



Welcome to Voom ---  
Vokomokum's newsletter!  
In it you'll find the latest  
stories and veggies that live  
around our Voko.

Voom is brought to you by  
the Communications  
workgroup

## November 2021

### New member: Zerline!

#### **How did you find out about Vokomokum, and why did you become a member?**

I heard about it from a friend of mine who is a member as well. I'm not sure where she found out about it, but we share an interest in organic farming, among other things. We even went WWOOFing (doing volunteer work on organic farms) together in Norway once. Before and after that, she had been WWOOFing Sweden, where she had been supplying a Reko-ring. A Reko-ring is a network of farmers and individuals looking to buy fresh, organic produce directly from the people who grew it. They meet every month or so in a parking lot, where the farmers sell their produce straight from their trunk. I thought that was such a cool concept and wanted to join something similar in the Netherlands, but couldn't really find anything in Amsterdam. Until said friend introduced me to Vokomokum!

#### **Where are you from, and what is your profession?**

I grew up in Eindhoven, and moved to Amsterdam when I was 18 years old to study anthropology. I'm 30 years old now and never left the city (for long). After finishing my studies I did quite some different things. I worked for people with dementia for a while as a researcher and project assistant, and I conducted research fieldwork in the Netherlands as part of an international research on voluntary flood risk management. I also worked as a Dutch language teacher for a while. This fall, I started a new job as a math tutor for disadvantaged children at four different primary schools in Haarlem. So far it's been very busy but rewarding.

#### **What is your favourite food?**

I love garlic and eggplant, so I like to make baba ganoush or grilled eggplant with garlic-lemon-tahini sauce, for example. But I also loved roasting the entire pumpkin I once got in one of the vegetable boxes. I really enjoy cooking and like the challenge of coming up with different meals to use up all the veggies from those boxes - I used to cook from recipes a lot and I still do, but I've been using my creative side more often since joining Vokomokum.

#### **Are you a vegetarian or vegan, and if so, for what reason?**

I'm a vegetarian out of compassion for animals - I wouldn't want to kill an animal myself if I wouldn't have to, so I don't want others to do it for me either. And it helps that it's good for the environment, too.

## Inhoud

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### Taste before you waste!

#### Taste before you waste

**Taste Before You Waste is a foundation, based in Amsterdam, giving workshops in the Vokomokum space (the Dokhuis Galery).** Fun fact: its founder was also the first member of Vokomokum! They have the mission to reduce consumer food waste by providing citizens with the inspiration, knowledge and opportunity for responsible and waste-free consumption. They create a welcoming international community of foodies by hosting donation-based events such as Food-cycle Markets, Wasteless Dinners, Educational Workshops. They raise awareness and empower citizens. Taste Before You Waste contributes to a social movement that pushes for a fairer and more sustainable food system. A perfect fit to our community members of Vokomokum.

#### Workshops

With surplus food from their partner grocery shops in the Javastraat, that would have gone for waste, our professional cooks and food ambassadors present the most environmentally conscious, healthy, delicious, vegan choice for your get together with friends and the neighborhood. It is a great way to meet other Voko members, enjoy food together and taste before you waste!

#### Volunteer work

To keep the workshops rolling, organize the food-cycle markets and so on they need volunteers. If you are interested in learning more about how not to waste your food, you can sign up [here](#). Do you want to take the opportunity to give back to the community and create change?

They can offer a unique experience to connect with open-minded people where you are guaranteed to have fun!



Always wanted to start a close community? We are looking for members for the newsletter. It will count as your volunteer hours and you can practice/express your writing ability. Mail to [communicationsvokomokum@gmail.com](mailto:communicationsvokomokum@gmail.com) to join our small team.

## Tuinderij, de Knotwilg.

**For years ,De Knotwilg has been supplying vegetables to Vokomokum. Time for a background article about this special place just north of Amsterdam, written by Flip, who works at the Knotwilg.**



### ***The garden***

De Knotwilg was founded in 1980 by Jaap van der Boon in the Beemsterpolder, about 20 kilometers north of Amsterdam. The total area is 6 hectares of which 4.5 are used for the production of vegetables, fruit and nuts. Everything comes directly from the soil – de Knotwilg does not use greenhouses or plastic tunnels. The heavy sea clay in this area is very fertile and provides tasty vegetables. However, this soil is not suitable for every crop. The clay is also very difficult during excessive rainfall.

The garden is energy-efficient and labor-intensive in design, with many different products. With crop rotation, these fields are used in rotation for the various vegetable families, with fields lying fallow with green manure every 6 or 7 years. Because of the small-scale layout and the many trees, there is a great diversity of birds and wild plants.

### ***Various customers and products***

The company produces mainly for its own stalls at the organic markets in Amsterdam (Saturday at the Noordermarkt) and The Hague (Wednesday). In addition, every week several vegetable packages go to a farm store in the neighborhood.

In order to offer all these customers the widest possible range of vegetables, De Knotwilg grows a wide variety of crops. The limiting factors here are mainly the climate and the type of soil.

For the same reason, they try to harvest products over as long a period as possible. This also provides additional agricultural biodiversity. For example, there are six different varieties of gooseberries. The almost 'forgotten' varieties of apples and pears are harvested from July to early November. Especially at the end of the season, a little more risk is taken. If the weather is good, there are still vegetables to be harvested in November and December that regular supermarkets already import from abroad. If it freezes early or if it rains too much, the late harvest fails. A farmer with a limited number of crops will never take that risk.

One advantage of growing for one's own market stall rather than for wholesale is that you can also grow small quantities of special products. For example: small artichokes or notary apples and a choice of ten kinds of lettuce and ten kinds of beans.

Introducing new crops, however, takes time. Customers must get to know them. Hence the rule of thumb that a maximum of one vegetable is added each year. Recently that was Russian cabbage and 'green in the snow', a spicy cabbage leaf that is between mustard and turnip greens.

### ***Cooperation with local colleagues***

For an additional assortment, the Knotwilg gets help from farmers in the immediate vicinity. This includes fruit from Cees Konijn, potatoes, carrots and onions from Jan Knook, vegetables from the unheated greenhouse of Michel Boon and soft fruit from Sjerps. The packages delivered to Vokomokum also sometimes contain vegetables from these colleagues.

For the market stalls Knotwilg also orders from the wholesalers. Almost all customers want to supplement their own harvest with products that do not grow in North Holland, such as bananas and oranges or fruit and vegetables from out of season.



### ***The wild spring***

A special time is spring. The days are getting longer again, and the sun is starting to shine brighter. But in most gardens there is little to harvest yet. Some crops can already be sown or planted; others will have to wait until there is no more chance of night frost. But all those new plants must grow for a while anyway before there is anything to harvest. Back in the day, spring was more the time of lack of food. In December or January there is sometimes still a fresh plant to be pulled out of the ground. Moreover, many products can be stored for a few months, even without refrigeration.

In the springtime, the Knotwilg turns to wild plants and perennials. From March onwards, there are many edible wild plants to harvest at the Knotwilg: sorrel, cress, nettle, deadnettle and dandelion for example. These are very suitable for a healthy salad, soup or pasta sauce. These plants may grow 'for free' but harvesting them is a labor-intensive task which makes the products more expensive. A consolation: if you want these products for free you can also go find them yourself in the park or on the side of the road. In addition to wild plants, there are also cultivated crops that sprout quickly in the spring. For example, chard and spinach sorrel. And cabbage plants, after being harvested for the first time, remain standing all winter and sprout again quickly in spring. Cabbage flowers are delicious to fry and, due to the high demand, are now hard to come by at the market.

Are you curious about the products? Then try a small or large vegetable package. And if once a month is too little for you, you can always go to the Noordermarkt on Saturday and pick out exactly what you want at the stall. (But don't forget the vegetables from the Boterbloem because that is also a wonderful company to support!).





## Events and tips

### Greening the city

Groenpunt020 ([www.groenpunt020.nl](http://www.groenpunt020.nl)) or Het Stedelijk Groenpunt is a knowledge and networking place for all of Amsterdam's green spaces. Do you want to get started with a new green initiative or do you want to help with taking care of existing nature in the city? Or do you have other green questions or ideas? Then you've come to the right place!

On [www.buurtgroen020.nl](http://www.buurtgroen020.nl) you will find beautiful examples of small and large projects in the city, to get inspired and to join.

### Regeneration

Last June, the #wijzijnderegeneratie campaign was launched. This campaign is a commitment to tell the story of regeneration over the next ten years through lectures, action days, co-creation sessions and much more! <http://regeneratie.org/wijzijnderegeneratie-top/>. Here you can find a platform for Amsterdammers who want to work on regeneration: <https://www.hylo.com/groups/wij-zijn-de-regeneratie>.

### The Academische Werkplaats Voedsel

On November 25, 2021, the next meeting of de Academische Werkplaats Voedsel will take place, from 15:30 to 17:00. This time around, the event is hosted by the Vrije Universiteit Amsterdam. The topic is "living labs".

Living Labs are increasingly used to accelerate transformation processes of our food system and are especially popular in larger cities. In European R&D programs, through grants, setting up a Living Lab is nowadays common practice. A Living Lab is a 'place' where different parties - citizens, companies, knowledge institutions and governments - work together on innovative solutions to complex societal challenges in a real-life setting. Through co-creation small-scale experiments are developed, implemented, and evaluated. However, the increasing popularity also leads to the word 'Living Lab' being attached to all kinds of initiatives very quickly. A successful Living Lab is not only an intervention tool to realize local change, but also develops knowledge and contributes to new policies.

In this meeting, after an exploration of the concept of Living Labs, we will discuss some successful examples of Living Labs in food transition and interesting activities, such as a possible future 'living lab' in Amsterdam Zuid-Oost. Finally, in break-out groups we will discuss the role of current food networks and the Academische Werkplaats Voedsel in relation to Living Labs in Amsterdam.

Date: November 25, 2021

Time: 15:30 - 17:00

Location: MS Teams, you will receive the link to the digital space in time for the meeting

Register / login with Lily Kramer (municipality of Amsterdam): [lily.kramer@amsterdam.nl](mailto:lily.kramer@amsterdam.nl)



## Anarchistische Boekenbeurs Amsterdam 27 & 28 november

De Anarchistische Boekenbeurs Amsterdam is weer terug voor het 5e jaar op rij! De boekenbeurs zal plaatsvinden op 27 & 28 november 2021 bij het Dokhuis (Plantage Doklaan 8). Ja dat heb je goed gelezen! Er komen 2 volle dagen met stands en workshops van anarchistische collectieven uit heel Nederland en omliggende landen. Het wordt weer fantastisch!

Laten we leren hoe het ecocidale, patriarchale en koloniale kapitalistische systeem te vernietigen. Kennis is immers macht! Ben je op zoek naar kameraden? Kom naar de Anarchistische Boekenbeurs Amsterdam! Ben je op zoek naar anarchistische boeken en zines? Ze hebben alles wat je zoekt en nog veel meer: kleding, buttons, uitgeverijen, distro's, workshops, lezingen en vegan eten.

## Recipe for speculaas!

**This treat is most delicious at this time of year, and easy to make yourself. You can use special speculaas mold, but chunks or speculaas with almond chips are just as tasty.**



- 300 grams self-rising baking flour
- 150 grams dark soft sugar
- 200 grams cold (unsalted) butter
- 3 tablespoons "speculaaskruiden" (you can buy the mix, or make it yourself!  
<https://www.internationaldessertsblog.com/5-ways-to-use-homemade-speculaas-spice-mix/>)
- 3.5 tablespoons milk, plus extra for spreading
- a pinch of salt
- almond shavings (for garnishing)

1. Mix the self-rising flour with the caster sugar, spices and the pinch of salt in a bowl.
2. Cut the butter into cubes and add them to the dry ingredients. Stir it all together.
3. Add the milk and knead into a dough. Press the dough flat, wrap in cling film and place in the freezer for 1.5 hours (you can also leave it in the fridge for a day or overnight).
4. Now it's time to turn the dough into a crispy cake. Take it out of the refrigerator and let it warm up first.
5. Preheat the oven to 160 degrees and place baking paper on the baking sheet.
6. Use flour on your work surface and rolling pin to prevent the dough from sticking. If the dough is too thick, the speculaas will remain soft. Therefore, roll out the dough to a sheet of 0.5 centimeter. Place the dough on the baking sheet and sprinkle with almonds.
7. The last step is to rub the dough with some extra milk. Put the baking sheet in the oven for 30 minutes. Let the speculaas cool down before breaking it into pieces. Enjoy!