

'Zeeuwse Vlegel' grain,

and three more **Dutch stories** connected with **food sovereignty**.

'Zeeuwse Vlegel' grain

This wheat is grown on the Zeeland islands in the South West of the Netherlands. Not quite organically but in any case sustainably: no fertilizer and no chemicals. It is sold to Zeeland bakers and used for bread, cookies, pancake meal, and for the 'polished'(refined) grain that is as easy to prepare for dinner as rice.

In this bag you'll find enough for 2 people.

Add twice the quantity of water and boil for 15-20 minutes, sieve, then leave to steam for 5-10 minutes.

Dutch Arable Farming Union. (NAV)

One of the farmers involved in 'Zeeuwse Vlegel' is Joop de Koeijer. He farms 100 hectares in the island of Schouwen Duiveland together with his brother. His brother is active in the big mainstream farmers' organisation that is all geared to competition on the world market, but Joop is a member of a small organisation for arable farmers called NAV (www.nav.nl). NAV is linked to Via Campesina and member of the Dutch platform for food sovereignty. This platform strongly believes in regionalisation, more regulation in agricultural policies, and in healthy soils (www.aardeboerconsument.nl)



Peas, lupins and other protein seeds

Unfortunately the peas that Joop's father used to grow and that were used as cattle feed are no longer cultivated in Zeeland because of cheap soy imports. This is a pity because it would be a good crop for rotation: the soil in this area is very good but it's heavy clay so only a limited number of crops can be grown here. Moreover growing peas is good for the soil: they bind nitrogen. So NAV members such as Joop want the EU policies to change in favour of the cultivation of protein seeds and so diminish the EU cereal surplus. That would also lead to less soy imports which would reduce the forest degradation and pollution in Latin America.

Protein as meat substitutes.

The NAV is already experimenting with seed crops such as lupins. Part of the crop is used by Jaap Korteweg, former NAV president, now 'Vegetarian Butcher' in The Hague. His cook makes very tasty lupin-based products. Lupin seeds were common food for the Romans; now they can come back in our kitchens. Eating protein seeds is a sustainable alternative to eating meat.

Farmers can easily feed the world - no need to scale up to industrial farming - If we reduce our intake of meat and eat oilseed proteins such as peas and lupins instead. www.devegetarischelager.nl