
- How do you know this? Or is this just a feeling?

Topic 4 Cooperation

*Lastly, I have some questions regarding cooperation of *this organisation*.*

Q18. What parties are involved in the gardening projects?

- Municipality
- Schools
- Homeless shelter
- Other similar organisations (Q19)
- Community centres

Q19 How do each of the organisations you mentioned contribute to this project?

Q20. *You mentioned before that you cooperate with other similar organisations;*

- With what organisation(s)?
- What does this cooperation look like in practice?

You mentioned before that you don't cooperate with other similar organisations;

- Are you willing to cooperate with other organisations?
 - If yes
 - Why?

- In what way would you like to see this cooperation? Working together? Sharing gardens?
- If no
 - Why not?

Open conversation

How would you describe your ideal situation with regards to social cohesion in the AZO community?
Social cohesion: refers to the extent of connectedness and solidarity among groups in society

Ending

Allright, we have gone through all the questions. To summarise: ...

Does this summary give a good overview or is there something you would like to add?

Maybe considering one specific question?

I would like to thank you very much for your contribution, and good luck with all the running projects!

Close with social talk. → Keep the recording running!

3.3 Interview guide Farm (ENG)

Introduction

Hi, first of all, thank you for participating in this interview for our research. I have some questions before we start the interview. Are you okay with me voice recording the interview? ... **Start recording if yes** I will introduce myself first. I am ..., **Other students present introduce themselves** and we are students at Wageningen University and Research. We are conducting research with 4 fellow students for a multidisciplinary project for the WUR science shop.

Within this research, we want to get insight on how to connect existing gardens to improve social cohesion in the AZO community. The purpose of the interview is to gain more knowledge about the organisation you work for, and to get insights into current projects and who participates in these projects.

For this research, I will ask some questions regarding different topics, such as the organisation, gardening projects and participants of these projects. During the interview, ... will be making some notes and ... will observe during this interview. In total, the interview will take around one hour. We would like to mention that there are no right or wrong answers here, we are truly interested in your organisation and the projects you discourse. We will delete the voice recorder after the data has been processed. Only our group members will get access to the voice recordings, and your name won't be mentioned as you stay anonymous.

Opening questions

First, I would like to ask some opening questions.

- Q1. What organisation do you work for?
- Q2. What does this farm do (grow crops/other activities)?
- Q3. What is your role within this organisation?
- Q4. Why do you work in this field (intrinsic motivation)?

Interview questions

Now, I would like to ask some questions regarding den hartog?

Topic 1 Organisation

- Q5. How would you formulate the current purpose of this farm?
 - Values
 - Mission

- Economical purposes
- Social purposes

Q6. In what way do you put your goal into practice?

Q7. What is the long-term goal of this farm?

- Vision

Q8. Is your organisation profit or non-profit (or both parts)?

- Profit: Where does the money go?
 - Residents themselves
 - Community investments
 - Municipality
 - Own organisation
- Non-profit: Is there any financial income? Where does it come from?

Topic 2 Garden

The next topic is about farming and crop growing.

Q9. How much land belong to your farm?

- Where is it located?

Q10. What crops are currently growing?

- How do you choose for them?

Q11. Where is the farming knowledge coming from in this farm?

- Do you want to improve/ expand this?
- Sharing and learning with other farming organisation s could be an option?

Q12. How is the farm structured? Does some areas have specific focus?

Q13. What works in your farm? What could be improved?

- What is the key to success?
- What do you think your farm would need to improve?

Topic 3 Participants/ Residents

Next, I will ask some questions about other people involved in your farm.

Q14. Are there other people or organisation s involved in the farm?

- How many?
- What are their roles?

Interaction with AZO

Q15. Do you feel part of AZO?

Q16. Does your farm have any connection with the neighborhood?

- If yes, in what way? Can it improve?
- If not, Do you think an interaction could be beneficial? How?

Q17. Would you be interested in sharing your knowledge with urban gardens in AZO?

Specific questions

From your professional perspective

Q18. What do you think could be the best way to connect different urban gardens in AZO?

Q19. What could be a good way to make gardening knowledge available to urban gardens?

Q20. Do you think urban gardens in AZO could be profitable? What ways do you think there are to make small gardens profitable?

Open conversation

How would you describe your ideal situation with regards to social cohesion in the AZO community?

Social cohesion: refers to the extent of connectedness and solidarity among groups in society

Ending

Allright, we have gone through all the questions. To summarise: ...

Does this summary give a good overview or is there something you would like to add?

Maybe considering one specific question?

I would like to thank you very much for your contribution, and good luck with all the running projects!

Close with social talk. → Keep the recording running!

3.4 Dyadic interview guide

Introduction

Hi, first of all, thank you for participating in this interview for our research. I have some questions before we start the interview. Are you okay with me voice recording the interview? ... **Start recording if yes** I will introduce myself first. I am ..., **Other students present introduce themselves** and we are students at Wageningen University and Research. We are conducting research with 4 fellow students for a multidisciplinary project for the WUR science shop.

Within this research, we want to get insight on how to connect existing gardens to improve social cohesion in the AZO community. The purpose of the interview is to understand what you think about gardening in this neighborhood, if you play a role in it, and to understand the relationship between gardens and if it is something we can develop further.

Opening question

- Can you tell me about your experience with community gardening? What comes to mind when you think of community gardening?

Interview Questions

- How did you initially become involved in gardening?
- Have you ever encouraged others to start gardening? If so, how?
- What do you enjoy most about your current garden? And what are some things that you don't enjoy?
- In your opinion, what is currently missing or could be improved in the community gardening experience? For example, knowledge, tools, or space?
- Did you experience a connection with other community gardens? If so, what was your experience like?
- Would you be interested in collaborating more with other gardens? If yes, why do you think this would be beneficial?
- What benefits do you see in connecting more closely with other gardens, such as social, economic, or practical benefits?
- Do you have any ideas about how to create stronger connections between community gardens?
- Would you be willing to put time and effort into developing stronger connections between community gardens? If not, what would motivate you to get involved?
- In your opinion, could having a structured connection between gardens create income opportunities or improve food security?
- Is there anything else that you would like to share about your experience with community gardening?

Summary Question

- Based on our conversation, what do you think is the most important aspect of community gardening?

Appendix 4 Coding Scheme

#	Code	Subcode	Definition
1. Connection			
1	Communication		Different forms of communication within existing projects.
2	Goal of organisation	Making profit	The organisation has 'making profit' as the main priority.
3		Connecting people	The organisation has 'connecting people' as the main priority.
4		Hobbying	The organisation has 'creating a place for people to have a hobby' as their main priority.
5		Produce vegetables	The organisation has 'producing vegetables' as main priority.
6	Knowledge		Ways to acquire knowledge and share your own knowledge.
7	Cooperation	With similar platforms/ organisations	The cooperation between the organisation and similar platforms or organisations.
8		Within organisation (participants)	The cooperation within the organisation between residents and volunteers.
9	Targetgroup		Who is gardening in the gardens.
2. Gardening			
10	Procedure	Practical gardening	Different ways of gardening.
11		Gardening behaviour	Different ways of behaving and handling regarding the garden.
12	Species		Different kinds of species that could be/are planted.
13	Revenue		Different income sources.
14	Harvest		Everything that is harvested.
15	Responsibilities		Responsibilities that come with the garden and its organisation.
3. Alternatives			
16	Accessibility	Accessibility of community garden	Factors that affect the accessibility of involvement in gardening.
17		Accessibility of produce	Factors that affect the accessibility of access to produce.
18	Existing social initiatives		Existing social initiatives that could be connected to community gardening. E.g., foodbank, Groei&Bloei.
19	Future possibilities/ recommendations		Different ideas of what is possible in the future, regarding our project.
20	Users' opinion/ feedback	Positive	Positive feedback regarding different existing initiatives.
21		Negative	Negative feedback regarding different existing initiatives.

Figure 18 Coding Scheme

Appendix 5 Coded transcripts

5.1 Transcript Interview R1

Date	21-02-2023
Location	WUR-campus (Phone interview)
Time	15.00-15.28
Participants	R1: Main gardener de Hoftuin
Interviewers	I1: Chloë Vertegaal I3: Susanne Bouwman

I1: Vragen stellen, kunt u mij goed verstaan?

R1: Ja hoor, prima

I1: Super. Nou, nogmaals bedankt voor dat u mee wilt doen. Bij deze geef ik nogmaals een klein beetje informatie over wat we aan het doen zijn. We zijn dus een groep studenten die zijn ingehuurd als het ware door stichting Venzo, om te kijken of wij iets van een project kunnen organiseren over tuinbouw in AZO. En het gaat dan voornamelijk over buurtmoestuinen en of we daar een soort van connectie of samenwerking mee kunnen creëren om zo de gemeenschap te anticiperen, als het ware.

I1: U bent zelf ook enigszins betrokken bij tuinieren had ik begrepen? Klopt dat?

R1: Ja, ik heb het **initiatief genomen om een buurttuin op te richten.**

I1: Oke. En hoe lang bent u daar al mee bezig?

R1: Nou, de aanloop is al 5 jaar geleden begonnen, maar die tuin is er nu 3 jaar.

I1: Oke, 3 jaar. En is er een reden waarom het dan wat langer heeft geduurd voordat jullie het hebben kunnen realiseren?

R1: Onze burens dachten dat **we heel veel lawaai gingen maken** en dat ze hun rust kwijt zouden raken. Dus die zijn naar de, hoe heet dat, naar de **stad ombudsman** gelopen en de **gemeente** is ook heel voorzichtig natuurlijk.

I1: Ja,

R1: Uiteindelijk hebben we een **iets ander plekje gekozen.**

I1: Oke,

R1: Niet heel ver daar vandaan. En, nou zelfs mensen die ooit tot de protest mensen behoorden, die doen nu mee.

I1: Oh, dat is best...

R1: Kwam ik laatst toevallig achter. Ik zeg: 'hè?! Een brief van *die*, hoe kan dat nou?!' En toen bleek dat ze protesteerde tegen de aanleg van de tuin, terwijl ze nu een heel enthousiaste tuinierster is.

I1: Oh, dat is wel bizar dat er zoveel tegenstand tegen is.

R1: Ja, dat komt omdat er ooit een jeu de boule baan was aangelegd iets verder op.

I1: Ja,

R1: En daar was **overlast van jongeren** gekomen en daar hadden die bewoners heel veel last van. En de man van de mevrouw, die nu nu het protest leidde tegen de buurttuin, die had zich daar heel druk over gemaakt en had best veel moeite die jeu de boule baan weg gekregen. Inmiddels is die man overleden en die mevrouw dacht: 'Oh nee, niet weer!'.

I1: Ja, daar kan ik me wel iets bij voorstellen inderdaad. Maar, dus het is uiteindelijk wel gelukt?

R1: Ja!

I1: Heeft u dat voor het grootste gedeelte zelf gedaan of heeft u hulp gehad van kennissen, vrienden, familie?

R1: Nou, het was heel simpel: er stond op **Facebook een soort advertentie van Stadsdeel Zuidoost**. Zo van, als u het leuk vindt om een buurttuin aan te leggen dan kunt u zich aanmelden. Ik denk: 'Oh dat vind ik leuk!'. Ik stopte net met werken en ik denk: 'nou, dat is mijn kans om iets te doen dat ik leuk vind en meer in de buurt gesetteld te raken.'

I1: Ja,

R1: Dus, toen heb ik me opgegeven. Toen zeiden zij: 'Je moet wel een groepje mensen hebben.' Ja, dat is logisch. Toen ben ik hier in de **straat overal gaan aanbellen** en gevraagd of er mensen waren die dat ook leuk vonden. En toen kwam er een **groepje van 8, vooral vrouwen**. En daarmee zijn we gestart.

I1: Oke.

R1: En de **gemeente heeft heel veel gedaan. Die heeft zeg maar de tuin aangelegd, zeg maar de paden en het hekwerk en de struikjes**. Toen konden wij beginnen.

I1: Mooi! En u geeft aan dat het grotendeels, in ieder geval het groepje waarmee u begon, dat waren vooral vrouwen. Waren dat ook allemaal gepensioneerden? Of is het echt wel gemixt?

R1: De laatste tijd, want we kregen eerst maar een klein stukje, en het is vorig jaar zomer is **die tuin nog een stukje uitgebreid**. Toen hebben zich weer een aantal **nieuwe mensen aangemeld en daar zitten ook wat jongere dames bij**. Van het begin af aan was er al een wat jongere vrouw bij, met haar man die ook wel belangstelling had, maar later is die weer een beetje naar de achtergrond verdwenen. Maar sinds vorig jaar, zijn daar meerdere jonge vrouwen, mijn buurvrouw, die ook nog jong is, en nog jonge kindertjes heeft. En iemand die pas in de buurt kwam en die die tuin zag en dat leuk vond. Dus, zo langzamerhand is er wel een soort **mix ontstaan van verschillende leeftijden**.

I1: Ja, dat is wel fijn om te horen. En hoe raken ze uiteindelijk betrokken? Is het gewoon komen ze naar u toe om te vragen van: 'Hé, kunnen we meehelpen?' of hoe gaat dat?

R1: Ja, dat gebeurt, en we hebben ook een kastje gemaakt met kaartjes waarop staat van: wil je meedoen? Dan kun je bellen of mailen naar... dat zijn van de kleine fysieke kaartjes.

I1: Ja.

R1: En daar wordt ook op gereageerd. Maar het meeste eigenlijk als ze ons bezig zien in de tuin. Dat mensen een praatje maken, of weet ik wat. Of informeren hoe het zit of ieder een eigen stukje heeft of nou ja.

I1: Ja.

R1: En dan zeggen we: 'Nou, als je het leuk vindt om mee te doen, je bent van harte welkom!'. Dus zo gaat dat.

I1: Ja, hartstikke leuk klinkt dat! En, die tuin zelf? Als ik het goed begrijp: is dat opgebouwd uit ieder zijn eigen deel? Of is dat iets dat jullie...

R1: Nee, hebben we niet.

I1: Oke, dus het is meer...

R1: We doen alles samen.

I1: Oke. En, de dingen die jullie dan verbouwen dat is dan ook, iedereen mag als er geoogst wordt, zelf wat meenemen? Of hoe zit dat in elkaar?

R1: Nou, meestal doen we op zaterdag of zondag. We hebben een appgroep ook gemaakt. En dan spreken we af wat de meeste mensen het beste uitkomt. Soms gaan we zelfs twee groepjes. Één groepje op zondag en één groepje op zaterdag. En als er geoogst kan worden, dan doen we dat bij voorkeur als er wat meer mensen zijn. Zodat we dan meteen kunnen verdelen. En ja, als er dan overschot is, dan zeggen we van: 'Ga alsjeblieft ook tussendoor eventjes courgettes plukken of sla', of dat soort dingen.

I1: Ja.

R1: Maar meestal is het wel op een gezamenlijk moment dat we eigenlijk proberen te oogsten.

I1: Oke, ja.

R1: En dan gewoon verdelen onder de mensen die er zijn. En soms als er heel veel is dan vragen we via die app zo van: 'Goh, er is zo veel, zijn er nog anderen die ook wat willen? Kom het dan halen, we leggen het klaar'

I1: Ja, oke. Dus jullie hebben wel een soort van ja, via de app groep kunnen jullie goed producten distribueren eigenlijk als het waren. Mocht er te veel zijn. Oke.

I1: Nou ja, ons project gaat dus vooral ook om de samenwerking of een eventuele samenwerking tussen buurtmoestuinen en andere initiatieven in AZO. Is er op dit moment ook contact met andere moestuinen toevallig? Of helemaal niet gewoon? Zijn jullie een soort van eigen tuin op zich?

R1: Ja hoor, door degene die in de gemeente verantwoordelijk is voor nou dat de buurttuinen een beetje budget hebben of als er iets moet gebeuren. Dat is Sem. Ik weet niet of je de naam kent?

R1: Die verwijst ons beginnende buurttuinen zo onderdoor, zo van: 'ga daar maar eens praten, hoe zij het hebben gedaan.' Of laatst belde er ook weer iemand op van een buurttuin van GroenplatVorm Zuidoost. Maar goed, dat doet niet zo heel veel voor ja... Dat is ook het initiatief geweest van die Sem. Om de initiatieven een beetje te bundelen. Maar ja, eigenlijk levert dat niet heel veel contacten onderling op. Dus, de buurttuinen onderling, als mensen zelf contact opnemen met ons, of wij met hun buurttuin. Omdat we denken van: 'goh, zouden we niet samen iets kunnen inkopen, of zouden we niet iets van hun kunnen leren?' Dan komt dat tot stand, en eigenlijk nauwelijks via dat platform, dat werkt niet op die manier.

I1: Oké, ja. Zou u dat wel prettig vinden als er zoiets van een overkoepelende, niet per se organisatie, maar dat er een punt is waar jullie, als jullie materiaal nodig hebben, of kennis bijvoorbeeld, dat jullie daar naartoe zouden kunnen gaan? En daar kunnen aankloppen?

R1: Nou ja, ik zou voornamelijk gezamenlijke inkoop van sommige dingen wel heel handig vinden. Kennis? Ja, wij zijn bijdehand genoeg om dingen gewoon van internet te plukken en achter dingen aan te gaan. Er is zo'n vader van iemand, die handig is met kinderen, dus die maakt een koude bak. En er is een man die het leuk vindt om hekjes te vlechten van wilgentenen. Ja, dus wij redden ons prima, maar het is misschien best leuk om dat meer uit te wisselen en wat ik zelf, kijk... Ik word de hele tijd aangesproken als centrum van kennis. Nou, ik haal soms ook gewoon mijn kennis van internet. En sommige dingen weet ik omdat uit een familie kom waar altijd getuind is. Ook met volkstuinten enzo. Van opa's tot vaders. Maar, het zou heel leuk zijn als we bijvoorbeeld eens een keertje gezamenlijk een cursus te volgen: Wat is nou permacultuur? Hoe tuinier je nou het beste biologisch? Dat zou leuk zijn. Dat mag dan niet te lang duren, anders kost het iedereen weer veel te veel tijd, dat is er dan ook niet. Maar soms gaan we, zelf ergens naartoe. Zo zag ik dat er een cursus werd aangeboden. Een Amsterdams platform ook he?! GroenplatVorm.

I1: Ja.

R1: Daar [GroenplatVorm] zie je soms cursussen op. Op een gegeven moment zag ik wat: 'Zou dat niet leuk zijn om te doen met een aantal mensen?' Nou, toen waren er vier, vijf, mensen die zijn toen naar een andere tuin gegaan in Oost. Waar ze iets meer wisten over permacultuur. Dus ja, zoiets zou ik wel leuk vinden in AZO, als dat wat meer kan. En gezamenlijke inkoop.

I1: Ja, dat kan ik me voorstellen. Zeker ook met inkopen. Ik bedoel, als je dan te maken krijgt met producten die misschien goedkoper zijn als je ze in bulk koopt, bijvoorbeeld. En dan heeft iedereen er ook wat aan.

R1: Precies.

I1: U gaf net aan dat er soms, bijvoorbeeld courgettes, die groeien natuurlijk hartstikke hard, en er is altijd hartstikke veel van over. Ziet u misschien ook een mogelijk om er een soort van inkomstenbron van te maken? Zodat jullie bijvoorbeeld aan een overkoepelend platform, waar ik het net over had, om dat dan te verkopen aan restaurants bijvoorbeeld en zo'n soort samenwerking? Zou u daar persoonlijk voor openstaan?

R1: Nou, van mij hoeft dat [verkopen aan restaurant] niet. Ik vind het dan leuker om het weg te geven aan mensen die weinig geld hebben en wel een aanvulling kunnen gebruiken. We leggen soms ook dingen op de hoek van de tuin neer, zo van: neem maar mee. En dat vindt gretige aftrek. Maar,

dat zouden we iets beter kunnen doen, door na te denken over op welke plek we het zouden moeten leggen om mensen die het echt nodig hebben te bereiken. Maar, zoveel houden we ook niet over. Het zijn net die plekken, weet je wel? Ja, de courgettes zijn een goed voorbeeld en soms sla. Maar we proberen natuurlijk ook zo te planten dat er wat weken tussen zitten, voordat we bepaalde dingen zaaien. Dus dan valt het ook redelijk mee. En inmiddels is de groep 17, 18 mensen.

I1: Ok.

R1: En die zijn er niet allemaal tegelijk. Want je kan ook regelmatig zeggen van: ik kan niet. Er zit geen verplichting op. We willen iedereen... We hebben wel zoets van: 'je moet wel met enige regelmaat komen'. Maar als het een keer niet kan, of je bent drie of vier weken op vakantie, dan is dat zo.

I1: Ja, oké, niet aan restaurants, maar dan bijvoorbeeld de voedselbank? Is dat een idee?

R1: Ja, dat [voedselbank] vind ik wel een leuk idee, ja!

I1: Ja, dat zou misschien een uitkomst zijn voor jullie als de infrastructuur er is om dat makkelijk te doen? Om van jullie, de buurttuin, naar de voedselbank te brengen.

R1: Als het de moeite waard is, he?! Want, zo vaak is er ook nou weer niet iets over. Omdat het wel een behoorlijke groep is.

I1: Ja, maar ik zit dan ook te denken: niet alleen jullie, maar als er ook andere moestuinen ook overschot hebben. Als je dat allemaal bij elkaar koppelt, denk ik, dan hou je best wat over.

R1: Ja.

I3: Zou je dan bijvoorbeeld wel geïnteresseerd zijn in dat bepaalde moestuinen een aantal producten dan meer maken. Dat je dan een beetje een focus krijgt per moestuin?

R1: Ik denk dat bij onze moestuin mensen het gewoon erg leuk vinden om zelf de producten af te nemen en het sociale contact is ook gewoon erg belangrijk in de buurt, en de lol in een eigen bosje bloemen van de tuin kunnen afhalen. Dat soort dingen zijn denk ik groter dan het idee van productie voor... Of gespecialiseerd raken in... Ik denk dat niet. Ik denk niet dat daar behoefte aan is.

I1: Nee, dat kan ik me ook wel voorstellen. Het zijn natuurlijk mensen die bij het project gekomen zijn om gewoon leuk eens een keertje te tuinieren en niet om een massaproductie van iets te worden. Dat snap ik.

R1: De ingang is heel anders. Ik denk als je zoets start en je denkt van: ik wil iets bijdragen aan voedselproductie. Dat het dichterbij is, dat je minder uitstoot, vanuit milieu overwegingen. En dat je er je beroep van wilt maken, dan zijn je motieven anders. Dit is veel meer een soort hobby, sociaal project. Om met elkaar iets te doen wat leuk en zinvol is.

I3: En de mensen die nu verbonden zijn met de moestuin, is dat een beetje representatief voor de bevolking die er woont?

R1: Wij zitten in het koopdeel, dus het zijn mensen die allemaal redelijk goede banen hebben, allemaal redelijk hoogopgeleid zijn. Gelukkig, sinds de uitbreiding van de tuin zijn er ook, wat kleur betreft, wel gemengd. Maar, het startte echt met witte, hoogopgeleide, vrouwen, waarvan ik er zelf ook eentje ben.

I1: Kent u misschien een initiatief elders in de Bijlmer dat wat meer gemixt is toevallig?

R1: Nou, je hebt, bij de **schooltuinen**, zit **een project dat vrouwen ook wil stimuleren tot meer zelfstandigheid en emancipatie** en enzovoort.

I3: Is dat Groei & Bloei [Bloei & Groei]?

R1: Ja, dat heet **Groei & Bloei** [Bloei & Groei]. En verder ken ik de **tuinen in Nellestein**, daar zijn er een paar van. Dat zijn ook **buurtbewoners** eigenlijk, **die hebben dan meestal een eigen stukje allemaal**.

I1: Ja, dat begreep ik inderdaad.

R1: En bij Gein zijn er net een paar kleine gestart. Die zijn waarschijnlijk toch ook wel in koop buurten. En Venserpolder daar in een binnentuin, dat is meer gemixt.

I1: Ok.

I3: En zouden jullie bijvoorbeeld wel behoefte hebben aan, wat ook een beetje de insteek van ons onderwerp eerst was, om te kijken of er meer groenten en fruit, oorspronkelijk uit andere landen komen, op een of andere manier te kweken. Toen was het heel erg alsof er vraag zou zijn naar bijvoorbeeld: paksoi, bakbanaan. Alleen als ik hoor dat er vooral witte, hoogopgeleide mensen in die tuinen zitten, dan?

R1: Met de **toetreding van meer Surinaamse dames**, zijn we wel met **amsoi en raar soort komkommertjes en een soort spinazie begonnen**. Dus we zijn daardoor, dan komen ze aan met vaarden, dan zeggen ze: 'zullen we dit of dat?' **Dan gaan we dat natuurlijk ook proberen. Dus, dat doen we wel. Dat vinden we ook belangrijk om ook ander soort groenten te kweken.** Maar, sowieso is in Zuidoost dat heel ingewikkeld om... Er zit hier geen ecologische winkel of geen biologische winkel. Dus, **wij telen biologisch, dat vinden we al heel zwaar. Andere soorten groenten, prima, maar soms heb je er ook een kas voor nodig en dat moet je dan wel weer mogen neerzetten.**

I1: Ja.

R1: **Het zou mij erg leuk lijken om ook een kas te hebben.** Dan kan je in de winter ook nog doorgaan.

I1: Dat moet de gemeente ook maar net willen neerzetten. Ik heb begrepen dat dat heel lastig is om zo'n kas te krijgen.

R1: Ja, dat [lastig is om een kas te krijgen] denk ik ook.

I1: Oke, dan denk ik dat we alles hebben wat we nodig hebben voor het onderzoek. Echt super bedankt voor alle moeite en tijd. Dat waarderen we heel erg.

R1: Ik ben heel erg benieuwd wat er nu uitkomt.

5.2 Transcript Interview R2

Date	22-02-2023
Location	Physically at the farm
Time	09.30-11.00
Participants	R2: Main gardener at farm
Interviewers	I3: Susanne Bouwman I5: Marco Filz

R2: So they call it a CSR system from Belgium.

I3: From what?

R2: CSR [Corporate social responsibility]

I5: And they can come whenever they want?

R2: In the winter it is not open.

I5: ahh ok. Depends on what is growing?

R2: Yes, it depends from the seasons

I3: ok

R2: And you can see there. They put the flag by the pieces and customers can see where they can take vegetables and how much.

I3: and does it work on trust?

R2: Yes [it works on trust]

I3: And you also have this I see the selling or is it not this?

R2: No, it is very difficult to do that [selling] because it takes a lot of time and you need more space. Inside also, for packaging.

I5: Yes, an interesting concept, this one of them harvesting themselves.

R2: Yes, you have had a lot of these kinds of gardens in the last few years.

I5: Around here?

R2: Yes, in Holland.

I3: Mostly people from the close area or also Amsterdam?

R2: Mostly from the close, not all. Some people further away.

I5: You said 350 people?

I3: No, 100.

R2: 150

I3: And how much do they pay?

R2: 150 families in total. Between 300 and 400 euro a year. So the garden has money to buy the seeds and can do it well for that money.

I5: And how do they decide how much to harvest? Like, is it also based on trust?

R2: Is on trust but there are rules. When there is more.

I3: And you have, I see beans and fruits and also flowers.

R2: Yeah [beans, fruits and flowers], we can walk through the garden.

I5: How many people are working in the garden to grow the vegetables?

R2: 2, and some volunteers.

I5: Are the people that harvest the vegetables also working sometimes?

R2: Yes sometimes [people who harvest also work in the garden], not much.

I5: Are the moles disturbing the garden or not really?

R2: Yeah [the moles are disturbing the garden], we have to try to take them out but I think it is already a whole family.

I3: So here are more flowers and stuff.

R2: The flower garden.

I5: What do you use the flower for?

R2: People can take it [the flowers].

I5: ah to make the house nice.

I3: Also important. But it is quite a piece of land.

I5: Yes, how big is the land?

R2: 3000, 3500 not more [size of the land].

I3: It's a good start.

R2: A lot of people can eat from it [the harvest]

I3: Do you also know what our project is about? Because I'm thinking we didn't introduce ourselves.

R2: You are from Wageningen. And I have before contact with Amsterdam about this project but different people.

I3: So now what we can do, we decided to try to maybe create more connections between things. Because first we had this big idea of all the things we wanted to do, of course make a new garden bla bla bla. But the ground in Amsterdam is quite expensive and unreachable for us.

R2: For us?

I3: Well for our project

I5: Yeah, because there are quite some gardens around Amsterdam-Zuidoost.

R2: Yes, I help them [gardens around Amsterdam Zuidoost]. Because that's the compost we make. It's a big mountain.

I5: What do you use for it?

R2: In the city mostly the ground is very poor because they bring sand around the houses to build. And then they want to start a garden so you need organic material to bring life in the ground.

I5: And to make the compost you use the grass from.

R2: From nature fields. They cut it and bring it to this place.

I3: You do more organic farming?

R2: Yes, we have an organic farm. We are milking 150 cows.

I3: And is it profitable? Or does it work?

R2: It's job of our family. This is rented by the gardener. Is connected to the farm. He is doing his own job. Because you can't do everything.

I5: Do you think that if you would have only this garden would you be able to live out of it?

R2: He can live from this.

I3: But there is only one person. Or two you said?

R2: Yeah, two people. One two.

I3: And do you have mostly Dutch people, white people coming from the Netherlands or also maybe with other backgrounds?

R2: Not many [people coming from other backgrounds], but there are some. Especially that area where there are some foreign people, Suriname, Antilles.

I3: And do they have the wish for ethnic produce, like products from outside of the Netherlands?

R2: Yes [the wish for ethnic produce], I think that's good, but you have to focus on here. We use a lot of old fashioned vegetables. They are stronger and more tasty.

I5: Where do you get the seeds from?

R2: Oh, there are a lot of companies in the Netherlands for that [seeds]. Because Holland is one of the biggest producers of seeds.

I5: Because you said they are specific types of older vegetables.

R2: They started I think twenty years ago with that [older types of vegetables], to bring it back. And now there are seeds for that.

I3: And this garden, when did you start it?

R2: We started I think ten years ago. With ups and downs, but now it is working very well.

I3: And do you take on more people or 150 is the max?

R2: At the moment it is the max [150 people] for this place, because we want a living place with airbnb and everything around.

I5: For the airbnb there are a lot of people from Amsterdam coming?

R2: No, a lot of foreign young people. They are sleeping in those tiny houses. It's very simple and they like it. And we can tell a story if they want about the farm.

I5: Can they harvest from the garden?

R2: They have to talk with the gardener. They don't know the rules so is a little bit difficult sometimes.

I5: What we are trying to understand is if it can be useful to connect these gardens, because there are so many around. And can be the useful thing for them to talk more. If is useful, or maybe is not. What do you think? Do you think having a way to be more in contact with other gardens could be helpful in any way or not?

R2: Yes, that's good. The gardener can tell you more about the system. I think it's very important to start a garden like this in Amsterdam on the tunnel.

I5: Yes, we went there.

R2: The Brasapark, it's a big place. When you have a good gardener he can help the people around to start a lot of things.

I3: So you think that one thing people could focus on is finding an expert? Like the gardener.

R2: yes [people could focus on finding an expert, e.g., gardener]

I3: Is that what other gardens are also missing sometimes?

R2: Yes [other gardens are missing an expert], you need a lot of knowledge about a lot of things. When you start is difficult. You must have a good connection with the people around to bring them together and make a good thing. That's important.

I3: And what's your connection then? With the projects that already started in Amsterdam?

R2: The compost [is the connection with the projects in Amsterdam]. I have a connection with the government in the city. And I arrange for the gardeners in that place. And then I deliver a lot of things and then sometimes I give some advice on how to do. Our gardener wants to start with a new project so maybe he is interested.

I3: Do you think this project is a question also from the residents or more from the municipality coming? Because we also spoke with some people that said: well this is just a project from the outside coming to us.

R2: Yes, that's what I'm telling you [it is a project coming from outside]. When you start something and nobody knows what's happening.

I3: Then it doesn't work.

R2: That's [a project coming from outside does not work] the big argument now from Brasapark, and is not working.

I5: I guess if you have something like this starting then it can be that starting point for a lot of people also getting more knowledge, understanding better how it works. Do you also have fruit trees?

R2: Yeah [I have fruit trees]

I5: Do you think it could work to plant fruit trees?

R2: Yes [planting fruit trees], but on the tunnel you have a problem. The soil is not too deep so you have to bring a good system for the water.

I5: I was also wondering because there are only a few meters of soil.

R2: Is not only the water of course, also the soil yes.

R2: It's an automatic system for the eggs. We just started a month ago with this.

I3: Do you also adopt the cow system? How does that work? Because one person can not eat an entire cow of course.

R2: Oh no, it is not for eating. Is more for connecting. They pay some money for it and then on the farm they organise, every one or two days they can come. They can walk around the farm.

I5: How many cows do you have?

R2: 150. And in total we have 350 cattle. We also do a lot of work in the nature fields around the city.

I3: What do you mean?

R2: To cut grass and bring cattle to the places so that they can eat the grass and bring more biodiversity.

I3: Cute, Marco is living his happy life.

I5: I didn't understand exactly. The garden is not from you?

R2: The land belongs to the farm.

I5: So the guy is paying you rent?

R2: Yes, it's his job. But we like the concept. Is a good thing to have on the farm.

I5: It brings people no?

R2: Yes [it brings people] , and we can talk about things in life. Do you wanna go inside or do you wanna see the compost?

I5: Yes, let's see the compost. Do you think it would be easy to find someone willing to work in a garden like that as a gardener or not?

R2: Yes [it is easy to find someone willing to work in a garden], It's not so difficult but, the right person that's difficult. And what is the right person?

I3: Yes, that's a good question.

I5: Wow, you have a lot of compost.

R2: Yes, it's very big.

I3: No foxes around here killing all the chickens?

R2: Not much. We try to keep them away.

I3: Good.

I5: The material for the compost they bring it here for free or you have to collect it?

R2: We buy it from a seller.

I5: And the compost to who do you sell it.

R2: I have a website. And people talk.

I5: But farmers mainly?

R2: No, gardeners. Some farmers, but it is too expensive for them. Mostly the transport, it is half of the price.

I5: And how long does it take to go from this to this?

R2: One year.

I5: Oh quite fast.

R2: No, very slowly. You can do it in 6 weeks but then you don't have good compost. This is very good. Give the time to the animals. They do the job for me. I give them food and they work for me.

I5: But do you have to move it around a lot or not?

R2: No, if you move it a lot a lot is going in the air.

I3: You have to wait patiently.

R2: People are not smart, they are smart.

I3: Exactly.

I5: Are there a lot of people around doing compost like this big size?

R2: No, a few people around the country. I'm doing it in my own way.

I5: Are there also a lot of people from Zuidoost buying the compost?

R2: Yes [people from Zuidoost are buying the compost]

I3: Mainly the small gardens or also the park on the tunnel and stuff like that?

R2: Especially the neighbours gardens.

I3: We have some other questions right?

I5: Maybe yes. We wrote down a list of questions.

R2: a list?

I3: Yes, a whole list. Lets see if we can add something.

R2: You have a whole team?

I3: Yes, we are seven of us. And two people are now doing a questionnaire around the neighbourhood.

I5: To understand what they would like. To see what could be the thing that could work the most. Because we talked with different people everybody have different ideas.

R2: Yes, of course.

I5: Someone wants a place where to put tools, someone want a school where to teach knowledge about gardening.

R2: Education is very important. But you can bring things together.

I5: Yeah. So maybe the idea is to create a space where all this can happen together.

R2: You have also the school gardens. And I have also the knowledge for education for children.

I3: But I am also wondering, because yesterday we were also interviewing someone that is connected to some of the gardens. And she was yes for us is just a hobby. They are retired already. And they said, If we want knowledge we go on google and for the rest we don't have to much interest in it. Is there even the need or the wish for this connection?

R2: Yes, I understand the question. When you are working on the garden and you make it something like a community then it automatically is learning how things work. And is not only to make the vegetables but everything around. So when it looks like a community or a cooperative, a lot of people are doing a lot of things and children are connecting. It's starting by itself.

I5: That's the interesting part right?

R2: Yes. But it's difficult to bring it up. You need good people.

I5: Do you think a garden like this one is it cheaper than a supermarket? Because a lot of people there don't have a lot of money and so it could be attractive for them if there would be something that allows them to get cheap vegetables. Because if they have to pay something even more expensive than a supermarket they won't go there if they don't have money right?

R2: Yes, you have a lot of poor people and also rich people. It's a mix. From that kind of garden the price is higher but is very healthy.

I3: But I can understand if you don't even have this money then you don't have a choice.

R2: Then [if you do not have enough money] it's difficult.

I3: And I think is that group of people that our commissioner asked to focus on, people with not too much money. So then this thing with 300/400 euros maybe is too expensive for them. But also you need to pay the gardeners.

R2: I'm not telling that you should use this system.

I5: but it sounded like a good option.

R2: Maybe in another context.

I5: And those 300/400 euros do you think goes mainly in paying the gardener?

R2: Yes, mainly to live for and tools.

I5: Do you think if you would involve more people working there, so less time per person would it be cheaper?

R2: Yes [it would be cheaper that more people are working there, so let time per person], it's possible. But you need to be all the time then. To help the people.

I5: Yeah, because the gardener has the knowledge and people often don't.

R2: Some people have [knowledge about gardening].

I5: But, it's difficult to create something that produce well. No?

R2: Knowledge you can find on google is different. Connecting is the most important thing (the gardener should do)

I3: Yes? You think so?

R2: The gardener must have the knowledge to connect the people to bring them together.

I5: What could bring people together then?

R2: The Brasa park is difficult.

I3: Why?

R2: In my opinion, because its [Brasapark] in the middle of many neighbourhoods. And when you start a garden in one neighbourhood, in a smaller area, then you can talk to the people around. There you have a very big area. And it's all different neighbours.

I3: So they also need all different approach.

R2: So it's difficult to bring people to Brasapark. It's more like the Vondel park there. People come to relax. Do you understand what I mean?

I3: Yeah, the function of the park is not to grow vegetables.

R2: It's not a neighbourhood. It's bigger. And that's a difficult thing I think.

I5: The people don't feel so connected to the garden.

R2: No [the people do not feel connected]. Not directly.

I3: But then if you would start connecting smaller gardens maybe you get the same problem. Person from one place want something different from the other people from a different garden.

R2: Yes [you can experience this same problem if you start connecting different smaller gardens].

I3: So maybe then again by connecting you are disconnecting. Do you think that is possible?

R2: To bring all the small gardens together?

I5: Yes, since you have one garden the community is too big to feel connected to that one garden. But then if you connect the gardens of Zuidoost as a bigger thing then maybe people are more interested.

R2: Yes. To try it [connection]. But is it only on the gardens or also on other things? Recreation? The whole Brasapark or what?

I3: No, mostly other gardens. We are not totally focused on the Brasapark. When we visited it looked like a good garden that already worked. But around you also have the super small gardens, 15 square metres or less. And we are also focusing on those gardens. Sometimes you have a person that is very enthusiastic and then the person moves away or dies and then the whole garden dies with.

R2: Yes.

I3: So, then you have a connection like a platform then maybe you can find other people to volunteer.

R2: In this garden, when gardeners wanted to stop, we had to look for somebody who would take it out, or more people, that's not a problem. So he has been doing it for three years now and he wants to start with a new project. So the new gardener is already helping last year and she knows what to do. She is starting this year. So that's how you can bring more continuity in the system.

I3: But do you know for example GroenplatVorm?

R2: I know the name, yes.

I3: That's a website where they have all the gardens in Amsterdam Zuidoost.

R2: Oh really?

I3: And also school gardens and all that stuff.

R2: All together?

I3: Well, is listed and on a map.

R2: oh, listed.

I3: I don't know if that adds something. It is a good start.

I5: You said that having someone who has the knowledge is very important right? It's fundamental.

R2: I think yes [it is fundamental to have someone with knowledge]. Or a group of people.

I5: Do you think this knowledge can be given to people? Or you really need someone that have 10 or 20 years of experience in gardening and that can do it? If you create classes or workshops can you give this knowledge to the people rather easily or not?

R2: In the neighbourhoods there are already people that know how to do it. Not much but few. And they can help other people in the neighbourhood gardens. So that's not the point. But the point is to bring everything together.

I5: Why is it not happening then?

R2: That's difficult [why it is not happening]. Because in a neighbourhood you talk with the people around and then there are always people who want to do it and they start and people come and talk and start up. But Brasapark is bigger. Like the Vondel park. That's what I mean.

I5: So. Maybe it is not even the right place?

R2: No. I don't think it is the right place.

I5: But at the same time it is quite in the middle no?

R2: My son, he wants to start with agroforestry.

I5: There?

R2: Yes, next to the tunnel. It's on the side of Zuidooost. We are renting land there from the government. Maybe that's a good place, more outside the neighbourhood and then people can come. Also with air b&b, or a kind of short staying. But that's a plan for our own.

I5: And with agroforestry you will put fruit trees?

R2: All kinds. Nuts.

I5: And then would you sell it as a farm what you grow there?

R2: We can sell products on the farm. But also people can come.

I3: Oh again with the same system?

R2: Yes.

R2: It is possible, there are more possibilities.

I3: It is difficult.

I5: If you could do one thing to make people come together, what a good first move may be to make people attracted?

R2: To bring animals. [what you could do to bring people together] I will show you when we go inside.

I3: That's true, but then someone has to take care of the animals

I5: Yeah, instead of gardens a goat place would be a good idea

R2: Except for animals, gardens also can also be involved. The place is big enough.

I5: But then do you think that people will pass by to look or are they going to actually be involved?

R2: Yeah it is easier to get them involved

I3: Yeah but what I also think is good for Brasa park is that a lot of people are passing by and see it's quite nicely put, and people can visit and see what's happening and what you are doing and if they live around they can maybe join. So that is good because it is on the tunnel.

R2: I am not saying that Brasapark is not a good place but it is difficult to connect with Liberts.

I5: Yeah, it doesn't belong to anyone right?

R2: The people around have the feeling that it doesn't belong to anybody and you have to change that and if you do that then you are in a winning situation.

I5: One thing that just crossed my mind. Do you think that the size of the garden can be changed? Because there is a chance that there is a person that needs to live out of it. So, it needs to be big enough for at least one person to get enough money right? But it can be bigger and have more people working on it.

I3: But there is not enough space in AZO.

I5: But if you take the entire tunnel it can be massive right? Because I am wondering that if you make it bigger, will it become cheaper?

R2: That is not always working. However, this size is not especially a good size. Maybe if you make it 3 times bigger it may have a good impact but when you make it 10 times bigger it can be problematic.

I3: So, you need to find an appropriate balance.

R2: Because the place is big and this is too small for that. But I think this concept can help to connect.

I5: It grows a lot of vegetables right? So, people go there to actually get food because I feel in these small gardens go there, work a bit, but in the end there is not much to harvest right?

R2: Yes, [people go to the garden to harvest proper amount]

I5: So, with this system, people are actually involved because they get food

R2: Yes [people are involved because they get food]

I3: Yeah, I understand what you are saying. The person we interviewed yesterday was more interested in gardening as a hobby and have a chat with other people, but he was not so interested in the food itself. Which is also good but this system is more suitable for people to go there for the social connection but also get proper product. But I think in AZO most of the gardens are focused on the social part.

R2: Yeah, when you have a good garden then you can think about the system. Poorer people can save money while richer people can pay more. So, you can connect the poor and rich people.

I5: That is a good idea. People of different economic backgrounds can pay different amounts.

I3: But we also have to think about that if you make it a business model, then you lose the subsidies.

R2: Yes you have to be smart. When you are cooperative or stichting.

I3: Then it is better, maybe.

R2: Dat je geen winsttoegmerk hebt. Maar degene die het leidt moet er natuurlijk wel een boterham mee verdienen. En als die zijn werk goed doet, dat verdient ie voor de gemeente, voor de community, bergen.

I3: Ja.

R2: Want de criminaliteit gaat naar beneden, en het hele verhaal er achter aan. Een goede vent is altijd heel goed betaald. Dat weet de gemeenteraad inmiddels ook wel.

I3: Het is ook niet dat wij hier het wiel aan het uitvinden zijn.

R2: Nee, dat niet. Maar dat kan soms helpen in het brengen van je plan. Dat de gemeente daar niet al te strak naar moet kijken. Zij hebben ook te maken met regels, en moeten alles verantwoorden. Dus, moet je het slim invullen dat zij ook niet vastlopen met wat je net zei, dat ze een commerciële partij geen subsidie mogen geven. Dus daar moet je slim over nadenken.

I3: Creative boekhouding. Yeah we can also think a little bit more about that.

I5: I would like to ask you two more questions. One thing is, what do you think would be the best way, if there is a way, to distribute knowledge to the residents. For example, if you want to share your knowledge about gardening, which way do you think you can do it? Which way do you think will work the best? A class? A direct workshop? Having people coming over to your farm for the "education"?

R2: I think the best way is when you bring the people to the garden and start working on it and during work they learn and they do not forget. If you are sitting in the classroom you tend to forget. It is connected with the whole thing. When you start a garden you need a space/room to tell the story and then you go do the work and that's the best way to learn. I am not a teacher but that's my opinion.

I5: I agree when you physically do something then you do not forget it. Do you think that it is possible to create profit out of these small gardens? If you bring all of the vegetables together that people are producing, do you think that people can have a little income out of this garden or not?

R2: When you look at only money, then no [if it is possible to create income out of the gardens]. When you take the whole thing then yes, a lot. Something in between.

I3: I think that if you give one plant species to all of the gardens then it will be more effective. Or no?

R2: Yeah it is more effective

I3: But then you get the fun out of it

R2: It is old fashioned. It is not regenerative. In this garden for example we have small area for vegetables. But then you make it bigger it is a problem with diseases.

I3: Would you like a system. For example, garden A: 3 types of plants, garden B: 3 other types.

I5: The problem is that between gardens there could be a variation in conditions. For example, one garden may receive more sun while the other is more shaded.

R2: Yeah that's also a problem

I5: But I have a feeling that people want to just try out. They do not think about the most suitable species.

R2: Yes I agree, they have to search for the most appropriate species

I5: But then if the gardener change every year?

R2: Yes they have to pass the knowledge. I believe that they can produce a lot if they are organised.

I5: In that way knowledge is fundamental. Because people may have half-knowledge and not be enough right?

R2: So, you have to choose. Can the people do it by themselves but then you do not have much production. But when you have a good gardener and [whom] helps everybody to do it together then you have more production.

I5: But then you have less people involved right?

R2: No, the gardener must be good at connecting people. You need that kind of person. Encouraging them to work together. That's the best way in my opinion.

I5: Yeah, do the people get together only for harvesting vegetables or does the gardener also create other activities?

R2: Yeah, that's possible. There are gardeners who are willing to do that but it depends on the person of course.

I5: Is there anything else that you think it could be useful for us to know?

R2: I can help you at finding a gardener. I can ask around.

EXTRA

I5: We are more trying to understand how knowledge can be distributed to people, how can the residents be more attracted to the gardening and how can they actually get potentially cheaper vegetables. The problem we started from is that residents spend a high amount of money relative to their income in buying fruits and vegetables. As a result, they consume a low amount of vegetables because they become more expensive. So how can we encourage them to have more vegetables in the end?

R2: In the summer that is not a big problem but that's a problem in the winter

I3: Yeah but if you save money in the summer then you can spend more in the winter

R2: You need to heat the tunnel as well

I3: They are also thinking of building a glasshouse. But it may not be allowed.

R2: Most of the times it is not allowed

I5: There are quite a lot of rules. Maybe it is different from the tunnel, but at least from what residents told us, there are a lot of rules about the glasshouse construction.

R2: That's difficult. We got the small tunnels and we call them walking tunnels in order to avoid the rules.

I5: But they are not considered greenhouses. Do you think that it is possible to create a tunnel in AZO?

R2: Yeah they [tunnels] are very cheap, but they do not work in winter. The main advantage is that they can expand the cultivating season. You can start the sowing earlier and the harvesting later.

5.3 Transcript Interview R3

Date	21-02-2023
Participants	R3: Professional gardener
Interviewers	I2: Veerle van der Bruggen I4: Lynn Wolbert

I4: Bedankt dat u de tijd neemt om met ons dit interview te doen.

R3: Geen dank, ik ben erg enthousiast over het project.

I4: Fijn! De eerste vraag is bij welke organisatie u werkt?

R3: De groentekwekerij is daar waar vereniging en teler samenkomen. We hebben een soort innige omhelzing, een wederzijdse afhankelijkheid. Ik kan niet zonder vereniging want dit zijn al mijn abonnees en de abonnees kunnen niet zonder mij want ik breng de tools en mijn arbeid.

I4: Oke, heeft u dit zelf opgestart?

R3: Ja

I4: Oke, en met hoeveel mensen zit u dan in de organisatie?

R3: God ja, er zijn nu drie telers waarvan ik er dus een ben. In mijn geval heb ik 225 abonnees en dan is er een vereniging met een bestuur van 4 mensen en soms zijn er wat werkgroepjes, vrijwilligers in groepjes van 6, 7 mensen.

I2: Wat doen die vrijwilligers dan?

R3: Wieden haha, ze doen het voor de lol, is erg leuk.

I4: Wat is de intentie dat u deze organisatie bent begonnen?

R3: Ik ben lang geleden begonnen, in 98. Toen was er nog heel veel niet, mijn voornaamste doel was om voor mezelf en voor de wereld te bewijzen dat je daadwerkelijk op kleine schaal groente kan telen en dat dat succesvol kan zijn.

I4: Want is dat dan een tegenbeweging tegen mensen die zeggen dat dat niet kan?

R3: Ja, in die tijd was het heel ongebruikelijk dat je met lokale productie voor lokale markt ergens kan komen.

I4: Gewoon omdat het allemaal grootschalig was?

R3: Ja, omdat je op grote schaal op de prijs kunt concurreren en dat kan ik natuurlijk niet. Ik kan weer andere dingen en die wilde ik graag onderzoeken of dat kon en of dat uit kon komen. En het antwoord is dus ja.

I4: Oké, en hoe bent u daar mee begonnen?

R3: Toen kwam ik terug uit het buitenland en een oude studiemaat vroeg toen of ik iets kon doen. Dat heb ik toen een paar jaar gedaan en er raakte steeds meer mensen bij betrokken, allemaal mensen met idealen en dat is niet goed afgelopen. Toen dacht ik shit, we hebben wel een kern waar we iets mee kunnen doen en dat wil ik niet naar de kloden laten gaan dus toen ben ik hier begonnen in 98.

I4: Oké toen bent u dus zelf doorgestart, wauw.

I2: Is het huidige doel van de organisatie nog hetzelfde als wanneer u startte?

R3: Nou, niet dat ik me nog moet bewijzen. **Vroeger had je de triple P benadering, people, profit, planet, daar hou ik wel van. In die driehoek een balans vinden en daar lekker mee doorgaan.**

I4: Ja, zit daar dan een stukje mensen samenbrengen in?

R3: Ja dat mensen samenbrengen zit in twee dingen. **Ik probeer het heel persoonlijk te maken en ik probeer mijn abonnees allemaal te kennen en met de meeste een zinvolle communicatie te hebben,** dat het ook ergens over gaat en dat het persoonlijk is. En ten tweede, het hele **besluitvormingsproces dat we met z'n alle doen** en het sociale dus een belangrijke rol speelt.

I4: Bedoelt u dan besluitvorming over welke gewassen er verbouwd worden?

R3: Ook, maar ook over de derde uitbreiding, prijzen door de inflatie en zo.

I4: Oké dus dat wordt niet alleen gedaan door het bestuur maar in samenspraak met alle abonnees.

R3: Ja, dat is de bedoeling.

I4: Hoe gaat zo'n besluit dan?

R3: Ja **we hebben geleerd dat een ALV per jaar genoeg is en mensen die dingen hebben dat hoor ik gedurende het jaar,** frustraties, ideeën etc.

I4: Hoe hebben jullie dan contact?

R3: Echt in het persoonlijke, **mond tot mond wanneer ik ze tegenkom.** We hebben geen whatsapp groep ofzo. Maar dat is **moeilijk om dat 100% dekkend te krijgen want heel veel mensen komen na hun werk** he, zelfoogst dus ze kunnen ook komen wanneer ik er niet ben, en dan lig ik op de bank.

I4: Hebben mensen een deel van de tuin of delen jullie alles?

R3: Wij delen alles. **Mijn taak is zorgen voor voldoende aanplanting en voldoende opbrengst voor iedereen.** Dat gaat ook in samenspraak met abonnees. **Als ze aangeven dat ze meer tomaten of zoete aardappel willen kijk ik of het kan** maar ik weet vaak wel wat kan en wat niet werkt.

I4: Oh dus ook een adviserende rol.

R3: Ja, dan komen we er wel uit. Als ze per se zoete aardappel willen dan mag dat maar dan moet er ook iets anders uit natuurlijk. Dan merk je aan het einde van het jaar wel dat het tegenvalt en als ik

het van tevoren zeg dat het geen goed plan is dan wordt er wel geluisterd haha. En mijn taak is dus dat ik moet zorgen dat het lijkt alsof er overvloed van alles is, dan zijn mensen heel relaxed. Als het niet goed gaat, slecht gepland, dan merk ik dat mensen wel hebbertig worden dus mijn taak is dat het lijkt dat er genoeg van alles is.

I4: Zijn er meerdere soorten lidmaatschap?

R3: Nee je betaalt per persoon, als je alleen woont betaal je voor een persoon.

I2: Dus je schrijft je in voor het huishouden?

R3: Ja

I4: Dat gaat dus echt op vertrouwen want niemand checkt het toch?

R3: Nee, mensen vragen ook vaak als ze ouder worden of ze komen minder dan vragen ze of ze het terug mogen. Want dan halen ze minder ofzo, nou ja prima.

I4: Hebben jullie bewust gekozen voor een tuin die gedeeld is voor iedereen?

R3: Ja

I4: Waarom?

R3: Omdat het [een gedeelde tuin] voor ons als teler het fijnst is, dan kan je een iets groter oppervlakte het gewas telen. Machinaal is het veel makkelijker dan als ik het in kleine stukjes ga opdelen.

I4: En wat is de respons van de mensen?

R3: Uhm, dat heb ik ze nooit gevraagd want voor een stap naar iedereen een eigen tuin zou te ingewikkeld zijn voor mij. Het werkt omdat ik alles bij elkaar kan doen, daarom is de prijs ook schappelijk.

I4: Oké, wat zijn de kosten eigenlijk voor een abonnement?

R3: Even denken want dat is door de inflatie omhooggegaan. Dat is €235 per persoon per jaar.

I4: Oh oké

R3: Ja niet voor een jaar want er is nu niets, het seizoen begint eind april en het gaat door tot en met de jaarwisseling. Eind april zijn er weinig keuzes, asperges, beetje sla als het meezit. Dan wordt het steeds meer en meer en vanaf september wordt het minder en dan in december heb je nog prei en spruiten en half januari moet het op zijn. Dus het is voor driekwart jaar oogst.

I4: Wat is het lange termijn doel van de organisatie?

R3: Ik ben nu 63 en ik hoop nog een tijdje door te gaan, ik hoop sowieso tot mijn 67e want dan krijg ik AOW. Ik heb een potentiële opvolger en het lijkt me heel leuk om nog een paar jaar met hem te doen en me dan een beetje uitfaseren. Een ander ding is dat het deel van het land waar de picknicktafel staat is in mijn eigendom, het andere stuk wordt gepacht van de gemeente en waar we

nu mee bezig zijn is om dat in eigendom te krijgen. Niet in privé eigendom maar in gemeenschappelijk bezit en dat het uit de markt wordt getrokken en altijd wordt ingezet voor de Nieuwe Ronde.

I4: Oké dus u ziet het liefst dat de Nieuwe Ronde wordt doorgezet.

R3: Ja, die kans is ook tamelijk groot.

I4: Oké, en het zal dan stand blijven zoals het nu gaat zonder grote aanpassingen.

R3: Ja

I4: Oké, en is de organisatie profit of non-profit?

R3: Half-half. Ik ga alle abonnees gelden incasseren, die €235, daarvan gaat €8,50 naar de vereniging. Dat is weinig maar de vereniging doet weinig en heeft weinig onkosten want dat doen wij allemaal. We moeten een ALV organiseren, we doen soms iets leuks. In totaal zijn er 600 abonnees keer 8,5e euro, daar kan je toch een leuke borrel van drinken. De lidmaatschapskosten min kosten, dus deze 8,5 maar ook afschrijvingskosten, btw en materialen etc, is mijn inkomen op basis mijn eigen 225 abonnees. Afgelopen jaar was de omzet grofweg 45.000, directe kosten zijn ongeveer 15.000 euro, mest, plantgoed, brandstof, vanalles en nog wat. Registratieprogramma, boekhouding etc. Uiteindelijk houd je 20.000 over als inkomsten en daar gaat nog arbeidsongeschiktheidsverzekering en belasting vanaf en dan zit je op ongeveer 17.000, 18.000 euro gemiddeld per jaar.

I4: Oké, de tuinen die bij jullie horen zijn deze twee percelen toch?

R3: Ja, daar zitten mijn abonnees op.

I4: Welke gewassen worden er zowel geplant? En heeft u wel eens exotische gewassen geprobeerd?

R3: We proberen van alles, als mensen vragen om iets te proberen dan doen we dat. Maar mensen zijn over het algemeen heel traditioneel. Vooral boontjes, prei, kropsla en zoals als paksoi wordt als heel exotisch gezien. Het eerst jaar heb ik best veel gezet omdat ik dacht dat het zou aanslaan maar ik heb bijna alles zelf opgegeten haha. We hebben wel veel vergeten gewassen die worden gewaardeerd; pastinaak, wortelpeterselie, snijbiet, groenlof...

I2: Aardpeer?

R3: Ja, aardpeer ook.

I4: Oké leuk, wat is een beetje de doelgroep?

R3: Een beetje gevarieerd, op deze locatie zijn er tegenwoordig best een aantal ouderen omdat we al 25 jaar bezig zijn en het zijn veel oude leden. Maar vroeger ook al, het kost natuurlijk veel tijd. Je kan het niet even in je mandje doen en door naar het zuivelschap. Je moet ernaartoe komen, de tijd nemen om alles bij elkaar te scharrelen en oogsten. Ouderen is dus de grootste groep maar ook een grote groep met mensen met kinderen die willen laten zien waar groente vandaan komt.

I4: Oké, werken er ook wel eens mensen mee in de tuin?

R3: Ja, een klein deel hoor.

I4: Oké, als je dan meewerkt, krijg je daar een vergoeding voor?

R3: Daar is niet echt een beleid voor. We hebben twee soorten vrijwilligers, mensen die abonnee zijn en mensen die geen abonnee zijn, dus van buiten. De laatste groep is de grootste en die doen gewoon oogsten als beloning. Als abonnees ook gaan vrijwilligen geven we ook een bloemenabonnement erbij ofzo.

I2: Zou je dat dan kunnen zien als het stukje non-profit? Dat er wordt gewerkt met vrijwilligers?

R3: Ja zo zou je het kunnen zien.

I2: Oke, en studenten?

R3: Ja we hebben niet veel studenten maar wel wat die samen een lidmaatschap hebben. Maar ze betalen heel slecht door de snelle doorloop van studenten.

I4: Denk je dat het doel dat je had wordt bereikt?

R3: Jazeker

I4: Oké en wat denk je dat de sleutel is tot succes?

R3: Twee dingen; het persoonlijke stuk. En dat belangrijke besluiten en problemen in gezamenlijkheid worden aangepakt, dus dat het niet mijn besluiten zijn maar dat ik ook wordt gecorrigeerd. In het begin heb ik de prijs te laag ingezet en alle prijsverhogingen buiten de inflatie zijn doorgevoerd vanuit de vereniging en niet vanuit mij. Dus we zorgen voor elkaar, we doen het met z'n allen. De community werkt alleen als je het blijft doen dus door mijn inzet blijft het een succes.

I4: Oké, en waar komt de tuinkennis vandaan binnen deze community?

R3: Ja veel abonnees hebben een landbouw- of natuur- of voeding achtergrond dus zij hebben veel inbreng. En mijn eigen kennis uiteraard.

I4: Oh wat is uw achtergrond dan?

R3: Ik heb ooit tropische plant- en teeltkunde gestudeerd. Jaren in de tropen geweest en toen ik terugkwam ben ik de Nieuwe Ronde begonnen.

I2: Oh waar bent u geweest?

R3: In Sudan, toen dat nog één land was, en in de Filipijnen.

I4: Wow heel andere omgeving en gewassen.

R3: Ja het interessant is dat het daar nóg kleinschaliger is en dat dat ook wel een voordeel heeft meegebracht in mijn achterhoofd.

I4: Geeft u ook wel eens workshops?

R3: Zelden, er is niet zoveel vraag naar. Soms komt er vanuit de universiteit een vraag.

I4: Oké ja, interessant. En wat zijn de verantwoordelijkheden binnen de organisatie?

R3: Uhm, ik moet zorgen voor mijn eigen tools, dat mijn gereedschap in orde is, dat alles op tijd de grond in gaat en eruit komt. Het is een fulltime job haha. Ongeveer 40 uur in de week maak ik zeker wel, nu wat minder maar in de zomer zeker wat meer. Op een gegeven moment zegt mijn lijf ook wel dat het klaar is, en in een droog seizoen wordt er wel veel van me gevraagd.

I4: Oké, en wat is de huidige relatie van de organisatie met bewoners en de omgeving?

R3: Uhm, het zijn niet noodzakelijk bewoners uit de omgeving maar ik denk dat als je een straal van 3km om de tuin trekt dat je wel het grootste deel van de mensen hebt. Bennekom, Wageningen Hoog, Wageningen. Ook het Westen van Wageningen, Nuden, Haarweg daar komen minder mensen vandaan want dat is wel echt te ver. Iedereen komt op de fiets, vaak vanuit werk.

I4: Oké, merkt u dat er een bepaald soort mensen op af komen?

R3: Ja, mensen met en zonder ervaring met landbouw.

I4: Wat zal het percentage zijn van mensen met ervaring en kennis?

R3: Ik denk drie-vierde heeft een goed idee wat ze doen en een kwart niet denk ik. Er gaan ook wel eens dingen mis of dat er verkeerde dingen worden geogst of dat er dingen beschadigd raken maar dat hoort erbij.

I4: Oké en wat denk je dat de mening is van de abonnees over de Nieuwe Ronde?

R3: Ja mensen zijn eigenlijk altijd heel positief en enthousiast maar ik zou heel graag wat meer feedback krijgen vanuit de mensen maar dat krijg ik niet haha. Mensen zeggen nooit op en vinden het allemaal perfect. Dit jaar zijn er maar een handjevol mensen afgehaakt, door overlijden of verhuizen bijvoorbeeld.

I2: En is er geen regeling voor als mensen een jaar niet hebben geogst dat hun lidmaatschap dan wordt opgezegd?

R3: Nouja, het lullige is dat je dat pas achteraf ziet als er een rekening openstaat en mensen dan zeggen dat ze niet zijn geweest dus niet willen betalen. Dan word ik wel een beetje pissig want dan had dat plekje voor iemand van de wachtlijst kunnen zijn.

I4: In hoeverre werk je samen met de andere twee tuinders?

R3: Het is ongebruikelijk dat mensen bij meer tuinen een abonnement hebben, het enige is dat mensen van andere tuinen bij mij een bloemenabonnement hebben maar dat is maar heel klein hoor.

I4: Ja we vragen dit omdat we in Amsterdam Zuidoost merken dat er veel initiatieven zijn onder verschillende organisaties die wel weten van elkaars bestaan maar daar niets mee doen waardoor het heel individueel wordt. Maar hier is het dan wel zo dat je ook samenwerkt met de andere twee tuinders?

R3: Jazeker, feitelijk als ik hier aan de gang ben zie ik hun niet.

I2: Maar delen jullie bijvoorbeeld machines?

R3: Nee dat niet maar je kan natuurlijk over en weer dingen gebruiken. En we planten ongeveer dezelfde gewassen dus de tuinen verschillen niet echt in dat opzicht.

I2: Oké, en zijn er soortgelijke organisaties waar jullie contact mee hebben of samenwerken hier in de buurt?

R3: Nee, er zijn niet echt andere organisaties die aan zelfoogst doen, dat is natuurlijk ook van oudsher ons dingetje. Er zijn natuurlijk een heleboel initiatieven tegenwoordig die allemaal hun eigen niche zoeken en er gebeurt vanalles. Bijvoorbeeld Streekwaar, de organisatie die eigenlijk alle Wageningse voedselinitiatieven probeert te overkoepelen en een soort samenwerkingskracht.

I4: Bij het Binnenveld heb je ook een soort moestuin en bloementuin, is dat een soortgelijke organisatie als de Nieuwe Ronde?

R3: Uhm, dat is allemaal anders. En er is ook weinig tot geen contact. Toen ik begon was ik de enige en had ik niemand nodig en nu ja, iedereen mag aankloppen maar ik heb niks nodig van iemand eigenlijk.

I4: Oké, de laatste vraag. Zijn er dingen die je zou willen veranderen wat betrekking tot en samenbrengen van mensen in deze omgeving door middel van uw concept als het gaat over sociale cohesie?

R3: Ik zou het niet weten, het rare is dat ik dit ooit zo ben begonnen. We zijn gaan zoeken en dat is een kloppend ding, toen we dat 20 jaar geleden hebben gevonden, hebben we niets veranderd omdat het gewoon werkt. En we horen alleen maar positieve geluiden. Het ding is wel, wij zijn hier ooit begonnen in Wageningen en mensen proberen het elders, het is vaak veel moeilijker. Het Wageningse publiek is veel makkelijker om hierover te enthousiasmeren en mensen die dit concept in een ander gebied proberen te kopiëren hebben hier veel moeite mee terwijl wij ontzettend lange wachtrijen hebben.

I4: Maar ik denk ook dat het persoonlijke contact meewerkt aan het succes, denk u niet?

R3: Ja maar dat is natuurlijk niet de reden dat mensen zich aanmelden.

I4: Nee dat weten ze niet van tevoren, misschien mond-tot-mond reclame

R3: Ja ik doe niets aan reclame, juist zo weinig mogelijk.

I2: Ja wij doen dit project in het Amsterdam Zuidoost gebied en dat is natuurlijk een hele andere doelgroep en omgeving dan waar u dit project uitvoert. Zou u een advies kunnen geven aan ons of de organisaties in dit gebied op basis van uw eigen ervaringen?

R3: Ik heb geen idee. Ik heb geen concrete tip want hier is het een combinatie van locatie, mensen en mijn inzet.

I4: Oké duidelijk, ik denk dat wij er zo wel zijn. Heel erg bedankt voor uw input, het is heel nuttig voor ons.

R3: Dat is heel fijn, jullie bedankt voor je interesse!

I4: Haha geen dank, hele fijne dag nog!

5.4 Transcript Interview R4 & R5

Date	22-02-2023
Participants	R4: Amateur Gardener 1 R5: Amateur Gardener 2
Interviewers	I1: Chloë Vertegaal I2: Veerle van der Bruggen I4: Lynn Wolbert

I1: Hartstikke bedankt dat jullie konden komen, daar worden we heel blij van. Waarschijnlijk hebben jullie al een beetje een idee van wat we hier komen doen, maar wij doen dus op dit moment een project voor Stichting Venzo hier in de Bijlmer. Het project gaat over moestuinen, buurttuinen en wat we hier aan kunnen verbeteren en of hier ook behoefte aan is. De eerste vraag die we willen stellen is, wat komt er in u op als u aan tuinieren denkt?

R5: Mag ik eerst vragen wat het doel is van het project? Want ik ken Venzo niet echt, wat doen zij precies?

I1: Zij zijn een stichting en zij doen verschillende dingen in de Bijlmer om de buurt te verbeteren en dit is een van de projecten. Dit project hebben ze uitbesteed aan de Wageningse Universiteit.

R4: Was Venzo vroeger niet opbouwwerk?

I1: Ik moet zeggen dat ik dat niet weet.

I2: Zij werken samen met Swazoom, daar zijn ze onderdeel van. Ze draaien voornamelijk op vrijwilligers, dus mensen die intrinsiek gemotiveerd zijn om dingen aan te pakken in het gebied. Wageningen is hierbij aangesloten en wij zijn als projectteam ingezet omdat zij inderdaad denken dat hier veel potentieel te halen valt en studenten zoals wij hebben zij ingehuurd.

I4: Het uiteindelijke doel van het project is het creëren van een samenhangingsgevoel; mensen in de buurt samenbrengen door middel van tuinieren. En of er een behoefte is aan een connectie tussen de verschillende moestuinen en organisaties.

I2: Wij hebben bijvoorbeeld heel veel tuinen gezien tijdens de rondleiding met Een dame van Groenplatform Zuidoost . We hebben gezien dat er heel veel initiatieven zijn in de buurt, maar dat zij eigenlijk allemaal misschien een ander doel hebben; sommige tuinen zijn gedeeld, sommige tuinen zijn individueel. In sommige tuinen werken mensen samen, andere weer niet. We hebben ook gezien dat er een tuin is voor daklozen. Eigenlijk zien we heel veel initiatieven, maar er wordt helemaal niet meer samengewerkt. We denken dat er heel veel potentie is al dat wat meer verbonden wordt. Wij zijn nu aan het kijken of er op organisatieniveau behoefte hier aan is. Zo ja waarom, zo nee waarom. Maar ook vooral vanuit de bewoner/tuinierder zelf, hoe zien jullie dat voor je en waarom wel/waarom niet.

R4: Oke, van welke tuin ben jij?

R5: Nou bij ons, en eerdere kwamen er ook mensen uit de grotere regio, en daar zagen we wel dat de drempel hoger was omdat ze van ver af moesten komen. En toen hebben we ook wel gezegd dat de aanmeldingen uit de directe omgeving moeten zijn. Dus gewoon dicht in de buurt, omdat het ook leuk

is om elkaar te leren kennen. En als je dan ver weg woont, dan bouw je niet zo veel aan je eigen gemeenschap. Dus dat vonden we wel belangrijk, om die stap te zetten. En we hebben ook kindertuintjes, dus dan kunnen ouders met hun kind een vierkante meter tuintje onderhouden, en daar kunnen ze dan gewoon een seizoen aan werken. En daar ben ik heel veel bij betrokken geweest, om kinderen erbij te betrekken. En we proberen ook altijd iets in dat jaar dan wat te creëren, maar dat is ook wel moeilijk, en daarom hebben we de ouders er ook meer bij betrokken. Want eerst deden we alleen de kinderen met een begeleider op de woensdagmiddag, en dat liep gewoon niet zo goed. Dus nu hebben we het ouder-kind gemaakt en de ouders zijn dan verantwoordelijk en dan gaat het gewoon een seizoen door. Vaak zie je dat kinderen heel enthousiast zijn in het begin, en als er geogst moet worden ook nog wel, maar daar tussen in vinden ze er niks aan.

I1: Het duurt te lang denk ik.

R5: Ja, het duurt te lang. En aan het eind van het seizoen vraag ik of ze door willen, en sommige kinderen willen dat ook wel, soms willen de ouders het wel maar de kinderen niet, dus... ja, je ziet dat het maximaal twee jaar lukt en dan verversen we het gewoon.

I1: Goed wel dat ze kennis op kunnen maken over dit soort onderwerpen.

R5: Ja dat was het idee, om ze het te leren. Zowel ouders als kinderen, kunnen oefenen met tuinieren. En wij zijn bereid ze te begeleiden. En soms komen daar ook echt nieuwe tuinders uit bij ons in de tuin. Ouders die het zo leuk vinden dat ze toch blijven.

R4: En bij jullie heeft iedereen zijn eigen stukje, toch?

R5: Ja, bij ons heeft iedereen zijn eigen stukje inderdaad en we hebben een gemeenschappelijk gedeelte.

R4: Ah ja, wij hebben alleen maar gemeenschappelijk [tuinen]. En hoe was het bij jullie [R5] in corona tijd? Want bij ons kwam er toen opeens veel meer aanloop. Onze tuin zit namelijk vlak naast een wandelpad, dus we hebben veel aanloop daardoor. En veel mensen die even langskomen om te vragen wat we doen, van wie is het, kan je je aanmelden. Niet iedereen meldt zich dan aan, veel willen het wel, en meestal proberen we ze dan over te halen door wat producten uit de tuin mee te geven. Wij zijn begonnen met een man of 9, en ik denk dat we nu een man of 20 zijn. En dit zijn ook mensen buiten de directe omgeving, terwijl die hun eigen tuin voor de deur hebben. Maar het is maar net de connectie die je hebt met mensen. Zij vinden het bij ons leuk.

I2: En hoe werkt het dan als het gemeenschappelijk is? Met zijn alle zorgen dat het goed gezaaid is en dat het onderhouden wordt?

R4: Ja, daar maken we afspraken op. En dat houdt eigenlijk in, als het geen droge tijd is, dan kan je 2 weken langs komen. Op woensdag en op zaterdag/zondag, wordt er gezegd dat we naar de tuin gaan, en dan gaan we met z'n alle aan de slag. Meestal met een man of 8-10, dan zijn we zo'n 2 uur bezig. Je kan ook zelf gaan, als je wilt.

I4: En met app bedoel je echt een fysieke app, of een groep app?

R4: Ja een groepsapp inderdaad.

I1: En wat verbouwen jullie zo dan in de gemeenschappelijke tuin?

R4: Gemixt.

I1: Gemixt?

R4: Ja, van alles en nog wat. We hebben ook mensen die alleen maar bloemen willen dus we hebben nu ook uitbreiding gekregen waar we niet om gevraagd hadden, maar opeens was de gemeente bezig. Nou, oké, kom maar. We hadden er eerst wel om gevraagd, maar op een gegeven moment begon iedereen te klagen in het droge seizoen dat je echt heel veel moest sproeien. En we hebben een pomp aangeschaft, want we hadden geen normale pomp. Dus dat gooide je dan in de sloot en dan ging je sproeien, en dan ben je wel anderhalf uur bezig met z'n tweeën. Op een gegeven moment, twee jaar geleden was het zo ontzettend droog, dus toen wilde we die uitbreiding niet. Toen hebben we wel een pomp gekregen, een grondwaterpomp. Dus samen met die pomp ben je met een uur klaar met sproeien. Maar als je alleen zo'n hele dag moet sproeien, dat is niet leuk. Een half uur is prima, maar daarna heb je het wel gezien. Maar in eens keken we naar buiten, en toen was de gemeente aan het uitbreiden. Dat wisten we dus helemaal niet, want we wilde het niet meer, maar dat is nooit meer doorgekomen bij de gemeente. En toen hebben we bedacht om in het nieuwe gedeelte vooral meer bloemen te plaatsen, want we hadden vooral bloemen en groente in het oude gedeelte. En nu hebben we dus in een tuin meer bloemen, en in de andere tuin alleen groente. Maar ook aardappelen.

I4: Betalen jullie een bedrag per jaar?

R4: 12 euro of zo? Bijna niks, dat is wel heel fijn. En we krijgen ook nog een deel van de gemeente om zaadjes mee te kopen, maar dat is niet heel veel.

I4: En hoe spreken jullie dat af hoe veel je uit de tuin mee mag nemen?

R4: Dat regelt zich vanzelf. Er zijn geen mensen die ergens heel veel van nemen, terwijl andere mensen er bezig zijn in de tuin.

I4: Wat voor doelgroep heeft de tuin een beetje? Qua leeftijds categorie, of is het echt van alles.

R5: Van alles. Eigenlijk mag iedereen, we hebben we ook hele kleintjes lopen. Zo loopt er zo'n jochie rond van 2 jaar, die gaat met zijn moeder mee. Dat is dan Hendrik-Jan de Tuinman. Maar als ze naar school gaan, dan stopt dat, maar nu moeten ze nog met hun moeder mee en dat is wel leuk.

I2: Dat is bij jullie [R5] dan ook zo kan ik me voorstellen, zo met die kids die lekker met paps en mams mee gaan.

R5: En dan willen ze ook echt wel een tuintje willen.

I2: Dan kunnen ze het zelf doen.

R5: Ja, dat vinden ze leuk. En ik heb net nog even gecheckt, maar we hebben inderdaad 50 euro contributie per jaar.

R4: En dan is een stukje van jou.

R5: Ja, dan heb je een eigen stukje. En als je helemaal nieuw op de tuin komt, dan heb je instappeld. En dat is ongeveer 100 euro nu.

R4: En wat doen jullie daarvan?

R5: Dat komt eigenlijk bij de grote hoop op. Materiaal, zaden, alles wordt er van gekocht bij ons.

R4: Dat werkt bij ons ook zo. Maar wij hebben ook de pomp ervan gekocht, werkt wel sneller dan met de emmer.

I1: Hoe zit dat dan bij jullie [R5], ik kan me voorstellen dat jullie niet genoeg tuintjes hebben voor iedereen die er bij wilt.

R5: Ja, ja...

I1: Is er iets van een inschrijf/wachtlIJst?

R5: Ja, **we werken met een wachtlIJst**. Ik ben nu sinds een jaar niet meer secretaresse. En dan stonden mensen op een wachtlIJst. En soms ging het heel snel, en soms duurt het ook heel lang. Echt 2 of 3 jaar voordat ze er bij konden. Want ze zijn ongeveer, **volgens mij hebben we dertien tuinen, de meeste zijn 25 m², en we hebben 1 halve tuin**. En dan nog **die kindertuinen, dat zijn er ook 10 van ongeveer een m²**. En ook voor de kindertuinen hebben we soms wachtlijsten, en soms loopt het gewoon, en soms blijft er wat over. De dame van Groenplatform Zuidoost heeft heel lang op een tuintje gestaan, en daarna heeft ze zich weer ingeschreven dat als er weer ruimte kwam, dat ze dan bij ons weer kon komen.

I4: Hoe bent u [R5] zelf betrokken geraakt bij tuinieren?

R5: Ik woonde in de straat, en ik houd van jongs af aan al van tuinieren. Vroeger had ik ook een tuin, en mijn ouders hebben altijd een moestuin. En zodoende ben ik er bij betrokken geraakt. Ik ben toen in 2013 er bij betrokken geraakt, en toen bestond de tuin net, dus ik heb het echt vanaf het begin alles mee gemaakt. Misschien was ik 1 van de eerste die als "nieuw" lid erbij.

I4: En heeft u zo ook mensen zelf aangemoedigd om mee te gaan doen?

R5: Ja, mensen spreken je aan als je op de tuin bent. **Dus als mensen interesse hebben, dan komen ze wel bij je. En je kent mensen in de buurt, dus zo zijn er ook mensen bij gekomen.**

I2: Heel erg mond-tot-mond, denk ik.

R5: Mensen die er van houden. Ik zeg altijd dat het heel veel werk is, want **je moet echt veel onkruid wieden. En dat is het minst leuke. En het is ook het minst leuke als je tuin er slecht uit ziet.**

R4: En doen jullie iets met permacultuur?

R5: Wat is dat?

R4: Geen idee. **Iets gek doen met de grond, niks omspitten, gewoon de grond de grond laten. En dingen door elkaar planten, geen monocultuur.**

R5: Ah, dit zijn van die dingen waar je zo over kan verschillen in mening in hoe je je tuin onderhoud. Of je het spit of niet spit.

R4: Ik vind dat prima. Mijn rug vindt dat prima.

R5: Ik vind het heel leuk om er in te groeien. Van oudsher ging je elk jaar je tuin omspitten, en dat hoeft eigenlijk helemaal niet. Het heeft invloed op het bodemleven. En ik weet nog dat De dame van Groenplatform Zuidoost er helemaal voor was in het begin, en ik snapte dat allemaal niet. Maar het is wel heel leuk om daar meer in te leren. We hebben trouwens ook een biologische tuin, dus als je zaad of grond in koopt dan moet dat ook allemaal biologisch zijn. En er is nog een keer een wormen project geweest.

R4: Oh ja, er is bij jullie in de buurt ook een wormen ton! Nou, mijn buurvrouw kent De dame van Groenplatform Zuidoost, dus daarom dat ik al dit soort dingen weet.

R5: Ja, ja, ik zei net ook tegen hun [V, L, & C] ook al zo dat De dame van Groenplatform Zuidoost heel goed is in dingen initiëren.

R4: De dame van Groenplatform Zuidoost is een grote speler in het geheel.

R5: Ze heeft bij ons ook de tuin opgezet, samen met...

I2: Ze heeft toen der tijd ook de excursie gedaan, en ze heeft ons van alles laten zien. En dan moeten jullie me even helpen, bij het Nelson Mandelapark een project dat verf kleuren...

I1: Oh, die bloementuin.

I2: Oh ja, voor dat pigment dat voor kunst wordt gebruikt.

R4: Is dat in het Nelson Mandela Park?

I1: Net daarnaast, aan de andere kant. Tegen de weg aan.

I2: Is dat nou van Groei & Bloei [Bloei & Groei]?

I1: Ja, dat is van Groei & Bloei [Bloei & Groei]

R4: Ze zijn inderdaad uitgebreid, Groei & Bloei [Bloei & Groei] was wel een van de eerste in Zuidoost.

I2: De dame van Groenplatform Zuidoost kon wel veel vertellen en laten zien. We zijn op het Brasa Park geëindigd.

R5: Het is goed dat je in contact bent geweest met De dame van Groenplatform Zuidoost.

R4: Ze zit ook bij die flats, bij Hageveld. Daar komen ook van die kleine tuintjes die wij hebben, dat is hartstikke leuk voor die mensen uit de flat.

I2: Dat is ook inderdaad vooral een beetje de focus van dit onderzoek. Dit zijn mensen die misschien wel willen, maar niet weten hoe ze daar bij betrokken raken omdat het wat minder persoonlijk voelt. En wij proberen dat te bevorderen, want er is wel een hele hoop.

R4: Vroeger had je nog wel dat mensen hun eigen tuintje probeerde te creëren bij de flat, maar dat werd allemaal weer weggehaald, want dat mocht allemaal niet.

I1: De gemeente zit iedereen graag dwars, niet waar?

R4: Nou, tegenwoordig helpen ze wel maar heel veel mensen weten dat gewoon niet.

I4: Ik denk ook dat jullie [R4&R5] allebei erg gemotiveerd zijn en uiteindelijk daarom betrokken zijn bij de moestuin. Tuinieren vonden jullie dus al leuk. En dat is ook een beetje een vraagstuk van ons... het einddoel is dat we er voor willen zorgen dat mensen gemotiveerd raken om te tuinieren, ook mensen die geen ervaring hebben. Hoe zouden jullie dat doen? Hoe zou je dat voor je zien. Heb je ook mensen in de buurt die geen ervaring hebben met tuinieren en toch lid zijn geworden van de moestuin. En hoe is dat een beetje gelopen?

R4: Mensen melden zich gewoon aan, zo van: "Ik weet helemaal niks van tuinieren." en dan zeg ik, "Wij ook niet, dus meld je maar gewoon aan." en dan komen mensen er vanzelf bij. Je hebt er wel 1 of 2 die wel wat weten, maar de rest zoeken we gewoon op. Iedereen heeft een beste vriend, want iedereen heeft een telefoon en je kan alles opzoeken.

R5: En als je een gezamenlijke tuin hebt, dan doe je dat ook allemaal gezamenlijk.

R4: Dan is dat meer. En als je een aparte tuin hebt, dan doe je dat ook allemaal apart. Wij hebben twee momenten dat je daar met z'n alle daar ben, maar iedereen mag gewoon komen en door lopen. Dat is de bedoeling. En we hebben kaartjes gemaakt en bij een tafel neergelegd. Dus mochten mensen zich in willen schrijven, dan kunnen ze hun telefoonnummer achter laten.

I2: Letterlijk de doorloop

R4: We proberen het dus wel. En we hebben zo'n aanmeldportaal. Maar we zitten dus langs een voetpad, en dat is wel een verschil. Jullie [R5] zitten langs dat schelpenpaden, toch?

R5: Ja, we zitten daar zo langs de weg. Dus er komen wel veel mensen langs lopen, en we hebben een bord staan met een mail adres, dus als mensen interesse hebben, dan kunnen ze zich aanmelden.

I4: Alleen het verschil is het dan dat bij jullie [R5] moestuin dat mensen uit Gein3 zich mogen aanmelden en bij jullie [R4] mensen uit de hele Bijlmer.

R4: Het is niet logisch.

I4: Maar het zou wel kunnen.

R4: Ja, maar het gebeurt niet. Je hebt zo'n plantjes ruil, zo'n farmers day, daar doen we wel aan mee. Dan komen er wel mensen uit de hoogbouw, maar die komen niet terug want het is gewoon te ver weg. Het is niet heel ver, maar als je bepakt en bezakt bent met groente en fruit, dan ja, dan is het gewoon te ver. En wij zitten ook vlak langs de schooltuinen, dus dat scheelt ook. Dus als ik iets wil weten, dan loop ik even langs de schooltuin.

I2: Hoe komen jullie aan de kennis van tuinieren?

R5: Oh ja, nou, mijn ouders zijn allebei bioloog. Dus van jongs af aan hadden we al een moestuin. Dus daarna heb ik ook nog een paar jaar een tuin van een buurman gehad, en ik vond het gewoon leuk. En als ik er even niet uitkom, dan bel ik gewoon mijn ouders even. En zo heb ik ook wel heel veel informatie doorgeven, en als er vragen zijn vanuit de tuin die men dan even niet weet--de kennis zelf groeit, maar als er bijvoorbeeld iets is en mijn moeder is op de tuin en ze ziet iets wat niet klopt. Klopkruid, bijvoorbeeld, wat heel erg woekert. Dan zet ik het wel in de app, en dan moeten mensen

maar kijken wat ze er mee doen. We hebben een gezamenlijke afspraak, we laten bloeiende dingen niet tot zaad komen (zeker onkruid). Het is wel echt een gedoe om dat voor elkaar te krijgen, daar heb je wel strenge mensen voor nodig.

I2: Mensen die het in de gaten kunnen houden.

R4: Dat is bij ons de reden dat we geen composthoop hebben, omdat iedereen er alles in gooit en dan heb je, als je dat als compost gaat gebruiken, dan heb je het zaad wat gaat ontkiemen wat je er eigenlijk helemaal niet bij wilt hebben.

R5: Dat is eigenlijk alleen als je compost niet goed genoeg werkt, anders wordt ie niet heet genoeg.

R4: Ook om de zadjes kapot te maken?

R5: Als je compost niet goed genoeg werkt, wordt ie niet heet genoeg, en dan krijg je dat onkruid enzo dat er in blijft zitten. Dus dan moet je eigenlijk weer iemand hebben die goed kennis heeft van composthopen.

R4: We hebben er iemand bij, dat is R1, die heeft best wel kennis. Maar het is **best wel**. We hebben niet iemand die zegt, *ik weet wat ik doe*. Ik deed vroeger wel eens dingen met mijn opa, maar dat is vijftig jaar geleden. En die schoffelde altijd nog, dus dat nam ik klakkeloos over. Maar dat is nu anders, dus we kunnen het beter niet doen. Daar hadden we het net al over met het omspitten, want dan geef je onkruid juist de ruimte. Dat soort dingen. Maar wij hebben ook niet iemand die er echt alles van weet, maar we zoeken wel alles op. Ik bedoel, er is altijd wel iemand met een telefoon en met Google, en dan zoek je het op. Plus dat een aantal mensen zich hadden opgegeven voor die permacultuur workshop.

I4: Vanuit waar was die workshop?

R4: Durf ik niet te zeggen... was dat [workshops] niet van Groei en Bloei [Bloei & Groei]?

R5: Ik denk het...?

R4: En er was ook een vraag van R1 en misschien is dat een idee als het om die connectie gaat, om dan meer dit soort trainingen en workshops uit te zetten en zo maak je ook kennis met anderen.

I1: Een soort van workshop die dan gehouden wordt in 1 tuin waar iedereen dan naartoe komt. Zo van, *he we doen dit kom langs*.

I4: Zien jullie ook een samenwerking tussen moestuinen?

R4: Aan wat voor samenwerking denk je dan? Structurele samenwerking?

I4: Nou ja, stel je voor, je hebt een hele mooie bloementuin, en een andere moestuin heeft veel meer andere gewassen, dat je bijvoorbeeld op die manier een soort van samenwerking hebt dat je ook een keer naar een andere moestuin kan gaan om daar een keer te helpen en vice versa. Bijvoorbeeld zo iets. Of dat je wat van elkaar leert door middel van trainingen, of iemand van een andere moestuin is heel erg goed in permacultuur of wat dan ook, die komt een keer langs bij de moestuin--dat er meer een soort van verbinding is tussen de moestuinen. Of heb je zo iets van, het is prima hoe we het nu in de buurt regelen.

R4: Wij hebben bij ons wel dat idee, het is prima hoe we het nu doen. **Want het is echt voor de buurt en je ziet dat wel langzaam dat steeds meer mensen zich aansluiten bij de tuin en het was ook echt de bedoeling om mensen in contact te brengen met elkaar op een simpele en leuke manier.** En je houdt er ook nog wat aan over, maar de meeste moestuinen zijn niet gezamenlijk. De meeste moestuinen zijn ieder voor zich.

I1: Van wat we gezien hebben... het is bijna 50/50 zou ik zeggen.

R5: **Wij zijn gestart met een groot gezamenlijk deel, maar dat komt toch altijd op de schouders van een paar mensen terecht.** En daardoor, en omdat je er dan ook veel tijd in steekt, of andere mensen dus niet, voelde dat niet zo goed. Dus langzamerhand is dat gedeelte kleiner geworden en hebben we nu alleen nog een **kruidentuin** samen. **Maar er zijn dan weer twee mensen van ons die dat vooral verzorgen.** Je moet gewoon ergens plezier in hebben en dan kun je het ook zelf volhouden.

R4: **Je moet ook loyaliteit hebben.**

R5: **En als het schuift in de loyaliteit, wat kan natuurlijk, bijvoorbeeld, sommige vinden het lastig om in het zaad schietende planten eruit te trekken.** Dan hebben ze net geen tijd, maar willen ze **het wel graag want je wilt gewoon dat de tuin er goed uit blijft zien.** Hebben we wel afgesproken 1 of 2 jaar geleden, als het niet lukt, laat het dan weten in de app want dan kunnen we **elkaar helpen.** **Maar ook die drempel, om om hulp te vragen, is toch wel heel hoog.**

I4: Waarom is die drempel groot.

R5: Mensen vinden dat toch lastig, dan schamen ze zich dat ze hun tuin niet goed onderhouden, of dat het er bij in schiet, of dat men weet dat ze naar de tuin toe moeten maar niet gaan om wat voor reden dan ook. Dat is dan ook vaak de reden van opzegging, als het toch allemaal niet lukt. Maar om die vraag te stellen, "Kun je me een middagje helpen," **daar hebben we toen over gesproken.** Maar er is dus schaamte, soort van faalgevoel.

I4: Hoe is de community waar jullie mee samen werken op de tuin. Zijn jullie echt goede kennissen van elkaar, is het echt gezellig, of merk je dat mensen echt langs elkaar heen leven?

R5: **Er is wel veel samenhang bij ons.**

I4: En heeft het er ook voor gezorgd dat je je prettiger voelt binnen de buurt, is het echt een soort van uitstapje, ik ga lekker naar de moestuin toe omdat ik dan de buurt weer zie. Hoe moet ik dat zien?

R5: Nee, dat weet ik niet. **Ik vind het wel fijn om in de tuin te zijn, en ik vind het extra gezellig als er andere mensen zijn en ik denk dat veel mensen zo ervaren.** Maar om er naartoe te gaan vanwege de gezelligheid, dan moet je echt een tuin afspraak hebben. In de weekenden zijn er wel wat meer mensen aan het werk, en we hebben op twee dagen in de ochtend eens in de zoveel tijd, dat is op de zaterdag of de zondagochtend en **dan moet je je ook echt inschrijven, dan is de motivatie wel groot om te komen en dan doen we ook vaak wel iets gezellig.** Koffie drinken, dat soort dingen. Maar het is niet standaard, en het moet van iemand komen.

I2: En u [R4] gaf aan dat er op bepaalde momenten standaard meer mensen zijn die tuinieren, omdat het gezamenlijk is en afgesproken wordt.

R4: Om 10 uur, nou ja, 10 uur vind ik te vroeg, ik ben er dan om 10:30--maar ik kan dus zien als mensen heen lopen en als ik dan mensen zie dan ga ik er ook naartoe. **Het is niet dat ik ga omdat ik me "gecommit" heb, maar omdat ik wel hartstikke gezellig vind.** En er is altijd wel iemand, zeker in de zomer, die dan wat te drinken mee heeft of iets anders. Maar je bent daar wel aan het werk. **Er is wel gezelligheid, maar je bent gewoon aan het werkt.**

I2: Ja, het is dus die stok achter de deur zo van, we doen het met z'n alle én we gaan. En als u daar dan bent, dan is het wel leuk, maar u bent wel bezig.

R4: **en je spreekt ook andere mensen die je anders niet spreekt, omdat ze dan bijvoorbeeld in een andere straat wonen en dat vind ik wel leuk.** En als we oogsten, op een gegeven moment heb je gewoon heel veel van sommige producten. En als we dan teveel hebben, dan gaan we langs de deuren om wat weg te geven. Je hoeft ook niet altijd te komen naar onze tuin, en dat maakt de loyaliteit ook wel groter. Op een gegeven moment zijn we daar wel mee gestopt want we moesten dan toch best vaak langs de deuren, maar nu laten we dat liggen. **Dan appen we zo van, dit en dit hebben we geogst en dit ligt er nog, neem het mee.** En als er dan nog dingen over zijn, dan leggen we het aan de kant van de weg neer met een briefje zodat voorbijgangers het mee kunnen nemen. Maar dat doen ze niet!

I2: Nee?!

R4: Mensen vinden het heel raar. En er wordt niet veel gepikt, bijna helemaal niks. **Mais is** altijd wel de klos.

I1: Waarom mais...

R4: Dat vinden kinderen leuk denk ik. Maar we hebben wel kinderen die door de tuin aan het sjouwen zijn en ouders die daar zitten met hun kleintjes die door de tuin heen lopen. Dat maakt het wel heel leuk.

R5: Jullie principe van de tuin is echt heel anders.

I2: Is er bij jullie [R5] ook een concurrentie met mensen met de tuinen, of is het meer elkaar helpen.

R5: Ja, meer dat, meer **samenwerken.**

I2: Niet zo van, "kijk eens hoeveel ik heb," dat soort dingen.

R5: Het is wel meer van, als je dan bijvoorbeeld je tuin het minder goed doet, dan is de vraag hoe kan dat dan? **We bespreken dat wel.** Als de **boerenkool** in een tuin heel klein is en in de ander heel groot, hoe kan dat? Het is meer interesse, niet echt, ik ervaar het niet als concurrentie. **Er is gewoon een groot verschil in hoe mensen hun tuin verzorgen of ze zich eraan committeren of niet, of ze er regelmatig zijn of niet.** En dat is niet, **ik zou het geen concurrentie noemen,** maar een verschil. En je ziet het terug in de tuinen, en dat vind ik ook leuk om te zien. Daardoor is het gemêleerd. Alles is verschillend, en ik denk dat iedereen dat leuk vind.

R4: Bij ons werkt dat ook niet, **als je iemand hebt die zegt hoe je dingen moet doen. Laat het nou maar gaan, de natuur weet echt wel wat ze moet.** We laten het gewoon een beetje gaan.

Ik heb vorige jaar wat neer gezet, **Mexicaanse komkommer.** Dat groeit als een malle, ziet er mooi uit, en is hartstikke lekker zolang ze klein zijn. Als ze groot zijn, dan is het niet zo lekker meer. En dat is ons toen op zo'n zaadjes ruildag aangeboden als socrepo (??). Ik denk leuk, **laten we dat even**

uitproberen, maar dat bleek dus Mexicaanse komkommer te zijn. Heel erg leuk om uit te proberen, maar we gaan het volgend jaar niet meer doen. Want er kwam zó veel uit! Je kwam er niet vanaf.

R5: Ondanks dat je met z'n twintigen was.

R4: Niet iedereen lust het, ik had op een bepaald moment 2 van zulke emmers en dat blijft maar doorgroeien. Dus als er een zaadjes ruildag weer is, dan kom ik die zaadjes wel brengen

I4: Wat is een zaadjes ruildag?

R4: Zaadjes plantjes ruildag.

I4: Is dat een dag die georganiseerd wordt door...?

R4: Urban Farmers.

I4: En komen daar verschillende initiatieven vanuit de buurt die ook aan moestuinen doen?

R4: Niet vanuit de buurt, vanuit de stad. We hebben ze ook al vanuit Amsterdam West gehad dat ze kwamen, de Urban Farmers. Op hun kaart staan alle locaties.

I4: Oké dus dat is al een soort van connectie tussen verschillende tuinen?

I2: Zij brengen dus op die manier mensen bij elkaar

R4: Ja, ze zeggen dit heb ik om mee te nemen en dit kan ik bij jou halen. Heb jij iets wat wij niet hebben? En er kunnen ook gewone plantjes worden geruild zoals Vlinderstruikjes

R5: Zijn jullie bij Elixer geweest tijdens de excursie

I1: Nee we zijn niet aan die kant geweest, leuk om er straks even heen te lopen

R5: Wat ik nog graag willen zeggen is dat bij jullie [R4] kan iedereen op de tuin komen he? Onze ervaring is dat er soms kinderen op de tuin komen omdat er ook een voetbalveldje naast is. Dat gaat soms baldadig, ze nemen dingen mee of maken dingen kapot en dat willen we niet. Kinderen kunnen dus alleen komen met hun ouders erbij als er iemand van de tuin bij is en we hebben regelmatig dat mensen op onze tuin lopen. Vorig jaar is het een keer geëscaleerd, toen was er een man met zijn kinderen en die kinderen renden door de tuin en die man werd aangesproken door een van de tuinders en toen zei hij 'Ik wil mijn kinderen gewoon leren over tuinieren'. En toen is er gezegd dat we dat niet willen, alleen met een tuinder erbij, er staat ook een bordje dat je de tuin niet zomaar mag betreden, alleen als er iemand van de tuin bij is. Dat is voor ons wel belangrijk, we hebben nu gewoon vaker meegemaakt dat mensen spullen vernielen, dat vinden we gewoon niet leuk. Dus bij ons is het wat meer besloten.

R4: Ja bij ons zit er ook een hek voor maar die kan gewoon open.

R5: Ja bij ons ook maar er staat wel een bordje met niet betreden enkel als er een tuinder aanwezig is.

R4: Ja wij wilden het wel graag all inclusive maken maar dat is het dus niet want bij ons kunnen geen mensen met de rolstoel. Je kan wel het paadje op maar dan kom je niet ver, je kan niet door de tuin.

I2: Oh maar jullie hebben dus wel nagedacht over toegang voor iedereen.

R4: Ja, en dat kan ook wel, tot op zekere hoogte. In het midden heb je een klein plaatsje, daar hebben we nu een paar bankjes neergezet en daar staat onze kist met gereedschap en verder kom je dan niet.

I4: Zijn er moestuinen waarvan jullie denken dat het helemaal niet werkt?

R5: Nee

R4: Nou, volgens mij is het juist heel erg in opkomst.

I2: Ja, dat zien wij ook enorm. Maar goed we hebben wel tijdens de excursie gezien dat in bepaalde buurten, op een binnenplaats waar De dame van Groenplatform Zuidoost ook vertelde dat het vrij goed georganiseerd was en ze hadden net een stromend water kraantje gekregen. En er was een dame erg dominant en betrokken en die dame sprak geen Nederlands, ze had vrij duidelijk een idee van hoe de tuin onderhouden zou moeten worden en dat had veel irritatie opgebouwd waardoor mensen zijn gestopt met tuinieren in die tuin waardoor er vrij weinig gebeurt met deze tuin nu. Dus we zien wel dat op kleine schaal sociale frictie ook een oorzaak is dat iets niet meer werkt. Bij jullie hoor ik dat het heel goed gaat.

R4: Ja er zit bij ons wel een iemand tussen waar we het niet altijd mee eens zijn maar we zijn nu wel zover dat we zeggen ja nee dat gaat niet goed zo en dat kan ook anders.

I4: Ja dat is misschien wel interessant om van jullie te horen wat in jullie tuin gebeurt waardoor het dus wel werkt en mensen dus wel goed kunnen samenwerken. Want wij willen mensen graag motiveren maar dan moeten mensen zich wel gehoord voelen. Hoe hebben jullie dat geregeld?

R5: Ja, als je je bij ons aanmeldt, dan krijg je ook tuinregels, een soort contract. Het zijn statuten die je moet ondertekenen en je moet je er dus wel aan willen conformeren. Zo heb je aan de voorkant al een soort van screening van mensen die echt bereid zijn om mee te doen en zich aan de regels te houden. Een ding is bijvoorbeeld dat je de tuin zoveel mogelijk onkruidvrij moet houden, dat gebeurt natuurlijk niet altijd maar het gaat om de intentie want we vinden het heel belangrijk dat de tuin er goed uitziet voor de buurt. Dat heeft te maken met het begin, waar onze tuin is gebouwd is een soort kaal veld met een soort ruw gras erop en het ligt aan het begin van de wijk. Dus in het begin toen we daar gingen tuinieren vonden veel mensen het lastig, slordig en we hadden er alleen een hek omheen staan. Men vond het slordig dus toen hebben we aan de gemeente gevraagd of ze er een struik omheen wilden verzorgen, dat is ook gebeurd, waardoor er nu een mooie heg omheen staat wat er een stuk netter uitziet. De buurt vindt dat dus heel belangrijk, dat het er netjes uitziet. Ik vind dus zelf ook als je een tuin hebt, houd je dan aan de voorwaarden dat je goed je tuin verzorgd.

I4: Oké, dus duidelijke voorwaarden maken van tevoren.

R5: Ja, want stel nou je gaat een tuin aanleggen tussen die flats. En mensen weten nog niet veel van tuinieren maar willen er graag betrokken bij zijn, dan zou ik toch zeggen dat het belangrijk is om te vermelden dat het super leuk is om te tuinieren, maar dat het ook heel veel werk is want je moet veel water geven en je besteed heel veel tijd aan onkruid wieden. Zeker in het begin wanneer er nog veel onkruid in de grond zit is het hartstikke hard werken. Je moet het echt willen doen.

I2: Ja dus echt een duidelijk verwachtingspatroon creëren.

R5: Ja, een verwachtingspatroon creëren is goed verwoord haha. Het is niet alleen oogst maar er is ook loyaliteit nodig.

I4: Ja de moestuinen die wij hebben gezien die liggen dan tussen de flats in, dat zijn waarschijnlijk moestuinen die gecreëerd zijn door de gemeente met vrije toegang. Dat is denk ik anders ...

R4: Dat weet ik niet hoor, bedoel je de hogere flats?

I4: Ja, die moestuinen die er tussen liggen

R4: Oh dat weet ik niet

I4: Oké, dan heb je misschien ook minder motivatie omdat je er geen bedrag voor betaald en dat je daardoor minder gemotiveerd bent om het te onderhouden of een samenwerking aan te gaan.

R4: Ja die moestuinen moeten ergens het geld vandaan halen

I4: Ja ik zit hardop te denken van wat een reden zou kunnen zijn voor mensen om wel of juist niet actief deel te nemen

I2: Ja en wat jullie zeggen, als er een aanvraag wordt gedaan voor een heg of een pomp of een stuk tuintuitbreiding dan heb ik wel het gevoel dat de gemeente meewerkt.

R4: Jazeker, en ze brengen een keer in het jaar compost, bij jullie [R5] ook?

R5: Uhm, nee dat moeten we zelf aanschaffen. De gemeente heeft het ooit een keer gedaan maar daar waren we niet blij mee want we kregen een raar soort gras erin en allemaal plastic. Wij halen het [compost] vaak bij de biologische boerderij de Hartog en daar bestellen we compost.

I2: Oh leuk, daar zijn groepsgenoten vanochtend geweest voor een rondleiding

R5: Oh wat leuk, die hebben ook een tuinproject

I4: Andere vraag aan u [R4], hebben jullie ook een soort contract dat van tevoren ondertekend moet worden?

R4: Nee, wees aardig tegen elkaar en kom wanneer je kunt en laat weten wanneer je niet kunt komen. En dat doen mensen ook echt wel.

R5: Toch een soort van voorwaarden die positief is. 'Laat even weten wanneer je niet komt'

R4: Ja er zijn ook mensen die zich niet afmelden, maar kijk als je je aanmeldt, prima, want niemand geeft een reactie. Kijk velen zijn van mijn leeftijd, sommige zijn een stukje ouder, daar kan je van verwachten dat ie af en toe iets niet kan. Maar kom als je zin hebt een kopje koffie drinken of oogsten als we dat doen, kom gewoon als je enigszins kunt.

R5: Maar gaat het je dan om de tuin of om de community?

R4: Het is begonnen om de community en we proberen door middel van de tuinen community te creëren.

I2: Ik denk dat dat een beetje het verschil is tussen jullie. Ik denk dat het bij jullie [R4] vooral de tuin is, klopt dat?

R5: **Ik denk wel de tuin...** maar de bedoeling is **ook wel de contacten.**

R4: Wat meer omgekeerd?

R5: We hebben bijvoorbeeld een **oogstfeest**, waar we ook mensen uit de buurt voor uitnodigen die gewoon in de wijk wonen, en dan zorgen wij voor eten maar dan kunnen mensen ook zelf dingen mee nemen. En we hadden altijd een vuur, een kerstboomverbranding tegelijkertijd met de nieuwjaarsborrel, maar we hebben daar nu vanaf gezien vanwege de co2 uitstoot. En dat is eigenlijk wel jammer, want iedereen keek er wel naar uit en ik krijg nog af en toe een bericht op facebook met de vraag of het doorgaat of niet. **Dat was altijd wel een leuk moment, waarop steeds meer mensen kwamen uit de buurt.**

I1: Het is best wel een spektakel.

I4: Hebben jullie een facebook group?

R5: Nee, maar we hebben wel een **facebook groep van de wijk zelf.**

R4: **Wij hebben dan onze buurt app, op Hoppler (?) Daar kun je van alles opzetten en daar zetten we als tuin dan ook wel eens dingen op om dingen bekend te maken aan nieuwe mensen aan de buurt.** Zo van, je bent nieuw, kom een keer langs, doe een keer mee. In het begin heel vrijblijvend. En vind je het leuk, dan verwachten we dat je iets vaker komt. Dat is wel de bedoeling. Maar er zijn ook gewoon mensen die heel weinig kunnen. Sommige zitten zo krakkemikkig in elkaar op dit moment dat ze gewoon weinig kunnen, maar kom gewoon weet je. Onze buurt is ook wel iets anders opgebouwd dan jullie buurt [R5].

I2: Ja, er is een groot verschil, niet waar? Dat is wel grappig om te zien.

R4: Dat heeft te maken met hoe de huizen staan. Want jullie [R5] hebben straten achter elkaar, en dat hebben wij dan ook wel, maar we zijn opgebouwd in hofjes.

I4: Maar het is wel leuk dat jullie [R4] de mogelijkheid bieden, het is echt bedoeld om contact te leggen binnen de buurt.

I1: Ik had nog een vraagje over de contracten die [R5] noemde... hebben jullie wel eens gehad dat iemand niet de regels na kwam en dat jullie dan gezegd hebben dat van oke, dit werkt niet, u moet weg?

R5: Niet weg, maar kan je je aan de **regels voldoen?** Kan je de afspraken houden.

I1: En dan doen mensen dat wel?

R5: Ja, of ze stoppen er mee. **We hebben dan hoe je tuin eruit ziet, dat je bij de werkdagen aanwezig bent, dat je meehelpt, dat je meehelpt de tuin te verzorgen en de paden schoon te houden, de heggen gesnoeid, etc. En dat is veel werk. Dat je bereid bent elkaar te hebben. Mensen vinden het zelf vervelend als het niet lukt met hun tuin. En als ze niet kunnen oogsten bijvoorbeeld, dat is ook gewoon demotiverend.**

R4: Wat voor haag hebben jullie?

R5: Geen idee? Groen aan de binnenkant, geel aan de buitenkant.

R4: Wij hebben **fruitbomen** staan.

R5: Dat hebben we aan de buitenkant staan.

R4: Dat hoeft je niet echt te snoeien of bij te houden.

I4: Zijn er mensen op jullie tuin, die de geogste producten door verkopen?

R4: Nee.

R5: Nee, niet echt.

R4: **Wij hebben ook liever niet de verkoop, we geven het wel weg.**

I2: **Er is absoluut geen vorm van geld kunnen verdienen of iets.**

R4: Als wij aan het **oogsten zijn**, dan ligt het in de winkel ook goedkoop.

R5: En dat wat je van je moestuin oogst, ziet er ook niet zo mooi uit als in de winkel.

I4: Waarom ik dat vraag, dat komt een beetje vanuit de stichting. Iemand heeft een heel idee met een platform creëren tussen alle moestuinen en organisaties wat dan grootschaliger wordt waardoor je er een verdienmodel van zou kunnen maken. Maar de vraag is dan natuurlijk, is daar behoefte aan?

R4: **Nee, helemaal niet. Dat is nou net niet waarom we begonnen zijn.**

I4: Het gaat dus bij u [R4] om dat community gevoel, lekker met de buurt freubelen in de tuin.

R4: **En als iemand niet te eten heeft, dan kunnen ze het komen halen. Dat hoeft ie niet te zeggen, maar als we wat over hebben geven we het graag weg.**

I1: Maar u gaf net aan, u legt het dan aan de kant van de weg neer, mensen pakken het ook niet altijd mee.

R4: Durven het niet mee te nemen inderdaad.

I1: En een connectie met de voedselbank, dat het daar naartoe kan als jullie teveel over hebben?

R4: Daar is dan weer te weinig voor. Bij de **voedselbank** hebben ze liever meer. Maar ik spreek mensen ook aan of ze wat mee willen nemen, en dan loop ik ze gewoon achterna. **Maar op die manier maak je wel contact met mensen en dan komen ze volgende keer ook kijken** En we zitten naast een honden uitlaat pad, dus er lopen veel mensen langs.

R5: **Ik denk toch het verschil tussen hobby beoefend, dan dat je het professionele maakt. Dan moet je er veel meer tijd in steken. Wat zet ik waar neer, zodat mijn opbrengst heel groot is, daar moet je dan over na gaan denken.**

I2: Dat is een hele andere insteek. En het idee van de stichting was dat het dan inderdaad op afspraken, dan oké, er zijn 30 tuinen aangesloten bij dit initiatief en dit is het seizoen van de pompoen. Dit is onze target en aan het eind van dit seizoen moeten we zo veel gehaald hebben en dan kunnen we het distribueren naar lokale supermarkten en markten.

R4: Nee, daar is het [distribueren naar lokale (super)markten] veel te duur voor. Dit wordt veel goedkoper elders geproduceerd, dat gaat niet werken.

I2: Nee, dat is ook helemaal niet waarom jullie dit ook begonnen zijn.

R4: Dus dat is ook echt niet de bedoeling.

R5: En dan moet je echt hard werken.

I2: Dan verwachten mensen ook dat ze betaald gaan worden.

R4: En wat betaal je voor kilo uien, daar kan je niet 10 man van gaan betalen. Wij willen dit niet.

I4: De insteek van dit gesprek was wel een beetje, is er een behoefte aan een connectie tussen verschillende buurttuinen. Ik hoor dat er niet dat er echt een voorkeur is voor connectie met andere tuinen, wellicht wel via een bepaalde manier om van elkaar te leren, maar voor de rest.

R4: Structureel samenwerken met andere tuinen gaat niet werken, in de vorm van de uitwisseling van mensen, nee. Maar kennis uitwisselen is altijd leuk.

I4: Wel van elkaar te leren, bijvoorbeeld een farm dag. Maar niet per se dat je wekelijks samenwerken. Echt alleen met de eigen buurt. En dat is wel goed om te weten.

R4: Er kwam een idee in mijn ophoog, een app zoals marktplaats waarop je dingen zet die je kwijt wilt en waarop je kan zoeken wat je nog wel nodig hebt. Marktplaats voor de tuintjes, dat iedereen die bij zo'n tuin zit zich daar ook kan aansluiten. Dat is dan wel een connectie.

I4: Wel meer praktisch.

I1: Dat kan ook een behoefte zijn.

R5: Hoe wij het nu hebben is dat je kan laten weten welke zaden je hebt, en dan wordt dat besteld. Maar als je een zakje boerenkool hebt, daar zit zoveel in, dat ga je niet allemaal planten. We verdelen het dan, maar je houd je wel veel over. En dan krijg je een appje in de loop van het jaar, ik heb nog dit en dat over, wilt iemand dit misschien

I2: Dus onderling vooral in je eigen tijd.

R5: Maar dat zou je ook op grotere schaal doen. We zouden een keer bij een andere tuin op bezoek kunnen gaan als die connectie er is.

I2: Een beetje zoals met de Mexicaanse komkommers. Dat je bij elkaar kijkt om te kijken wat er gedaan wordt.

R4: Die urban farm dag, ik ga nu zakjes maken met een stuk of 10 zaadjes in en dan heb je meteen de hele schutting vol. Dat ding groeit als een malle. Maar die ga ik dus maken en kun je dan ruilen op die urban farm dag, maar dat kun je dus als je veel zaadjes hebt, kun je die ook gaan ruilen op zo'n marktplaats. Dan kan je het seizoen door ruilen en hoef je niet te wachten op zo'n urban farm dag eens in het jaar.

I2: Eigenlijk het concept van de plantjes ruildag, maar dan los van de urban farmers en los van zichzelf online in Zuidoost.

R4: Ik vind het wel leuk dat jullie door VENZO ingehuurd zijn, maar wij als hoftuin, hoeven niks met VENZO.

I1: Dat is ook een conclusie.

R4: Het moet echt vanuit de bewoners komen, niet van bovenaf.

I4: En dat is waarom wij er zijn, daarom willen we in gesprek met de bewoners. Wij willen ook geen plan doorvoeren, we komen kijken of er behoefte is vanuit de bewoners. Want, stel je voor er wel een behoefte om daar een verdienmodel aan vast te maken, dan kunnen we kijken naar de mogelijkheden.

R4: Dat lijkt me niet gezien de opkomst hier...

I1: Ja...

I2: Absoluut, we zeiden ook al tegen elkaar, dit is ook een conclusie. We hebben vanuit de opdracht mensen uitgenodigd, via de interviews en de questionnaires, en iedereen die in die organisaties zitten die meer inspraak hebben, het gaat niet--verdienen hoeft allemaal niet, en niemand hoeft ons ook te vertellen wat we gaan doen en het gaat ook allemaal verder gewoon prima. En dat gevoel krijgen we ook, en des te fijner is het ook om jullie zo te spreken en dat het bevestigd wordt. En we hebben heel veel informatie vanuit verschillende richtingen gekregen vanuit de organisatie en andere stakeholders, en ja, we hebben ook gezegd we gaan op dit focussen en dat wordt nu bevestigd en ik denk ook dat het voor hen relevante input is omdat ze het wellicht niet zo realiseren. Dat dit speelt.

R4: Dat zou erg zijn, want ze zitten al heel lang in Zuidoost.

I1: Maar voor dit project specifiek

R4: Als je de bewoners hier kent in Zuidoost, dan weet je dat dit niet gaat werken. Eventjes, met een klein groepje, maar niet met meerdere mensen.

R5: Ik vraag me wel af, je gaat zo iets nieuws op zetten, daar doe je dan het beste aan? Doe je zoals ons, tuintjes apart, of zoals jullie [R4] doen dat je tuinen gezamenlijk hebt.

R4: Afhankelijk wat de mensen willen, want bij ons sluit niemand zich aan die een eigen tuin wilt. Als ze bij ons komen vragen om een eigen stukje, dan zeg ik nee, wij doen alles gezamenlijk.

I2: En komen er wel eens mensen bij jullie [R5] die mensen willen samen doen.

R5: Er zijn bij ons wel mensen die het samen doen, en er is ook iemand, dit is ook wel interessant, ze was zelf niet zo fit, dus een vriendin zou haar zou meedoen maar dat liep wel erg moeizaam, want het gaat wel om motivatie. Dat je doet wat je gezegd hebt en dat je dat kan uitvoeren.

I4: Het is natuurlijk ook seizoens afhankelijk. Als het mooi weer is denk je makkelijker 's avonds nog even op de moestuin te werken.

R4: **Het hangt ook af van waar je woont.** Ik woon in een buurt waar veel mensen zijn aangesloten op de tuin, dus als ik die mensen niet zie op die dagen, dan zal ik op een gegeven moment wel tegen ze zeggen als ik ze dan wel op straat tegen kom. Dat is natuurlijk ook niet leuk om te horen, dus kom je al eerder.

R5: En ben jij [R4] dan ook een belangrijkste speler voor de tuin.

R4: Nee, geloof het niet.

R5: Maar je bent wel een aanjager.

R4: Dat was niet de bedoeling.

I2: Vindt u uzelf wel actief op de tuin?

R4: **Ik ben wel de een van de weinige die er elke dag is.**

R5: En stel dat je er niet zou zijn?

R4: Ja, dat weet ik niet.

R5: Stel dat jij krakkemikkig wordt?

R4: Dan hoop ik dat de rest gewoon doorgaat. Maar ik zit zo in elkaar. Ik ben gewoon een flapuit en ik zeg alles tegen iedereen.

R5: Maar ik denk dat er wel motivatie in zit.

R4: **Ik wil ook graag mensen kennen, en ik ben maatschappelijk werker dus ik klets met iedereen. Jongeren, kinderen, iedereen is welkom.** Als je het niet leuk vindt, dan kom je niet.

I4: Ik denk dat dat wel belangrijk is in zo'n moestuin.

R4: Ik ben echt niet de enige hoor. Ik woon in een straat die gebouwd is voor maatschappelijk werkers, dus iedereen is zo.

R5: **Onze voorzitter nu is ook een goede aanjager.**

I2: Ah, iemand die echt afspraken maakt, vergaderingen inplannen.

R5: Zeker niet iemand die te beroerd is om zelf wat te doen. Hij is zelf ook een harde werker.

I2: Is er bij jullie [R4] iets van een kartrekker.

R4: Het is opgezet door R1, dus daardoor heeft ze die rol gekregen en luisteren we naar haar, maar met een aantal mensen. Dus we hebben een **penningmeester, en ze zijn met z'n drieën in het bestuur.**

Ze overleggen natuurlijk ook wel over wat ze gaan aanschaffen, wat willen we meer en wat willen we minder. Maar er is niet een of voorzitter hebben.

I1: Ik had nog een vraag. Is het publiek dat jullie hebben op de tuin, een beetje vertegenwoordigend voor de algemene populatie hier in de Bijlmer.

R5: Wel voor ons wat er in de buurt woont.

I1: Niet de Bijlmer in het algemeen denk ik.

R5: Nee, nee, helemaal niet.

R4: Nee, kan je niet zeggen. In dit deel, de oude Bijlmer, is wel anders als in Gaasperdam. En ook in Gaasperdam en Gein heb je delen die zijn van hmm, niet representatief voor wie er in onze tuin bezig is. Bij ons gemiddeld zijn het hoger opgeleiden, vooral vrouw, en er zijn 2 mannen die af en toe mee doen. We proberen wel mensen van de andere kant te krijgen, want er is nog geen 100m verschil.

I4: Wel jammer dat we niemand...

I2: Dat is het ding, dat is wat verwacht door de organisatie, is dat we de populatie van de oude Bijlmer zouden spreken, die mensen zijn lastig te bereiken. Of dat dan komt door een taalbarrière, desinteresse, werken, gewoon niet bezig zijn in de wijk. We hebben vanmiddag surveys afgenomen, en het is gewoon--ik kan me best goed voorstellen dat ik hier door de wijk loop met vragen met het doel hier iets optimaliseren in de buurt, dat iemand hier uit Ghana die hier al 15 jaar woont denkt van, weer zo'n project. er zijn er al zoveel, ik kan me voorstellen dat dat--

R4: Het is belangrijk voor de bewoners dat zij weten wat ze kunnen doen, en dat de gemeente daar aan meewerkt.

I2: Dit kun je alleen niet goed uitleggen in een kort gesprekje en de mensen hebben daar natuurlijk ook helemaal geen tijd voor. Daar moet dus iets van een transitie komen, zodat het initiatief bij de mensen zelf gelegd wordt.

R4: Er is een tuin bij het kraaiennest, zijn jullie daar geweest? Dat is zo bij die moskee, en een winkelcentrum.

I1: Ja het nu ook niet het seizoen

I4: Op het moment dat wij die excursie hadden, toen was het weer ook niet ideaal tuin weer. Als het zonnig is, als het tuinier seizoen in volle gang is, dan zouden wij heel makkelijk mensen kunnen aanspreken en dat--het gaat nu allemaal via email, en ook veel vrijwilligers die bij zo'n organisatie zitten zullen misschien ook helemaal niet hun mail lezen.

I2: En veel mensen zeggen ook dat ze gewoon geen tijd hebben. En ik snap dat ook helemaal, want tuurlijk.

R5: Ja ik ook, ik moet ook zo weg, maar ik wilde toch komen.

I2: Dat is ook prima, we hebben de meeste dingen ook verwerkt. Zijn er eventueel nog dingen die jullie kwijt willen, iets wat je zou willen vertellen?

R5: Ja, ik heb nog wel iets wat ik wil vertellen. Bij ons op school en daar hebben ze geen geld om de tuin te onderhouden dus dat heb ik dan vorig jaar geïnitieerd dat ik dan in het voorjaar elke woensdag ochtend daar zou werken en dat hebben we in de nieuwsbrieven gezet, we hebben er mensen voor uitgenodigd, etc. Maar er komt echt bijna niemand, dan moet ik echt mazzel hebben dat ik dan op die ochtend een paar ouders aanspreek die dan misschien toch ff een uurtje tijd hebben. Maar niemand die van zichzelf denkt van, ik vind dit leuk om te doen. Niemand vindt het echt belangrijk dat hun kind dus op een school zit met een goed verzorgd plein, een goed verzorgde tuin. En dat viel me best wel tegen, dat er gewoon geen motivatie is.

R4: Misschien moet je jongeren vragen. Die hebben sowieso geen motivatie, totdat ze gepushed worden.

R5: En toen de uitnodiging was vaak in het Nederlands. En wat bleek dat dan bijvoorbeeld mensen uit Ghana, die voelen zich dan ook niet aangesproken. Je moet het dus in het Engels doen, want als het in het Nederlands is, dan is het zo, dan wordt het niet als belangrijk genoeg beschouwd. Misschien wel welkom, maar ze voelen zich gewoon niet aangesproken anders.

R5: Het moet dus makkelijk zijn, en dat is dan wel op die tuin op school. Als je hier een initiatief hier begint in Amsterdam Zuidoost, dan moet je echt iemand hebben die kan mensen kan mensen kan motiveren om te leren. Het educatieve idee mag er ook bij in zetten.

R4: Je moet ook weten hoe je een bepaalde doelgroep moet motiveren. Ghanezen hebben misschien een andere motivatie dan Marokkaanse of Nederlanders of Surinaamse mensen.

R5: Het moet langzaam groeien. Je moet dit niet in twee jaar opzetten en dan denken dat je er mee op kan houden. Het langer duren, het moet langzaam er mooier uit gaan zien, mensen moet er mee bekend raken. En dan gewoon, dat denk ik dan, en iemand die zichzelf ook sterk gemotiveerd is en iets van verantwoordelijkheid neemt met het organiseren. Een echte kartrekker, die zich voor lange duur ik kan zetten.

R4: En dan zou je misschien kunnen gaan denken aan de connectie, met de dingen die er al zijn. Bij ons in de buurt heb je de stichting Cararabic voor jongeren. Als je met hen contact legt, en zij hebben best wel invloed op die jongeren, dan zouden we iets met z'n alle, het is alleen nooit in de ochtend, altijd eind van de middag of s' avonds. Als je die contacten kan leggen, dan zouden ze wat kunnen doen en dan voelen die jongeren zich misschien ook meer gemotiveerd om de omgeving te onderhouden.

I2: En dat zijn die hele kleine verandering in die motivatie, als die vertaalslag is gemaakt dan kan er heel veel uit komen. Maar zolang dat omdenken, als mensen daar nog niet zijn, is het heel moeilijk voor een initiatief om daar verandering in te brengen. Het ligt bij de mensen, en bij jullie ook. Als bij jullie niemand meer die tuin onderhouden, dan werkt het ook niet meer.

R5: Je moet intrinsiek gemotiveerd zijn.

R4: Ja, ik denk dat dat wel duidelijk is. Alles wat van bottom down komt, werkt beter dan van bovenaf komt. Ik vind wel dat zuidoost een schouderklopje verdiend hierin, want het valt best mee. Alles ziet er goed uit.

R5: Als jullie dan zo naar Elixer gaan, ik denk dat Elixer wel meer weet van die moestuinen en daar kun je misschien wel meer informatie uit halen wat betreft een kartrekker of iets. Volgens mij gebruiken ze ook alleen maar groente uit hun moestuin.

R4: Ze hebben een restaurant, en ook een filmhuis geloof ik.

* T staat op om weg te gaan, die heeft een andere afspraak. Na het afscheid volgR5: *

R4: **Ik kom nog een keertje bij jullie [R5] langs in de tuin!**

R5: **En ik bij jou ja, moeten we een keer afspreken!**

* T verlaat de ruimte*

R4: Dus die connectie hebben we gemaakt.

I1: Haha, ja, wij moeten hier gewoon vaker komen.

I2: Ik denk dat de conclusie dan ook gewoon is dat het aan de mensen zelf overgelaten moet worden.

R4: **En ondersteun waar nodig.**

I2: Wat je kan faciliteren, niet wat je kan betalen. En dat stukje connectie, ik vind het hele goeie input die u had, van die groep waarmee je dingen kan ruilen. Zodat je dingen voor elkaar kan betekenen,

R4: **Een digitale connectie kan uitlopen tot iets fysiek/sociaal.**

I1: En het idee van de workshop is ook goed.

R4: En voor jullie, ga eens kijken bij **urban farming**.

I1: Ja, komen die van Amsterdam zelf?

R4: Van ergens, maar ooit werd ik een keer om me oren geslagen daarmee en toen heb ik ons opgegeven. **Hebben we in de tuin gestaan met vlaggen en alles, en uiteindelijk aan het eind van de dag kwamen best veel mensen langs.** Dat was heel leuk, ik heb zelfs nog een **citroen boom** staan van toen.

I4: Maar dit sluit goed aan.

I2: En dit zijn dingen die vrij laagdrempelig uitvoerbaar kunnen zijn, mits er een goed plan is.

R4: Wat wel is, dit zijn allemaal mensen die het leuk vinden om hier iets mee te doen.

I1: Dat is het gewoon.

R4: Er waren wel een aantal mensen hier uit de flats, maar heel erg weinig.

I4: Maar ja, je kan mensen wel gaan pushen en zo zeggen van, wij denken dat het goed is als je gaat tuinieren, maar dat werkt niet. En dat is ook een conclusie.

R4: **Wat wel hier in Zuidoost goed werkt is het "je kan hier iets halen, je kan hier iets krijgen,". Niet bij zetten dat je er iets bij moet doen. Als je hier naar de gemeente stapt, dan willen ze je best helpen.**

I1: Maar de kennis mist misschien.

R4: Ja, heel veel mensen weten het niet.

I4: Informatie mist, mensen weten niet dat ze zich bij een tuin aan kunnen sluiten. De informatievoorziening moet misschien anders geregeld worden.

R4: En het is heel groot hier, die mensen kunnen echt wel tuinieren.

I4: Er zitten vast mensen tussen die best willen tuinieren, maar gewoon geen idee hebben.

R4: Toen ik aan de andere kant van Holendrecht woonde, had je tussen de flats had je een soort van platje waar je zelf een tuin kon onderhouden in een wijk met huizen van ongeveer 4 hoog. Bij mij achter werkte het heel goed, maar op een gegeven moment zag ik 1 man de hele tijd. Bleek dat hij marktkoopman te zijn. Die was daar gewoon voor de verkoop aan het verbouwen en dat is niet de bedoeling. Je moet dan als gemeente wel op letten. Het is leuk dat het kan, maar het is niet de bedoeling van die tuin. En zo kunnen andere mensen niet tuinieren. Maar er was ook een tuin bij, dat was een dikke bloemen tuin als je daar liep. Het is nu allemaal weg toen het door de gemeente onderhouden werd, er zijn wat tuintjes terug gekomen, maar lang niet alles.

I4: Ja...

R4: Maar dat zijn dus wel dingen die geprobeerd zijn, maar het is niet voor de hoogbouw.

I4: Het is denk ik ook inderdaad hoe je het brengt, je moet gewoon--je moet het niet brengen zo van, wij denken dat dit goed voor jullie is, maar meer zo van, wat hebben jullie nodig? En op welke manier communiceer je het ook, en op welke manier motiveer je bepaalde groepen.

R4: Je moet het niet als welzijnswerker gaan doen, want dan kom je nergens.

I2: Dat is ook wat ik net zeg. Zij denken ook zo van, daar komt weer iemand--

R4: Weer iemand die het beter weet.

I4: Maar je kan het wel op een andere manier brengen. Dit en dit is mogelijk, zou je het leuk vinden.

R4: Moet ik je eerlijk zeggen, we zijn gestart met een groepje witte mensen om het zo maar even te zeggen. En nu hebben we ook wat gekleurde mensen er bij zitten, en dat is dan vooral omdat wij zeggen zo van, hoe doen jullie het in Suriname? Kom er bij.

I2: Daar had ik wel een vraag over, qua gewassen, die mensen hebben andere gewassen waar ze misschien bekend mee zijn. Ja, dingen die hier niet echt kunne groeien. Zijn er dingen waarvan zij zeggen, dit zijn dingen die wel kunne, of op deze manier kan het ook.

R4: Er zijn wel eens mensen die langs komen in de veronderstelling dat we alleen maar boerenkool verbouwen. Nee hoor, we verbouwen ook paksoi, en daar zijn mensen altijd super verbaasd over. We gaan het gewoon proberen, en dan komen ze er ook bij. Maar die mensen weten dan meer van kruiden.

I4: Het is wel leuk! Dan leer je van elkaar, en je maakt connecties met elkaar.

R4: En nu spreek ik die mensen ook meer op straat, maak ik echt een praatje. Het sociale moet echt voorop gezet worden, bij ons.

Appendix 6 Questionnaire (NL)

Start van blok: Introductie naar het onderzoek

Introductie Bedankt voor het meedoen aan deze enquête over buurtmoestuinen en stadslandbouw in de regio Amsterdam-Zuidoost! Deze enquête maakt deel uit van een onderzoek uitgevoerd door de Wageningen Universiteit waarin gekeken wordt naar mogelijkheden in het creëren een netwerk tussen bestaande buurtmoestuinen en andere organisaties. De enquête is volledig vrijwillig en u kunt op ieder moment stoppen of een vraag overslaan indien gewenst. De antwoorden en verwerking van de data blijft altijd anoniem.

Indien u vragen of opmerkingen heeft, kunt u contact opnemen met chloe.vertegaal@wur.nl

Door op 'verder' te klikken, geeft u automatisch toestemming om uw antwoorden te verwerken.

Met vriendelijke groet,

Veerle, Lynn, Susanne, Yuhong, Marco, Iraklis & Chloë

Einde blok: Introductie naar het onderzoek

Start van blok: Standaardvragen

Q1 Wat is uw leeftijd?

- Jonger dan 18 (1)
- 18 - 24 (2)
- 25 - 34 (3)
- 35 - 44 (4)
- 45 - 54 (5)
- 55 of ouder (6)

Q2 Wat is uw gender?

- Man (1)
- Vrouw (2)
- Non-binair (3)
- Zeg ik liever niet (4)

Q4 Bent u op dit moment woonachtig in Amsterdam-Zuidoost/de Bijlmer?

- Ja (1)
- Nee (2)

Ga naar: Einde enquête Als Bent u op dit moment woonachtig in Amsterdam-Zuidoost/de Bijlmer? = Nee

Einde blok: Standaardvragen

Start van blok: Deel 1 - Tuin ervaring

Q5 Heeft u ervaring met tuinieren? Denk aan;

- Een keer geholpen te hebben in een buurtmoestuin of schooltuin
- Uw eigen volkstuin
- Potten op uw eigen balkon/in uw tuin, etc.

- Ja (1)
- Nee (2)

Einde blok: Deel 1 - Tuin ervaring

Start van blok: Deel 3 - Nog geen tuinierder

Q6 U heeft aangegeven nog geen ervaring te hebben in tuinieren. Zou u hier wel interesse in hebben?

- Ja (1)
- Nee (2)
- Nooit over nagedacht (3)

Q7 Hoe zou u meer betrokken willen raken bij tuinieren en buurtmoestuinen in de wijk?

- Als er meer ruimte voor zou zijn dichterbij mij thuis (1)
- Een "buddy" om samen mee te beginnen (2)
- Meer kennis over tuinieren (3)
- De mogelijkheid om inkomsten te maken (4)
- De mogelijkheid om groente en fruit uit eigen tuin te eten (5)
- Ik wil sowieso niet tuinieren (6)
- Begeleiding door een ervaren iemand (7)

Einde blok: Deel 3 - Nog geen tuinierder

Start van blok: Deel 4 - De Landbouw Academie

Landbouw Academie Er zijn plannen om in Amsterdam-Zuidoost een "landbouw academie" op te richten. Dit is een manier voor de bewoners van de buurt om in de toekomst kennis over landbouw, groente, en fruit uit te wisselen.

Q9 Zou u geïnteresseerd zijn in een platform waar u kennis kan delen en ontvangen over stadstuinieren?

- Ja, ik ben erg geïnteresseerd (1)
- Ja, ik ben geïnteresseerd afhankelijk van de inhoud (2)

Nee, ik zou dat liever op een andere manier willen, namelijk; (3)

Nee, ik heb genoeg kennis (4)

Ga naar: Einde enquête Als Zou u geïnteresseerd zijn in een platform waar u kennis kan delen en ontvangen over stadstuinieren? = Nee, ik heb genoeg kennis

Q8 Wat zou volgens u een goede vorm zijn voor een landbouw academie?

Digitale kennis clips (1)

Een website waar ik zelf mijn kennis kan delen, en lezen van anderen (2)

Cursussen of lessen (3)

Workshops bij een bestaande buurtmoestuin (4)

Q19 Heeft u zelf een idee over hoe deze stadslandbouw academie eruit moet gaan zien? Als u zelf geen idee heeft, kunt u deze vraag overslaan.

Einde blok: Deel 4 - De Landbouw Academie

Start van blok: Blok 7

Q32 Wilt u kans maken op 1 van de bol.com tegoedbonnen t.w.v. €10? Vul dan hieronder uw email adres in:

Einde blok: Blok 7

Start van blok: Deel 1 - Tuinier ervaring

Q11 Als u op dit moment bezig bent met tuinieren, wat maakt tuinieren het leukst voor u?

Het buiten zijn (1)

Het brengt me rust (2)

Het ontmoeten van mede tuinierders (3)

De onafhankelijkheid die het zelf telen van groente/fruit mij bied (4)

Ik ben nu niet betrokken bij een tuin (5)

Q13 Als u op dit moment bezig bent met tuinieren, is er iets wat u mist?

Hulpmiddelen (gereedschap, grond, compost) (1)

Ruimte (2)

Kennis (3)

- Anderen mensen om mee te werken (4)
- Ik mis nu niks (5)
- Ik ben nu niet betrokken bij een tuin (6)

Einde blok: Deel 1 - Tuinier ervaring

Start van blok: Deel 2 - connecties van buurtmoestuinen

Q12 Is uw buurtmoestuin op dit moment ook betrokken bij initiatieven van andere buurtmoestuinen in Amsterdam-Zuidoost?

- Ja, vaak (1)
- Ja, zelden (2)
- Nee, nooit (3)

Q14 Wat zou voor u een goede verbinding tussen buurtmoestuinen willen betekenen? Welke van de onderstaande opties ziet u het liefst terug in uw buurt?

- Een netwerk voor tuinders om elkaar te ontmoeten en kennis uit te wisselen (1)
- Een netwerk waar mensen geogste groente en fruit kunnen uitwisselen (2)
- Een netwerk om geld te verdienen/genereren (3)
- Een plek om gereedschap en andere hulpmiddelen uit te wisselen (4)
- Een manier om kennis te maken met groente/fruit van andere culturen (5)
- Ik ben niet geïnteresseerd in de connectie met andere buurtmoestuinen (6)

Ga naar: Einde blok Als Wat zou voor u een goede verbinding tussen buurtmoestuinen willen betekenen? Welke van de onderst... = Ik ben niet geïnteresseerd in de connectie met andere buurtmoestuinen

Q15 Zou u zo'n connectie willen zien met uw buurtmoestuin?

- Ja (1)
- Nee (2)
- Nog nooit over nagedacht (3)

Q21 Zou een verbinding tussen buurtmoestuinen volgens u inkomensmogelijkheden kunnen creëren?

- Ja (1)
- Nee (2)

Q22 Op welke manier ziet u dit voor zich?

Q23 Zou een verbinding tussen buurtmoestuinen volgens u de zekerheid voor voedsel kunnen verbeteren? Indien gewenst, kunt u uw antwoord toelichten.

Ja, want... (1) _____

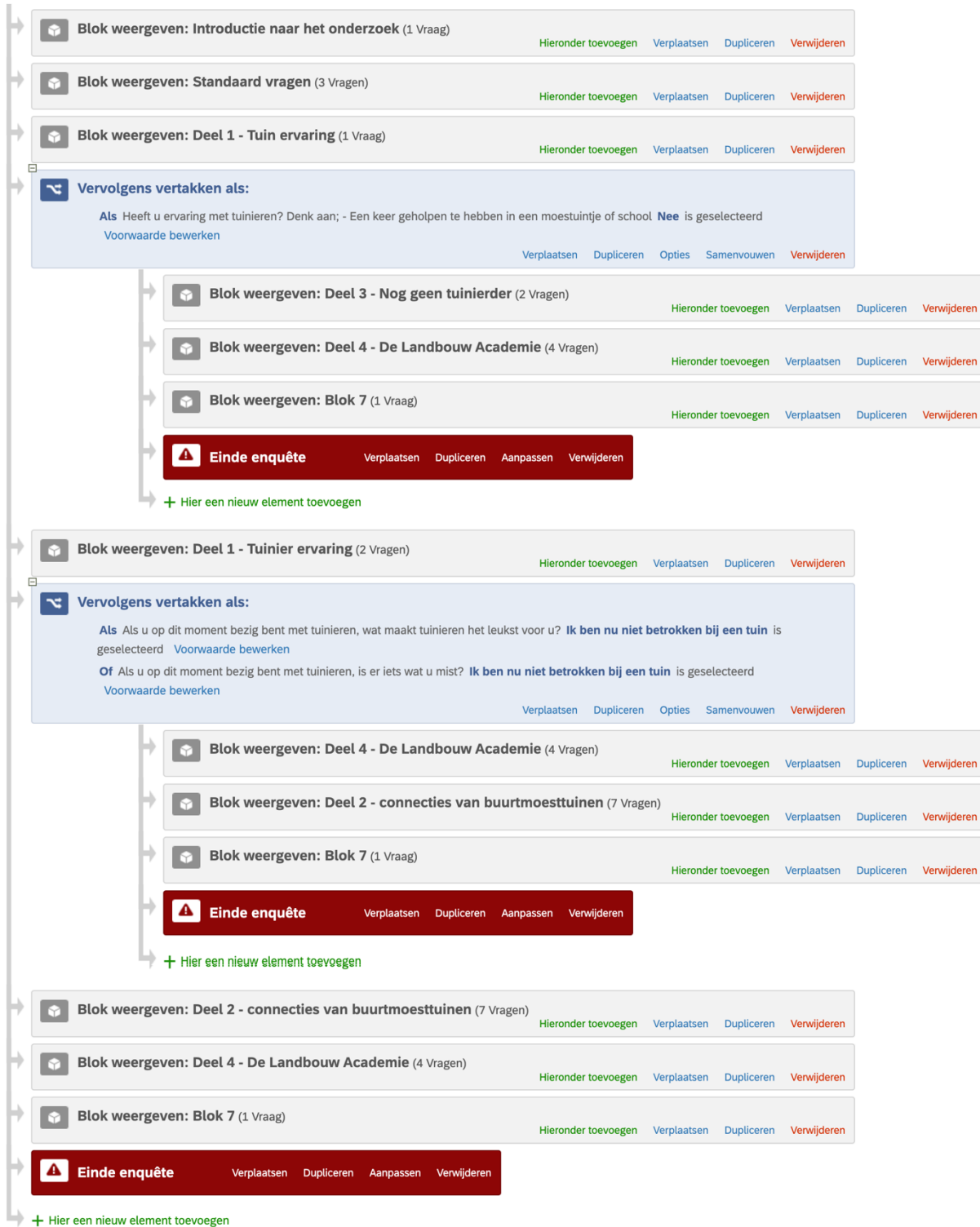
Nee, want... (2) _____

Q29 Is er nog iets dat u zou willen delen over uw ervaring met gemeenschappelijk tuinieren?

Einde blok: Deel 2 - connecties van buurtmoestuinen

Survey Flows

Indicates which questions a participant gets to see after entering a specific answer.



Appendix 7 Species

The AZO region has a temperate maritime climate, which means that it has mild summers and cool winters with moderate precipitation throughout the year. Due to its climate, Amsterdam Zuidoost is well-suited for a wide range of fruits and vegetables that can be grown both in the winter and summer months. Winter crops are generally planted in the late summer or early fall and harvested during the cooler months of the year. During the summer months, Amsterdam Zuidoost is also ideal for cultivating a range of fruits and vegetables. The crops can grow well in warm temperatures and require ample sunlight, making them well-suited for the summer growing season in Amsterdam Zuidoost. **Table X** describe winter species, while summer species are presented in **Table XX**.

Winter species

Vegetables		Fruits	
Name	Latin name	Name	Latin name
Broccoli	<i>Brassica oleracea</i> var. <i>Italica</i>	Apple	<i>Malus domestica</i>
Brussel Sprout	<i>Brassica oleracea</i> var. <i>gemmifera</i>	Pear	<i>Pyrus communis</i>
Carrot	<i>Daucus carota</i>	Plum	<i>Prunus domestica</i>
Cauliflower	<i>Brassica oleracea</i> var. <i>botrytis</i>		
Garlic	<i>Allium sativum</i>		
Onion	<i>Allium cepa</i>		
Pepper	<i>Capsicum annuum</i>		
Radish	<i>Raphanus sativus</i>		

Figure 18 Recommended winter species

Summer species

Vegetables		Fruits	
Name	Latin name	Name	Latin name
Arugula	<i>Eruca sativa</i>	Blackberry	<i>Rubus ursinus</i>
Bean	<i>Phaseolus vulgaris</i>	Cherry	<i>Prunus avium</i>
Coriander	<i>Coriandrum sativum</i>		
Cucumber	<i>Cucumis sativus</i>	Raspberry	<i>Rubus idaeus</i>
Eggplant	<i>Solanum melongena</i>	Strawberry	<i>Fragaria ananassa</i>
Kale	<i>Brassica oleracea</i> var. <i>sabellica</i>		
Lettuce	<i>Lactuca sativa</i>		
Parsley	<i>Petroselinum crispum</i>		
Peas	<i>Pisum sativum</i>		
Spinach	<i>Spinacia oleracea</i>		
Tomato	<i>Solanum lycopersicum</i>		
Zucchini	<i>Cucurbita pepo</i>		

Figure 19 Recommended summer species