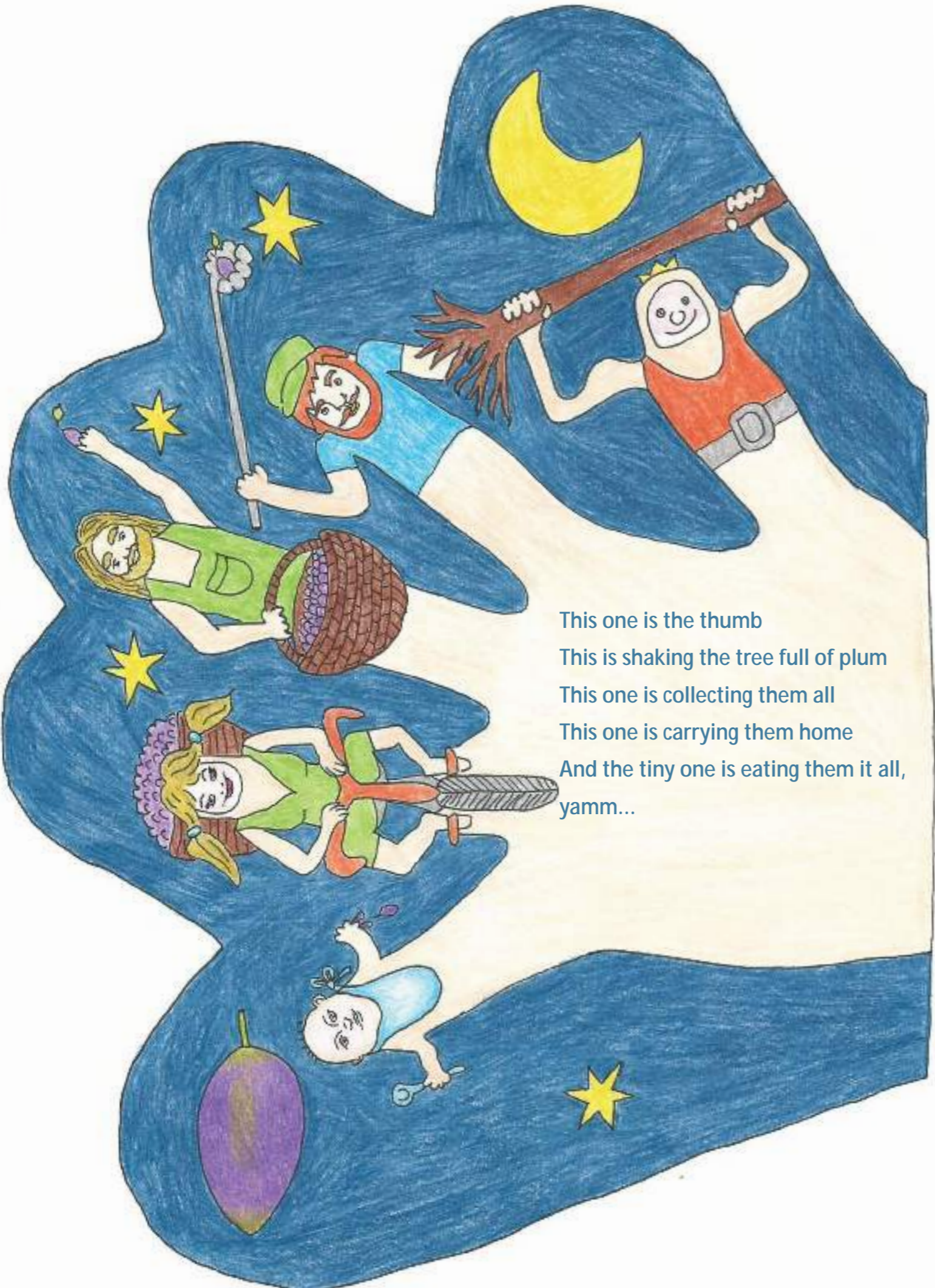
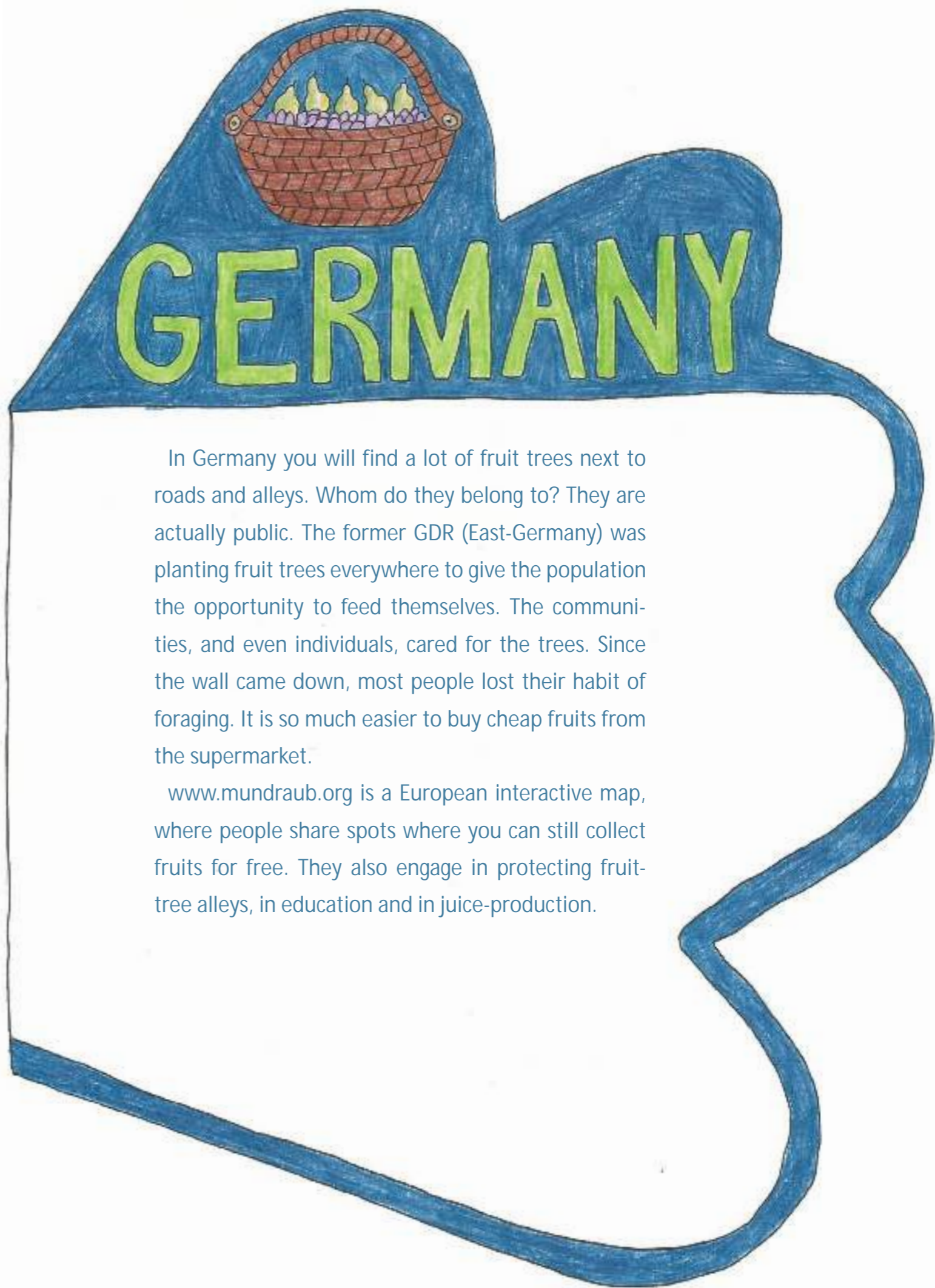


THE TINY
ONE ATE
IT ALL



This one is the thumb
This is shaking the tree full of plum
This one is collecting them all
This one is carrying them home
And the tiny one is eating them it all,
yamm...



In Germany you will find a lot of fruit trees next to roads and alleys. Whom do they belong to? They are actually public. The former GDR (East-Germany) was planting fruit trees everywhere to give the population the opportunity to feed themselves. The communities, and even individuals, cared for the trees. Since the wall came down, most people lost their habit of foraging. It is so much easier to buy cheap fruits from the supermarket.

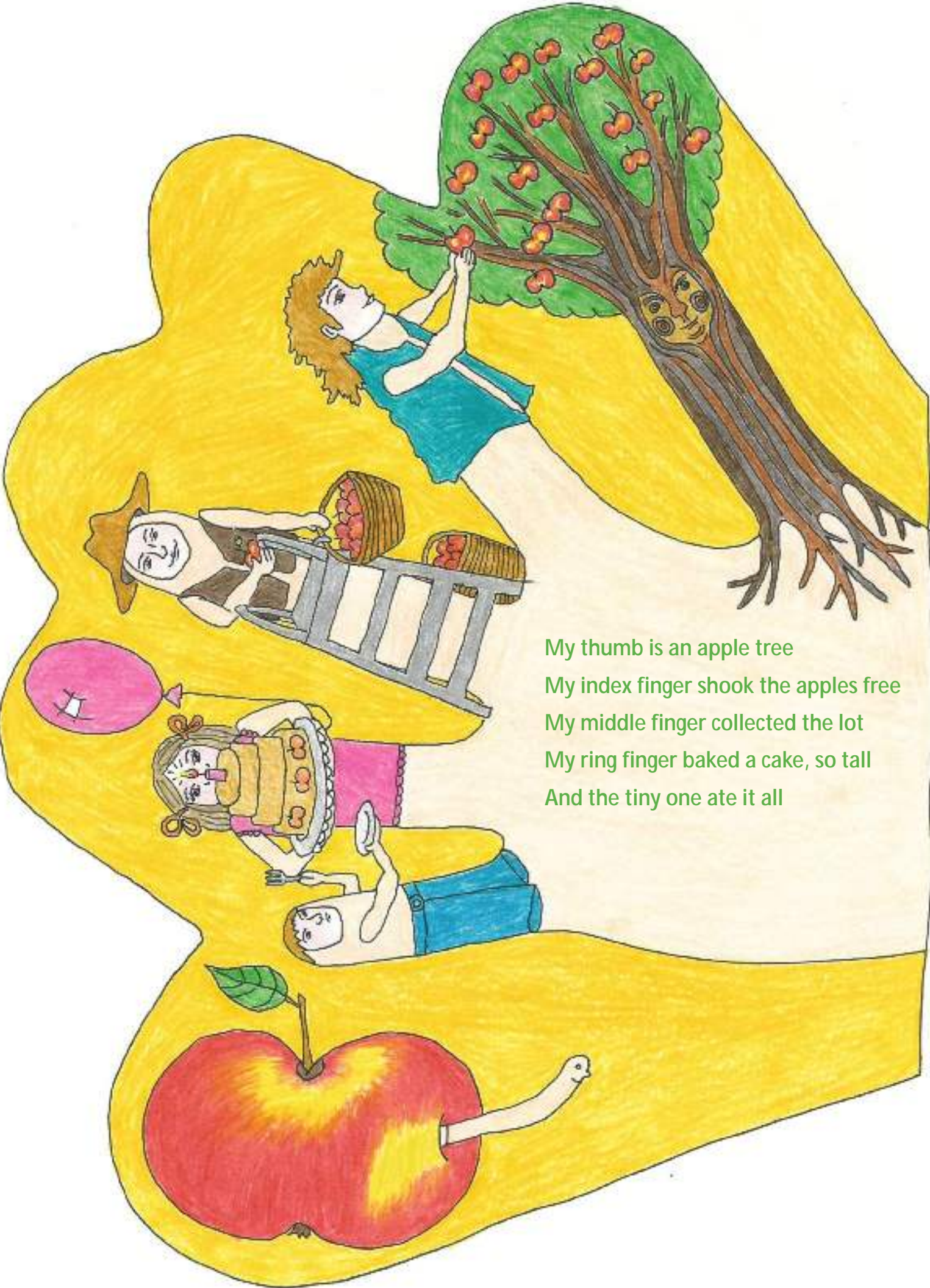
www.mundraub.org is a European interactive map, where people share spots where you can still collect fruits for free. They also engage in protecting fruit-tree alleys, in education and in juice-production.



HUNGARY

Hungary is traditionally a fruit-producing country with its rich soil and many hours of sunlight. There is a long tradition of fruit-tree growing in the area, with many special local varieties of apples. These local types are perfectly adapted to the climate, soil, water and other natural conditions, are more resistant to insects and illnesses and are also yummie. Still, with the globalised market and widely used agro chemicals in the last decades these varieties have been replaced by a few types of apples that look big and nice – with the side effects of being chemically treated and being less tasty. A few years ago emerged a movement of discovering, mapping and saving the original local varieties of apples, recognizing them as part of our cultural heritage, and redistributing them among farmers and gardeners.

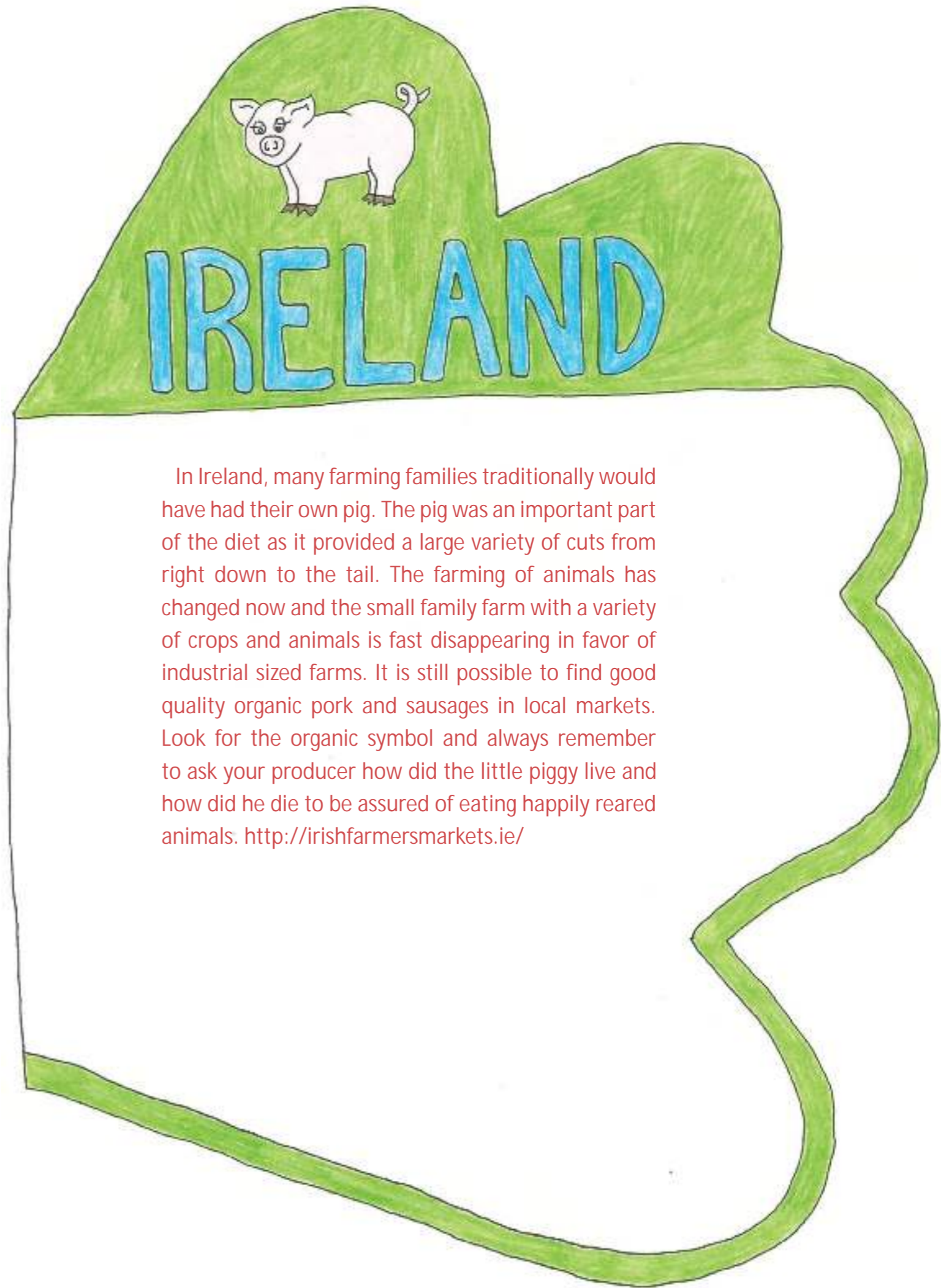
This is a Hungarian institute for promoting traditional varieties in Hungary. http://www.nodik.hu/?page_id=501&lang=en



My thumb is an apple tree
My index finger shook the apples free
My middle finger collected the lot
My ring finger baked a cake, so tall
And the tiny one ate it all



This little piggy went to market,
This little piggy stayed home,
This little piggy had jam and bread,
This little piggy had none,
And this little piggy went
wee wee wee all the way home.



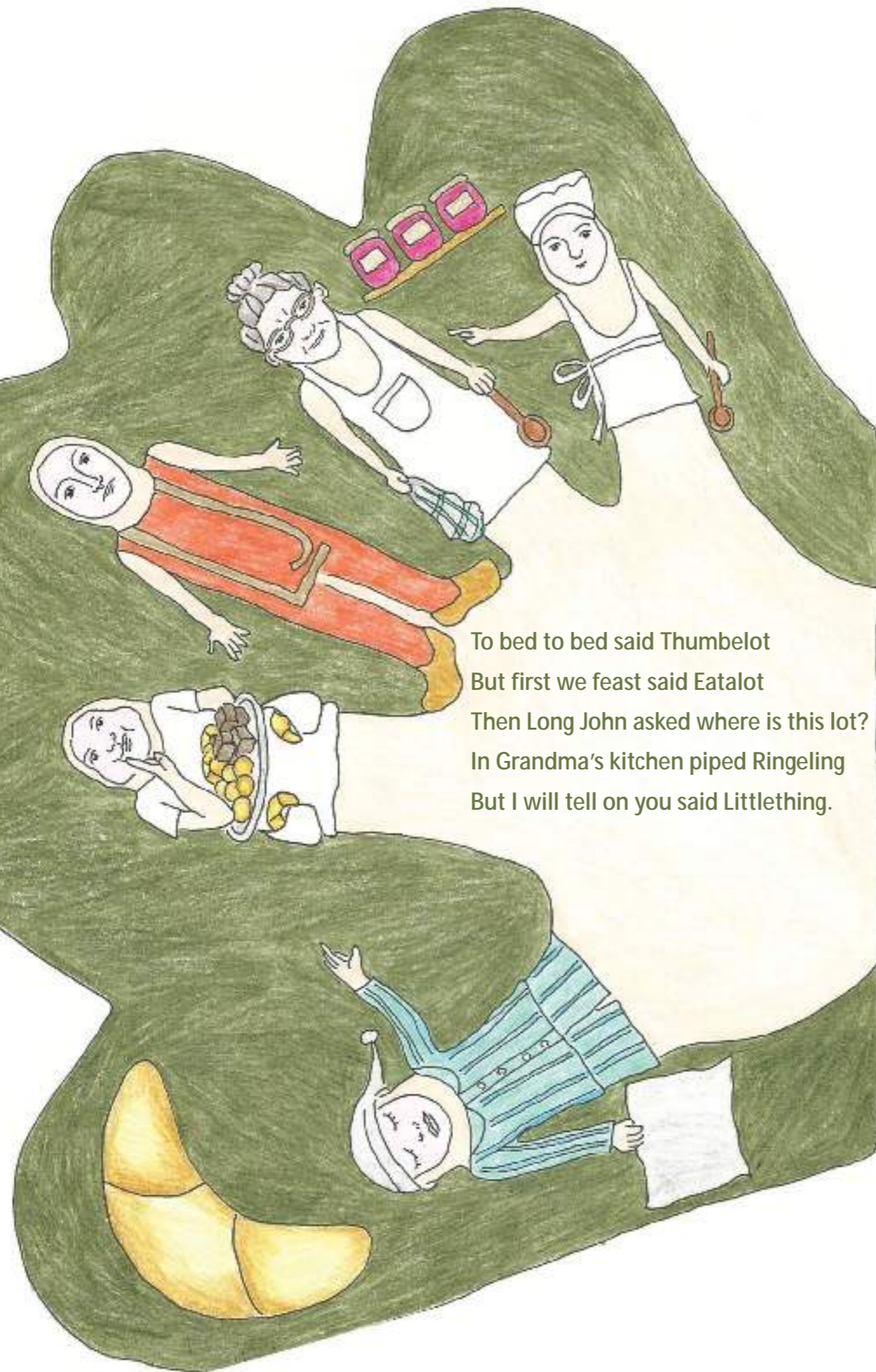
In Ireland, many farming families traditionally would have had their own pig. The pig was an important part of the diet as it provided a large variety of cuts from right down to the tail. The farming of animals has changed now and the small family farm with a variety of crops and animals is fast disappearing in favor of industrial sized farms. It is still possible to find good quality organic pork and sausages in local markets. Look for the organic symbol and always remember to ask your producer how did the little piggy live and how did he die to be assured of eating happily reared animals. <http://irishfarmersmarkets.ie/>



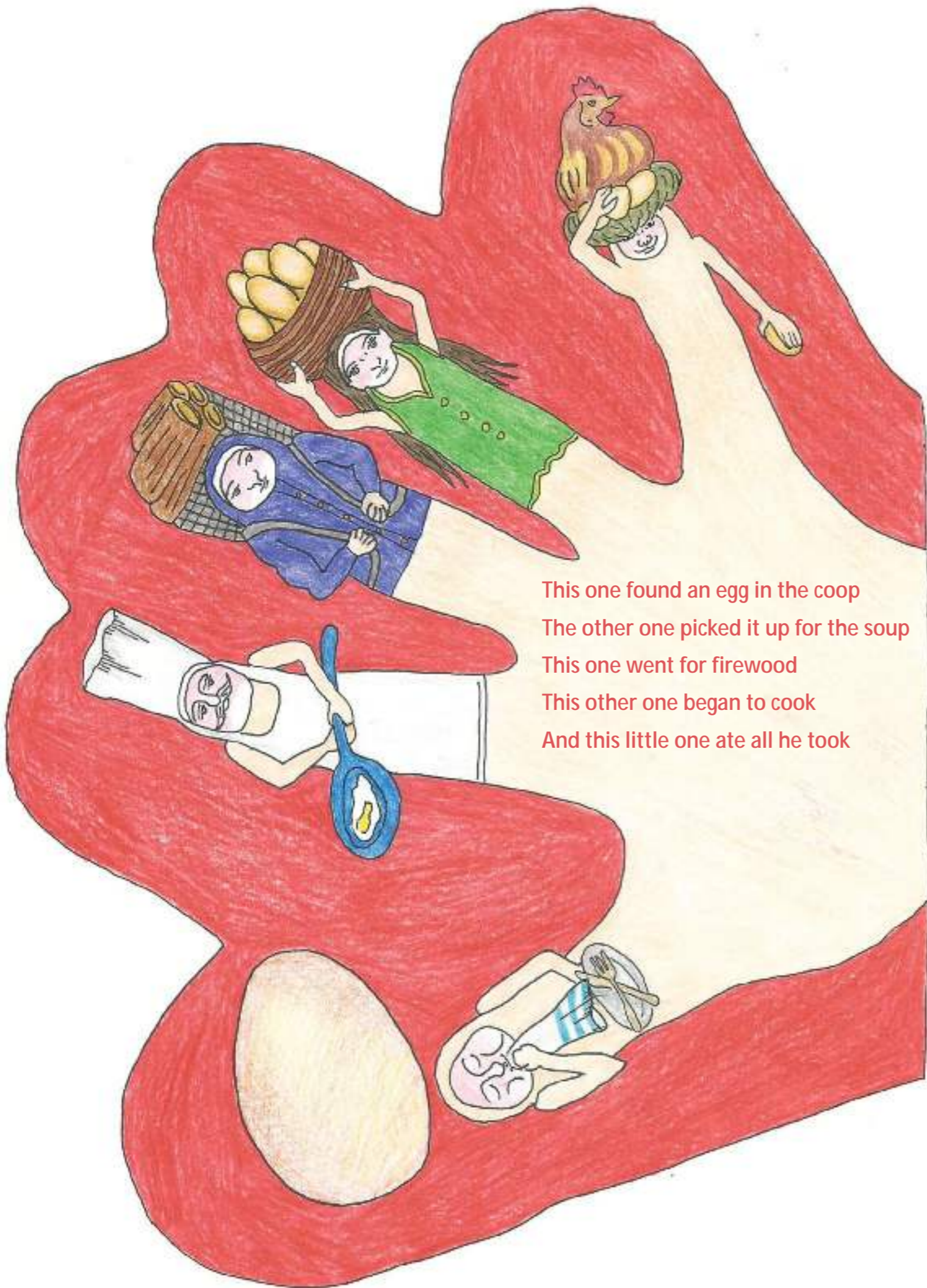
NETHERLANDS

A Community is much like a Garden. When it is well tended and taken care of it will grow abundant fruits. Children are the Seeds for the Fruits of the Future. When we provide them with a rich, natural, lively environment where they can grow up and learn from Nature, they can flourish and become what they are meant to be. Creating Green Schoolyards where Children can sow, plant, harvest and spread Green Happiness is one step in the direction of harvesting a Natural Lively Society. Fortunately in the Netherlands there is a growing movement for creating Edible and Playful Schoolyards and Natural forms of Education. As a parent you can start small with growing your own food together with your children.

www.groeneschoolpleinen.nl www.plantaparty.nl



To bed to bed said Thumbelot
But first we feast said Eatalot
Then Long John asked where is this lot?
In Grandma's kitchen piped Ringeling
But I will tell on you said Littlething.



This one found an egg in the coop
The other one picked it up for the soup
This one went for firewood
This other one began to cook
And this little one ate all he took

SPAIN



In Spain, chickens lay eggs... and not only chicken's but also duck's or quail's eggs, are the most common ingredients in our traditional cuisine. The chicken pen was the jewel of every household... food for all the year! Full of vital proteins. It is tradition to bring the best of your harvest to your neighbours' or friends' home... and a basket of eggs is a precious gift! Eggs are the "star" ingredient of the world wide famous "tor- tilla" (Spanish omelette), along with potatoes, and sometimes also with onions or peppers... and not only that, the art of making mayonnaise relies on a magic combination of eggs and olive oil, and if garlic is added it is called "Ali-Oli". Although nowadays less present in the Spanish diet, a breakfast with fried eggs and fried potatoes was the perfect start for a full day of work. And if you fancied an energetic drink, you didn't need a "RedBull", just a glass of wine mixed with egg and sugar. This is a local new business that produces or- ganic eggs, apples and kiwis in Asturias: <http://www.ecojusto.es/113750145>



This booklet for children and their parents is a result of the Future Of Food project. The Future of Food is a two year European learning partnership created to exchange practices related to sustainable and healthy food for planet and people. During a visit to Eco Village Sieben Linden in Germany in March 2015, an international group of participants were having a walk while picking wild fruits. They discovered that although coming from 5 different countries (Ireland, Germany, Hungary, Spain and the Netherlands) they were growing up with very similar childrens rhymes – on the theme of the five fingers, all focusing on food. On the pages of this booklet you find the five rhymes for the smallest – and five contemporary alternative food stories for their parents. Enjoy it!

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