

# Ändebols gård – a small scale organic farm with sheep and cows, greenhouse, vegetable gardening, farm shop and bakery

We run a small-scale certified organic farm, in the middle of Sweden. Our vision is to give back food its rightful value and rebuilding the relationship with both food and its origin. We grow what we ourselves want to eat. Join us grow, tend, herd, harvest and eat what the farm produces and gain a unique understanding for where food really comes from.

Our animal livestock contains of 10 cows, 85 sheep. Every spring the number increases to about 2-3 times when the animals give birth to their young. We also have around 30 egg-laying hens. We grow vegetables outside on about 5000 m<sup>2</sup> and tomatoes and cucumber in a heated greenhouse of 380 m<sup>2</sup>. We have a farm shop where we sell almost all our produce, but also other things we like from our region. We also have a small bakery where we bake sourdough bread among other things.

The days at the farm depend on the season and weather but can typically look like the following: 08:00 ready for work, daily care for animals or garden tasks, 10:00 coffee/tea break, continued farm work like seeding, weeding and watering, 12:30 lunch together prepared by todays cooking responsible, continued farm work like fence mending, trimming, checking animals, 16:00 end of day and time for a swim or rest, we meet again for dinner at about 19:00.

The closest town is Katrineholm, at 20 km, and buses go frequently there (2 km to a bus stop). We invite you to use our bikes and get to know the neighbourhood, or use our canoes and spend a day visiting the beautiful creeks around us.

Please observe that we cannot welcome smokers (or other uses of tobacco) to our farm since the tomato plants are very sensitive to tobacco.

Certifications: KRAV (Main Organic Rulemaking organisation in Sweden)

