

**Date:** Friday June 28th

**Duration:** 08:30- 16:00

**Organizers/contact persons:** Reidar Almås

**Title:**

## **From urban share farming to modern pluriactive highland agriculture**

*This excursion starts at Melhus Farm in Gauldalen, 20 km south of Trondheim, where the farming couple have developed parts of their farm land for cooperative share plot farming. Urban dwellers interested in cultivating their own vegetables are invited to participate in a cultivation cooperative. The members get there early in the spring when the farmers with their machines have made the soil ready for planting and sowing. They participate during the summer with the weeding, irrigation and care of the plants by capacity. The members also participate in the harvest when the crop is distributed. In addition, the farm has a modern robot farm for milk production, which we also will see. Then we head to the Høllonda sparsely populated community, which is located in the highlands 45 km south of Trondheim. There we visit a pluriactive family farm with 15 cows. An additional income comes from farm animal pedicure: The farmer performs the care of the cloves on cows, while the wife on the farm sheds horses. Afterwards we will have lunch in the neighbouring converted sheep farm building, where Sissel and Reidar Almås have built a 10-meter-high hunting and experience tower with a sky bar at the top, where we get an introduction to how the rural population in this agricultural and forestry farm community has adapted to survive structural changes in agriculture with various forms of modern part-time farming and rural services.*

### **Time schedule and tentative program:**

08:30 - Bus from hotel

09:00 – Medalhus share farm (Medalhus andelslandbruk)

10:30 – Heading for the Highlands

11:00 – Visiting Lufall pluriactive farm to watch cow pedicure

12:00 – Visiting Jårheim converted sheep farm building

12:30 – Lunch

13:15 – Reidar Almås explains how rural people adapt to changes in agriculture

13:30 – Short walk to the experience “The tower in the woods”

14:00 – Coffee, camp fire and walking around

15:00 – Departure for Trondheim

16:00 – Arrival at hotel in Trondheim

Wear walking shoes and clothes according to the weather.



<http://www.jarheim.no/>

<http://www.medalhus.com/76945899>

Facebook: Jårheim and Medalhus andelslandbruk