

Foreword

I've got the best job in the world. At least, that's what I always tell myself when I'm proofreading student papers. Because even though correcting papers is not my favourite task, reading essays and reports on subjects that my students are working on is. At the Aeres University of Applied Sciences Almere we only have studies such as Applied Biology, Geo Media & Design, Environmental Studies, Nutrition & Healthy Living, Sustainable Business, and European Food Business. Studies for students that want to make the world a better place.

Not only are my students the future, they also know how they are going to make sure that the future is great and green. They are 'Generation Green', the generation that will make up for our mistakes and will make sure the planet remains habitable. How we can help is in this book, from how to eat better, look after plants and animals better, or even live better; it's all here. And the beauty is, they did it all themselves. They divided the tasks, picked the topics, voted on titles, wrote the texts, and after some proofreading by me, the Geo, Media and Design students put it all together and turned it into the book that's in your hands now. Over 100 students that can already work so well together, and get such results, give a lot of faith for the future.



I hope you will enjoy reading this book as much as I have.

Honorary editor in chief
(but actually they did even that task for me)

Anca de Vries



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Food and Health

The growing communication of veganism

Kathleen Rogers

As you know the climate is changing, the world is warming up, and the sea levels are rising. All these signals are forcing us to change our actions. There is more attention for nature, well-being, and sustainability. The food systems must change to guarantee sufficient and sustainable food for a healthy environment. In other words, people have to consume differently.

Sustainability is a well-known topic among companies. They put a lot of energy into being sustainable. Companies that don't incorporate this risk reputational damage. Consumers are getting increasingly more aware of their purchases and focus their attention more on the health and sustainability of products. Trends around food are a major factor in this category. An example of a popular trend is vegan or vegetarian products. When someone is vegan it means that they don't consume any products that are related to animals, nor do they use any clothing or accessories made from animal. According to research by the committee of the vegetarian association in 2020, the number of people who eat vegetarian and vegan has increased by 150% in the past two years. And according to Voedingscentrum in 2018 they estimated to have 100.000 vegans in the Netherlands. The social and cultural plan bureau estimated the same number in 2018 but estimated that in 2020, there would be 170.000 vegans. So you can say that veganism and vegetarian popularity have risen rather quickly. Data online about veganism's growth is not comprehensive, but the Guardian estimates that there are 79 million vegans around the world.

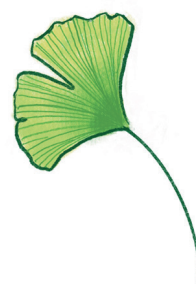
But before we dive into why eating vegan is substantially growing nowadays, where did this all start? The origin of the word vegan can be derived from the word vegetarian, both words are very similar and often get mixed up but have a different origins. The concept of flesh avoidance can be traced back to ancient Indian and eastern Mediterranean societies. This lifestyle is originally from Hinduism and Buddhism. Vegetarianism was first mentioned by the Greek philosopher and mathematician Pythagoras of Samos around 500 BCE. He promoted benevolence among all species, including humans. Followers of Buddhism and Hinduism believed the same humans should not inflict pain on animals. It was until the enlightenment period that vegetarianism developed further, this was because the people at that time relied on old customs. After the word vegetarianism was coined, the word veganism followed not much later. The word was coined in the year 1944 by Donald Watson. He was a supporter of animal rights and associated veganism with the fact that a vegetarian consumes dairy. The word veganism was described as a vegetarian diet without consuming dairy. Before the word veganism was coined, there was no clarity about the name. Watson Dorothy's wife came up with the word "vegan". After many other suggestions from members of the association of veganism Watson choose the word vegan which originated from the letters of vegetarian. When the name was published, tuberculosis was found in 40 % of cow's milk. Watson used this to his advantage to promote the vegan lifestyle during this time.

Nowadays people get their information from all over, such as the internet, social media, documentaries and so on. People in the past turned vegan because of religious or spiritual reasons. This is not the only reason anymore, according to many studies, one of which by CBS which shows that the most common reason why people eat vegan, is because of animal welfare, climate change, or for their health.

The rise of veganism can be explained by social media and its influencers. Research by the VU shows that the interest in veganism grows over time according to google searches on the word vegan. But further research is needed to be able to draw conclusions on the role influencers play in this growth. In an investigation of the lifestyle choices of individuals following a vegan diet for health and ethical reasons by Appetite in 2015, it appeared that there has been a substantial increase during the past few years in the number of individuals following a vegan diet. In some locations, this could even indicate that a proportion of the population is approaching a historic transition point to veganism. This is driven by a greater awareness of animal abuse, an accumulation of research demonstrating the health benefits of a vegan lifestyle, and a substantial increase in the availability of meat and dairy substitutes. Several studies have proven that consuming a vegan diet is healthy and reduces the risk of heart disease.

Eating vegan is proven to be healthy but in many countries, there are people who live longer because of it. These places, called Blue zones, discovered by Dan Buettner. In these zones, people tend to live longer and are the healthiest. The blue zones are: Okinawa in Japan, Sardinia in Italy, Nicoya in Costa Rica, Ikaria in Greece, and Lima Linda in California. This is possible because while aging is influenced by your genes and varies per person, external factors can greatly affect how long you live. There are twin studies that show that approximately 20-30% of the overall variation in lifespan is caused by genetic differences. Therefore, environmental influences including diet and lifestyle, play a huge role in determining your life span. Something all blue zones have in common is that those who live there eat primarily a plant-based diet.

A vegan diet is not just a trend, it has a long history that is now being highlighted by society. Because people are becoming more aware vegan options become more and more popular and the market is expanding for a vegan lifestyle. The market is adapting and more and more people are considering a vegan lifestyle which will ultimately lead to a greener world.



From meat lover to flexitarian

Kim Glorie

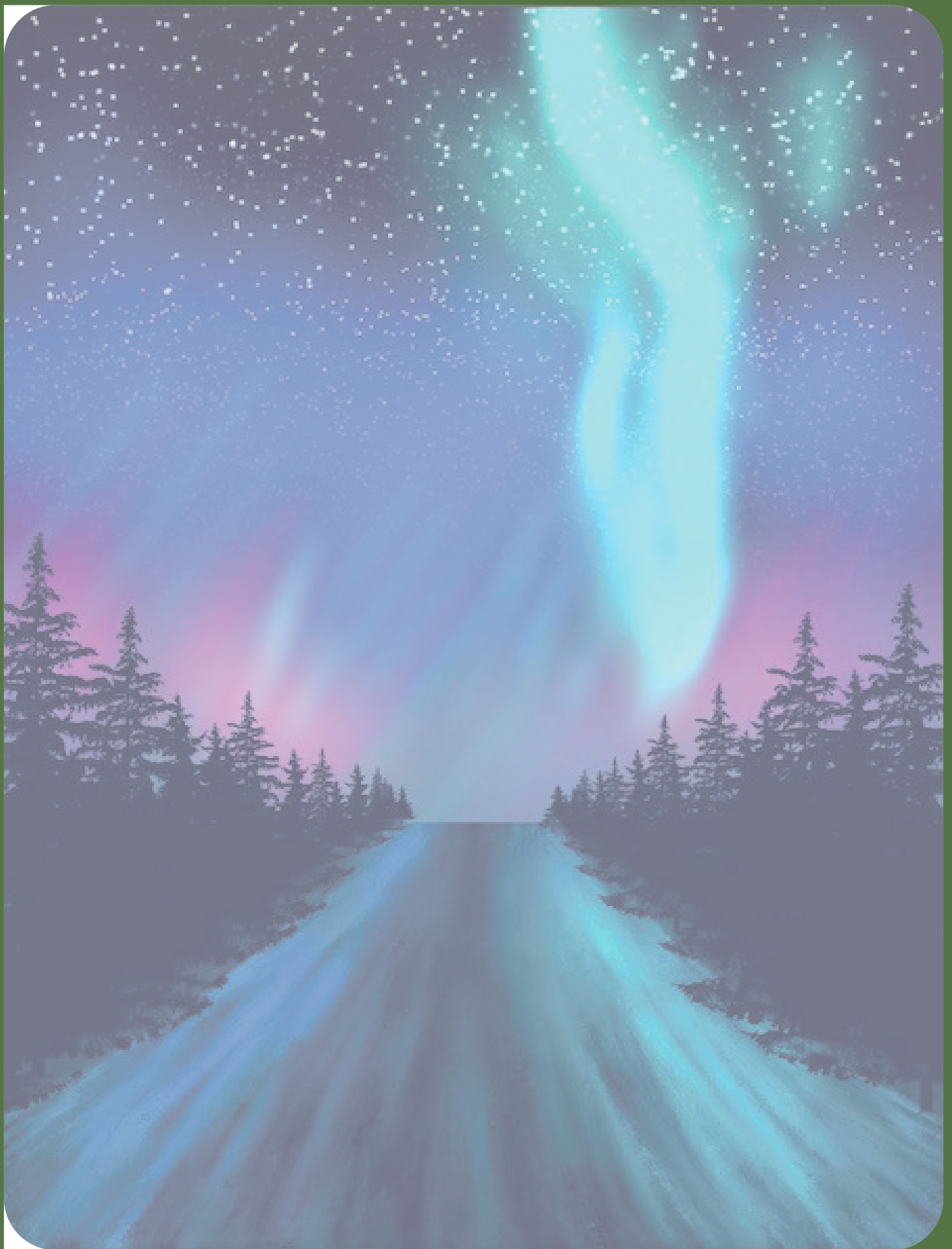
Many people want to eat less meat because it is good for the environment. I, too, stopped eating meat, but for a different reason. Since my childhood I have been the greatest animal lover. I loved spending time at the petting zoo, but during a presentation at school I came to the realization that I was eating those sweet animals at dinner. I also found out that sometimes these animals were treated very badly. The second I knew this information I told my mom I no longer wanted to eat meat. She thought I wouldn't hold on to this for longer than a month, but she was wrong. It's almost 10 years later and I still am a vegetarian. In this short story I share what my surroundings thought about this choice and what impact it had on them.

First I'm going to talk a little about how my brother thought of this choice. At the time I decided to become a vegetarian my brother was the greatest meat lover I knew. He was 13 years old at the time. Because my mother didn't want extra work, she left the minced meat out of the lasagne. But lasagne was my brother's favourite meal and without meat, "it was ruined". You can understand that he didn't like my choice to become a vegetarian very much. However, almost ten years later, he occasionally eats a vegetarian meal, even if I'm not eating it with him. Obviously I don't know if I was the inspiration or that he just changed his opinion over the years, but I like to think that I convinced him.

The next family member is my dad. When I asked him what he thought about me being a vegetarian he told me a story about a time before all this. I was about 8 years old (now I'm almost 21 years old). He told me that we were walking through the woods and saw a friend of my dad's. We saw Scottish highlanders (a type of cow) and my father's friend said he just ate one at a restaurant nearby where you can eat burgers from this kind of meat. My dad said I started crying immediately. After the story my father told me that me becoming a vegetarian didn't have much impact on his eating pattern. However, my mother's life changed a bit more. When she was preparing food it had to be without meat or she needed to prepare two meals. One with meat and one without.

Lastly, I'm going to talk about my boyfriend. A while ago he said that I was indeed influencing his eating pattern. He is a difficult eater so he often orders the same dish when we go out to eat. When we first started dating I advised him to look at the vegetarian section because there were often things on there that he liked. The first time he ordered a vegetarian meal it was a great success. Since then he always checks the vegetarian section at the restaurant.

I hope you enjoyed reading this story. Maybe you are considering eating less meat or becoming a vegetarian yourself? I recommend you to just try it and not let others hold you back. Go for it!



Long live the Blue Zones

Nisah Sabat

Welcome aboard of the Blue Zone express. Today we are going on a journey to the world of blue zone countries. But first let's start off with an introduction of these blue zones. Any idea what it might mean? Well there are five places on earth where people live the longest and are considered to be the healthiest: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California. The Blue Zones are based on the lifestyle and environment of the people living in these areas. This concept was founded by Gianni Pes, Michel Poulain and New York Times bestselling author and National Geographic Fellow, Dan Buettner. Blue Zones® also became a trademark of Blue Zones LLC in 2012. Dan Buettner derived nine lifestyle habits, 'the power 9', of the worlds healthiest and longest-lived people. These are:

1. Moving naturally. This doesn't mean going to the gym or playing a sport but instead it means that these people live in places where they find themselves moving regularly for everyday purposes like manually taking care of their lawn and gardens, and walking long distances with their livestock.
2. They have a sense of purpose for their lives. The Okinawans call it "Ikigai" and the Nicoyans call it "Plan de vida" which means "a plan for life". It is seen as the reason they wake up in the morning and what motivates them to go on with life. It is said that having this sense of purpose can add up to 7 extra years of life expectancy.
3. Downshift. What these people have in common is also the fact that they have routines that eliminate stress. Okinawans take a few moments each day to remember

their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hours. Having a stressful life can cause chronic inflammation associated with every age-related disease.

4. 80% rule. "Hara hachi bu" is a 2500 year old Confucian mantra said before meals that reminds the Okinawan people to stop eating when their stomach is 80% full. This helps with maintaining a healthy weight. The Blue zone people eat less in the late afternoon or early evening and then they don't eat for the rest of the day.

5. Beans are very important in the meals of the people living in the Blue Zones. Meat is only eaten about five times per month. The serving sizes of meat are also relatively small.

6. People in all Blue Zones, except Adventists, drink moderate amounts of alcohol regularly. They drink 1 to 2 glasses per day, while often being accompanied by friends and food.

7. During the research of the Blue zones, it was remarkable that most of the people who reached a 100 years belonged to some kind of faith-based community.

8. People who reach old ages in the blue zones also seem to put their families first. They also live close to their family members and often commit to their life partners.

9. Last but not least, the Blue Zone research shows that these people form healthy and positive bonds with the people around them. The Okinawans, for example, make groups of five friends who stick together for life and always stand by each other. This tradition is called "moais".

Now that you know a bit more what these blue zones are, let's prepare for lift off: Our first destination Ikaria, Greece. This is a small island in the Aegean Sea. They rarely have cases of dementia and other chronic diseases that plague other parts of the world. One in three Ikarians make it to their 90's. Their longevity is mostly due to the geography, culture, diet, lifestyle and outlook of life.

Our next destination is Loma Linda, California. The United States are often in the news for having high percentages of obese people and diabetes along with other diseases. Loma Linda seems to be the exception. Loma Linda is a community with about 9000 Adventists who view health as an important part of their faith. Their longevity is possibly due to their vegetarianism and regular exercise. They also avoid smoking and alcohol at all times.

Next up is Sardinia, Italy. This was the first Blue Zone ever identified in 2004 by the Blue Zone research team. These villages are geographically isolated from the rest of Italy and therefore they are also culturally isolated. Because of this they have kept their traditional healthy lifestyle for many generations. These people fish and also harvest the food they eat. That means no processed foods. Family and friends are also central to these villages and they love to have fun and drink wine together.

Next we are heading to the other side of the world: Okinawa, Japan. This land was once called the 'land of immortals' because they are known for their longevity. They rarely see cases of cancer, heart disease, dementia and other common diseases we see in the rest of the world. The women here also live longer than any women in the rest of the world, according to the Blue Zone research. Okinawans are dedicated to friends and family and have a great sense of purpose in their lives.

Our last stop is Nicoya, Costa Rica. The people of Nicoya also have a great sense of purpose and positive outlook for their lives. Nicoyans are close to their families, friends and even their neighbors. These loved ones also care for one another and support each other. Costa Rica also provides great health care.

And just like that you were taken on a little adventure to the world's Blue Zones where the people are known to live the longest. Hopefully this inspires you to do more research on these blue zones and have a positive impact on your lifestyle. We could always learn from others to become the best versions of ourselves.

Blue Zones background information from bluezones.com.

Food waste

Hannah Riphagen

The world's population is growing at an enormous rate. According to the United Nations, the human population is expected to be around 10 billion individuals by the year 2050. This is a challenge because all these people need to be provided with food. There are two things we can do. Produce more food or be more frugal with the food we have at our disposal. We are now focusing mainly on the unnecessary throwing away of food.

With food waste, we throw away not only the item in question but also the materials and resources used to produce the item. When producing food, several resources are used intensively. Examples of these resources are energy, water, and land. Therefore, when we throw away less, we need to use less of these resources.

Annually in the Netherlands, around 35 to 40 kilos of food per person is thrown away. Of all food we take into the house, we waste 9.5%. This percentage is not about throwing away product peelings, but about throwing away edible food. 4,8 kg that we throw away is even still untouched and in its packaging. Wasting food is not only bad for the environment but also definitely bad for your wallet. Every year, we spend 120 euros on food that ends up in the bin anyway.

How can we make sure we throw away less food? The first step is to realize that you waste food at all. According to Sire, many people underestimate the fact that they throw away a lot. In fact, 76% of consumers think they throw away less than other consumers.

Here are several tips to prevent food waste:

1.

It is important to know what you have in stock before you go to the supermarket. This will help you avoid buying unnecessary products.

2.

When there is a THT date on a product, you can often still eat it after this date. By using your senses, you can judge whether the product is still edible.

3.

Measure well the amount of pasta, rice, and potatoes. Often, these food items are prepared in too large a quantity.

4.

Make a shopping list. This will prevent you from being tempted to buy the product you don't necessarily need.

5.

Introduce a weekday of leftovers. This will prevent your leftovers from piling up in the fridge.

6.

Put the containers that hold your leftovers in a visible place in your fridge.

7.

Make sure you know where produce has the longest shelf life.

Why your neighbourhood needs a freedge

Sterre Vliegenthart

These days, food is being wasted more than ever. While on the other hand, there are still people all over the world who don't have enough money to afford a healthy amount or nothing at all. What if we could combine these two problems and create something that does even more than solve these two. That is exactly what a freedge is.

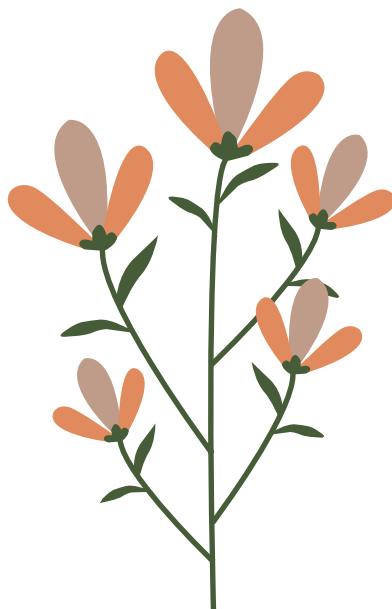
A community fridge is a place where people can come together, share food and learn new skills. Refrigerators are placed in publicly accessible spaces such as schools, shops or community centres. The food in the fridges can be donated by all kinds of organisations and households. The donations can be almost anything, for example leftover vegetables or fruit from one's garden but also surplus food from supermarkets, producers or local food companies and, of course, meals or leftovers from households.

These fridges are a great way of helping those in need as well as for anyone who wants to try something different. It's a wonderful way to strengthen your community and reduce food waste.

Best of all, you can also set up a freedge of your own in your neighbourhood. Hubbub is a great tool for this. This is a UK-based organisation that locates and helps connect fridges, among other things in the UK.

Hubbub's website provides all kinds of guidelines to help set up a community fridge. Besides Hubbub, you also have other sites that contain maps of freedges around the world, an example of this is freedge.org.

After seeing these maps myself, I had come to believe that there are plenty of countries which could use some of these community fridges, for example the Netherlands.



Meat wastes a lot of water

Sylke de Ruiter

Water in the Netherlands has become so natural that we don't even think about it anymore. Yet the Netherlands is increasingly facing water shortages. In any case, every year around summer, the Netherlands faces the 'dry season'. Around this time, (water)temperatures rise, trees and plants grow faster and it rains less often. The risk of water shortages therefore increases considerably during this period. Climate change has been causing extra drought and greater water shortages in recent years. As a result, we hear more and more watchful voices telling us to take shorter showers, turn off the tap while brushing our teeth or be smarter with our washing machine. But according to the organisation PETA (People for the Ethical Treatment of Animals), there is another way to save a lot more water.

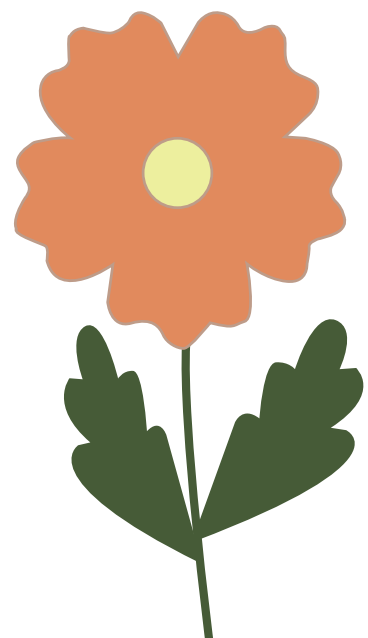
This is because, according to PETA, meat production plays a very big role in climate change and thus also in water consumption. The organisation reveals that more than 2,400 gallons (about 9085 litres) of water are needed for a 1 pound (about 453 grams) of beef! That is equivalent to more than 50 filled bathtubs. The first question you then naturally ask is: how then? Well, for watering all the crops that farm animals eat, providing drinking water for farm animals and washing away dirt in factory farms, transport trucks and slaughterhouses.

PETA has listed some shocking facts:

- You save more water by abandoning 450 grams of beef mince than by not showering for six months, if you use 50 litres of water per shower. (tough choice huh?)
 - It takes more than 1,000 gallons (about 3785 litres) of water to produce 1 steak.
 - More than 2,400 gallons (about 9085 litres) of water are needed to produce just 1 pound of meat and only 25 gallons (about 94.5 litres) are needed to grow 1 pound of wheat.
 - Almost half of all the water used in the US goes into raising animals for food.
 - If you stop eating meat, your water footprint shrinks by almost 60 percent.
 - People worldwide drink nearly 20 billion litres of water every day. Cows raised for meat and dairy products, drink about 8.5 times as much.
 - It takes over 4,000 gallons (more than 15,000 litres) of water per day to produce food for a typical meat eater, but only 300 gallons (more than 1,000 litres) of water to produce food for a typical vegan.
- These facts show that a lot of water can be saved if you leave your piece of meat, but why then do we still do so little and hear so little about it? It may sound impossible to our Dutch ears to discard meat sometimes, but there are plenty of meat substitutes these

days. For example, put brown beans, almonds or egg on the menu. This way, you can already eat vegetarian three days a week. You can also add extra vegetables to your dishes such as mushrooms, onions or tomatoes. With your lunch too, you can sometimes make the choice not to eat meat for once, think 100% peanut butter or all kinds of different spreads on your bread.

I don't want to force anyone to eat less meat, but I do want you to realise how much water is consumed in the production of meat. Of course, we often hear that eating meat is sad for animals, bad for you and that a lot of greenhouse gases are emitted in the meat industry, but not about how much water can be saved if you leave your piece of meat behind. I find that rather strange, because nowadays there's so much attention about how to save water and how to combat the water shortage in the Netherlands.



Buying and eating local and seasonal products

Immy Wesselius

You've probably heard of cucumber time. It's the name for a certain period of the year. Cucumbers are harvested in the summer, and the story goes that in the old England the nobility left the city in the summer. Because of this there was not much to earn for the tailors, and they had come to call this time the cucumber time. However there is no evidence for this.

Why it is a good idea to eat local and seasonal produce?

Better for the environment.

No sky-high electricity bills from greenhouses and everything that comes with growing outside the normal season. No gigantic ecological footprint due to transport from distant countries and the associated petrol consumption. And much less use of chemicals to grow the harvest well or artificially keep it fresh longer during transport. From an environmental point of view, it is therefore much better to eat seasonal products.

Cheaper

When a crop is grown in the right season, a grower does not need to add any or at least less fertilizers and supplements for optimal growth. The costs also remain lower because the transport chain remains a lot shorter.

Healthier

Locally grown vegetables end up on your plate much faster. Often within 24 hours. The vegetables are much fresher and contain much more nutrients. Fruit and vegetables that need to be transported for a long time are more often treated with all kinds of chemicals to keep them fresh longer. Not exactly good for the environment, nor for your health.

Tip: look in the store if you can find somewhere where the product comes from.

Tip: some seasonal products can easily be grown yourself. Even if you have little space, you can, for example, grow herbs on you kitchen counter.

Seasonal products spring:

Potatoes
Endive
Asparagus
basil
Beetroot
Carrots
Swiss chard
Spring onions
Butter turnip
Roman lettuce
Nettles
Kohlrabi
Cabbage lettuce
parsley
Snow peas
Turnip greens
Rhubarb
Radish
Spinach
Pointed cabbage
Watercress

Seasonal products summer

Eggplant
Plums
Berries
strawberries
Carrots
Tomatoes
Broccoli
Cauliflower
corn
Shallots
Bell pepper
Apples
pears
Lettuce
Cucumber
gooseberries
Garlic
Capuchins
Melon
Summer squash
Peas
Zucchini

String beans
Broad beans
Green beans

Seasonal products fall

Potatoes
Endive
Beets
Celery
Broccoli
Sweet potatoes
Onions
peppers
Carrots
Carrot parsley
Fennel
Lamb's lettuce
Mustard
Apples
Grapes
Pears
Plums
blackberries
Leek
Pumpkin
Parsnip
Cabbage
Celeriac
Garlic
Greenloaf

Seasonal products winter

Chichory
Winter carrot
Poatoes
onion
Wild spinach
Lamb's lettuceonions
Brussels sprouts
Leek
Pumpkin
Parsnip
Turnip
Celeriac
Beetroot
Garlic

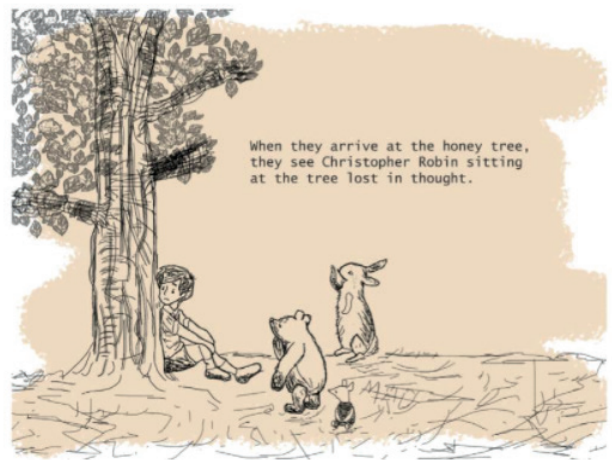
Winnie-The-Pooh and The Honey

Lucas Buikema

On a seemingly normal day in the Hundred Acre Wood, Winnie-the-Pooh is sitting outside his house leaning against a tree eating some delicious honey. After a while Pooh is a little more surprised than he probably should have been when the pot ends up empty. He tries to find more honey in his house, but he didn't stock up on a lot of honey and his pots are all empty now. He must go refill some at the honey tree and that is exactly what he is going to do because without honey Winnie-the-Pooh won't be able to still his hunger. On the way to the honey tree, he sees Rabbit and Piglet and he asks them to join him on his way to obtain more honey. Piglet is excited to go with Pooh, but Rabbit is a bit less excited.

Rabbit tells Pooh he should have stocked up more on earlier trips, so he doesn't have to go so often. He still goes with him anyway because they are good friends and even though Rabbit doesn't show it often, he loves his friends. When they arrive at the honey tree, they see Christopher Robin sitting at the tree lost in thought. They go up to him to say hello. The greetings that Pooh sends his way startle Christopher Robin so much that he snaps out of his daydreaming. After seeing it's his friends who greet him a smile appears on his face, and he greets them back.

Rabbit notices there is not a single drop of honey to be found in the tree and he asks Christopher why. Christopher however doesn't have an answer. It is the reason why he was lost in thought in the first place. He was trying to figure out why. Pooh plops down in defeat, not having the honey he wants.



When they arrive at the honey tree, they see Christopher Robin sitting at the tree lost in thought.

That is when Piglet remarks that something is missing but he can't quite figure it out. Christopher tells the group it is the beehive that is missing. Rabbit immediately jumps up to the top of the tree to check it out and indeed the beehive is gone without a trace. He looks around and sees a single bee still lingering. The bee starts zooming around Rabbit as if it is trying to gain his attention. Rabbit doesn't notice this and thinks the bee is just being annoying, but Pooh, who comes to the honey tree so often gets the sense the bee wants them to follow. Pooh and the others decide to follow the bee into the forest.

After a short while the bee leads them to the edge of the forest where they see a big building billowing smoke and with many weird cages with something in them. When they get closer to the building, they notice that in every single cage there is a beehive. This shocks them all and they question why these new residents took all the beehives from the surrounding area. Christopher Robin recently learned about ecosystems and the importance of bees and other insects for the survival of many types of plants. He remarks that bees are the lifeblood of the ecosystem and that without bees all the plants are in danger. Without its plants the Hundred Acre Wood is in grave danger of dying out. Hearing this news, the group decides they must do something about this.

They spy on the building from the edge of the forest. Christopher Robin notices there is a little hut at the entrance of the complex with someone inside. He reckons the person is a guard and he will have a key for the cages. On the assumption this is the best chance they have to free the bees they decide to go for it. The plan is simple, Robin distracts the guard while Rabbit runs in and grabs the key. Christopher Robin walks up to the guard and asks him what they are doing here on the edge of the forest trying to get information as well as distract him. The guard steps outside his guard hut and answers "We are here to produce honey for the supermarkets. It's as simple as that". Christopher asks him if he thinks it is right to take all the beehives from the forest to make that honey. The guard simply says he doesn't care about the forest or the bees but only that he can sell the honey and make a profit. At this Christopher gets a little annoyed and almost walks away but he can see Rabbit is still not out of the room, so he holds his cool and redirects his annoyance

into explaining how important bees and other insects are for the environment.

The guard is annoyed by this and starts to turn back to the building. Christopher is just about able to stop him by grabbing the guard's sleeve. The guard scoffs and pulls himself free and walks back to the hut but Rabbit found the key just in time and is able to escape.

Now that they have the key, they decide to wait for the right moment to start freeing the bees. They wait for a little while on the edge of the woods until the guard dozes off for a bit. The group sneaks past the guard hut carefully to stay silent and not wake the guard. The keyholes are too high to reach so they stack up Pooh at the bottom, Rabbit above, and little Piglet swinging from left to right up top with the key trying to open the cages. They wobble so much that they almost fall over but Christopher Robin is just in time to stabilize the tower. With Christopher's help they can open the cages quite quickly. All the bees buzz with excitement as they carry their beehive away back to their place in the forest. When they get to the last cage, their own beehive, Pooh recognizes it immediately and becomes a little too excited and stumbles just a bit. It is enough. The tower falls, making a bunch of noise. The guard shocks awake, sees what's happening and slams his fist on a big red button. A bunch of alarms start sounding and the group panics. Piglet yells "I lost the key, I dropped it!" Rabbit is scared and says to forget the key as he dashes out of there. Christopher Robin quickly grabs the key before running away. They flee running as fast as their legs can carry them and disappear into the forest. They've escaped.

They are happy that they freed so many bees and were able to help save the forest as best as possible, but it isn't right like this, their own beehive is still missing. What about their part of the forest and Pooh's delicious honey? They still have the key but now that the alarm has gone, it will be almost impossible to get to the last hive. The guard will be on high alert and won't just fall asleep again. Piglet suggests they go visit Owl because he always knows what is best. They are hesitant because they are worried that Owl will say what they did is dangerous and reckless. Arriving at Owl's home they quickly explain what happened expecting Owl to be disapproving but instead he fully agrees that something had to be done and is proud that they took decisive action. "So, you've come to me for advice" Owl says. Pooh tells Owl they need to find a way to get their own beehive back. Owl doesn't see a way to pull it off if it's just them four, so he suggests his own plan. The group thinks it is a great idea. It has been a long day and it is late. They will go to sleep first. They decide to meet up at the edge of the forest close to the facility tomorrow morning.

In the morning they all meet up and discuss the plan one last time before going for it. There are people wearing suits standing in front of the cages and they seem to be having a fiery discussion about something. "Probably angry we took all the beehives they stole" piglet jokes. But this is no time for jokes and they must focus. At first Pooh, Rabbit and Christopher Robin go out of the cover of the bushes and run towards the gate when the guard notices them, he rushes out to chase after them realising that they were the culprits and are to blame for their loss in beehives. The people in

suits, except one, start running after them as well. Pooh, Rabbit and Robin knowing they can't outrun the guard, sprint into the forest. While this is going on Owl carefully watches for the right moment to free the bees with Piglet clutching onto his back waiting for take-off. When he sees the guard and the people enter the forest he swoops down towards the cage. Owl flies past the last person as close as possible and she spins around and falls onto the ground. Owl lands on the cage and helps Piglet reach the lock. He opens the lock, and the bees fly away with their hive. Owl grabs Piglet as quickly as possible just before the lady can get a hold of them and they fly away into the distance. Leaving an angry lady behind without any beehives to produce honey for her anymore.

A little while later, Winnie-The-Pooh, Rabbit and Christopher Robin have lost the guards and are heading for the honey tree hoping to see the return of the hive. When they arrive Piglet and Owl are already there, and the bees have filled a pot full of delicious honey! Pooh immediately dives headfirst into the pot of honey. Laughing, Owl remarks how happy he is to see that his friends care about the forest so much by saying "You all did great today, Saving the forest and the ecosystem. It might have taken a lot of work, but it was worth it. Nature, our home, is worth fighting for".



The importance of growing food in your own garden

Jitse Dekkinga

By the end of 2022, we will live on earth with almost eight billion people. All of us with different perspectives, opportunities and desires. This diversity thrives cultures around the globe. A huge part of a lot of cultures is the food. As of today, food is shipped everywhere around the globe. Unfortunately, (enough) food is not always accessible for everyone. This leads to malnutrition and even starvation. Due to this reason the United Nations declared “Zero hunger” as the 2nd most important sustainable development goal for the upcoming years.

One of the reasons for the shortage of food in many poor countries is the lack of technology, the lack of fertile soil and good weather conditions. Fortunately, a lot of advancements are being made as you are reading this. An example: more cultivation becomes possible in poor soil and weather conditions due to modifications in crops. One other important advancement is in the distribution of food around the globe. This makes it easier for countries to contribute to the necessity of food in other countries.

In the Netherlands cultivation of crops is not a problem as there is a lot of fertile soil and good weather conditions. Even crops that are not ideal to grow here are cultivated in glass greenhouses thanks to technological advancements. The amount of cultivated crops as well as decorative plants in the Netherlands is so high that a lot is exported to other countries.

This allows the Netherlands to contribute to the sustainable development goal initiated by the United Nations. And with a few advancements in the Dutch (or worldwide) culture we can contribute even more!

The good weather conditions for crops to grow outside, in the Netherlands and even other countries, offers a lot of opportunities. This is where the plan of growing food in your own garden comes in to plan! This might sound like we need to go back to the past where everyone had to make food for themselves, but that is not the plan. The plan is for everyone (who is possible to) to start growing a few crops of their own liking. Just enough to contribute a bit of vegetables or fruit each year, but not too much to make it feel like a job.

If everyone would try to grow a few crops each year it would make a big difference all together.

These changes could lead to a few different situations. One, where less crops in stores will be bought, which could mean that the remaining cultivated crops become available for other countries. Or perhaps this would not significantly change our purchasing behaviour, but lead to an increase of the consumption of fruits and vegetables. Which affects the general health of our society, which is also positive.