

# **Improving Experiences of Visitors and Volunteers: An Analysis of the Services and Disservices of Food Forests**

What are the services and disservices visitors experience when they visit food forests and how can the services of food forests be improved accordingly?



*Voedselbos Zeewolde*

Group 4C  
Services of Food Forests for Recreationists

**5100 words**

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## **1. Introduction**

There has been an upsurge of food forests in the Netherlands since 2009, records reveal that, in 2017, there were 54 food forests with a total of 103 hectares (Groot & Veen, 2017). A food forest is a form of agroforestry where the landscape consists of different layers of edible perennial vegetation (Askerlund & Almers, 2016), which over time will be mostly self-sustaining only requiring low maintenance. Food forests mimic natural ecosystems and show great potential for sustainable food production in an ever-growing urban world. Agroforestry practices are spread worldwide, however, they vary in size and type of food produced depending on their location and climate (Huijssoon et al., 2017). A study by Lehmann et al. (2019) found that food forests can store more carbon than traditional agricultural practices and can, therefore, positively contribute to sustainability problems. Besides services for the natural environment, previous studies have found that food forests also deliver services to society (Gao et al., 2014). For instance, food forests improve the living standards in farming communities, positively impact urban sprawl, hold educational value and offer recreational practices for the community. An example can be found in Portugal, where there has been a shift towards permaculture started by young citizens to counteract the ageing of the rural population and land desertification of the rural areas. They aim to establish communities intertwined with nature to ensure sustainable futures (Oliveira & Penha-Lopes, 2020).

To date, only little attention has been devoted to the improvement of food forest services. Most studies have only focused on the existing services or disservices of food forests. Thus, there is a lack of information on how food forests can be modified to attract more visitors and more research should focus on these matters, since recreation can contribute to a more widespread awareness of the social and ecological services of food forests and they help finance them.

The main question addressed in this report is what kinds of services and disservices visitors experience and how these can be improved accordingly. Therefore, this paper will focus on several aspects regarding three food forests in the Netherlands. First of all, the services and disservices of the food forests people experience will be explored. Second, this paper establishes the current recreational value of the food forests. Finally, the disservices of this food forest are considered. This paper primarily focuses on visitors as the aim is to improve the services. Nevertheless, the experiences of the volunteers are also considered since they have further knowledge on food forest characteristics. The food forests in question are ‘Voedselbos Leusden’, ‘Permacultuurboomgaard Waalgaard Nijmegen’ and ‘Voedselbos Zeewolde’. Hence, this paper first gives an overview of the existing literature on food forests and then discusses the methods used to answer the questions. The paper continues outlining the results of the research with a discussion of these findings. Next, a conclusion is drawn in which the key results are summarized. Lastly, the relevance and integration of the outcome from this paper are discussed.

## 2. Theoretical framework

Agroforestry and permaculture practices have become more relevant as land-management techniques that produce sustainably sourced food. Food forests are innovative sustainable techniques since they establish a connection between agriculture and nature (Huijssoon et al., 2017). However, there is little research about the specific social services and disservices that food forests provide to recreationists. Throughout this research, the term *services* refers to “the range of conditions and processes through which natural ecosystems, and the species that they contain, help sustain and fulfil human life” (Newcome et al., 2005). Moreover, the term *disservices* embodies several concepts that refer to the negative consequences on human life (Dobbs et al., 2011). In the present study, *disservices* are defined as the harmful, unpleasant or unwanted effects of natural ecosystems on humanity (Lyytimäki, 2015).

Despite the little information on food forests advantages and disadvantages, agroforestry practices provide several benefits that can be categorized into ecological, economic and socio-cultural aspects (Huijssoon et al., 2017). Moreover, agroforestry practices promote the preservation of biodiversity and the balance of the ecosystem (Huijssoon et al., 2017). According to a recent study, these benefits are categorized into the following: providing habitat for sensitive species, decreasing degradation and habitat extinction, minimizing the rate of conversion of natural habitats, “providing functional connectivity of rural landscapes by creating corridors between habitat remnants” (Gao et al., 2014). In addition, agroforestry practices can increase profit whilst reducing the financial costs of production for farmers (Gao et al., 2014). For instance, in food forests, several species are cultivated which results in several harvestings within a year, and consequently, provides income for farmers during long periods of time (Huijssoon et al., 2017). Moreover, some of the socio-cultural benefits are: increasing the quality of life of farmers, controlling urban sprawl, contributing to educational resources, and increasing aesthetics of rural landscapes (Gao et al., 2014).

To conduct this research and obtain data about the social services and disservices of food forests the following theoretical frameworks have been selected. The first framework used is based on socio-cultural indicators that determine the effect of food forests within societies (Huijssoon et al., 2017). As can be seen in *Appendix 9.1 (table 2)*, the framework is categorized into six key socio-cultural themes: social capital (the units that promote prosocial behaviour), education (providing knowledge and academic value), community involvement and local governance (social engagement to food forest’s practices), livelihoods and economic security (the relevance of agroforestry for employees), history (historical value of the area), institutions and traditions (how food forest are constructed for socio-cultural practices), and aesthetics (the contributions of food forests to the beauty of the landscape) (Huijssoon et al., 2017). However, during this research, we are only going to focus on the most relevant: social capital, landscape aesthetics, community involvement, as will be further elaborated in the methodology section. Furthermore, the second theoretical framework consists of several indicators used to quantify the positive and negative ecosystem services (Dobbs et al, 2011). As it can be seen in *Appendix 9.1 (table 3)*, each of the 12 services and 4 disservices determined has an indicator and a method with which they can be analyzed (Dobbs et al, 2011). To illustrate, the disservice “Decrease in air quality” will be analyzed by recollecting data from “Ozone, CO<sub>2</sub>, and VOC tree emissions” (Dobbs et al, 2011).

The combination of these two conceptual schemes has led to the creation of the following theoretical framework as shown in *Table 1*. The framework created is divided into themes and classified into services and disservices. Each of the indicators determined includes a description, the measurements used, and the importance and feasibility of each concept are indicated. The data extracted when using this framework can provide greater insight on the types of services or disservices that a food forest provides regarding a certain social topic. For further information about each indicator and the operationalization, see the methodology section.

Research topic	Service or disservice	Indicator	Definition	Unit of measurement	Relevance (1=highly relevant, 2=somewhat relevant)
<b>Theme: Social Capital</b>					
Visits of the food forest	Service	Number of visitors	The amount of people visiting the food forest indication of the recreational importance of the food forest	# of visitors / week	1
		Time spend by visitors	The duration of the visit in the food forests is an indication of the overall activities that the food forests provides	# time/ visitor	1
Management of food forests	Service	Customer friendly / social experience	How visitors experience the services of the employees / volunteers	# visitors that think it is positive	1
<b>Theme: Visitor experience</b>					
Value food forest to the neighbourhood	Service	Value of food forest	The value that the food forest can add to the community will be measured from the opinions of the visitors	# of visitors per category	1
Opinion on entry fee	Service	Value obtained from the food forest regarding the entry ticket price	If customers experience the food forest in a positive way and that it is worth their money	# of visitors per category	2
Knowledge of the food forest	Service	What do you know about food forests, open question.	The amount of people that know about food forests	# of visitors per category	1
Recreational activities	Service	Types of activities	The types of activities food forest visitors would like to participate in	# of activities and the number of times mentioned	1
		Hours spend doing recreational activities	The estimation of each visitor of the number of hours he/she would spend doing recreation activities in the forest	# of hours/day	2

Willingness of visitors to actively participate in food forests activities	Service	Harvesting activities	Willingness of visitors to harvest the food cultivated in the area	# of visitors	2
	Service	Planting crops activites	Willingness of visitors to plant species cultivated in the area	# of visitors	2

<b>Theme: Landscape aesthetics</b>					
Public opinion on food forest aesthetics	Service	Food forest appereance	The public opinion on food forest appearance will be measured in open questions. Later analyzed as positive or negative opinion.	# of visitors per category	1
	Service	Maintenance of the food forest	Number of visitors that think that the food forest is well maintained	# of visitors per category	1
<b>Theme: Human wellbeing</b>					
Discomfort (safety)	Disservice	Invertebrates & rodents	Animal presence that could affect the productivity and recreational activities	# of species	2
Allergenicity	Disservice	Visitors that suffer from allergies	Based on tree species, leaf biomass and Ogren Plant Allergy Scale (OPALS) ranking scale	# of visitors	1
Mental health	Service	Perceived impact on mood	The potential of the area to improve mental wellbeing	# of visitors	2

Table 1. Framework designed to analyse food forests and the relevance of each indicator.

### **3. Methodology**

This section will focus on the individual steps of the research project, more specifically the preparation, procedure and analysis. Content related aspects will also be discussed.

#### **3.1 Prior to data collection**

At the beginning of the research process, an extensive literature review has been performed to prevent the repetition of any existing research projects. Additionally, prior to the data collection stage, some of the food forest owners were contacted to comment on expectations they had and aspects they would have liked to have included or focused on during the research. Moreover, any visitor information the food forest owners might have collected themselves had been requested to aid in the preparation for the data collection. A few questions were asked to the volunteers of the food forest concerning the visitors and the perspective the workers have on what is possible in terms of recreational activities.

#### **3.2 Data collection**

In order to obtain qualitative as well as some quantitative data on the experiences visitors have in food forests, interviews were carried out to collect data on the positive and potentially negative aspects these food forests hold. More specifically, the interviews were semi-structured to allow the interviewee to think freely while the interviewer directed attention to particular aspects if an answer or statement requires further elaboration. In these cases, the interviewer used probing questions and prompting to get the interview back on track. The interviews were conducted in English, only if the interviewees felt comfortable with it, otherwise, the questions, which can be found in *Appendix 9.2*, were asked in Dutch by the native speakers in our research group. Additionally, only up to two group members interviewed a person at the same time. This should prevent data errors as it keeps the interviewee from being overwhelmed and possibly feeling pressured to answer.

The original plan of only interviewing visitors to gather data on potential recreational activities changed due to the fact that less visitors than expected were present. This gave us the opportunity to interview the volunteers in more detail and ask them to think about the food forest services from a visitor's perspective. To make the research relevant in practice, we will provide our results to the owners of the food forests so they can improve their services and reduce their disservices.

#### **3.3 Ethics**

Before the beginning of the interview, the interviewer explained the reason for the research and the extent to which the answers would be used in the process. The interviewees were kept anonymous, while only their age and place of residence were requested as personal information to sort the data according to demographic and geographic attributes. For later reference, we asked the interviewees if they agree to be recorded in preparation for the analysis of the data. In this regard, the person being interviewed was recorded saying that they permit us to use their responses for the analysis of the services and disservices of the food forest, as well as answering the research question.

The interviews started with a disclaimer similar to the one in *Appendix 9.3*.

### **3.4 Location**

The semi-structured interviews were conducted at the ‘Voedselbos en vlindertuin Leusden’ (Food Forest and Butterfly Garden Leusden), the ‘Permacultuurboomgaard de Waalgaard Nijmegen (Weurt)’ (Permaculture Orchard Waalgaard Nijmegen) and the ‘Voedselbos Zeewolde’(Food forest Zeewolde) during our fieldwork week. We went to a food forest on Tuesday, Wednesday, and Saturday. We chose Saturday instead of Friday because we expected more visitors on the weekend. These different locations differed in certain characteristics that made it less possible to compare them. Furthermore, not enough data was gathered on each food forest to compare them sufficiently.

### **3.5 Processing the data**

The services and disservices were measured using Likert scale evaluations by the visitors of the food forests. In addition to these quantitative evaluations, open questions have been asked to clarify what exactly the visitors perceive as services and disservices. After the data was collected on communal perceptions of the services and disservices of food forests, they were categorized using coding. For the closed questions we started coding beforehand. The recorded interviews were transcribed in the language they were conducted in, more specifically the transcription and coding of the Dutch interviews were done by the native speakers in the research group. This data was organised by coding whole responses using software called NVIVO. We chose to use NVIVO because it is an efficient software to manage large qualitative data sets. This programme was used to code the different interview transcriptions, creating nodes and links between the exact answers from the visitors and the categories for each specific response. Furthermore, the discussion was based on the analysis of these categories and the frequency of answers per node. The coded data from NVIVO was then exported to Excel to create graphs to visualise our findings more aesthetically.

The framework created for this study (see *Table 1*) was used to analyse the services and disservices in more detail. This helped to investigate the perceptions the visitors had of the food forest and how its provided services can be improved to attract more visitors for recreational purposes. Furthermore, the data served as viable information for the identification of potential directions for future research.

## 4. Results

The following section presents the findings of the fieldwork data for visitors and volunteers. The data displayed is limited according to the framework's relevance of the indicator. Despite both data sets being relevant, this study focuses on the visitors' answers since they can provide less biased opinions on the services and disservices of food forests. The interview transcripts can be found in *Appendix 9.4*.

The interviews have been conducted with nine visitors and six volunteers. Moreover, one of the food forests was not open for visitors, as a result, no visitor data, only volunteers data was collected in that food forest. Respectively, we decided to keep the data general without dividing it between the different food forests.

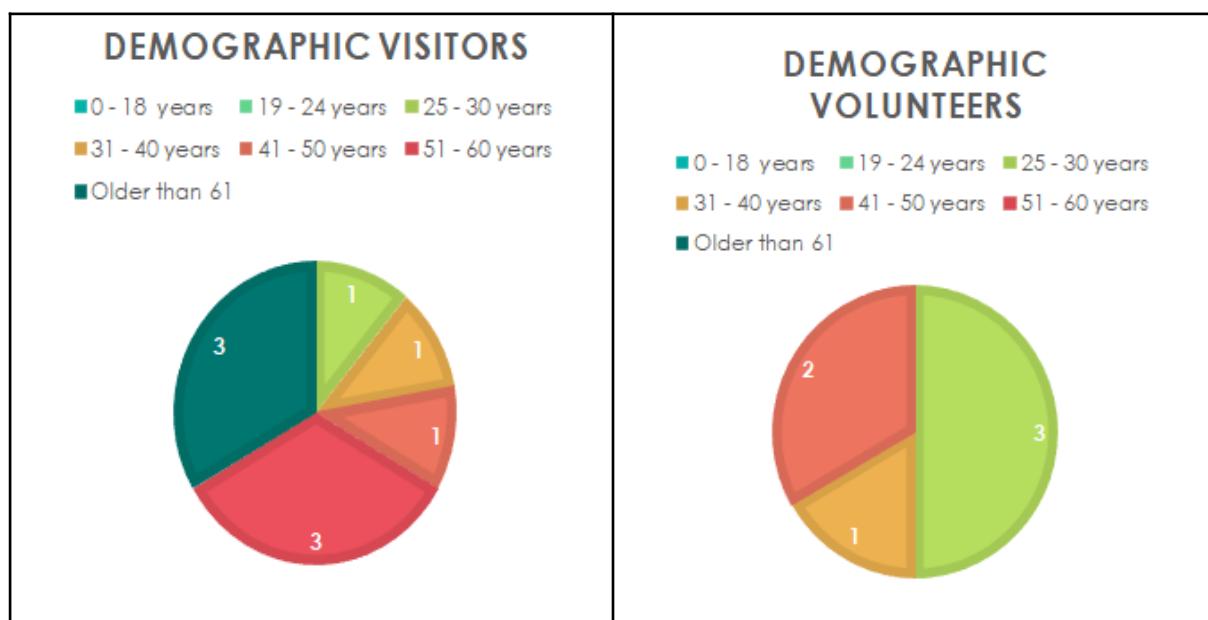
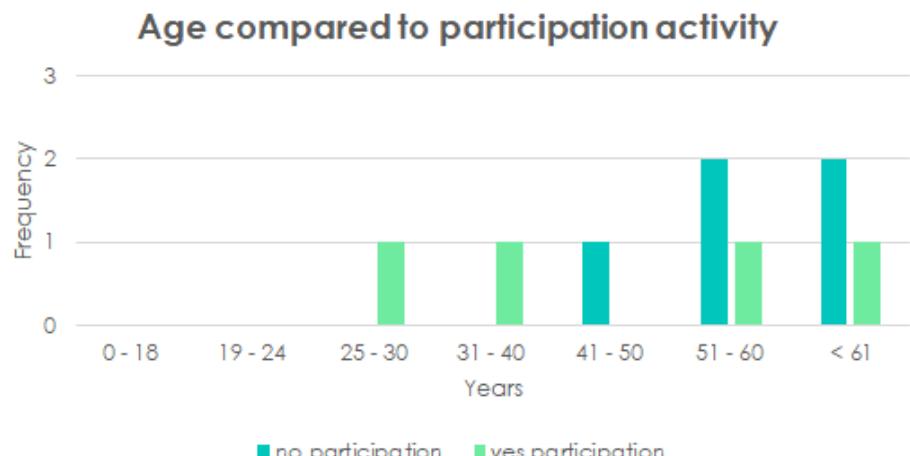
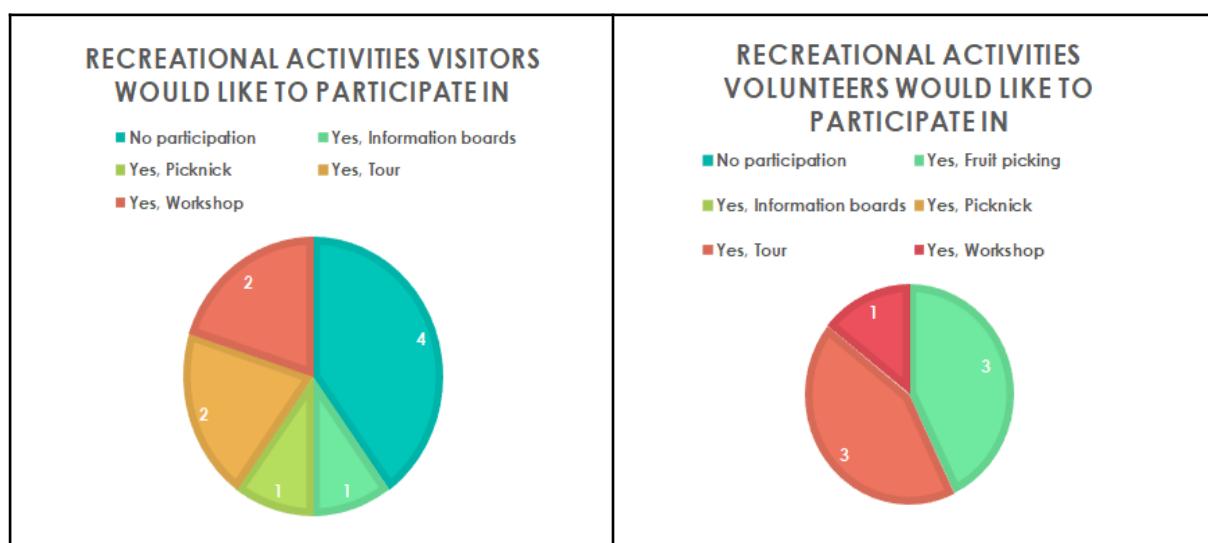


Figure 1. Age distribution of visitors and volunteers

Figure 1 shows that none of the visitors were in the age range from 0-18 and 19-24 years old. Three visitors were between the ages of 51 and 60 years old. A comparison between age and willingness to participate in recreational activities is illustrated in Figure 2 in order to determine the target group for such activities. Interviewees above the age of 41 have been found to be predominantly opposed to recreational activities.



*Figure 2. Comparison between the age of interviewee and willingness to participate in activities*



*Figure 3. Recreational activities visitors and volunteers would like to participate in.*

The figure above shows what kinds of activities visitors would like to participate in, while activities like tours and fruit picking are already possible. Additionally, the food forest in Leusden has a flower and butterfly garden. Few of these activities are aimed at children and teenagers. One interviewee said: "Bianca [a friend of the interviewee] has been here with her children because she thought it was educational for her young children." Multiple interviewees said that the food forest provides educational services and that it could be interesting for children. One woman said it would be a very nice place for children as "it is important to learn where food comes from".

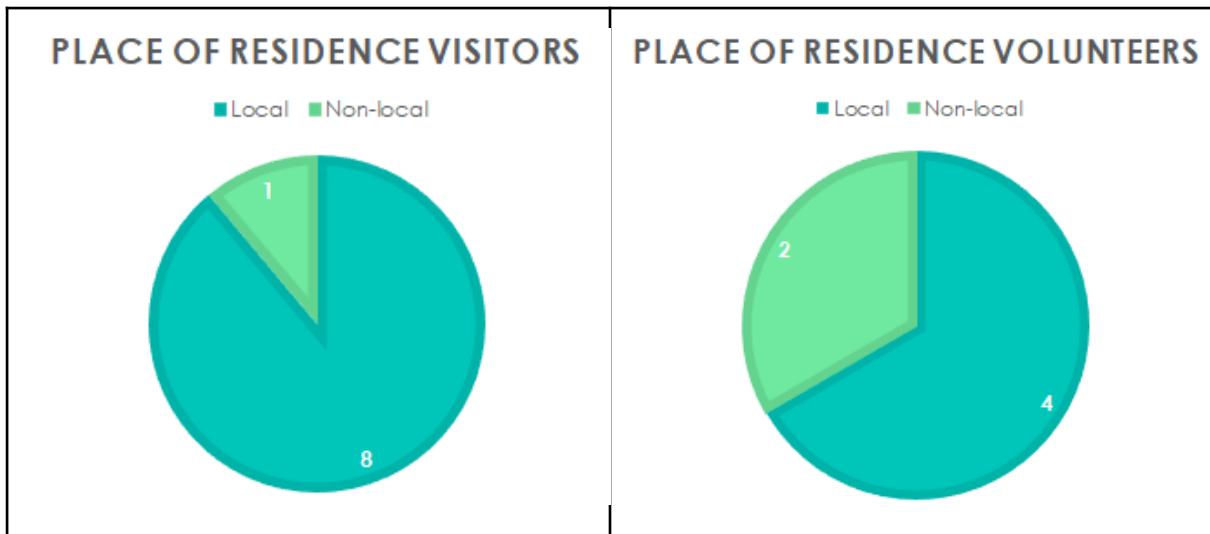


Figure 4. Place of residence

Figure 4 illustrates whether the visitors and volunteers live close to the food forest in question (local) or if they live further away (non-local). Most interviewees turned out to be local.

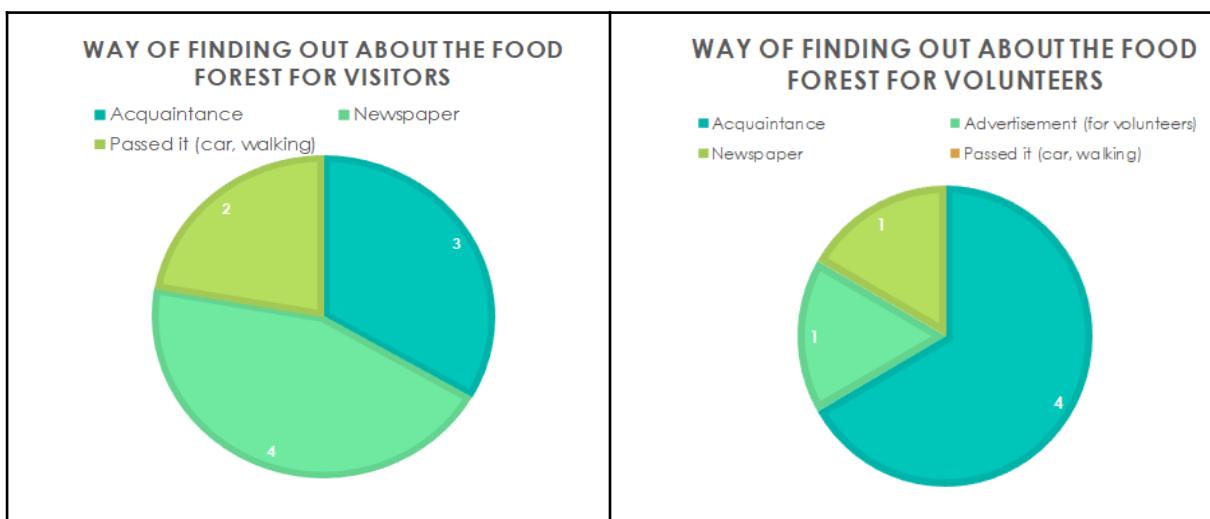
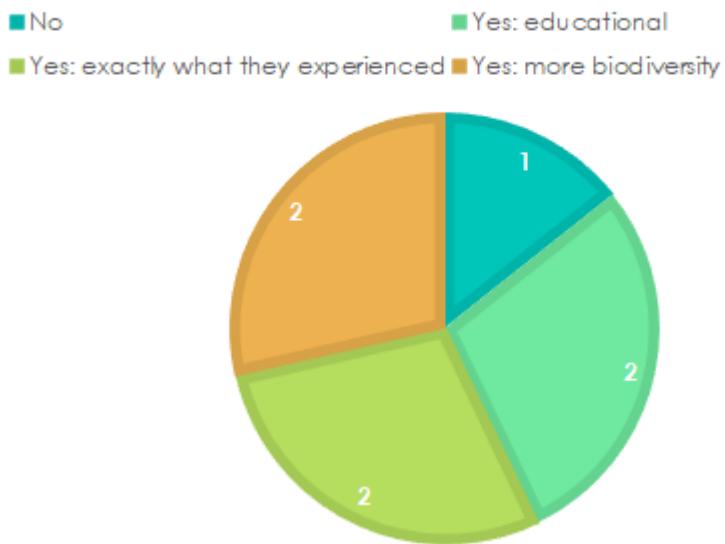


Figure 5. Way of finding out about the food forest

Figure 5 shows how visitors found out about each food forest. Every food forest used several means for advertisement. The food forest in Nijmegen used multiple social media platforms, such as Instagram and Facebook, where they have around 700 followers. The website of the ‘Voedselbos Leusden’ did not provide a clear address nor contact information, but they do have an Instagram profile with over 700 followers. The food forest in Zeewolde has a well-established website, but they do not make use of any social media platform.

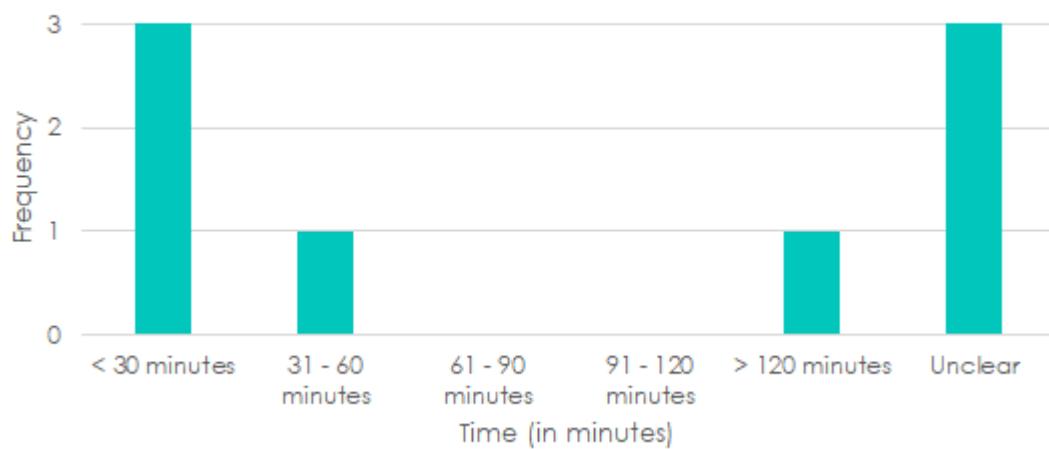
## EXPECTATIONS PRIOR TO VISITING



*Figure 6. Expectations prior to visiting according to the visitors.*

The chart above indicates what expectations visitors had prior to their visit, while one person did not have any expectations. ‘I expected more biodiversity, there was a forest here before with many deers, and now the forest is gone, and I only see bushes.’ (Zeeuwolde)

## Duration of visit



*Figure 7. Duration of visiting by the visitors*

This figure shows how much time visitors spent at the food forest, though data is missing for three of the interviewees. Most people visited for less than 30 minutes and the person who stayed longer than 120 minutes was helping their friend with volunteer work.



Figure 8. Times visited the food forest by the visitors

Figure 8 displays if the visitors have been to the food forest before. It can be observed that half of the visitors had already been to the food forest in question, which implies a service worth returning for. One visitor said: "I've been here more often. Very nice. - I like most about the food forest that there are a lot of plants you never knew you could eat and it's growing all by itself."



Figure 9. Knowledge about food forests

The figure above illustrates to what extent visitors had knowledge about food forests. Two visitors had no knowledge of the food forests "It is the first time I have heard of this concept". Volunteers had more knowledge on food forests, which some of them acquired while working there.

During the interviews, visitors were also asked about the impact of the food forest on their mood, 5 out of 9 visitors experienced positive emotions during their visit while the other four visitors were unsure.

## MAINTENANCE ACCORDING TO THE VISITORS

■ Bad ■ Good ■ Neutral

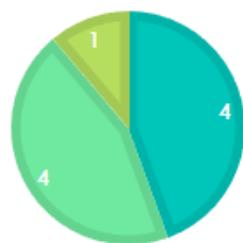


*Figure 10. Opinion on maintenance food forest*

For this question, we asked about the maintenance of the food forest, 3 out of 9 visitors said that the food forest was badly maintained.

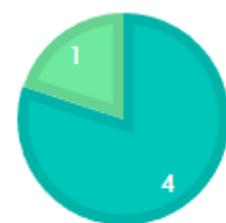
### IF ALLERGIES PREVENT VISITORS FROM VISTING

- No
- Yes, but no prevention from going
- Yes, prevention from going



### IF ALLERGIES PREVENT VOLUNTEERS FROM VOLUNTEERING

- No
- Yes, No prevention from going
- Yes, Prevention from going



*Figure 11. Influence of allergies on visit frequency.*

Figure 11 illustrates existing allergies among the visitors and if these affected their decision to visit the food forest.

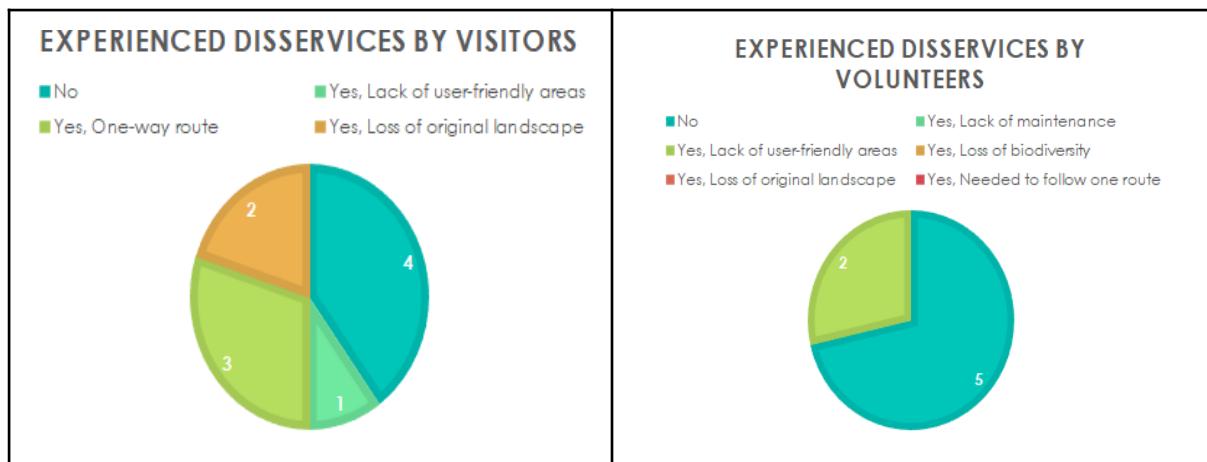


Figure 12. Experienced disservices by visitors and volunteers.

The figure above depicts visitors' perceptions on disservices, which 6 out of 9 visitors said to have experienced. One visitor said: "You cannot sit here, I would like if they added that" and two of the volunteers in Nijmegen said that "it would be nice to have a place with more shelter for the visitors, like a place with shade and a place where you can stay dry when it rains, then people can also visit us when the weather is unfortunate." The food forest in Zeewolde removed three trees to start the food forest, which disappointed multiple people who passed by and perceived it as decreasing biodiversity. One-third of the visitors were displeased by the one-way route and would prefer multiple routes with signs as well as some information boards along the way.

We asked the interviewees about their experience with the employees and volunteers. None of the visitors said they had a negative experience — five responses were positive. This question did not apply to three of the interviewees since they had no interaction with the volunteers.



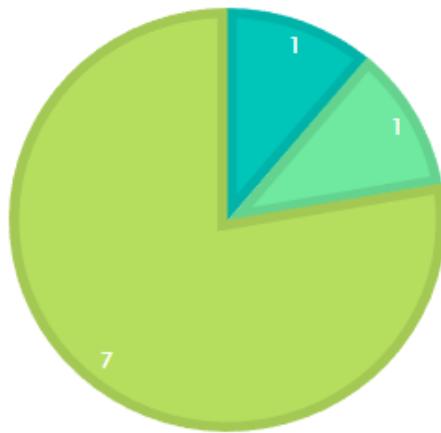
Figure 13. Value of food forest to the community

Over half of the visitors said that the food forest adds value to the community and one of them specified that she finds it important that people and especially children know where food comes from and how it is produced. Two of the interviewees did not see any value added to the community as it is not yet a communal topic in the neighbourhood and they might have preferred a vegetable garden.

All volunteers stated that the food forest adds value to the community as “people come here voluntarily to pick fruit and what is left is used to make products such as pear juice. Last year 20-30 people from the village went here, so that was nice.”

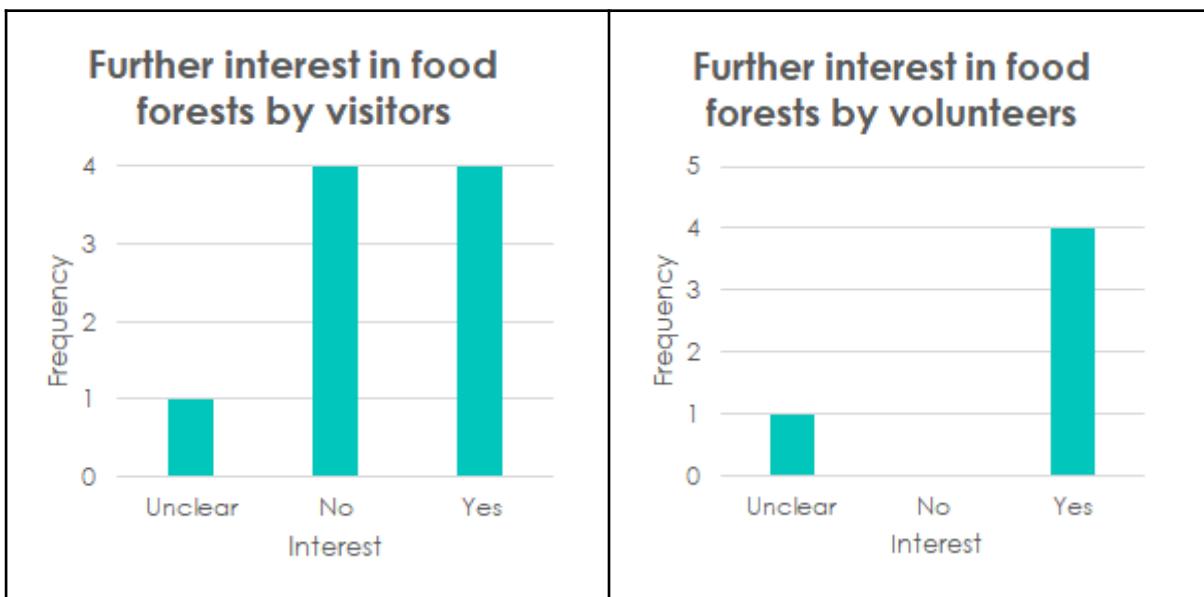
## OVERALL EXPERIENCE OF THE VISITORS

■ Negative ■ Unclear ■ Positive



*Figure 14. Overall experience*

*Figure 14* illustrates the overall experience of visitors. Most people thought of the food forests as good initiatives which are well presented. Although, one person described a negative overall experience in the food forest: “It is very very small, I don’t see a lot yet, but of course, that takes time.”



*Figure 15. Further interest in food forests*

In *Figure 15* the interest in further knowledge about food forests is portrayed. This question regards the motivation of interviewees to learn more about the food forest during their visit. Four of the visitors did not want to learn more: “Maybe if I hear about other places in the Netherlands then I

would be interested in taking a look, but I am not interested in broadening my knowledge [...] maybe a bit more about the set-up”.

## 5. Discussion

This section aims to answer the research question: “What are the services and disservices visitors experience when they visit food forests and how can the services of food forests be improved accordingly?”. It does so by making recommendations based on the results obtained from the interviews to the visitors and supplementally volunteers, and based on previous literature. First, recommendations are made on adjusting or adding more services to the food forests in question. Second, recommendations are made on addressing the disservices of these food forests. The same recommendations can also be taken into consideration for food forests outside the scope of this research. Next, the limitations of this research follow.

### 5.1. Interpretation and recommendations

#### 5.1.1 Services

Multiple services that the food forests provide were exposed after interviewing the visitors and volunteers. Some of these services can be improved or adjusted to better fit the framework that this research uses. Below, this report discusses these possible improvements and adjustments.

One improvement for the food forests’ services can be more educational programs for children since multiple visitors mentioned educational activities for children. Respectively, planning of activities should also be more directed at middle-aged people, since they were more interested in participation than people above the age of 40 years. This could contribute to the community value of the food forests as well. According to *Figure 13*, one person thinks food forests do not add anything to the community, and three people have no opinion. Therefore, the involvement of children could be an option to increase the community value of food forests in general. Previous research found that food forests hold educational value and improve the living standards in communities (Gao et al., 2014). This suggests that the food forests of this research have the potential to improve their educational services and community value. To conclude, such an improvement would enhance the key social-cultural theme visitors experience from the framework used for this research as it focuses on recreational activities.

The results show that instead of a disservice, people experienced the presence of many insects as a service. One additional service that might attract visitors could, therefore, be to include bee hotels, butterfly bushes, or other insect homes in the food forests. This is the case since the presence of insects did not negatively affect recreational activities, if anything, it can be a source for additional activities. This desire is in line with the findings of Shipley and Bixler (2017) that the insects that are commonly described as beautiful bugs in this study, evoke far more positive reactions from people. In addition to this, more interest among visitors can be provoked when introducing bugs that are fascinating and unfamiliar to many people.

During the fieldwork, it became evident that not a lot of visitors entered the food forests. One reason for this might have been a lack of advertisement. The results show that most people found out about the food forests from the newspaper. It could, therefore, be sensible to broaden the scope of advertisement by focussing more on social media. However, we have noticed that 2 of the 3 food

forests already have a lot of followers on social media. They could invest in advertisements on Instagram, a way of advertising that is becoming more and more popular for businesses and organizations since it works on algorithms that search for people who are interested in similar brands and organizations (Tan et al., 2018). Furthermore, the visitors were mostly locals and social media can attract a larger group of non-locals. An improvement on this would add to the key social-cultural theme “social capital” from the framework as it would induce more visits to the food forests.

### **5.1.2 Disservices**

During the interviews, it became apparent that there are some disservices present in the food forests. However, concerning the social-cultural themes of the framework that are considered disservices, none of these disservices met the criteria. Thus, the disservices that were found fell outside the scope of the framework of this research, nevertheless, they are still important to address. This section discusses recommendations based on the disservices found during the research.

One disservice found was the lack of sitting space for visitors inside some of the food forests. Adding sitting places for visitors could make a food forest more attractive for visitors to either visit or stay there longer. It could also add to the theme “recreational activities” from the framework as garden furniture could be used to hold workshops, educational activities, or picnics. Besides, seating places would make a food forest more accessible for the elderly as seating areas promote participation in outdoor activities (Chang, 2020).

A second disservice some interviewees mentioned was the fact that it is not possible to go for a pleasant walk in the food forest. Currently, a person has to walk back and forth over the same path instead of walking a round. Another visitor mentioned that it was a disservice that there was only one route making it inconvenient to quickly visit a toilet, she also missed signposts. This could make the food forest more visitor-friendly. We noticed that none of the three food forests had information boards. Some interviewees mentioned that they wanted information boards, almost half of the visitors were curious about learning more about the food forest. Adjusting this could make food forests more user-friendly, more educational for visitors and a more pleasant place to walk around. There currently is no section in the framework that addresses walking routes.

Additionally, we noticed that visitors’ knowledge about food forests was often very minimal. As stated before we recommend food forests placing information boards. Another solution would be more advertisement, so people get familiar with this relatively new concept.

Another disservice that can be established from the results is the absence of decent places to seek shelter when it is raining or places that provide shade. This is because the trees in the food forest are kept short so visitors and volunteers can easily harvest the fruits, resulting in areas that are completely exposed. Additionally, during the pandemic, it is important to have sufficient room for people to shelter and keep a 1,5-meter distance. Such safety and comfort measures would enhance the overall comfort of a food forest and therefore make it more attractive to visitors. A disservice like this one is not implemented in the current framework.

A disservice that is mentioned multiple times is the loss of the original landscape. Voeselbos Zeewolde had to remove trees to build a food forest there. Some visitors said this was unfortunate

and that it decreased biodiversity, instead of increasing biodiversity as a food forest should do.

### ***5.2 Limitations***

In total 9 visitors and 7 volunteers were interviewed. This research aimed to find out about the experiences of visitors. Unfortunately, there were few visitors in the food forests. One reason for this is that most food forests do not attract that many visitors at this point. We went during a time of the year where no fruit/vegetables were ready for picking, unfortunately, we could not visit the food forest during harvesting times because we were assigned by our teachers to a specific week. Another reason is that we visited one food forest that was not open yet for visitors. However, we were able to ask our questions to the volunteers. In the end, we have found some interesting data about the services and disservices of three food forests. We did not have a lot of time to collect data, if there was more time and if there were more visitors we would have had more relevant results to answer our research question.

Another limitation to this research could be that all the researchers of this research report participated in the coding and interviewing. Each of them coded different interviews and performed the interview in a different way. This might have led to inconsistencies and biases, despite measures taken to prevent this; meeting with each other to discuss coding practices, communicating with each other about problems encountered during coding and interviewing, final-checking each other's way of coding and discussing this.

Additionally, the initial goal of the research was to conduct interviews in English. However, most visitors in the food forests were Dutch people and thus most interviews were held in Dutch. These answers had to be translated into English. A limitation resulting from this could be that some data might have gone lost in translation or could be interpreted differently depending on the person translating the interview.

Lastly, one of the interviews with a visitor was processed from memory since the recording for this interview was lost. The processing of this interview was done within an hour after the interview and was kept concise. No quotations from this interview were used, the answers were only applied to the specific nodes in the coding process.

## **6. Conclusion**

This study set out to analyze the services and disservices that the food forests provide to their visitors. To analyze the services and disservices, a theoretical framework was created to gain greater insight on the topic. Thus, semi-structured interviews were conducted to the visitors and volunteers in the ‘Voedselbos Leusden’, ‘Permacultuurboomgaard Waalgaard Nijmegen’ and ‘Voedselbos Zeewolde’. The collected results and interpretations identified certain insides, in which the research question: ‘What are the services and disservices visitors experience when they visit food forests and how can the services of food forests be improved accordingly?’ is answered.

### ***6.1 Services and Disservices***

The services of the food forests found, due to the analysis, are the educational value of the food forests, people recognize the importance of learning about nature, and more new sustainable ways to produce food. This service of the food forest can be enhanced by improving the educational services. For example, adding information boards, providing more recreational activities for visitors especially for visitors below 25. Because as stated before, there are no visitors below 25, therefore, also advertising more on social media and adding recreational activities can increase the number of visitors, awareness and knowledge on food forests among this age category. Another unexpected service the food forest provides is the presence of insects. The owners of the food forest can enhance this service even more by adding insect hotels, butterfly bushes, or other insect homes in the food forests. Lastly, a positive effect of food forests is that people's mood was mostly positively affected by the food forests.

The disservices visitors experience are lack of sitting area, signposts, shelter places, multiple paths (routes), and loss of original landscape. These can be improved accordingly, the food forests can invest more time in their recreational aspect by enhancing their rest areas and routes for the visitors, so the food forests become more visitor-friendly. Additionally, they can prevent existing forests from being cut, and use agricultural land instead to build food forests just as the one in Nijmegen.

### ***6.2 Further Research***

A suggestion for further research is to find more responses from visitors to generalize the data over a larger part of the population. It would be wise to visit the food forest during the harvest season, due to the highest visitation rate. This kind of information could then be used to find more extensive answers to the desires of visitors of food forests. Thus, recommending improvements to make food forests more attractive for people. Eventually, more visitors would lead to more awareness of the food forests and positive effects it has on nature and the community.

### ***6.3 Closing statement***

In conclusion, food forests are a relatively new concept that is becoming more popular and relevant. However, the knowledge of many people is still insufficient to understand the concept. Therefore, more information regarding food forests should be provided to spread more awareness and engagement. Hence, involving children in this learning process could be a great way to guide future generations into sustainable food production.

## 7. Relevance & Integration

In this section, the importance of our research will be discussed. Currently, our population is growing exponentially, it is of great importance to produce food efficiently. The Netherlands are pioneers in cultivating and producing food in relatively small areas (Trouw, 2019). Farmers worldwide visit Dutch greenhouses to study how they can improve their farming practices (Trouw, 2019). However, even though the Dutch way of cultivation provides a high yield, it is not sustainable. The Dutch agro-pioneers are aware of this; since the so-called ‘nitrogen crisis’ awareness of unsustainable farming has increased.

The negative side effects of fertilizers (i.e. the pollution of water ditches) and pesticides are recognized and the disadvantages of monoculture farming are noticed. Therefore, it is important to make farming not only more efficient but also sustainable to feed the population as well as future generations.

Agro-pioneers in the greenhouses are currently working on vertical farming, which is seen as the farming of the future with some very promising prospects. Unfortunately, vertical farming does not solve all the problems agriculture is currently facing. Biodiversity in agricultural areas in the Netherlands has been decreasing since 1900 (CBS, 2020) as shown in *Figure 16*. Vertical farming in greenhouses does not contribute to biodiversity, however, food forests do.

Food forests are, as earlier discussed, a way of farming on different elevation levels. Instead of using just one crop, as in monoculture farming, multiple crops are used. The range of different crops makes the yield less vulnerable to exogenous shocks, such as a virus. Monoculture farming may look very efficient, however, if we look at the history, monoculture farming led to multiple periods of starvation such as the ‘Irish Potato Famine’. The implementation of a food forest in an agricultural area not only makes it less vulnerable to exogenous shocks but also favours biodiversity (Johnston et al., 2014).

Food forests are not only advantageous for nature and food production, but they can also be a learning environment where people learn how to produce food sustainably, while also providing social services, such as increased well-being when you spend time in a natural environment (White et al., 2019). Furthermore, it can also increase the feeling of belonging to a community and therefore reduce community segregation (Riolo, 2019). The sense of community in the Netherlands has drastically decreased over time (CBS, 2017) due to individualism. To achieve a more sustainable future, individualism should be replaced with a more communal approach to society (Bell & Ashwood, 2015). It is noteworthy that countries with strong communities are more invested in sustainable projects and undertake more climate action (Forsyth et al., 2015). Food forests can, in this regard, create closer communities and increase knowledge on sustainable farming within the population. In order to achieve a sustainable future in agriculture, it is necessary to combine natural

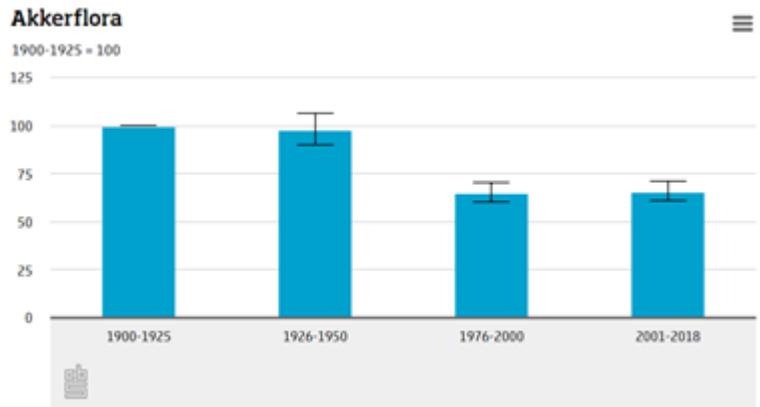


Figure 16. Fieldflora over the years (CBS, 2020).

and social sciences. Problems like biodiversity loss, pesticide and fertilizer pollution can only be solved with natural science solutions and the support of a community. Overall, food forests can contribute positively to more sustainable food in the future.

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## 9. Appendices

### 9.1 Frameworks

**Chapter 8. Indicator tables**

Indicator	Definition	Units of measurement	Method	Importance (1=low, 2= medium 3= high)	Feasibility (1=easy, 2= intermediate, 3= hard)
<b>Theme: social capital</b>					
Number of employees	The number of persons that are being paid for working in a food forest.	# of employees	Questionnaires Interviews	3	1
Number of volunteers	The number of persons working voluntarily in a food forest.	# of volunteers	Questionnaires Interviews	3	1
Time employees spend in forest	The amount of time paid workers spend in a food forest every week.	Hours/week	Questionnaires Interviews	2	2
Time volunteers spend in forest	The amount of time volunteers spend in a food forest every week on average.	Hours/week	Questionnaires Interviews	2	2
Number of visitors	The amount of people visiting the food forest. Indication of the recreational importance of food forests	# visitors/week	Questionnaires Interviews	2	1

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Degree of policy self-determination	The extent to which food forest management is able to make their own decisions	1-5 Likert scale	Questionnaires Interviews	3	3
Top-down control	The extent to which decisions are made by an external governing body	1-5 Likert scale	Questionnaires Interviews	2	3
Land share	The percentage of food forest land that is shared by local communities	Percentage of land shared	Questionnaires Interviews	2	2
Benefit for local communities	The benefits that come with a food forest for local communities	Monetary or material benefits for local communities	Questionnaires Interviews	3	3
Percentage of foreign employees	The percentage of foreign employees can indicate the extent to which communities are involved in projects (food forests)	% foreign employees	Questionnaires Interviews	2	1
Percentage of foreign employees in management	The percentage of foreign employees in the management can indicate the extent to which local communities have power within the food forest	% foreign employees in management	Questionnaires Interviews	2	1

<b>Theme: landscape aesthetics</b>					
Public opinion on food forest aesthetics	The public opinion on food forest appearance	Likert scale 1-5	Questionnaires Interviews	3	3
<b>Theme: history</b>					
Heritage value of land	The historical value of the land the food forest is build on	Historical land value in €	Questionnaires Interviews	3	2
Presence of cultural heritage artefacts	Cultural heritage artefacts (such as sacred stones or trees) increase the historical value of food forests	Presence of cultural heritage artefacts	Questionnaires Interviews	3	1
<b>Theme: institutions and traditions</b>					
Local institutions	Local institutions are present within the food forest	Presence of local institutions yes/no	Questionnaires Interviews	2	2
Importance of local institutions	The extent to which food forest practices are based upon institutions (local rules)	Likert scale 1-5	Questionnaires Interviews	3	3

Traditions	Food forests are a source for traditional practices	Traditional practice yes/no	Questionnaires Interviews	3	2
Sacred spaces or objects	The presence of sacred spaces or objects for the performance of traditions	Sacred spaces or objects present yes/no	Questionnaires Interviews	2	1
Cultural/spiritual leader	The presence of a cultural or spiritual leader who makes autonomous decisions about the food forest.	Cultural/spiritual leader present yes/no	Questionnaires Interviews	2	1

Table 2. (Huijssoon et al., 2017)

Methods for quantifying ecosystem services, goods and disservices in Gainesville, Florida.		
Service	Indicator	Method
Maintenance of air quality	CO <sub>2</sub> sequestration by trees <sup>a</sup> Air pollutant removal <sup>b</sup>	Carbon is multiplied by 3.67 to convert to CO <sub>2</sub> Ozone, CO, SO <sub>2</sub> and NO <sub>2</sub> removal multiplied by plot measured tree cover in tons yr <sup>-1</sup>
Maintenance of favorable climate	Temperature reduction <sup>a</sup>	Temperature reduction effect by tree cover in each land multiplied by m <sup>2</sup> of plot trees cover in °C
Storm protection	Tree structure <sup>c</sup>	Plot tree density and % cover. High tree densities and less than 30% of tree cover produce lower amounts of debris (Escobedo et al., 2009)
	Crown dieback <sup>b</sup>	Average percent individual tree crown dieback for trees on plot
Drainage	Curve number <sup>b</sup> Soil infiltration <sup>b</sup>	Curve number (Engel et al., 2004) based on soil hydrologic group and land use Infiltration curve using Friedman et al. (2001) methods for urban areas using plot soil bulk densities in cm/h
Maintenance of soil quality	Soil fertility <sup>b</sup> Soil bulk density <sup>b</sup>	Percent soil organic matter and pH in the sampling plots relative to Crael (1999) Plot soil bulk density in g cm <sup>-3</sup> compared to recommendations from Mullins (1991) and Crael (1999)
Maintenance of healthy soils	Soil nutrients <sup>b</sup> Heavy metals <sup>b</sup>	P, K, Mg and Ca in mg kg <sup>-1</sup> compared to recommendations from Heckman (2006) and Roa et al. (2008) Soil Zn, Cu, Ni and Pb in mg kg <sup>-1</sup> compared to recommendations for recreational areas (Thornton, 1991)
Filtering dust particles	Pm <sub>10</sub> removal <sup>a</sup>	Removal by tree cover (m <sup>2</sup> ) for the city and multiplied by plot tree cover (tons yr <sup>-1</sup> )
Noise reduction	Leaf area <sup>a</sup> and distance to roads <sup>b</sup>	Calculated by weighting distance to roads by leaf area (Nowak et al., 2000) in m <sup>2</sup> per m
Maintenance of biological and genetic diversity	Type of foliage <sup>a</sup>	Percent evergreen species in the sampling unit (Aylor, 1972)
	Shannon diversity and evenness index <sup>a</sup>	Calculated using the formula SD = - $\sum_{i=1}^S p_i \ln p_i$ , where p <sub>i</sub> is the amount of tree species on the plot in relation to the total tree species in the city. A value of 1 means that existing tree species are equally abundant in the sampling unit; a value of zero implies that individuals are concentrated among few tree species
	Ratio of native trees <sup>b</sup>	Percent native trees in the plot, a high percent was assumed to be optimal
Productivity	Tree biomass <sup>a</sup>	Carbon multiplied by 2 to convert to fresh weight biomass. Leaf fall was estimated from leaf biomass estimations and annual leaf fall from Nowak et al. (2000)
Recreation	c	Percent tree and maintained grass cover in forest, residential and institutional and recreation land uses according to Bjerke et al. (2006), Kuo et al. (1998) and Parsons (1995)
Aesthetic	c	Replacement value includes tree species, condition, size and location per plot (Nowak et al., 2002). Real estate value obtained from Alachua County Appraisal. Trees increase property value by 3–5% (Anderson and Cordell, 1988)
Disservice	Fruit fall <sup>a</sup>	Percentage of trees yielding fleshy fruit; fruit type is based on Gilman's (2007) classifications
	Allergenicity <sup>a</sup>	Based on tree species, leaf biomass and Ogren Plant Allergy Scale (OPALS) ranking scale (Ogren, 2000)
	Damage to infrastructure and risk to human safety <sup>c</sup>	Tree species susceptible to damage in % according to Gilman's (2007) classification
	Decrease in air quality <sup>a</sup>	Ozone, CO <sub>2</sub> , and VOC tree emissions; CO <sub>2</sub> emission by tree pruning and lawn mowing; VOC and NO <sub>2</sub> emission by use of leaf blowers in tons yr <sup>-1</sup>

<sup>a</sup> Estimated using the Urban Forest Effects model.

<sup>b</sup> Measured.

<sup>c</sup> Measured and classified using the cited literature.

Table 3. (Dobbs et al., 2011)

## **9.2 Interview questions and disclaimer**

### **Disclaimer:**

*I am a student from the bachelor programme “Global Sustainability Science” at Utrecht University. For our “Regional Integration Project” we are conducting research on the services of this food forest and the perceptions visitors have. Do you maybe have time to help us with our project by answering a few questions? The interview will only take about 10-15 minutes and we would really appreciate your participation. Your personal information will help us to code our data according to attributes and your answers will only be available to the members of our group until our research report is finalised. During this process, everything will be dealt with anonymously. Afterwards, the data will be deleted and therefore will not be stored in any databases. (person agrees to interview) Would it be okay for you if we audio record this interview? This will help us with the analysis of our data at a later point. (start recording) Are you okay with everything mentioned above? Please say “I agree with the interview and it being recorded”. (YES) This legally gives us the right to use your statements for our project. If you want to contact us at some point to withdraw your participation from this research project, please send an e-mail to this address: [l.kruger@students.uu.nl](mailto:l.kruger@students.uu.nl)*

### **Questions for visitors of the food forest:**

#### **What is your age? (include age range)**

- Between 0 - 18 years old
- Between 19 - 25 years old
- Between 26 - 35 years old
- Between 36 - 45 years old
- Between 46 - 55 years old
- Between 56- 65 years old
- 66 years or older.

#### **Where are you from? (local?)**

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#### **What is the reason for your visit?**

- Wanting to walk there
- Familytrip
- To buy food / drinks
- Participate in an activity / tour

#### **What do you know about food forests and their services?**

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#### **Did you have expectations prior to your visit?**

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#### **How did you find out about this food forest?**

- via an acquaintance
- through the internet

- through social media
- through an advertisement

**Is this your first visit to this food forest?**

---

**Now that you have been to the food forest, would you like to visit again? Why?**

---

**Would you change something about the food forest? If yes, what and how?**

---

**Are you interested in learning more about the services of food forests?**

- Yes
- No

**Does the food forest add any value to your community on a scale from 1- 5 how much does it?**

- 1- It does not add anything to the community
- 2- It adds a bit to the community
- 3- I have no opinion on this
- 4- It adds to the community
- 5- It adds a lot to the community

**Is the food forest well maintained?**

- Yes
- No (If no proceed to the next question)

**Do you experience any change regarding your mental health while you are visiting the food forest?**

---

**If No, why not?**

---

**Does the food forest provide recreational activities: i.e. picnics, tours, workshops, info board?**

---

**Did you have a positive or a negative experience with the employees / volunteers ?**

---

**What is your overall experience of the food forest**

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**Do you have hayfever / pollen allergies or anything similar?**

- Yes (If yes, does this prevent you from going to the food forest more often?)

- No

**How do you experience the presence of invertebrates & rodents here?**

\_\_\_\_\_ , on a scale from 1-5 how disturbing are these invertebrates / rodents to you?

**1 being non-disturbing and 5 being very disturbing**

"Is there anything you want to add question:"

**Is there anything that you dislike in this food forest, if yes why?**

---

### **9.3 Disclaimer**

Disclaimer: We are five students from the bachelor programme “Global Sustainability Science” at Utrecht University. For our “Regional Integration Project” we are conducting research on the services of this food forest and the perceptions visitors have. Do you maybe have time to help us with our project by answering a few questions? The interview will only take about 10-15 minutes and we would really appreciate your participation. Your personal information will help us to code our data according to attributes and your answers will only be available to the members of our group until our research report is finalised. Afterwards, the data will be deleted and therefore will not be stored in any data bases. (*person agrees to interview*) Great, we would like you to sign an informed consent before we start. This legally gives us the right to use your statements for our project. Here, you have our personal details if you want to contact us at some point to withdraw your participation from this research project. Do you mind if we audio record this interview so that we can refer back to it when analysing the data? (*Interview*)

### **9.4 Transcribed interviews**

## **Visitors**

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**Interviewer:** Rosa van de Ven (RV)

**Interviewee:** Woman, who walks outside of the food forest

**Date and Time:** June 2nd, ?

**Location:** Voedselbos Zeewolde (Food Forest Zeewolde)

**Where are you from? (local?)**

I am a local (she doesn't specify)

**What is your age? (include age range)**

I am 66 years old

**What do you know about food forests? (services?)**

I know that it was created not so long ago, last year. I know that you cannot pick everything, but last year I picked some berries. I walk here often.

**How much time are you planning to visit in the food forest today?**

In the summer I walk here every week, in the winter not so often.

**How did you find out about this food forest?**

I read it in the local newspaper and then I went to take a look.

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

1- It does not add anything to the community

2- It adds a bit to the community

3- I have no opinion on this

4- It adds to the community

5- It adds a lot to the community

I do not know, because very few people walk here, and the people I meet are always the same.

**Is the food forest well maintained?**

No, but I like nature a lot, for example, right now there are many red clovers, and I really like that.

**How does the food forest impact your mood?**

When I come to work here, I am like: "yes the sun shines!"

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

I have seen people doing workshops, but that's nothing I like, I prefer walking in nature by myself.

I know people that have visited here and done the workshops. There are workshops notified on an information board.

**How much time would you spend on these activities?**

XXX

**What was your experience like with the employees / volunteers? Elaborate.**

I have never met them before, so I have no idea. No idea who the employer is.

**Do you have hayfever / pollen allergies or anything similar?**

Yes, I have grass pollen allergies, but I still come here because my hobby is macro-biology. And there are many dragonflies and butterflies here near the water.

**Is there something that you dislike in this food forest, if yes why?**

I like how it is, not perfectly maintained just how it is, not perfect roads and visitor centrum just nature.

Negative: there were 3 beautiful trees, and they removed them so I did not like that. There were many beautiful birds there so I didn't like that.

---

**Interviewer:** Rosa van de Ven (RV)

**Interviewee:** Couple, who walks outside of the food forest

**Date and Time:** June 2nd, 13:00

**Location:** Voedselbos Zeewolde (Food Forest Zeewolde)

**Where are you from? (local?)**

We are locals. (they do not specify)

**What is your age? (include age range)**

x (they were older than 65)

**What do you know about food forests? (services?)**

We know of its existence and what it is mainly through the newspaper, I know people who went to the food forest, but haven't been there ourselves.

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

No, I am not really fond of activities. His wife says he is also almost blind. I have no idea what kind of vegetables grow there. But maybe picking fruits would be nice.

**Do you have expectations prior to your visit/ if you visit?**

Bianca (a friend of this couple) has been here with her children, because she thought it was educational for her young children. To teach her children about plants etc.

**Should the food forest be well maintained?**

Yes I would like it to be accessible. It would be nice if everyone could visit, clear paths.

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

1- It does not add anything to the community

2- It adds a bit to the community

3- I have no opinion on this

4- It adds to the community

5- It adds a lot to the community

Yes, could be, you also meet other people who are interested in it.

**Do you have hayfever / pollen allergies or anything similar?**

No, nothing.

**How do you experience the presence of invertebrates & rodents here?**

I do not like it, because I cannot see the insects. We already have enough insects.

**Would you like to know more about food forests?**

No, not at the moment.

**Is there something that you dislike in this food forest, if yes why?**

No, nothing, we know too little about food forests.

**Did you have expectations prior to your visit? - in this case expectations of food forests.**

I expected more of the food forest, more different species, bigger, clearer. Maybe more people if it was more structured.

---

**Interviewer:** Rosa van der Ven (RV)

**Interviewee:** Family passing by

**Date and Time:** June 2nd, 13:20

**Location:** Voedselbos Zeewolde (Food Forest Zeewolde)

**Where are you from? (local?)**

local (Zeewolde)

**What is your age? (include age range)**

man 54

vrouw 51

jongen 21

**What do you know about food forests? (services?)**

Ze hebben het zien veranderen (het was ooit bos), er zijn bomen weggehaald, ze dachten leuk voor de dieren/mensen. Maar hij ziet nog geen voedsel, hij denkt dat het een aantal jaren nodig heeft voor je iets ziet. Hij vraagt zich wel af of het voedselbos voor de dieren of de mensen is. (er wordt even over het begrip biodiversiteit gesproken).

**How much time are you planning to work in the food forest today?**

x

**What is the reason for your visit?**

Ze zijn niet specifiek het voedselbos aan het bezoeken maar waren met het gezin een rondje aan het lopen en kwamen dus ook langs het voedselbos. Dus daarop volgde de vraag: 'Hebben jullie het voedselbos wel ooit bezocht?'

**antwoord:**

Man: We hebben wel een keer een rondje gelopen (vooral in het begin) (jongen van 21 niet).

Vrouw: Ik ben er wel wat vaker geweest.

**What did you think of your visit?**

Man: Heel klein allemaal, ik zag nog niet zoveel, maar dat heeft natuurlijk zijn tijd nodig om te groeien.

Vrouw: Ze wilde tussendoor zigzaggen, maar dat ging niet (je moet perse een pas volgen). Toen ze daar liepen was het zo koud (moest naar het toilet), dat ze heel onhandig vond dat ze de uitgang moest zoeken en heel de ronde moest lopen. Dus het zou fijner zijn als ze gewoon iets met pijlen doen ofzo en meerdere routes. En dat ze er wat bijzetten wat het in de toekomst wordt (iets meer uitleg bordjes). Ze kon er namelijk niet zoveel aan vastknopen.

**How did you find out about this food forest?**

Stond in de lokale krant.

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

- 1- It does not add anything to the community
- 2- It adds a bit to the community
- 3- I have no opinion on this
- 4- It adds to the community
- 5- It adds a lot to the community

1. Ze wonen in de wijk erachter en voor hun heeft het niks toegevoegd (ook niks van andere mensen gehoord). Voorbeeld: buurman man zit in het groen (werk met milieu denk ik?), maar die heeft ook niet gezegd van: 'oh het is zo leuk dat ze daar een voedselbos plaatsen'. Het is niet echt een gemeenschappelijk onderwerp waarover wordt gepraat in de buurt.

Wat de vrouw jammer vond is dat er nog een paar bomen stonden en die zijn weggehaald (ze houdt van symmetrie) en nu ziet ze het gewoon als rigorous kappen.

**Is the food forest well maintained?**

Ze vinden het eruitzien alsof alles random is geplant etc. Hadden het fijner vinden als er meer paden en structuur waren in het voedselbos.

**How does the food forest impact your mood?**

x

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

Ik vroeg of ze het wel leuk zouden vinden als er een tour was met borden of guids

Antwoord vrouw: 'Ik vind het wel heel leuk als er iets ontstaat (dat de jongen met albert heijn tuintjes bezig is, vindt ze leuk om te zien). Dus om alles te zien groeien/onstaan, vandaar zou het dus leuk zijn als er bij bepaalde boompjes borden staan.'

Daarna de vraag of ze workshops leuk zou vinden (mee bomen planten etc.)

Antwoord vrouw: Ze vindt het prachtig om te zien, maar niet zelf heel erg van de 'groene vingers'.

**How much time would you spend on these activities?**

x

**What was your experience like with the employees / volunteers? Elaborate.**

They do not know them.

**What do you think of the price of the entry ticket?**

Het was een open voedselbos, dus vroeg ik: 'Zouden jullie als de bovenstaande dingen (meer paden etc.) mogelijk worden gemaakt geld willen betalen om het voedselbos te bezoeken?'

Antwoord van allemaal: 'Nee, vind het niet mooi genoeg om daar geld voor te betalen'.

De vrouw zegt nog het lijkt verre weg niet op de kuikenhof etc.

**Do you have hayfever / pollen allergies or anything similar?**

allemaal: Berk en grassen allergiën (en hooikoorts) → speelt geen rol of ze het bezoeken of niet.

**How do you experience the presence of invertebrates & rodents here?**

De aanwezigheid van insecten schrikt ze niet af. Vinden het juist wel leuk als er insecten op af komen. Ze vindt insectenhotels, bijenhotels juist wel leuk (staan ook in het voedselbos).

**Are you interested in learning more about the services of food forests?**

Nee.

Man: Ik loop er wel langs en als er een keer wat is (wat meer te zien) ga ik wel een keer kijken. Het valt nu niet echt op (valt weg met struiken van het bos).

Vrouw: Je komt er elke dag met de auto langs, dus dan zie je het wel al een beetje.

**Is there something that you dislike in this food forest, if yes why?**

Ze zouden meer duidelijkheid en paden willen (zodat je meer je eigen plan kan trekken).

**What is your overall experience/opinion about the food forest?**

Man: Biodiversiteit is wel heel belangrijk (goed voor een bos). Af en toe zie je gigantische vakken afgekapt worden onder het mom van biodiversiteit (vindt die raar).

Vrouw: Zonde, was eerst bos, nu niet meer, alles vernield, er waren vaak reetjes, nu minder. Zit geen structuur meer in. Ze snappen er niets van dat ze alles zomaar kappen etc.

Vrouw: Van haar hadden ze het voedselbos niet hoeven maken, ze zegt: 'had er dan een moestuin voor de buurt van gemaakt (met kindjes van basisscholen) iedereen een veld dat ze er wel mee bezig zijn. Kinderen met scholen erbij betrekken.

Algemene feedback: Doe iets met kinderen, vakje met bomen, bloemen, groenten, kruiden etc.

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**Interviewer:** Elza Milacic (EM)

**Interviewee:** Man, visitor of food forest

**Date and Time:** June 4nd, ?

**Location:** Voedselbos Leusden (Food Forest Leusden)

**Where are you from? (local?)**

Amersfoort

**What is your age? (include age range)**

I am 31 years old

**What do you know about food forests? (services?)**

I saw a few documentaries about food forests, and I have been in a food forest 3 times already. This is a starting food forest. I have been to a forest before where they wanted to make from a forest a food forest.

**How much time are you planning to spend in the food forest today?**

Today, I think an hour, I am also with my little son and he already wanted to go. But I think it is very interesting to look at the map and to walk around what do they plant here and how do you do that correctly, from how to make a meadow to a food forest, with bad ground. Which is nice to find out and not that you already leave after 10 minutes, I really like that.

**What is the reason for your visit?**

It is funny to see what is here, I always bike here and I always see butterfly gardens and I was very curious about what is located here and my partner is also involved in it.

**Did you have expectations prior to your visit?**

No not really, there are different stadiums so I didn't really know what to expect.

**How did you find out about this food forest?**

Via my girlfriend

**Is this your first visit to this food forest?**

No third time.

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

1- It does not add anything to the community

2- It adds a bit to the community

3- I have no opinion on this

4- It adds to the community

5- It adds a lot to the community

Yes I think so, I heard the volunteer talking that the flower field was made and that with picking flowers they attract a lot of visitors, and in that way with the proceedings they can continue with the food forest. The experience of picking flowers is a really nice activity and that there is a food forest is multiplied by 10, how nice it is. If you have the combination with picking flowers, looking at walnuts and that is very cool, I think people would go back because of that, to look at how this is developed and it is nice when volunteers join, I don't know how that is done here, but for the communities that counts that that is really nice. I know people in Leusden and they do not know that this food forest is here, so I will tell them that. I think they will go visit it then as well.

**Is the food forest well maintained?**

I think it is well maintained, I have never seen other food forests in this stadium, but it is pretty good if I see how everything is mapped here, measured, pricked in, well maintained avenues, well thought through. Looks neat, I see logic in here.

**How does the food forest impact your mood?**

I find it nice, yes, right now it is like a mathematical puzzle it is nice to look at, qua mood it has influence. It is nice that this is growing, that people are working on this really cool project and that is really nice to experience. I like it , it is close to my home so it definitely improves my mood.

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

I would like to do a workshop, I am curious how to make a food forest and how to do that well.

**How much time would you spend on these activities?**

4x a year in the morning, so you can see the different stadiums, to look at how it is growing in different seasons.

**What was your experience like with the employees / volunteers? Elaborate.**

In the bee forest, there was a very enthusiastic volunteer, so that was very positive.

**Do you have hayfever / pollen allergies or anything similar?**

No

**How do you experience the presence of invertebrates & rodents here?**

I haven't seen any rodents.

I haven't experienced a lot of insects at the bee forest I did though, but it was fine with me.

**Are you interested in learning more about the services of food forests?**

Yes I would like that.

**Is there something that you dislike in this food forest, if yes why?**

You cannot sit here, so I would like it if they added that. Or if they had binoculars, to look at birds. I like that they added the information bord and the book.

**Now that you have been to the food forest, would you like to visit again? Why?**

Yes definitely! I would like that.

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**Interviewer:** Lukas Krüger (LK)

**Interviewee:** Man with dogs (I)

**Date and Time:** June 2nd, 13:10h

**Location:** Voedselbos Zeewolde (Food Forest Zeewolde)

**LK:** Are you okay with us using the data afterwards? You won't be in there, it's just the 'persons we interview'.

**I:** Yeah, no, that's okay.

**LK:** Do you know about the food forest here?

**I:** Yes.

**LK:** And, what do you know about it?

**I:** I know it's 2 years now that it's made and I was there when they arranged it. I know there are several things you can eat there, things that you never knew of that you can eat and they smell good and they taste very good.

**LK:** Ah, so you've been there!?

**I:** Yeah, yeah, yeah. I've been there more often. Very nice.

**LK:** And what do you enjoy most about it? Is there something special?

**I:** Most about it, that there are a lot of plants you never knew you could eat and it's growing all by itself, no need to explore it.

**LK:** Is there something where you would say, yeah I would like to do that? Like if you go there, like a workshop or some organised tours?

**I:** I've had a tour there twice, so I know a lot of it. When they have a tour again I want to join them of course again because it's so very nice. You can pick up food and stuff in autumn. Yeah, very nice.

**LK:** So you live around here probably, with the dogs?

**I:** Yes, yes.

**LK:** May I ask how old you are?

- I: 62.
- LK: So you walk here with the dogs very often?
- I: Yes, daily.
- LK: Daily, ha. Do you have any allergies or experienced anything that...?
- I: No.
- LK: You've probably also noticed some insects around here...does it bother you?
- I: No, no. Not at all. That's so nice about it. Very biodiverse, in balance. It's not quite balanced yet, but it will get more balanced at the time.
- LK: You know quite a lot about food forests, very nice.
- I: I think it's a better way to nourish people, than big architectural, no not architectural, big farmers and monoculture.
- LK: When the project started like two years ago how did you hear about it? Just because you walk around here?
- I: My former colleague, she made this.
- LK: Really, what's her name?
- I: That's...., I'm getting older...
- LK: We only know Lydia.
- I: Yeah, Lydia also and ...
- LK: Britt maybe?
- I: Nee.
- LK: There's also Evelin!?
- I: Evelin. Evelin Derksen, Plantstrap
- LK: Well, thank you very much for taking the time, we really appreciate it. Have a nice day.
- I: And you make it for a study?
- LK: Yeah, we're from Utrecht University and we're doing a project on food forests. Just seeing how it works, what can be improved maybe, what kind of activities would be attractive for people.
- I: It's rather nice that it's still at ease. There's no violence here, nothing is broken or something like that. Only people who want to see it and experience it. Very nice.
- LK: Great, alright, have a good day!
- I: Good luck!
- LK: Thank you, dag!

I: Hoi hoi!

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**Interviewer:** Elza Milacic (EM)

**Interviewee:** Man, visitor

**Date and Time:** June 1st, 12:20h

**Location:** Voedselbos Waalgaard (Food Forest Waalgaard, Nijmegen)

**Zou ik je naam mogen weten?**

Kelvin

**Waar kom je vandaan?**

Ik woon in Nijmegen

**Hoe oud ben je?**

Ik ben 28

**Wat weet je over voedselbossen?**

Weinig, wordt steeds meer

**Weet je iets over de voordelen ervan?**

Er zijn natuurlijk heel veel verschillende soorten voedselbossen, ik weet dat deze heel inclusief wil werken. Het voedselbos heeft natuurlijk ook betere biodiversiteit dan normale monocultuur. Je bent veel bezig met natuurlijke processen. Het is gezonder voor de bodem ook. En het heeft ook een maatschappelijke kant.

**Zoals?**

Bijvoorbeeld door corona, een vriend van me, huisgenoot, en die zei van heb je zin om even langs te komen? En dat is gelukt (lacht). Ik hou zelf wel van natuur, van de vogels enzo. Maar voor dat sociale maatschappelijke is dat ook heel belangrijk met de arbeidsmarkt.

**Hoeveel tijd ben je van plan om hier te spenderen vandaag?**

Hier? Dat weet ik eigenlijk niet. Hoelang zijn we van plan hier te blijven Johan? Minimaal 6 uur.

**Ik neem aan dat je achter het bestaan van het voedselbos bent gekomen door je vriend?**

Ja en nee, nee eigenlijk niet trouwens. Iemand die ik kende heeft hier eerder vrijwilligerswerk gedaan. Daar was ik toen mee geweest.

**Dus je bent al eerder geweest?**

Jazeker

Denk je dat het voedselbos enige waarde heeft voor de gemeenschap

Ja dat denk ik zeker, ik denk dat het heel veel zal toevoegen aan het bewustzijn van mensen überhaupt om van de manier hoe er met landbouw en natuur wordt omgegaan dus dat de houding naar de natuur wordt aangepast. Er zijn ook heel veel mensen bij betrokken dus kun je elkaar een beetje opzoeken. Ik was laatst toevallig bij een ander voedsel, nee dat was meer biologische boerderij, hadden ze lekkere groenten. En daar hebben ze dan een perenboom neergezet, en die hebben allemaal contact. Dat is een grote geheel. Er is heel veel informatie uitwisseling. Mensen zijn nieuwsgierig, die gaan ernaar vragen.

**Vind je dat het voedselbos goed is bijgehouden/onderhouden?**

Ja en nee, juist niet maar dat is juist de bedoeling. Ik kijk even naar Jonah maar dat is volgens mij wel een beetje de deal toch dat het een beetje rommelig is. Naja rommelig ligt ook een beetje aan het perspectief toch?

**Maar niet verwaarloosd?**

Nee niet verwaarloosd, maar het is ook moeilijk om te verwaarlozen.

**Ja dat is waar. Heeft het voedselbos enige impact op je humeur, op hoe je je voelt?**

Ik voel me best prima eigenlijk. Ik hou zelf wel van buiten zijn, maar dat is bij iedereen zo volgens mij. Dus dat is wel mooi dat er een maatschappelijke plek is. Paar minder blije vrijwilligers. Dit is een hele mooie plek voor mensen die het wat moeilijker hebben, om even tot rust te komen. Om te werken en om te eten.

**Zouden er activiteiten zijn hier in het voedselbos waaraan jij mee zou willen doen, zoals picnics, workshops of tours?**

Vooral lijkt het me leuk om, maar ik weet zelf al redelijk veel van natuur, om dan specifiek te leren weten over wat hier gebeurt. Werkingen en systemen enzo. Iets meer de diepte in, maar dan ook hoe het werkt, dat lijkt me leuk. Picnics ook.

**Hoeveel tijd zou je eventueel aan deze activiteiten willen besteden?**

Ik zou best wel redelijk wat tijd erin steken. Het ligt er natuurlijk heel erg aan wat je op dat moment tijd in kan steken.

**Heb je enig idee hoelang dan op een dag?**

Na ik moet wel even lekker weg. 6 uur is wel heel lang maar ik denk in de praktijk dat iedereen langer bezig is. Het is wel echt zo'n plek waar je kan chillen.

**Hoe ervaar je de vrijwilligers en de mensen die hier werken? Ik weet dat je vriend hier werkt.**

Jonas is echt een klootzak. Nee maar positief. Maar ook Frank die paar keer dat ik hier was, die was zo van ja wat doe je hier eigenlijk, maar voor de rest ben je wel meteen welkom hier. En Joke ook, precies hetzelfde. Heel gastvrij.

**De prijs om hier binnen te komen, dat is 10 euro, wat vind je van die prijs?**

Ja dat is best wel schappelijk

Heb je hooikoorts of pollenallergie.

Ik heb alles. Ja dat is kut. Ik ben kei allergisch voor gras. Het is vooral als het bijna in bloei staat zoals nu. Het is eigenlijk helemaal geen handige plek voor mij om te zijn.

**Maar het belet je niet om hier te komen?**

Nou als ik er echt last van zou krijgen en kortademig zou worden dan wel ja. Maar daar heb ik nu totaal geen last van.

**Is er iets dat je minder prettig vind aan dit voedselbos?**

Nee ik heb niks toe te voegen.

**Hoe ervaar je de aanwezigheid van muizen of ratten of andere knaagdieren en insecten?**

Ik heb tot nu toe nog niets gezien. Ik heb het niet zo op insecten, maar ik ben er in ieder geval bewust van. Ik ben wel allergisch voor insectensteken enzo.

**Ben je geïnteresseerd om meer te leren over de diensten van het voedselbos? Eigenlijk heb je die net al beantwoord, excusus. Evenaart je bezoek aan dit voedselbos je verwachtingen?**

Ja wist niet precies wat we hier gingen doen vandaag. Ja Jonah heeft me hier uitgenodigd om wat te tuinieren en een rondje te doen zegmaar. Dan gaan we, bij de bomen plot, een inventarisatie maken van wat er groeit en de biodiversiteit, de bodemkwaliteit, het bodemleven. Dus dan gaan we eigenlijk kijken of er nog plantjes ingezet moeten worden.

Je bent dus eigenlijk ook onderzoek aan het doen.

Ja eigenlijk wel ja. Ik weet nu wel van elke plant wat het is. Van de vogels nog niet maar ik vind het wel erg leuk om te weten zegmaar.

**Wat is je algemene ervaring met dit voedselbos?**

Opsomming van alle antwoorden eigenlijk. Maar wel positief. Mooie plek. Ik ben zelf ook heel vaak bij dit meer vogels kijken, dus ik ken het al een beetje. Het is echt een hele mooie plek.

**Nu je hier bent geweest, zou je het nog een keer willen bezoeken?**

Ja. Ik ben al vaker geweest maar kom zeker terug.

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**Interviewer:** Elza Milacic (EM)

**Interviewee:** 2 woman, visitors

**Date and Time:** June 4th, ?

**Location:** Voedselbos Leusden (Food Forest Leusden)

**Where are you from?**

Woman 1: Leusden

Woman 2: Me too

**What do you know about food forests?**

Woman 1: Nothing, a little.

Woman 2: Food forests are forests where you can eat from, where you can eat the fruits from

Woman 1: Yes definitely. The trees and such are familiar to me, but not that special forests are made for this purpose.

**How much time are you planning to spend in the food forest today?**

Woman 1: Ten minutes or a quarter of an hour?

Woman 2: We have another sister who would also like to see the food forest, so the chance that we will come back is big.

**What is the reason for your visit?**

Woman 1: We live very near to here. We already saw this forest when passing by, so we were curious. The butterfly garden was already announced, but we didn't know that they also made an entire food forest behind it.

**Did you have any expectations for the food forest?**

Woman 2: Well we drove past here some times and saw those blue things. So we discussed that we wanted to visit this place some time.

Woman 1: Concerning expectations, what I expect from a food forest is kind of what I saw today.

Woman 2: Yes. Yes.

**How did you find out about this food forest?**

Woman 2: For me, because we drove past it.

Woman 1: Yes, because we saw it from the outside.

Woman 2: We saw those blue things and thought "what are they doing there?"

**Do you think this place adds any value to the community?**

Woman 1: Yes. I think it does. If I look at the square meters I would think they need a lot of volunteers and I think just that is already important. That you are building something together with volunteers.

Woman 2: yes.

**Do you think the food forest is well maintained?**

Woman 1: I cannot pass judgement on that. We are in the beginning of the season and also in the beginning of the planting.

Woman 2: Right now it does not look messy, but that is in this moment.

Woman 1: I also don't know how a food forest is supposed to look like, in a manner of speaking. You see a lot of grass growing between the forests, but, you know, you don't need to build a road or... It has to be a bit diverse.

Woman 2: yes.

**How does the food forest impact your mood?**

Woman 1: No. At this point it doesn't. Maybe if you're further in the season, when it is much more sunny, and you see flowering plants, than I think it might affect your mood and make you more happy.

**Interviewer: But right now, it is neutral?**

Both women: Yeah.

Would there be any activities in this food forest that would interest you to visit?

Woman 1: No. Because I do a lot of other volunteering things and this is not exactly my passion.

Woman 2: I don't exactly have green fingers.

Woman 1: (laughs) No me neither. I do think it can be fun, also with youth activities involved. But not when we have to participate ourselves.

Woman 2: Yeah exactly.

**What was your experience with the volunteers here like?**

Woman 1: Yes good. We just received a very good explanation of the set-up and we saw the map and that was very fun.

Woman 2: Yes.

Woman 1: It was a good experience.

Woman 2: yeah. And I think that we will also visit another time with our other sister.

Woman 1: Yes, I also think that.

**Have you experienced any negative aspects in this food forest?**

Woman 1: No.

Woman 2: no me neither.

Woman 1: The only thing I can think of is that there are many side-roads, but there is not exactly the possibility to walk around here. But it does not exactly bother me. It is a matter of taste.

**Do you have hayfever/ pollen allergies or anything similar?**

Woman 1: Yes. Since two years, but it is not serious.

Interviewer: You do not have the feeling that this effects your choice to visit this place?

Woman 1: No.

**Have you seen any rats or mice here?**

Woman 1: Seen them walk around here?

Interviewer: yes.

Woman 1: No.

Woman 2: Then we would not be sitting here anymore.

Woman 1: Well. In the forest of Leusden we have seen them plenty.

**Are you interested in learning more about food forests?**

Woman 1: No, not actively. Maybe if I hear about other places in the Netherlands that I would be interested in taking a look. But I am not interested to broaden my knowledge about it.

Woman 2: No, indeed. But it could be very possible that we will take another look here in a while.

Woman 1: Yes, of course.

**Interviewer: But when you will visit such a place again, you would not want to learn more about a food forest?**

Woman 1: No, because I would not know what I would want to learn about it. I know plenty about fruit trees already. So, yeah. Maybe a bit more about the set-up or something. Or plates by the trees explaining what it is.

Woman 2: Yeah, that would be useful.

**Are you planning to visit this place more often?**

Woman 1: Yeah I think so.

Woman 2: Yes because we definitely have a sister who would also like to see this.

**May I ask you what your age is?**

Woman 1: 49

Woman 2: 53

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**Interviewer:** Erik Verhagen (EV)

**Interviewee:** woman, visitor

**Date and Time:** June 4th, ?

**Location:** Voedselbos Leusden (Food Forest Leusden)

*Interview with woman in Leusden. We lost the recording for this one, so this is out of the top of the head.*

Het is haar eerste keer dat ze het voedselbos bezoekt, ze heeft de vlijndertuin al vaker bezocht.

Daarom heeft ze wat meer tijd besteed in het voedselbos 30 minuten in totaal, 10-20 in het voedselbos

Ze heeft over het voedselbos gelezen in de krant

Dat was de eerste keer dat ze erover gehoord heeft, kent het concept als vrij nieuw

Ze vindt het leuk dat het zo pril is.

Ze wil vaker komen om te zien hoe het bos groeit

Ze zou geïnteresseerd zijn in een klas fotografie in het voedselbos.

Ze heeft geen knaagdieren gezien en heeft geen last van insecten

De vrijwilligers zijn erg behulpzaam en aardig.

Ze vindt het een leuk initiatief en houdt van de natuur, ze heeft een eigen tuin maar vindt het leuk voor mensen die dat niet hebben.

Ze vindt het vooral geschikt voor educatieve doeleinden maar wil niet dat het te commercieel wordt (zoals iets van mindfulness)

Gebruikt de vlindertuin om inspiratie op te doen voor planten in haar eigen tuin

52-54 jaar oud

Was aan het wandelen met haar man

Toen ze voor het eerst kwam had ze nog weinig verwachtingen omdat het nog jong is.

Ze vindt het vooral leuk voor kinderen en ouderen.

Ze zou haar eigen kinderen er mee naartoe nemen, maar die zijn al te oud

Ze vindt het belangrijk dat mensen weten waar voedsel vandaan komt, vooral kinderen

Ze heeft hooikoorts maar heeft van tevoren een pil genomen

Komt uit Leusden

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# Volunteers

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**Interviewer:** Rosa van der Ven (RV)

**Interviewee:** Man, volunteer

**Date and Time:** June 2nd, ?

**Location:** Voedselbos Weurt (Food Forest Weurt)

**Where are you from? (local?)**

Groesbeek

**Function/ work:**

I pick up paper and other garbage from the road in the food forest.

**What is your age? (include age range)**

I am 28 years old.

**What do you know about food forests? (services?)**

I used to work in a plant nursery a few kilometres away from here, I worked there for 2 days and I wanted to work more, so I went on a job interview for this food forest.

I am interested in gardens.

**How much time are you planning to work in the food forest today?**

I work from 9 until 15.30.

**How did you find out about this food forest?**

Through a tr... coach

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

1- It does not add anything to the community

2- It adds a bit to the community

3- I have no opinion on this

4- It adds to the community

5- It adds a lot to the community

Yes, people come here voluntarily to pick fruit and what is left is used to make products i.e. pear juice. Last year 20-30 people from the village went here, so that was nice.

**Is the food forest well maintained?**

I think it is well maintained, I have never seen other food forests in this stadium, but it is pretty good if I see how everything is mapped here, measured, pricked in, well maintained avenues, well thought through. Looks neat, I see logic in here.

**How does the food forest impact your mood?**

When I come to work here, I am like: "yes the sun shines!"

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

I would like a tour about the food forest.

**How much time would you spend on these activities?**

Whole day

**What was your experience like with the employees / volunteers? Elaborate.**

In the bee forest, there was a very enthusiastic volunteer, so that was very positive.

**What do you think of the price of the entry ticket? (in this food forest it was €10,- (maybe elaborate)**

- Expensive
- Reasonable
- Inexpensive

Could be less, €4-5 would be more reasonable, tour included. But that would be then for people under the 16 years old otherwise I would charge more.

**Do you have hayfever / pollen allergies or anything similar?**

Yes, I have hay fever, it is open air here so it's not so bad here, but in the forest it is really bad.

**How do you experience the presence of invertebrates & rodents here?**

No not at all, they do have insects here such as mosquitos, but it does not bother me. We do not use pesticides because everything is biologic.

**Is there something that you dislike in this food forest, if yes why?**

This is my passion, if my boss would ask me to do anything I would, I like everything about it.

**Did you have expectations prior to your visit?**

I didn't have any expectations, I went here voluntarily just to take a look and wander around. I already work here more than a year.

**What is your overall experience?**

I am open to it, pruning, picking pears. I will do that.

If I was a visitor I would come regularly.

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**Interviewer:** Rosa van der Ven (RV)

**Interviewee:** Volunteer coordinator

**Date and Time:** June 1st,?

**Location:** Voedselbos Weurt (Food Forest Weurt)

**What is your role/work/function?**

Ik begeleid integratie trajecten (heb een achtergrond in de zorg), en ik combineer duurzaamheid met een sociale insteek. Wij begeleiden mensen eigenlijk met een afstand van de arbeidsmarkt het liefst tot aan betaald werk.

**Where are you from? (local?) + background**

Heb in Nijmegen gestudeerd, toen ben ik hier blijven hangen, een paar jaar in de zorg gewerkt en vind het nu heel tof om zorg en duurzaamheid (afgelopen jaar een hoop online cursussen gedaan over duurzaamheid) met elkaar te verbinden.

**Vraag: 'Wat heb je gestudeerd?**

Psychiatrische verpleegkunde

**What is your age? (include age range)**

27

**What do you know about food forests? (services?)**

Bijna alles wat ik van voedselbossen af weet heb ik hier geleerd. Ik heb wel online veel dingen opgezocht gelezen, geluisterd etc. Maar ik kon hier heel erg snel beginnen, dus ik leerde het ook tijdens het werken, bezig met nieuwe aanplant en dan functie van alle planten leert, thuis alles opzoeken wat alles precies doet. Conclusie: werkend leren.

**How long have you been working here?**

Sinds februari (4 maanden nu).

**How much time are you planning to work in the food forest today?**

Officieel 24 uur, maar ben ook heel de week bereikbaar voor alle mensen met een integratie traject en we werken eigenlijk heel flexibel. Als ik op vrijdagmiddag tijd heb kom ik vaak ook even langs.

**BEN JE VOORAL MET HET BEGELEIDEN BEZIG OF BEN JE ECHT SAMEN AAN HET WERK?**

s'ochtends beginnen we de dag (9u) en dan starten we even op met iedereen, sommige mensen vinden het wel fijn om een op een begeleiding te hebben, anderen geef je een zaag en gaan aan het werk.

**HEB JE HET PROJECT ZELF OP GEZET OF IS HET TOEGEWEEZEN? HOE IS DAT GEGAAN?**

Ik had het idee om dat te creëren en toen ging ik inspiratie opdoen hier in de regio. Toen kwam ik met Frank(eigenaar) in gesprek en bleek dat zij eigenlijk dat wat ik voor ogen had hier al aan het opzetten waren.

## **VOLDOET HET PROJECT AAN JE VERWACHTINGEN?**

Ja, eigenlijk wel! Ik heb in de afgelopen 4 maanden wel gezien dat hier gewoon met een heel oprechte intentie wordt gewerkt en er persoonlijke aandacht is voor mensen. En het is gewoon heel erg leuk om veel over voedselbossen te leren. Ik ben nu ook samen met jullie docent een voedselbos cursus (ook steeds drukker bezocht, vergeleken voorgaande jaren) aan het doen om een meer theoretische onderbouwing te krijgen.

### **How did you find out about this food forest?**

Ik kende iemand die hier vrijwilligerswerk deed en die zij een paar keer van dit is echt iets voor jou. Toen heb ik Frank opgebeeld en zo is het eigenlijk ontstaan. (Dus via een kennis)

### **Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

- 1- It does not add anything to the community
- 2- It adds a bit to the community
- 3- I have no opinion on this
- 4- It adds to the community
- 5- It adds a lot to the community

Jazeker, ik denk dat we iets minder open inloop hebben gehad dan we zouden willen deels door corona (kunnen niet zoveel mensen tegelijk). (Het voedselbos begon afgelopen zomer). Er is toen wel een soort openingsfeest geweest. Er is daarna wel over nagedacht door vrijwilligers dat er toch kleinere groepjes zijn en afstand wordt gehouden.

### **Maar komen er dan vooral veel local langs of komen ze overal vandaan?**

Vooral de mensen die er interesse in hebben. Het idee is wel om een community van oogstdelnemers op te bouwen zodat we uiteindelijk oogstdelnemers hebben die allemaal een soort abonnement hebben en hier vanuit Nijmegen-west, Weurt of Beuningen naartoe komen en dan hier hun eigen eten gaan plukken. Om verbinding met de natuur te stimuleren en mensen in contact te brengen met elkaar.

### **Zie je dan ook een bepaalde leeftijdsgroep voorbijkomen?**

Eigenlijk niet. Voor de integratie trajecten zijn het vooral mensen van rond de eind 20 die hier op af komen. Qua vrijwilligers ook fitte gepensioneerde mensen, die gewoon net met pensioen zijn en die veel vrije tijd hebben (die graag iets ondernemen).

### **How does the food forest impact your mood?**

Ik vind dit wel het leukste werk wat ik tot nu toe heb gehad, dus wel een positieve impact.

### **What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

Als je hier zelf als bezoeker zou komen?

Ligt een beetje aan het instapniveau denk ik. Maar we gaan inderdaad binnenkort beginnen met rondleidingen, ik denk dat het wel fijn is om mensen iets te vertellen over de basis, wat het voedselbos is, wat het inhoudt met de verschillende lagen en vegetatie, biodiversiteit. Maar ook iets uitlegt over hoe je de community ophoudt, dus hoe je uiteindelijk een corporatie wordt, waarbij heel veel mensen samen de eigenaar zijn. Ik denk ook dat het fijn is dat je beide kan vertellen, dus mensen die echt heel erg geïnteresseerd zijn in de biologie, vinden het

fantastisch om bepaalde planten of insecten soorten te zien. Maar andere mensen vinden gewoon fijn dat het lokaal is of dat mensen met een afstand tot de arbeidsmarkt worden geholpen.

**How much time would you spend on these activities?**

Ligt heel erg aan het weer, wij zijn er natuurlijk gewoon altijd, maar ik merk ook met vrijwilligers dat de dagen korter zijn.

**Het gaat wel allemaal gewoon door?**

Ja, want het is echt volop in opbouw, dus we kunnen het ons ook niet permitteren om als het regent niet te komen. Maar tegelijkertijd kun je ook niet van vrijwilligers vragen om verplicht met regen te komen, dus het altijd zoeken naar een balans. Je wil namelijk geen werkdruk op mensen leggen. Het is altijd de kunst het voor iedereen toegankelijk te houden, en voor iedereen laagdrempelig te houden met weinig werkdruk.

**Zie je dan ook dat er met slecht weer minder mensen komen of dat mensen het echt leuk vinden en zich misschien zelfs wel verplicht voelen om te komen?**

Verschilt per persoon, sommige zijn inderdaad heel plichtsgetrouw en anderen komen weer voor hun plezier (als bonus). We hebben ook mensen die gewoon een volle week werken en het dan lekker vinden om hier op vrijdag middag te komen voor ontspanning, leuke contacten, iets relaxed

**Want hoeveel mensen komen hier in de week ongeveer?**

Verschilt heel erg, vooral op vrijdag veel mensen op bezoek.

**Is het misschien ook dat met collega's na werk iets wordt gedronken? Ook een soort community misschien?**

Nee, het is wel echt een heel ontspannen gelijkwaardig contact tussen iedereen, maar we hebben niet heel veel netwerkborrels ofzo. Frank moet bijvoorbeeld meestal gewoon zijn kind van school gaan halen.

**What do you think of the price of the entry ticket? (10 euros)**

Ik vind het wel een logische prijs, betaalbaar, laagdrempelig. Maar je hebt wel iets van inkomsten omdat natuurlijk de grootste uitdaging bij een voedselbos de eerste 5 jaar zijn. Doordat het ecosysteem op gebouwd moet worden en je gewoon nog niet zoveel rendement hebt van het werkelijke oogsten.

**Als er meer activiteiten in het spel zouden komen zou je dan bereid zijn meer te betalen?**

10 euro is een mooie instap en als je het leuk vindt kun je ook oogstdelnemer worden daarna (kan je vaker terugkomen en je eigen eten komen plukken).

**Do you have hayfever / pollen allergies or anything similar?**

Nee.

**How do you experience the presence of invertebrates & rodents here?**

Nee, de afgelopen maanden waren er natuurlijk niet zoveel insecten. Ik kan me voorstellen dat als de peren beginnen te rotten en wespen langzaam komen je er meer last van hebt.

**Are you interested in learning more about the services of food forests?**

x

**Is there something that you dislike in this food forest, if yes why?**

Ik denk dat het fijn zou zijn om nog een plek te hebben met wat meer beschutting voor de bezoekers (schaduwplek en droge plek voor wanneer het regent). Zodat er ook meer mensen bij slechter weer zouden komen. Hoe comfortabeler, hoe meer mensen want dan trek je ook mensen aan uit de stad die eigenlijk niet zo heel veel hebben met buiten zijn (zo kunnen ze er geleidelijk aan erin rollen).

#### **What is your overall experience/opinion about the food forest?**

Positief, opbouwen en pionieren. Veel mensen hebben wel eens van een voedselbos gehoord maar weten niet precies wat het inhoudt.

**Denk je dat het op grote schaal het voedselbos ook zou kunnen werken, als je bijvoorbeeld heel winstgevend wil zijn? Wat is jouw perspectief daarop?**

Ik denk het wel, je kan natuurlijk verschillende routes kiezen. Hier is ook het deelnemen heel belangrijk, eigenaarschap van het project. Maar je zou het ook op grotere schaal kunnen toepassen. Universiteit Wageningen is ook bezig met een project over herkennung met drones. Dus dat drones op precies het goede moment kunnen gaan oogsten. Als dat werkelijk zou worden gemaakt, zou het wel mogelijk zijn. Maar dan moeten er natuurlijk ook genoeg mensen mee hebben gepionierd en verschillende dingen hebben uitgeprobeerd en onderzoek verricht.

#### **algemene info**

2,7 hectare, in 3 jaar tijd willen we het helemaal voedselbos maken.

$\frac{2}{3}$  rijen peren

$\frac{1}{3}$  perenbomen is eruit geschept → herfst/winter komt weer een nieuwe aanplant.

Er word telkens 1 boom neergezet en 4 uitstruiken? eromheen, bodembedekkers erdoorheen, kruilaagje met wil nogklimmers door de bomen? en dan ben je van de monocultuur naar de polycultuur gegaan.

tegenslagen? → paar dingetjes zijn aangevreten in de winter. Verder wel een extreme winter, maar ging eigenlijk wel goed.

! Het is alleen dat niet alles beschikbaar is bij kwekerijen, doordat het toch wel een populairder concept wordt en heel veel mensen dachten corona ik ga een keer een leuke fruitboom in mijn tuin zetten.

→ Waardoor er soms een nieuw plan gemaakt moet worden.

#### **EXTRA TOEVOEGING:**

Je probeert eigenlijk op een natuurlijke manier stikstof te reguleren in het systeem. Dus eerst heel veel kunstmest,drijfmest toegevoegd (niet goed voor de bodem). Dus wij proberen dan stikstofbinders in het systeem op te nemen en dat zijn dan planten die bacteriën rond de wortels hebben die stikstof juist in de bodem kunnen stoppen.

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**Interviewer:** Elza Milacic (EM)

**Interviewee:** Volunteer food forest

**Date and Time:** June 4nd, ?

**Location:** Voedselbos Leusden (Food Forest Leusden)

**Where are you from? (local?)**

Leusden

**What is your age? (include age range)**

- Between 0 - 18 years old
- Between 19 - 24 years old
- Between 25 - 30 years old
- Between 31 - 40 years old
- Between 41 - 50 years old
- Between 51 - 60 years old
- 61 years or older

I am 61

**What do you know about food forests? (services?)**

Food forest is a relatively new development in this sort of approach to food production. It is a closed community, a closed system where there is nothing added from the outside, no artificial nutritions are added, it is all within this territory. We are now working with the transformation because the soil was used for traditional agriculture with heavy machinery and deep plowing and all that comes with it. We are doing this transformation program which takes 4 to 5 years, it used to be with artificial fertilizer, but now we use clover as a fertilizer. The soil used to be very lifeless, very dead, it was about a layer of 20-30cm of black soil with no life in it and sand. Now we are transforming it into forest floor.

**How much time are you planning to spend in the food forest today?**

- <30 minutes
- 31 - 60 minutes
- 61 - 90 minutes
- 91 - 120 minutes
- >120 minutes

An average of 4 to 5 hours a week.

**What is the reason for your visit?**

- Wanting to walk there
- Familytrip
- To buy food / drinks
- Participate in an activity / tour
- Other

I am a volunteer

**Did you have expectations prior to your visit?**

I didn't know much about it before I came, but the main purpose, in my opinion, is community building. People become more in contact with the environment and I think it generates a lot of interest from old and young people.

**How did you find out about this food forest?**

- via an acquaintance
- through the internet
- through social media
- through an advertisement

I volunteered here in a butterfly garden for eight years. And I know a guy that is an organizer, so via him I got involved since he asked for volunteers.

**Is this your first visit to this food forest?**

No, I am a volunteer

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

- 1- It does not add anything to the community
- 2- It adds a bit to the community
- 3- I have no opinion on this
- 4- It adds to the community
- 5- It adds a lot to the community

Right now it is mainly raising awareness about the environment. It doesn't have much profit yet, it doesn't have much produce, but it will come at the end. But the main purpose is making people aware of the environment.

**Is the food forest well maintained?**

- Yes
- No (If no proceed to the next question)

It is work in progress, still in development. We make a few mistakes, but we learn from our mistakes. For instance, two weeks ago we planted pumpkins and they were all eaten by snails, not one of them was left. So it is a work in progress, we learn from this failures.

**How does the food forest impact your mood?**

Yes, it helps to empty your mind. Normally I work 5 days a week with a lot of emotional stress and thinking about all I have to do. This is the opposite, doing and working with your hands and clearing your mind. Just lowering the stress level.

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

Yes, we are thinking about it. There is so much food coming out from this piece of ground that we can organize courses to prepare meals from these foods.

I would definitely be inclined to participate.

**How much time would you spend on these activities?**

Not applicable

**What was your experience like with the employees / volunteers? Elaborate.**

Not applicable

**What do you think of the price of the entry ticket? (maybe elaborate)**

- **Expensive**
- **Reasonable**
- **Inexpensive**

Not applicable

**Have you experienced any disservices?**

No, not yet. This sort of type of land you should protect it, so that is a constant threat on this piece of land.

**Do you have hayfever / pollen allergies or anything similar?**

- YES (If yes, does this prevent you from going to the food forest more often?) /
- NO

No, I don't

**How do you experience the presence of invertebrates & rodents here? On a scale from 1-5 how disturbing are these invertebrates / rodents to you? (-+)**

***1 being non-disturbing and 5 being very disturbing***

The more insects the better, but the vertebrates eat all the stuff

**Are you interested in learning more about the services of food forests?**

- Yes
- No

Yes, definitely, I am very interested in learning about the food cycle and the nutrients and when they come back to the soil to make new plants grow. So this sort of cycle are very interesting to me.

**Is there something that you dislike in this food forest, if yes why?**

Not applicable

**Did your visit to the food forest live up to your expectations, if you had any?**

Definitely, yes. It is a very flat organization, not very hierarchical and that is what I like about it. There is no one specially in charge, it is all for the benefit of the group. That is what I like.

Not expecting anything specific is the way.

**What is your overall experience of the food forest?**

The enthusiasm of the people is contagious. Especially from the people that work or volunteer here, they are all really enthusiastic and have a vision for the future, for a long term efficiency. That is what I like, you are not doing this for yourself, you are doing it for the next generations.

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**Interviewer:** Elza Milacic (EM)

**Interviewee:** Volunteer food forest

**Date and Time:** June 4nd, ?

**Location:** Voedselbos Leusden (Food Forest Leusden)

**Where are you from? (local?)**

Leusden

**What is your age? (include age range)**

- Between 0 - 18 years old
- Between 19 - 24 years old
- Between 25 - 30 years old
- Between 31 - 40 years old
- Between 41 - 50 years old
- Between 51 - 60 years old
- 61 years or older

I am 36

**What do you know about food forests? (services?)**

I came here to learn more information about a process with less artificial materials, less machinery something that is supposed to be also good.

**How much time are you planning to spend in the food forest today?**

- <30 minutes
- 31 - 60 minutes
- 61 - 90 minutes
- 91 - 120 minutes

- >120 minutes

An 1.5h but sometimes more, depending on the activity.

**What is the reason for your visit?**

- Wanting to walk there
- Familytrip
- To buy food / drinks
- Participate in an activity / tour
- Other

I am a volunteer

**Did you have expectations prior to your visit?**

Community building and be able to belong in this community, aslo being more in contact with nice people.

**How did you find out about this food forest?**

- via an acquaintance
- through the internet
- through social media
- through an advertisement

I am a neighbour that comes from the same country that I come from, and she suggested that I volunteer in this communal garden near my place.

**Is this your first visit to this food forest?**

No, I am a volunteer

**Does the food forest add any value to the community? On a scale from 1- 5 how much does it?**

- 1- It does not add anything to the community
- 2- It adds a bit to the community
- 3- I have no opinion on this
- 4- It adds to the community
- 5- It adds a lot to the community

Actually I even saw in the local news paper a couple days ago that they made a short article about the place, the community garden and I think that is very important. People nowadays are less connected to nature and less aware and less inclined to do manual labour perhaps, to feel the soil with your hands. But anyway, that is very important and everybody knows that connecting to nature is something very important.

**Is the food forest well maintained?**

- Yes

- No (If no proceed to the next question)

I will put it like this, this is something that is ongoing and there will always be something to do or improve.

**How does the food forest impact your mood?**

Being outside and working outside and feeling the plants and seeing things that on your daily routine you might not notice or you are not aware of, that is something that for me is really important. Some serenity to clear your mind and maybe listening to the bees or the birds and not worrying about different stuff of the week.

**What kind of recreational activities in the forest would you like to participate in? i.e. picnics, tours, workshops, info board etc.?**

Yes, this is something I am personally looking forward to. I think there is a lot of potential when kids come here and maybe they take an example to walk in the garden and perhaps we have possibilities to create activities with children and families. Actually, I am just waiting for that to happen at some point. There are some limitations with corona, but hopefully soon.

**How much time would you spend on these activities?**

Not applicable

**What was your experience like with the employees / volunteers? Elaborate.**

Not applicable

**What do you think of the price of the entry ticket? (maybe elaborate)**

- Expensive
- Reasonable
- Inexpensive

Not applicable

**Have you experienced any disservices?**

No not yet

**Do you have hayfever / pollen allergies or anything similar?**

- YES (If yes, does this prevent you from going to the food forest more often?) /
- NO

No, I don't, nothing in particular

**How do you experience the presence of invertebrates & rodents here? On a scale from 1-5 how disturbing are these invertebrates / rodents to you? (-+)**

***1 being non-disturbing and 5 being very disturbing***

In this case we want the insects to be there because they help with the life of the soil. Animals are part of the life here.

**Are you interested in learning more about the services of food forests?**

- Yes
- No

Yes, so I grew up in a city and sadly I don't have a lot of knowledge or ability to regularize plants and life cycle and everything, even though I really like to go hiking and out to nature and I think that being in a place like that and asking questions and just enjoying a physical activity.

**Is there something that you dislike in this food forest, if yes why?**

Not applicable

**Did your visit to the food forest live up to your expectations, if you had any?**

I usually don't create too many expectations for the places I go to volunteer or work, that is just something I tend to do. Basically what I am looking for is something easy going and people are nice. You do not need expectations, just do the walk and experience it.

**What is your overall experience of the food forest**

I like the sense of community and personally when corona regulations ease off, more enthusiastic young people are coming to explore here and that is really important.

**Now that you have been to the food forest, would you like to visit again? Why?**

Not applicable

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**Interviewer:** Elza Milacic (EM)

**Interviewee:** Volunteer food forest

**Date and Time:** June 1st, 12:41h

**Location:** Voedselbos Waalgaard (Food Forest Waalgaard, Nijmegen)

**Waar kom je vandaan?**

Uit Nijmegen

**Hou oud ben je?**

Ik word dit jaar 29

**Wat weet je over voedselbossen?**

Ik weet net zoveel als jullie, niet zo heel erg veel. Ik ben hier vrijwilliger en alle informatie die ik mee krijg komt van Frauke of van Jonah. Ik pik wel wat dingen mee maar niet dat ik echt dingen uitgebreid kan uitleggen.

**Weet je iets over de diensten van het voedselbos, de voordelen?**

Ja denk het wel. Ik vind zelf persoonlijk een mooi concept dat je in de natuur bent en dat er geen chemische middelen worden gebruikt, dus het is beter voor vogels en insecten. Het lijkt mij sowieso heel leuk in de toekomst dat je in plaats van in de supermarkt rondloopt dan gewoon door het voedselbos heen loopt en dan gewoon dit en dat plukken en dat je dan vervolgens ergens afrekent en op die manier boodschappen doet.

**Hoeveel tijd spendeer je ongeveer in dit voedselbos wanneer je hier bent?**

Ik ben hier in principe 4 uur per dag, 4 dagen in de week. Niet super veel maar in mijn vrije tijd doe ik er meer aan.

**Had je verwachtingen van het voedselbos voordat je hier voor het eerst kwam?**

Nee eigenlijk niet, ik ben ook wel een ergens anders wezen kijken voor een voedselbos maar daar was het concept wel iets groter. Gewoon een bos, met hele grote bomen en daar tussenin had je echt vanalles. Je had fruit, groenten, noten, je had daar allemaal planten die je eigenlijk niet meer in de winkel kan kopen dus dat was wel erg interessant.

**Maar dat had geen invloed op je verwachtingen van dit voedselbos?**

Nee niet echt, al helemaal niet hier want dit was gewoon een boomgaard met peren en ze hebben nu ... laten zien (inaudible) die kennen jullie toch? Die hele strook? Dat hadden ze in het begin laten zien en dat is in principe het concept.

**Hoe ben je achter het bestaan van dit voedselbos gekomen?**

Ik ben in contact gekomen met Frank via een advertentie voor vrijwilligers en op dat moment was ik op zoek naar een plek waar ik kon werken, toen ben ik hier een keertje komen kijken. Het concept dat sprak me wel aan dus ben ik hier vrijwillig gaan werken.

**Denk je dat dit voedselbos enige waarde heeft voor de gemeenschap?**

Ik denk zelf van wel omdat het is hier een stuk waar ze allemaal appels geven en volgens mij wonen er in de buurt ook wat oudere mensen die ook allemaal wel een beetje aan de alternatieve kant zitten dus ik denk dat het voor hun ook wel interessant is om hier appels te komen plukken. We hebben hier vorig jaar bijvoorbeeld heel veel mensen gehad die toen peren kwamen oogsten, dat was een weekend dat je peren kon komen plukken, een tasje van 5 kilo en dat rekende je dan af en dan had je een leuke middag. Die aantal weken dat we dat deden met de vrijwilligers om peren te plukken werd het verwerkt om er vervolgens cider van te maken wat werd verkocht aan winkels. Dat sloeg wel aan bij mensen

**Vind je dat dit voedselbos goed is onderhouden?**

Ik vind dat het onderhoud op zich wel prima is, de werkwijze niet altijd. Maar dat komt omdat ik uit de bosbouw kom, ik heb daar gewerkt in de plantenteelt dus af en toe zie ik hier dingen waarvan ik dan denk ja dat had anders gekund.

**Omdat je dus eigenlijk al best veel ervaring hebt?**

Ja, precies. Maar voor de rest is het onderhoud wel prima. Maar bijvoorbeeld deze paden zouden gemaaid moeten worden.

**Zodat je er beter doorheen kunt lopen?**

Ja, inderdaad. Eigenlijk alleen een stuk waar je overheen kan lopen want alles tussen de bomen dat is eigenlijk niet zo erg.

**Heeft het voedselbos impact om je gemoedstoestand?**

Rare vraag.

**Als je hier bent, denk je dat dat enige invloed heeft op je humeur?**

Eigenlijk niet want ik ben vrij personeel, als ik iets heb laat ik het thuis en ga ik hier gewoon werken. Het enige jammere is de hele dag in de zon, dat vind ik niet zo prettig als ik moet werken. Voor de rest gaat het algemeen goed, ga ik er gelukkig naartoe en gelukkig weg

**Zouden er enige activiteiten zijn waar je aan mee zou willen doen in dit voedselbos?**

Ja in principe als het goed is krijg je dat wel gewoon, picnics zijn onderdeel van het vrijwilligerswerk. Maar ik zou het zelf niet 123 doen, niet omdat ik het geen leuke plek vind, maar ik ben toch bezig met het werk zegmaar. Als ik hier dan rustig wil picknicken en ik zie iets dan wil ik aan het werk.

**Je zou hier dus niet zo snel als een bezoeker activiteiten ondernemen?**

Nee, tenzij dat ik hier kom plukken. Maar ik zou niet voor het leuk even gaan picknicken.

**Hoe is je ervaring met de andere vrijwilligers?**

De werknemers zijn in principe goed, vrijwilligers zijn oké, maar degenen die af en toe komen kijken ben ik zelf niet zo'n fan van. Bijvoorbeeld met de aanplanting hebben ze heel veel planten scheef erin gezet of niet goed.

**Je ziet dus liever wat wederkerigheid bij de mensen?**

Ja ik heb liever mensen die weten wat ze doen, en als ze niet weten wat ze doen dat ze dan om advies vragen zeg maar zodat het werk dat ze doen wel goed is.

**Wat vind u van de toegangs prijs?**

Hangt er vanaf wat je ervoor krijgt.

Het is entree en een tour.

Voor een rondleiding is het op zich wel een beetje veel, misschien als je achteraf iets mee zou krijgen dat de prijs beter is, of door het 5 euro te maken komen mensen sneller.

**Is er iets wat je minder prettig vind aan dit voedselbos?**

Buiten de organisatie niet heel veel. Er is alleen geen WC en als het hard regent is er geen beschutting. Voor de rest is het hier op zich wel mooi.

**Heb je iet van hooikoorts of een allergie?**

Nee ik heb geen allergie

**Hoe ervaar je de aanwezigheid van muizen of ratten of andere dieren?**

Ik heb er zelf geen moeite mee, vind het eigenlijk wel leuk. Heb geen muizen gezien maar weet wel dat ze er zijn.

**Ben je erin geïnteresseerd om meer te leren over de voordelen van het voedselbos?**

Als ik het kan onthouden, dan wel.

**Voor de eerste keer dat jehier naartoe ging, waren je verwachtingen voor dit voedselbos volbracht?**

Nee niet echt. Ga ergens verwachtingloos naartoe zodat ik het concept beter kan opnemen. Neutraal ergens ingaan is fijner.

**Wat is je algemene ervaring met dit voedselbos?**

Vind het wel leuk opzich, ik hoop dat over een aantal jaar alles wat hoger en groter is. Dat de plantengroei wat duidelijker vorm krijgt.

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**Interviewer:** Anastasia Alons (AA)

**Interviewee:** Man, Volunteer

**Date and Time:** June 1st, 13:07h

**Location:** Voedselbos Waalgaard (Food Forest Waalgaard, Nijmegen)

**Waar komt u vandaan?**

Uit Eewijk, maar kom eigenlijk uit eindhoven

**Wat is uw leeftijd?**

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**Wat weet u over voedselbossen?**

Niet zoveel, maar werk hier nu een aantal maanden en door het werken krijg ik indrukken waar ze nu precies mee bezig zijn en de formule die ze hanteren spreekt me erg aan omdat ik heel veel van natuur houd.

**Hoeveel tijd spendeert u hier?**

Als vrijwilliger of als bezoeker?

**Als bezoeker.**

Ik kom alleen op bezoek als er ook echt iets te oogsten zijn, bijvoorbeeld met de peren oogst. Toen ben ik hier gekomen om te plukken, met een aantal die dat ook leuk vonden en toen sprak de opzet me wel aan.

**Hoelang duurde dat plukken ongeveer?**

Dat was een dagdeel, dus de middag.

**Hoe heeft u dit voedselbos ontdekt?**

Ik woon hier in de buurt en fiets en ren hier vaak langs. Toen kwam in de maas en waaler, de lokale krant, kwam er sprake dat er een voedselbos in ontwikkeling was en dat ze een voedselbos gingen opzetten en dat je peren kon plukken. En aangezien ik van het bestaan afwist leek het me leuk om heen te gaan om te zien hoe ze van de monocultuur gaan ombouwen tot. Dat was dus mijn eerste keer en ben ik een paar keer komen plukken het leuke is dat je ook met een volle tas peren naar huis gaat. Toen vroeg iemand of ik wou helpen als vrijwilliger. En op de site stond ook dat ze mensen nodig hebben om te helpen met het toppen van de perenbomen, en met de vogels en mensen die langsfietsen is dit voor mij een zen plek.

**Denkt u dat dit voedselbos bijdraagt aan de samenleving hier?**

Ja maar dat zal niet zo snel gaan zoals bij mij, want het is toch iets vreemds een voedselbos. Als je gaat lezen op internet zijn er ook heel veel verschillende varianten. Het is denk ik een beetje vreemd. Maar je hebt ook plukweides, en als je die formule kent is het eigenlijk hetzelfde maar dan met fruit. Ik denk dat het wel aan gaat slaan omdat men veel bezig is met milieu.

#### **Vind u dat het voedselbos goed onderhouden wordt?**

Je kijk hier een beetje kritisch naar de distels en madeliefjes, maar het moet een natuurlijk uiterlijk hebben. Als je hier 2 jaar geleden had gestaan had je prachtig gemaaid gras gezien, dat je niet eens voelt aan je benen dat het kriebelt. Hier gebruiken ze natuur voor de wisselwerking tussen bijen en bloesems en de grond. Maar verder laten we het allemaal zo gang gaan, dat is wel de gedachtegang van het voedselbos. Aan de knoppen kun je zien, die liggen nu allemaal verspreid en dan komt er een hakselaar en die gebruiken ze weer in het voedselbos later. Het is heel veel gebaseerd op vrijwilligers.

#### **Wat voor effect heeft het voedselbos op uw mentale gezondheid?**

Het is erg stil, de schepen hoor je ook in de verte. Soms de kerktoren. Je ervaart de temperatuur en de wind. Ik heb hier in mijn regenpak staan zagen. Ik doe dat gewoon. Nu ben ik aan het smeren met zonnebrand. Het doet mij heel erg goed, sta je hier in je eentje te zagen. Ik heb even momenten met mezelf nodig voor zelfreflectie, het werkt meditatief. En in de pauzes heb je ook het sociale stukje. En met vrienden en vriendinnen kun je ook zeggen kom we gaan een middagje takken knippen het hoeft allemaal niet al te ingewikkeld. Het is ook aards, in een wijngaard werk ik ook.

#### **Zou u mee doen aan activiteit in dit voedselbos?**

Ze willen planten kunnen enten. En daar willen ze een cursus voor geven, maar dat was meer voor de profs. Er kwam een plekje vrij en toen vroeg Henk of het me leuk leek om mee te doen en ja ik vind dat heel leuk om iets van te weten en heb dat vanmiddag gedaan. Het duurde de hele middag.

#### **Wat is uw ervaring met de andere werknemers?**

Ze zijn heel divers. Je hebt misschien Wesley gezien. Het is een hele goede plek voor mensen die een beetje in de war zijn of die een beetje moeite hebben. Ik ervaar ze heel enthousiast en heel vrij, ze hebben een rol en functie en daarom waardering. Franke, Joke en Jonah zijn heel bevlogen en betrokken. Zat lekker met Johan net en dan komt het erop wat voor werk je deed. De diversiteit is erg leuk, studenten komen ook wel eens langs.

#### **Wat vind u van het bedrag voor de tour?**

Per persoon?

#### **Voor een groep**

Ik vind dat vrij goedkoop, je komt in contact met iets nieuws, iets vernieuwend. In de omgeving moet je ook voor ogen hebben dat je zo naar binnen mag maar informatie is ook belangrijk. Waarom is het handig om die toppen weg te halen bijvoorbeeld. (geeft uitleg over toppen). En dat kom je dan te weten als je met zo'n groepje meeloopt en dat je donateur kan worden en frambozen kan plukken. Die 10 euro is het echt waard.

#### **Heeft u pollenallergie?**

Nee, gelukkig niet. Anders zou het wel heel jammer zijn anders kan ik hier niet goed werken. Er zijn gelukkig piljetjes voor.

#### **Hoe ervaart u insecten en knaagdieren?**

Knaagdieren zijn rotzakken, die pakken de stammetjes van jonge aanplant. Daarom zitten er gaasjes omheen. Maar ja die moeten ook in leven blijven want er vliegen hier ook buizerds en torenvalken en die moeten ook kunnen eten.

**Heeft u persoonlijk last ervan?**

Ik schrik er niet van ofzo. Heb een keer gehad dat een muisje snel weg schoot, het was eigenlijk wel schattig. Insecten zijn ontzettend belangrijk natuurlijk dus daar heb ik geen last van.

**Bent u erin geïnteresseerd om meer te leren over het voedselbos?**

Meer te leren? Ik wil er wel meer van te weten komen, maar omdat ik hier werk leer ik ook meer de praktische aspecten. Dus ik ben een soort autodidact, aldoende leert men. Ik vind het gewoon wel interessant

**Is er iets wat u minder leuk vind aan het voedselbos?**

Daar Heb ik niets van meegeemaakt. Ja als het regent of hagelt

**Heeft u een optie om dan te schuilen?**

Ja in de caravan daar, maar dat wordt snel vrij krap. Ik heb altijd schone kleren mee.

**Wat is uw algemene ervaring van het voedselbos?**

Ik ben hier heel graag. Er zijn veel bevlogen mensen die het beste voor hebben met elkaar en met de natuur.

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**Interviewer:** Rosa van de Ven (RV)

**Interviewee:** Man in Nijmegen, volunteer

**Date and Time:** June 1st, ?

**Location:** Voedselbos Waalgaard (Food Forest Waalgaard, Nijmegen)

**What do you do here exactly?**

Interviewee: I work here via WMO (work community support). To me, this is my daytime activity. I don't have an exact role actually.

**What do you do on a day on average?**

Interviewee: Namely pruning, mowing, sowing...

**Just a bit of maintenance?**

Interviewee: yeah.

**Where are you from?**

Interviewee: I am from Nijmegen, which is about 5 minutes from here. It is an ideal distance.

**How old are you?**

Interviewee: 42

**What did you know about food forests before you came here?**

Interviewee: I wont claim that I knew much about it. It is namely that I find it very interesting. The idea of following a specific way of life. At one point you come to certain things, asking what it is that speaks to you. Food from a food forest is evidently more clean and eco-friendly than from the albert heijn for instance. So in that sense I knew about it already, but the actual knowledge about food forests came to me when I started working here.

**How long have you been working here?**

Interviewee: since a year. I like being here. To me it is especially to get out of the house and be physically active. But the knowledge about food forests is not what attracts me. Making plans is for my boss, I execute the plans.

**How many times a week are you here?**

Interviewee: 2 days.

**The whole day?**

Interviewee: No no, two times half a day. From 12 to 4. Or, at least, that's the goal.

**How did you end up at this place?**

Interviewee: Before this I had other daytime activities which I did not like. It was a bit similar to this, it was in a vineyard in Goesbeek. That didn't really fit me. So I looked at the other possibilities. I looked into it myself and I contacted the owners myself. Yeah, I thought it was interesting. I proof worked a couple of days and thought that this would be a better place for me.

**What spoke to you mainly?**

Interviewee: I can work here pretty independently. It is physical labour. At times you are active in your head it could be nice to switch to being active physically.

**So you can really clear your head here?**

Interviewee: Yeah, I can just work. If it rains and when it is cold I wont come here. I wont stand here in the rain. I wouldn't feel up for that. What was the question again?

**How did you end up working here?**

Interviewee: As I mentioned, it fits my lifestyle a bit. Plant-based life and plant-based eating.

**Is that what you also do with your diet?**

Interviewee: Yeah. What can I do more for the environment? I am completely incapacitated so I don't have to work. That what I do has to be something that speaks to me. I have the possibility to do this, unpaid. It is a pretty place to be and I have the feeling that it matters. It is a nice project.

**It is fun to hear that you are also busy in your personal life with the environment.**

Interviewee: I think that, it would not be like this for everyone, but people who start these things and invest would also be active with the environment concerning other things in their life. Focussing on what can be done differently with my money and my time.

**Do you think this food forest adds value to the community?**

Interviewee: If it is, then I am not really interested in that. It is not something that I ask for or where I am busy with. I work for myself. What I hear about it, it think it does add to the community. As far as I know there aren't a lot of food forests in this area. This owner has two food forests In the area. I believe there are also a couple of smalles foos forests in Nijmegen. I think that the farmers in this area are also looking at it to consider how something like this works precisely. That they ask themselves how they can gain from it. Undoubtly there would be an interaction of information. I fit adds to community? Well it offers voluntary work, it offers a day-trip... So undoubtly, it would add something.

**So are there already a lot of people passing by to take a look here?**

Interviewee: In my experience, yes. Since last summer there are so once in a while projects for which volunteers are asked. So sometimes, in a time-span of a month, there will be 100 volunteers helping along. So I have the feeling that this speaks to people. I see people passing by for different reasons.

**Do you think people come from all over the Netherlands, or just the area?**

Interviewee: Not from all of the Netherlands I think, just the surrounding area. But sometimes people come here for an internship, to look at how things work around here and what the pitfalls are.

**It is a pretty new project. Our study is pretty concerned with the environment and stuff. And this is a pretty new thing that could really work.**

Interviewee: ..... have been people that would join as volunteers. Mainly to gain work experience. With the idea to start up a food forest somewhere else in this country or another country.

**Does working in the food forest affect your mood?**

Interviewee: yeah.

**So you work two days standard. Are there any other days you choose to come extra here? In order to clear your head?**

Interviewee: No, I don't do extra work. I would be possible. In principal, I could join working at this place through the entire week. It depends on my carrying capacity. If I have a good day, then I will come. If I don't have a good day, then I wont come. Two afternoons in the week are more than plenty for me currently.

**They do tours around here. Would you also be interested in joining such a tour, or are you not that occupied with that?**

Interviewee: No, I would not feel up for that.

**Would you like to follow such a tour or workshop?**

Interviewee: Depends on the tour or workshop. If you can combine it with a picknick or something, then you can make a trip out of it. So you can visit it with your partner or with friends. Yeah they sometimes do activities like that.

**And people are inclined to visit that?**

Interviewee: Surely, especially families.

**So you would really make a whole day planning out of it, that you really spend more hours on it?**

Interviewee: A couple of hours is more than plenty. At one time you have seen it all, I think.

**What do you think of the entry price?**

Interviewee: First I would have to do some research to decide what a common price is for that. I don't know if 10 euro is a lot or a little.

**Would you be OK paying 10 euros for an activity here?**

Interviewee: I think 10 euros is a decent price.

**Would you think a higher or lower price would also be OK?**

Interviewee: I know the money goes to a good place. The money will be invested in new seedlings. 15 euro would be also OK, 20 euros would be too much.

**Do you have pollen allergies/hay fever or something similar?**

interviewee: No.

**Are you bothered by the presence of insects or anything?**

Interviewee: No actually.

**Is there anything you like less about this food forest or that could be improved?**

Interviewee: I am here for a year now, so it is a starting phase. You can really see things being created. If certain things can be better or different? For me personally no. I come here and do my thing. A couple of hours im working and then I go back home. Besides that, I am not that involved. So to me personally, things don't have to be better. Could have been another story if I worked here 5 days a week.

**Did the food forest live up to your expectations?**

Interviewee: More! A life filled with expectations is a life filled with disappointments. So I always try to watch out for that. You're reading a story about a food forest and think, hey, that's interesting. You come to see and you experience the peace and the birds. So I think to myself this is a pretty decent place.

## **9.5 Data management plan**

Our data management plan will follow the General Data Protection Regulation guidelines. Therefore, we will take the privacy of everyone who is involved into account and respect their decisions regarding the obtained data. As mentioned before, the interviewees will be kept anonymous and asked to sign a consent form to verify that they are aware and give permission for their interview to be used as data for the analysis. They have the opportunity at any given time to withdraw from the interview or/and consent for using the obtained data. We want to prevent people from feeling obligated to participate or answer certain questions. Therefore, we try to pay attention to the ethical principles as much as possible by asking people during the interview how they are doing; make clear they can stop at any time, and answer any question they may have, we try to be as transparent as possible about our project and data use.