



The Sixth Mindful Markets Asia Forum

“Community Design for Food Citizenship”

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Room 701, Chaloe Rajakumari 60 Building, Chulalongkorn University

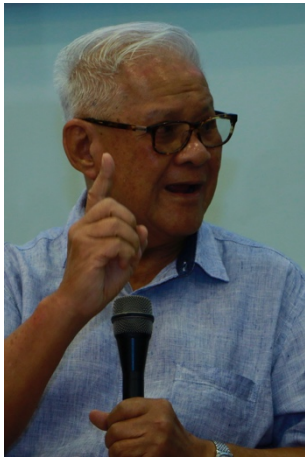


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Bangkok and Nonthaburi - River Life for Food Citizenship

Moderated by Wallapa van Willenswaard



Associate Professor Srisak Wanliphodom

My education background is social anthropology which means I had to study history and community. I was trained in this aspect so; my idea of community building is quite unique from other people.

In one community, people have been living together for at least 30 generations and they came from different places. They migrated and located in the community. They built community awareness together which helped form common awareness of their ethnicity. No matter what ethnicity you are, you build culture and the way of living together in the community. All of these create a sense of community among people. Any transformations must be heard and perceived by people in the community because living together often means common awareness of what is happening in the community. This also means that even though conflicts emerge, people will eventually be able to live together in order to

survive. People living in the same community have their own jobs which can be compared to how parts of our body function. One person can act as a mouth. Another can act as eyes and ears. Everybody does their jobs in order to survive. All human beings are born to live together. This fact helps create culture.

After I had been working on local culture, I realized that we have local markets. If local museum is in the temple, and temple is a public space, this means that temple has its boundary which can be classified into spiritual space (พุทธาวาส), community space (สังฆาวาส) and public space. The latter is where community people come to sell and exchange local products, and to learn from each other. They are self-contained. They are able to survive on their own since birth to death through this exchange. However, after the transformations of agricultural society into industrial society took place, local markets started to lack this sense of community. People in urban society, which is an industrial society, do not make their own food. They use money to buy food from other markets which don't create any progress or transformation. As a result, we need to support local markets and encourage local people to make their own food.

Markets should have a relationship with temples for the rights of local people. Encouraging local markets already means revitalizing the making and cooking your own food. However, we need to start from the community by first building community awareness and identifying what that awareness is. This will enable a sense of common responsibility in the community.



Pisal Bunpook, Local Wisdom Scholar, Nonthaburi

Nonthaburi city is where fruit and rice are produced to sustain people in the country. Mindful Markets reminds me of M.C. Sitthiporn Kridakorn. He belonged to the upper class and he was interested in agriculture at Bang Berd. He said, “wealth is just an illusion but food is real.” I have believed in this phrase till today. And according to Associate Professor Srisak Wanliphodom, have we ever thought about food especially big actors in food industry? Therefore, markets have been totally transformed from

local ones to convenience stores.

In the period of King Rama 5, His Majesty saw the importance of agriculture. There was a canal digging in Rangsit and Nonthaburi which created an enormous transformation in the community. Nonthaburi experienced the changes in rice because it is in Chao Phraya river basin. The markets in that period were of local ones. They weren't officially established. Nonthaburi was the largest rice market with more than 10 rice mills in the community. Moreover, a large amount of fruit and vegetable create a big market for Nonthaburi and that is why it is very famous.

Agricultural products in that period were still what we call Mindful but after Field Marshall Sarit Thanarat started a developmental plan in Thailand, agricultural industry started to use chemicals in their production. If we ask people in Bang Bua Thong whether they consume what they produce or not, the answer will be 'no'. They only sell those products. This can be seen that problems are now handed to consumers.

Food production in Nonthaburi in the past was pretty much about science and arts. It wasn't just about making profits, but also about producing with hearts and without chemicals. If the food tasted good, they would say it tasted good, not the other way around. You can see clearly that if the food doesn't taste good enough, it would be sold in big amount. About Mon Thueng, one of durian breeds, is not yet the best product of Nonthaburi. The best one would be Kan Yao breed, with banana leaves wrapped around the fruit to protect the spikes from getting damaged. Therefore, the sellers need to be very responsible for the products and sell them according to the notion of Mindful Markets.



Surasak Suea-Fak, Young Smart Farmer, Nonthaburi

Surasak is a member of Young Smart Farmer in Nonthaburi. He is dedicated in preserving traditional durian breeds and practicing ecological farming.

We have a durian preservation group in Nonthaburi. The revitalization of durian breeds was initiated by Her Royal Highness Princess Maha Chakri Sirindhorn. In 2011, there was flood crisis in Nonthaburi for 3 months. Her Royal Highness

mentioned to the people to save durian traditional breeds. That is why we still have these breeds in our hands. Preserving durian breeds is very difficult with only 10 percent of 20,000 durian seedlings has a chance to survive. This is for the traditional breeds not the new ones.

Today, Nonthaburi is able to preserve more than 60 breeds of durian rescued from the 2011 flood. They are at Suan Somdej at Pak Kret. If we do not preserve them, they will disappear. Durians are very expensive today. Many people cannot buy them. Many consumers also see that durians are too expensive. The reason why they are so expensive is because they are still recovering from the flood crisis in 2011. Many farmers still have to use tap water to grow their durians which costs them around 5,000 – 30,000 Baht per month. This is a high cost of production.

Moreover, farmers have to take good care of the grooves around the farm, and prevent salt and underground water from seeping in which can deteriorate durian's roots. Durian farmers in Nonthaburi experience many problems. Sustainability is also a challenging topic. The continuation of local wisdoms is also necessary as many durian farmers nowadays are already around 70 years old. That is why we need the continuation of the wisdoms.



Suranat Panprasert, Youth Leader, Bangkok

Suranat represents the new generation in Wat Pho Rieng Community. He is leading participatory youth activities in the community and school. His tools comprise of 3Gs – Good media, Good place, and Good immunity. These tools play an important role in creating more safe space and providing the community with creative activities and safe food.

In the past 2 – 3 years, we have been trying to work on the information that we have to its optimum usage. This is because working on urban community has many risks in terms of the working environment and transformation. We, therefore, try to work with people from different generations – new and old generations.

Our work on food safety builds consciousness in consumers to see that producing their own food is very easy. We began with 30 – 40 people and now we have over 100 people. They have started to have this awareness about food. There is planting of vegetables in front of their homes. They reuse materials to make a pot. They make their own organic soil, as well as invite people to participate in community's walk rally.

From this process of learning and making a map through community's walk rally, we see that; 1) we can create a learning material out of what we already have in the community, 2) the history of our community is food production, and 3) we live nearby the canal and the river bank, so we can encourage safe food production. We realized from our work that eating chemically added food isn't different from drinking alcohol or smoking because our body will just accumulate these poisonous substances. Therefore, we try to change consumer behaviour through self-transformation. Finally, what we are trying to say is working on this requires mindfulness towards other people, as well as yourself. What comes next is how our team sees the importance of this work, learns and adapts their work to get an access to safe food without anybody telling them to do so.

World Cafe: Bangkok and Nonthaburi Community for Food Citizenship

Moderated by Wallapa van Willenswaard



Klongjun Community

How can we empower community?

Each community has its own vegetable or what they already have in the community.

We can plant this vegetable little by little. However, the problem is how we can depend on those products without buying processed food from the outside.

Buying processed food from the outside means we have lost our food culture. Actually, this is the lost in organic agriculture because health integration in the community cannot be successful. We already have all of these great assets in our community, how come we can't see its value and cook our own food? How come we can't organize an organic agriculture movement for food citizenship?

After seeing problems of food, how can we empower food citizenship and make our own food?

Our groups are working together as a network. We try to reflect on what we can do to pressure the government and change ourselves. In the second year, we received a great support from ThaiHealth to the point that one of the areas was so successful. So, ThaiHealth expanded its project to other areas. The first year of this attempt in Klong Chan did not have many participants but the second year was the other way around with a lot of people participating. We gathered and talked about what the problem is and how we can encourage health integration in our community.

From this, you can see that people at Keela Phat already have a will to do something about their community. Secondly, we have some space in each flat so we asked the landlord if we could use the unused space for planting crops in the community. And he said, yes.

However, we have many differences in our community and people who work hand to mouth do not have time for such activity. Still, we have some people who are willing to sacrifice their time to participate with us. Many elders come to join us and they have

much knowledge about organic agriculture to share. What we are trying to do now is we try to cultivate this sense of food production in schools with small kids. These kids can bring the crops to their parents. We believe that even though our community is a flat, we can still create mindfulness in the community. And something small can manifest into something even bigger.

Rong-Mueang Community

How can we empower community?

We can create an awareness in the elders to see problems in the community. And, we can build relationships between people in the same community and between other communities. We can try to find a problem that everyone wants to come together and solve. We should try to solve the problems by also looking at the positive aspects of the community, not just its negative sides. We do not want to see only the problems because in this way we won't be able to see the power that we already have to solve those problems. And, we should encourage youth participation in solving the problems.

After seeing problems of food, how can we empower food citizenship and make our own food?

- We need to distribute knowledge about chemicals used in crops. Also, we need to distribute knowledge about consumption like not eating too much sweet or salty food. We cannot depend too much on the outside.
- We need to build awareness about safe food in children because they still don't have it yet. We might have a limited space in our community so we don't have to just only grow vegetables. We can find many other things we can do that can empower our community. We need to encourage knowledge about planting crops such as soil preparation and how we can grow crops successfully. We can also preserve our own seeds so we don't have to buy them from the markets. In this way, we can also get an access to safe food.
- We need to encourage each household to plant their own vegetable so that they won't depend too much on the market. We can create community market to enable easier access to food. We need to have community volunteers so that we do not depend on the government way too much.

Wat Pho-Riang Community

How can we empower community?

- Building relationships in community is very important because there are many people coming from various backgrounds living in the community.
- Distributing knowledge about poisons in food to promote safety food is necessary.
- Building awareness about safe food in children so they can go tell their parents about it, too. In terms of mindfulness, Pho Rieng community encourages people to make their own food, for example making salty egg.

After seeing problems of food, how can we empower food citizenship and make our own food?

Wat Pho Rieng is an urban community. We try to work on how we can grow our own food. That is why we have community market where we can share food together.

Therefore, our market is valuable and interactive.

Nonthaburi / Bangkok Noi Community

How can we empower community?

Building harmony in the community is what we are doing now. Our community has many households alongside sewages so, we can't do proper agriculture. We need to use tap water for agriculture. However, what we can do now is to go to school and encourage the children to grow their own food. We begin growing something easy such as sunflower seedlings. We are doing a project on Pee Sorn Nong for food security in schools. One of our group members has just moved into the community and she likes fast food a lot. Now she has started to see how people in the community grows their own food so, she is doing it herself, too.

After seeing problems of food, how can we empower food citizenship and make our own food?

We can have a public space where everyone can come and grow something. This is "Food For Share". Moreover, we can grow something at the gate of our home and everyone can come and pick the products.

Opening Speech Mindful Markets Asia Forum



Associate Professor Surat Horachaikul

*Director of Indian Studies Centre of
Chulalongkorn University*

Good morning everyone and welcome to Chulalongkorn University, in particular, Indian Study Center of Chulalongkorn University. I'm the director of Indian

Study Center, Chulalongkorn University which was established in 2011, and it's over 8 years now and we try to connect with India in many forms concerning economics issues, security, cultural, and more importantly on sustainable development which is of course very important for us. We are living in one world, whatever happens in the others side of the world affect us in the different kind of ways.

This is why we want to learn from the Indian Experiences in particular; at the same time, we also shared our Thai experience with our Indian counterpart. And, the name Indian Study Center, Chulalongkorn University does not imply that we only work with Indian. We also work on regional basis, for example we have Asian Indian connection, we have Bay Bengal, and there are difference kind of issues we deal with, such as, organic farming, sustainable agriculture. This is one of the events with partners- School for Wellbeing and Suan Nguen Mee Ma.

I hope you will be able to follow our programmes on Indian Study Center, Chulalongkorn University Facebook. Particular, this year is very special for us because we celebrate 150th birthday of Mahatma Gandhi from 2 October to 12 November 2019. To us, Mahatma Gandhi is the most one of the important persons, and when we commemorate his 150th birthday we don't want to talk only the non-violence at all because Gandhi was also very critical about how capitalism is extreme fault would take us to the way we are, in the situation right now. So, when we talk about self-sufficiency, self-reliance, and Sarajh, this is, of course, relevant to Mahatma Gandhi.

Today, I would like to express my sincere gratitude to our friend, Krishna Prasad, and thank you very much for coming here. We hope you like our University here, and we could learn from each other. As we all are human being and we want to protect this same world for all of us because we all live in one world. I also would like to thank to all organizers and thank you very for all of you to be here.

Keynote Speech: “Community Design for Food Citizenship in India”



G Krishna Prasad

Sahaja Samrudha, India

Good morning. I’m not any expert. I’m just a farmer son; I was born in the farming family. I just learned most of the seeds saving and back to the nature, all these techniques and concepts are from

my mother. She was my teacher, she was showing me the birds and ants, and she was teaching me to work in the farm and that the most inspiration. After my graduation, post-graduation, and travel a lot I just go back to my farm. I have 3 acres of farm and it's the most peaceful place on the earth.

This is very inspiring; there is no boundary and no culture for the farmers. We believe that seed is for humankind, in America, Thailand, Philippine, and etc. just take and bring the seeds for the seeds saving action.

India is transforming, 10 years and 15 years back we were carrying local vegetable and the local stores were selling all traditional rice but now it slowly disappears. We will see big mall and big store, and small buyers are push down from the market. India is like other developing countries and this is a new transformation. There is no link between producer and consumer, no one know where the food is coming from, only thing is the cutting percent is different, and no one care about the quality. This is what happening in the market.

Now consumers are quite active, even the number is small but it brings the inspiration. There are more friends from Vietnam, China, Cambodia, and Thailand. Now, we can learn from each other, and it very grateful that we learn a lot from Thailand, especially for bitter markets we learned from Thailand. 10 years back, we have exchange programme with Green Net on adding value production, then we many different kinds of rice and farmer can fix the price and that really work for the farmer in the Indian organic markets.

For the food citizenship, food citizenship is a new movement. Consumer must not only think for himself, but what is the farmers problem, why farmers are getting suicide, and how can we contribute for the free world.

And for the producers, they shouldn't use a lot of pesticide, kill the weeds, and poison the food just for the profit. Farmers should provide the good food for consumer. Also, we need to create a new generation of consumer and producer's cooperation. The whole concept when India had the green revolution, the yield was the mantra; everyone was talking about the yield, no one care about price, value addition, and the profit.

This is a traditional market system in India, one of the beautiful systems in India, Thailand, Cambodia, and many other places. Also, the street vender at the weekly market is women, mother, and grandma are talking and sharing stories, more than the business but human relationship. This is also the place that farmers bring their produces to the market, selling and making the money.

And that slowly there were new regulation of market during the British time because they want to export cotton and other commodities to the UK, in 1928 they tried and changed to agriculture markets, and after the independence the regulated markets are working in some states.

Today, all the regulated market committees are the politicians, no real farmer in the markets; all are in the control of the middleman. Million farmers are not being engaged and the price can be created to whatever, and the thing is farmers are not benefit from this system because there is no farmer involvement directly.



Look at the picture; farmers are on the street throwing tomato, chili, and onion on the street because the price is nothing. This is a very sad situation. So all these 50-60 years, the system is failed by contract farming and all big player in the markets, we can find only 2 big players across the country and they slowly push

local vendors in the village to disappear.

Two years back there are small shopping malls, but now there are very big malls and everything we can find there, the point is where the products are coming from. It can be coming from Australia, New Zealand, USA, and Pakistan, we don't really know, the only thing we know is it's available and sometimes it has a very low price. And, consumers are attracting to this shopping mall.

Also, the big players gave farmer subsidies, for example Reliance Fresh, it's a big corporate chain in India. They hold the regulated markets, at 2-3 am in the morning all the trucks load of vegetable are coming, so all the fresh vegetable are going to the big buyer at night, then at six o'clock whatever that left over will go to the street vendors. The big players buy all the good food and keep in the mall, and the remaining go to the street, so all the classy and beautiful malls are killing people livelihood.

India is home to 30% of the total organic producers in the world. Most of them are small and marginal and default organic from tribal areas, for small farmers producing food means for household food security and only excess for the markets.

India is one of the organic producers in the world. In Mumbai city, the organic is growing. 30 years back, it's only 1 organic company, now there are 500 outlets in the city. Farmers need not to worry about selling organic products because there is need already. Our big challenge is how to link small farmers to the markets, and how to build farmers market that own by farmers and run by farmers.

So, Sahaja Samrudha is an organic farmers' collective began in 2001 as a farmer initiative to exchange ideas, seeds and knowledge on sustainable agriculture. Now, we spread across the India, we work closely with seeds saver farmers, we have over 1,000 varieties of rice in the seeds bank and network. There are also different tomato, chilli, millet, and others.

We also work with small and marginalized farmers, link them to the markets is a big challenge, when we grow in a hundred acres, it cannot maintain the uniform and this is diversity. But the consumer mindset is tomato will look like an apple, if there is something green it's not look like tomato. So, we need to create our own market, and Thailand already shown us the beautiful farmers market, we also start a small farmers market in our place.

Now, Sahaja Samrudha with its network of organic producers and consumers formed an Organic Producer Company, SAHAJA SAMRUDHA ORGANIC PRODUCE COMPANY. A unique concept that markets under the brand name SAHAJA ORGANICS, started in Bangalore as a healthy alternative for the common man. SAHAJA ORGANICS works in light of providing a wholesome and healthier organic food, at affordable cost to one and all, by conserving and developing traditional crop varieties. It's the largest wholesaler of organic grains and Supplies to 450 outlets in 14 states of India.

It started in 2009 and slowly grows up; its owned by farmers and run by farmers. The Company is formed to benefit both consumers – providing safe food at affordable price and to the Producer – by providing Premium Price to his/her produce.

The company has grown year after with profitable years and then 2017-18 a profitable year that had a turnover that crossed 8 crores (34,226,976 THB), paid 641,755 THB tax to govt. Paying 70,000 THB/month salary to CEO.

Another example, the milk production is a good and successful model. Even now, rural of India, they are surviving because of the milk production. So, the same model, we bring 60 vegetable farmers together, we have minimum support price and fix the price for farmers,

also we have our own consumer who can pay more for organic produce at the fix and premium price. It took nearly 2 years to design this model, we have to identify the green consumers and green shops, but now there are many buyers interested to buy the organic vegetable at the premium price not according to the market, this is very interesting concept. We now have markets and need to find more producers.

Now the group can check and give the instruction the farmers to harvest and prepared vegetable directly. They made quite a lot of profit for the farm, and this is another link between green consumers and green producers. In the past, we gave a lot of money and gave a lot of training for farmers. Now we discover that give good market to farmers and they will learn. Farmers look for good markets.



This looks like grass but it is not. It is one of the grain varieties. You can make beautiful rice from this basket. It's very high in fiber. We made an effort to revitalize this variety. So, this is the magic of social media. Seven years back, no one knew about this crop. So, after 7 – 8 years, we started bringing it to the market

but last 4 years, because of the magic of social media talking about India village revolution and there is cancer, so now this is what people are growing right now. This we can make a marketing. This is the example of communication and social media.

We also create stories. We also create our market with our products. We also create stories about carrot because the carrot seeds from this place are very expensive. It's almost 7,000 baht for small amount of carrot seeds. And the market wants the soft and tender carrot but the farmers are already losing because the seeds are very expensive. So, we have a discussion about this. Are there only carrot varieties of this type? So, we went to the north of India. There are many carrot seeds such as black and yellow carrots. So, this is what we identified with farmers and we gave them these varieties. The farmers grow these varieties.



Look at these colorful carrots. We got some of the great consumers. Then, we asked farmers and consumers which ones are better and they answered a few. They tasted the carrots and even made lunch out of them. People enjoyed. This is farmer and consumer collaboration. Black carrots are very easy to cook and have medicinal effects. And the second is the yellow carrot. So, we launched stories on newspaper and social media. Look now you can find many varieties of carrots in the market in India. Now we find people know the organic colorful carrots. This is how you can create our market. We can make colorful rice out of these carrots. So, this is the added value and ethical. It's cheaper than normal carrot price.



And about green investment, conscious individuals and groups of individuals in partnership with Sahaja Samrudha have made green investments for activities that focus conservation of natural resources, preservation of agrobiodiversity and water management and production and marketing of organic fresh produce.

You see my producers here. Whenever there is financial crisis, all of our consumers support them. Also, our seeds producer company, the basic investment comes from the green investment. They offered us some money. Also, women in India do not have land titles because they all belong to men. It is a problem. This is what green investment is like a partnership. They invest in the money with small or no interest.

This is some of the initiatives like the Rang De and Microgram. They are micro-financing groups especially for small farmers. Most of our marketing comes from these groups. There are also many micro-financing groups granting people money, for example women's group. They are very green financing companies. They are very supportive. And for Consumer Councils, this is a very successful initiative. When urban consumers start to think in earnest about their food, on the way it is grown, nutritional benefits, better reach to safe, will lead to a transformation in the way the food system operates.

Many consumers in Bangalore, Chennai, Hyderabad and so on cities have consciously been casting for alternative food sources. Such initiatives have led to formation of Consumer Councils and such consumers have been working with farmers to take a different route.

Consumer movement in Hyderabad that promotes ecological farming, has decided to provide direct monetary support to farmers who have been practicing traditional millet-based biodiversity agriculture for decades. In return, consumers will get an agreed quantity of grains after the harvest.

These councils visit the farmers and they do not believe in certificates. Consumers group work directly with the farmers. They go to the farmers and bring some materials to a small shop. It started as a small shop. Now it is one of our biggest initiatives. They are very strong consumer councils. However, the organic movement in South India is much stronger than the North India. The organic movements started mainly in South India.

These are our conscious food promoters. They are all created by the consumers. They are Ragi Kana Santhe, rural market; Buffalo Back; and Organic Farmers Market.



This is the story of our food. This is the delicious Rajamudi rice. It was used by Mysore Maharajas – the royal king. You can keep this rice for more than 2 nights without spoiling.

We are not just selling the grains but also the marketing concept. So, this is what

the groups in India made it popular. Two years ago, there were just two varieties for them. Now you will get much rice in the organic market.

So, the marketing concept is getting very popular. “Organic is priceless.” So, no bargain. Even celebrities are going there. Community and organic farming are growing. There is

community farmers in big cities in India; Chennai, Delhi, or Mumbai. They organize a very big garden group. Media plays a major role in bringing this into the mainstream. The concept of community garden is slowly growing.



This is a guard company. We collect different shapes of guards and decorate them to add more values.

Moreover, we are working on connecting consumers with producers. We made seasonal calendars to educate consumers which crops are grown in each season. We also work on adding values to our agricultural products such as making jams out of our fruit. When I look at Thai markets, I see that you can make a lot of things out of rice.

I would like to invite everyone to come visit us in India. Our farmers are very friendly and we need to strengthen them.

Thank you very much. Welcome to India.

Panel Discussion: Community and Food Citizenship

Moderated by Wallapa van Willenswaard

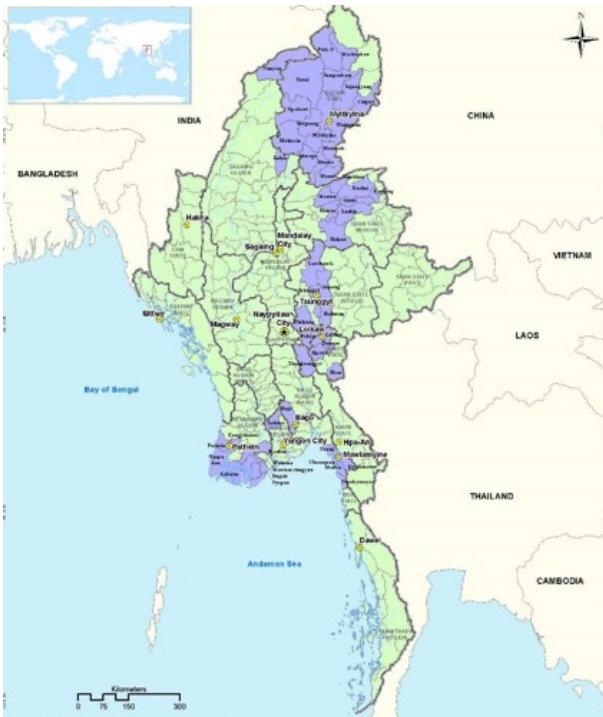


Gum Sha Aung

Metta Development Foundation,
Myanmar

I'm working for the Metta Foundation which is the non-governmental organization. It is established in 1998. Metta is loving kindness. The primary

objective is to support the society to become more self-reliant, as well as to become a long-civil society. Since the beginning, we have focused on more organic farming with small farmers. We are also working with 600-700 communities. Before I talk about our work, I'd like to give a brief information about our country. Myanmar is located between China, India, and bordering with Thailand as well. It has become quite a strategic country. Consequently, because of its geographical location and natural resources, a lot of investments are coming. One side, it is also good. On the other hand, it is also creating issues and a lot of challenges for our country. We are agriculture-based country. At the



same time, our community is also facing a lot of challenges e.g. climate change. Recently, almost half of our country is facing major hot weather. Farming becomes a bit challenging. Moreover, government is not supporting on organic and agroecological farming. They promote more on farming organization, monocropping, and intensive use of chemical. This destroys our nature. It has created a lot of environmental destructions. Current system also creates land grabbing and creating small holders

in farming. These are some of the areas we are working at. The purple areas are where

Metta is working at. We are not covering the whole country but we are working towards it. Food citizenship is crucial for Myanmar as well. We can cooperate this with food security and food sovereignty. For us, as Metta, we work more on food sovereignty. It is our approach. It is the rights of the small farmer holders. We also promote food produced from culturally and ecologically appropriate methods. For the political stance, we are working with small holder farmers who are facing all of these challenges in their daily life. I also would like to highlight a few of our works. We are promoting Seed, Food, and Culture. These are interrelated. If you lose one thing, you lose the others. Seed is life for the farmers. Seed is life for the people and it is also linked to the knowledge and the whole food system. It contains culture aspect and local wisdom. Since there are a lot of agrobusiness and monoculture. In this kind of situation, we are trying to promote Seed, Food, Culture as a movement as much as possible. Another important aspect is many people able to show and live with their culture and have meaning. That is why we try to promote culture. We also try to promote farmers to produce their own seeds. Myanmar is rich in natural resources and biodiversity. In the meantime, it is also becoming a big challenge for us to conserve and maintain their seeds. This is a very real problem for communities and people. In the meantime, we are also confronting land grabbing from China and all investments are linked to land grabbing. So, when we talk about food sovereignty, in Myanmar, we need to deal with land grabbing issues. We try to work along with small holder farmers to be able to protect their lands.



Metta also has 2 ecological training centers. One serves as an educational center for the farmers. It acts as a meeting point for farmers to be able to discuss about their issues. We are also trying to work with a lot of networking. Up to several years, we a bit more focus more on production. We have been trying to link with markets. We also learned a lot from TOA. Sometimes, for the farmers, it is difficult for them to link

with the markets immediately. Before, they had to work with the middlemen. Metta also tries to start bridging that gap. We are also working with many organic networks. We try to work together to bridge this gap.

The last one, we have recently registered our sister organization as Metta Social Enterprise. We also promote all these ecological farming at the same time bridging with the markets. What we are seeing is we are confronted with the markets linking farmers products to the markets and supplies with the demands.

We are developing shampoo and soap. All of the materials are from organic farmers as well as ginger tea. We are developing many products and we are having a difficulty on the production side as well. Farmers have produced many products but they have not been able to link their products to the markets. In the meantime, we try to link with other networks as well so consumers will have more choices. Another product is organic coffee. We are producing it as our sister company.

I hope that even though our work is a small one, in the future this will contribute to our country to transform towards an ecologically sound country.

Chantheang Tong

CEDAC, Cambodia

First, I would like to introduce our NGO organization. It is now 20 years old. And this is our founder, Dr. Koma. He initiated the organization. We are working on agriculture supporting small farmers –

production and income. We are supporting organic and ecological agriculture in the country. And we have 3 programmes. The first one focuses on agriculture. The second one focuses on helping farmers to organize themselves. The third one focuses facilitating markets for the farmers. Especially Cambodia, around 60 percent of the population does farm for their livelihood but we also import a lot of products from our neighboring

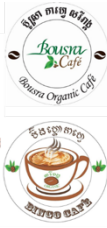


countries. So how can agriculture country survive? So, in our organization, we want to make sure that farmers can produce enough for their own consumption, as well as for income to compete with the imported products. What we can do is to focus on alternative products – organic ones. If they produce the conventional products, they cannot compete with the imported products. It is cheap price.

We need to identify those potential farmers who can produce for their own consumption and for the markets. Now we have about 2,000 farmers who are interested in organic farming and can produce for the markets. We support them with technical training. This is the key activities and key achievements in our supports of the farmers. It is very difficult to maintain quality assurance and get a certificate to plant organic products and be able to sell them in a better price. What we do is we support them to organize so that they can sell in large volumes to the markets and get a better prize. Also, when they organize, we assist them in quality control and certification.



This is organic rice. We have them certified for organic standard and Fair Trade so they can get a better prize. They can get 20 percent higher prize.



This is our market partner.

You can see here our rice and coffee shops here. And there is a company from the US which we are selling our products to. We also help our smallholder farmers to

connect with the markets. For this, we have market farmers. We also work with farmers who produce organic coffees. Our grinding is local, socially responsible, and indigenous grinding. Farmers could not use high investment and hard to get a return from agriculture. What we do is we organize them and then use the money and borrow them in agriculture. So, this is a kind of support for farmers to get finance to be able to sustain themselves. So, how do we support our small farmers to sustain themselves? We have our production side – food and income. We have a second group that they can get an access to finance. And we have a market assistance for them. We need to work with the consumers and prize awareness so consumers will support our products. We also have recently initiated more activities on agritourism and community supportive agricultures. We expand markets for the farmers and provide more access to farmers in finance. We just started so let's see how we work.



Jian Fang

Nurture Land, China

Nurture Land is established in 2006. In the beginning we worked as a volunteer group to help consumers find safe food and also publicize CSA at the same time. But CSA did not work well in China. At

that time, we organized joint purchase and mainly sold rice. In 2008 we registered as a SE and start to work as a company. In order to serve more people, we began to collect orders via email. We rented our 1st warehouse and started our 1st store. The warehouse and store are small but meaningful.

With the development of our business, the original warehouse and store were not suitable anymore, so we opened a bigger store and rented a bigger warehouse. With that, we started fresh business.

Since most Chinese download WeChat application on their smart phones, we transferred business from email to WeChat online platform in 2014. In the same year, my boss Hao Guanhui set up a research center-Nurture Land Sustainable Agriculture Development Center. The center publicizes our values organizing communication activities among producers and distributors and provides technical guidance for producers.

In recent years, our yearly revenue reached 14m CNY. Nurture Land farming school were set up to train personnel for Organic farming/Agroecology. Most of our orders are placed online now. This is related to China's urbanization. And by now there are over 40,000 members registered in our online sales platform. Every month we provide healthy food for over 2,000 members.

Basically, we sell everything organic - food, drink, clothes, quilts, tea, alcohol, washing powder, soap, shampoo and incense. You can find over 700 SKUs in our online store. They are provided by our nearly 150 partners. Before sharing our observation, I want to tell you the change of Chinese community. 20-30 years ago, there were 2 kinds of typically community in China - urban community and rural community. Urban community usually meant State-owned Factory and rural community meant village. But because of the rapid urbanization, both urban and rural communities are broken. Data will demonstrate how fast the process is.

20-30 years ago, a State-owned Factory was a typical urban community. Workers' family dormitory building was just besides workshop and warehouse. Some factories established primary school and hospital for employees and always organized all kinds of activities such as dancing ball and basketball match and so on. Workers got medical care in the factory-owned hospital, took part in all kinds of activities factory organized, and their children entered into factory owned primary school or middle school. Elderly nursing

service forgot about it. But since the 1990s, most state-owned factories went bankrupt because of poor management. The factory community disappeared.

As for the rural area, there were rural primary school in the villages but middle schools and hospitals were usually built in the town. Villagers' main community activities were playing mahjong or poke, attending wedding feasts, New Year's greeting, and praying to ancestors.

During recent 30 years both urban and rural communities changed a lot, but why? Because of reform and opening, more and more factories are set up in the cities and towns, young men in rural areas left hometown to work in those factories. Young mother, old grandparents and children are left in the villages. When rural young men earn enough money in the city or the town children and young mother left the villages as well. Villages still exist but young people all left.

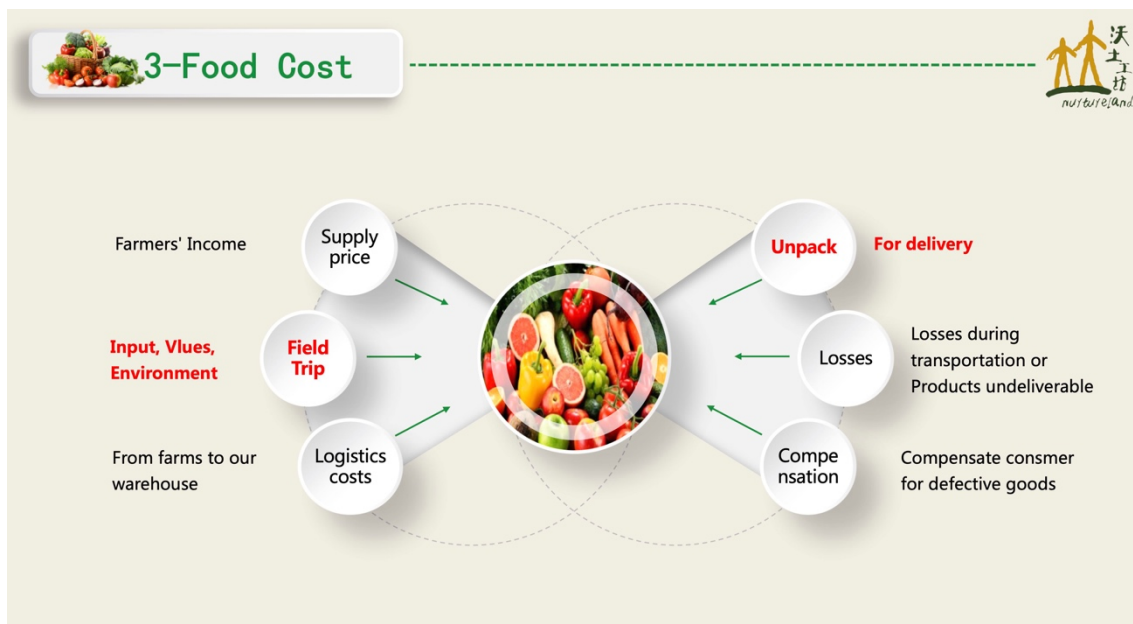
More and more people gathered in the cities especially big cities and moved in the communities built by real estate company. And people spend more and more time on working live farther and farther to workplace. Community activities and neighborhoods were forgotten.

So that is why CSA do not work well in China because there is no community anymore, not even Community Support Agriculture. Also, this is the reason why we mainly focus on managing our online store, our research center and farming school rather than publicizing CSA. And we devote ourselves to providing safe food with lower cost and price. Luckily, communities in the real world disappeared but we have WeChat community, we, our suppliers and members can interact by WeChat. We should take advantage of the world's development and new trend.

By communication with our members community can exercise food citizenship in following ways. Joint purchase is the easiest and most directly way we think. Just need to login our online store. PGS is similar to field trip and testing. Some members go further

then these 2 ways. They buy organic raw material and find food producer to produce food for them or find a farm to plant vegetables themselves.

We think there are 3 challenges now for community exercising food citizenship. Community members willingness, suitable organizer, and feasibility. Or briefly speaking, who in the community is willing to be able to and be aware of how to exercise food citizenship. It is hard to find this kind of person.



One Chinese master book, Tao Te Ching, says difficulty solved in the easy way. It means things will proceed along the way with lowest cost. The cost and price of food can be divided into 6 parts. The intermediate cost is very high, especially the cost of fresh vegetables and fruits. In our practice, members can exercise food citizenship in 2 ways - joining our field trip to know more about how food are produced or buying food directly from our offline store to reduce the use of packaging material.

In China, community design for food citizenship is encountering obstacles now. But we should focus on the problem and solutions rather than one option only. Community design is tested to be a successful way to exercise food citizenship in many countries. But for China and some other countries under rapid urbanization especially those along with population migration, community design is not enough. Because the old community system is broken and new community system is not built yet. Community, in the true

sense, has not existed yet, not even community design or community exercising food citizenship.

An old saying says in China which is willingness should be as stubborn as mountain but solution should be carried out as flexible as river. We should expand our fields of vision on the issue of food citizenship.

Other parties, such as distributors, government, and farmers, who shared the same values with us, can also undertake the role of community to some extent. Government can offer subsidy as economic support to lower the organic food price; producers and farmers can write blog or make vlog to record how the food are produced actively; distributors can do field trip, testing, communicate more with members solving their concerns. And as I mentioned in the beginning Roma was not built in a day, so was organic farming / agroecology. We are the minority in the world; our career requires long term efforts not only by ourselves but also by other parties. Roma was not built in a day or with a person. Thank you for your patience and wish you all the best.

Thip Sisakulchairak

Arsom Silp Institute, Thailand

I am not a farmer. I am the only who cannot speak English. So, I would like to apologize to everyone. And I am glad to be here today to listen to Krishna for the work he has done. I think when we



work on agriculture; we are working on culture as well. I think these are the same things, Culture is a very complex situation and difficult to understand. When I was a kid, children had to Wai to ask for 10 Baht. So, it seems that from listening to our parents, the society in the past seemed to be amiable. Growing rice culture has been going on for thousands of years. It has been developed. It has been here for a long time. So, the duty of the ministry of culture is there to preserve the culture but I say it is not the work of the ministry alone. It's everyone's duty. Sometimes we see the state as the giver and people

as the receiver and this has been going on for a while. This is the current situation in Thailand that I have tried to summarize from my work in the community.

We have government that tries to manage and we think in the role of conservation, the government plays the role of maintaining the old architecture. I have friends in the department of Fine Arts that try to renovate the place without consulting anyone. It is not participation. People are removed from the process of maintaining their culture. Therefore, the people do not feel that they own the culture and this is valuable because culture is one of the areas that bring a lot of revenue to Thai people. This shows that if we do not have culture, we won't have any country. In the Thai traditional scene, now, there is the opportunity and crisis in old towns being left. Some of them are turned into tourist area. This is the old town here. Where do the vendors come from? I work in this community in Chiang Kan. The people who work there are not from the community.

So, I believe that there must be a sustainable way to conserve cultures where everyone can share benefits. Here is the over a hundred-year-old building that I worked at. We tried to renovate the building. For the past several months, the students were living with the community to try to understand them what the community wants to do. Just do not tell them what needs to be done because if you do that, that is the way already done by others. In six months, we lived with them. We identified what they wanted to do. They told us story about what happened in the old days. The community people knew that we tried to help revive their culture not just renovating the building. So, we and the community worked together to raise fund because nobody had any money. We sold some postcards. Eventually we raised about 200,000 Baht. So, now we started the pavilion in the temple to renovate it.

I believe everyone can be a teacher. We did not spend to buy anything. We are doing everything by hands. This was a way of reducing the half of the renovation cost. The younger people could learn from the elders who are skilled. They renovated the pavilion themselves. They received many awards. The villagers themselves need to earn a living so they can't work on community project all the time. So, we tried to come up with an idea where people can work on the community and earn money at the same time. So,

the idea is the social enterprise. We contacted two houses in the area to see if the owners were interested in the renovation. We rented the building for 30 years. And so basically the owners do not have to pay anything for the renovation and we paid them in advance for the 30 years-rent. When we opened the company, the residents bought share for the company, a thousand Baht per share. We would open the building as guesthouses where visitors can come for rent so they can earn money. In 2 years, we will be able to return the investment. Now I become a salesman. First time the share we were able to get two million baht.

I believe the local wisdom cannot survive on its own merits; we need innovation for that. Here in Chiang Kan, this group of people in the village is illiterate. Every time we have a meeting, they will sit in the back and they won't say anything. We wanted them to get involved. As an architect we show them the blueprint but they didn't understand it. We realized we need to make a traditional way for them to understand better.



Here is the floating draft where people can visit to learn about the Mekong River.



This is the opening ceremony of the raft.



Here I believe arts can be a medium for responsible tourism. The name of this area is the name of the tree.

We tried to come up with arts so people can learn about it. That's it. Thank you.

Questions and Answers

A: How do you prevent GMOs seeds? How can we preserve them from big corporation to make use for their interests?

Jian Fang: One of our farmers says that there is a grandmother about 80 years old. She picks best seeds. The governments and professors walk across the river and the mountain to see her. We are making our effort to resolve this.

Gum Sha Aung: I think we are not much able to prevent the production side. That's why we promote seed and culture. We also help them to promote on their local seeds. We also try to organize seed and culture fair together so they can share about the experience and exchange their own seeds. In that we are promoting more and more.

Krishna Prasad: This is a good opportunity especially the GM crop. Look at the Monsanto and others. They try to push GM crops in Asia. India is also affected by it. Now illegal GM crops are in India. Soon it will come to Thailand. It's a big challenge. Look at the BT Cotton. This is an example of calculated planting of GM crops by corporations. Consumers must know every new kind of vegetables.

Chanthueng Tong: The low-cost seeds, in a long time ago, they used their own seeds. This culture still exists so we need to support them. We need to ensure and help them the qualities of seeds are maintained. We need to build the spirit not to lose their seeds. Some farmers are just lazy and they choose to purchase seeds. We need to restore the spirits to conserve and restore the seeds.

B: What are the key success factors of each of the speaker in terms of safe food? What are the key indicators?

Jian Fang: The key success factors in Nurture Land are hard to say because we cannot really say that we are successful. Maybe in short, we have great achievement in organic farming. The revenue is big but not that big in average China. I'd rather say that our key is

the key to survival more than the key to success. We are trying to sell as much organic as possible with less chemical added. We are very patient. We reach over 10 million CNY revenue a year in 2015 now it has been stagnated. We are still trying. So, we do whatever we think is right.

Chanthueng Tong: Social enterprise doesn't create lots of profits but we create jobs and good benefits to the farmers and the environment. In this sector, our aim is to achieve the most benefits for farmers to be able to generate their income. Less profits but more benefits to the people and the nature.

C: What is the beauty element in food and farming?

Thip Sisakulchairak: First, we need to believe that all humans have capacity to do something. If we believe in this, we will be able to work with the community. For culture and agriculture, I believe that they are interrelated. If we look at the local wisdoms, you can see that culture and agriculture cannot be separated from each other.

D: What kind of collaborations we can foresee here in terms of networking?

Gum Sha Aung: I think having this platform and exchange platform are so much important. We need to make use of this network as much as possible.

Workshop: Mindful Markets Asia Forum

Consumer Movement

Chantheung Tong: I would like to share our experience working with consumer. First of all we need to awareness of consumer about healthy food, pesticide problem in food, and organic food is a solution to reduce the problems that cause by food. We organized workshop and fare trade to bring consumers together and discuss with farmers, also we organized field visit to bring consumers to the farm. Trust building between producer and consumer is very important

Suranart Panprasert: So the producer and consumer can meet each other, that they can share the stories and aware of safe food for their consumptions, not only personal health, but include other people as well.



We are from the urban communities and we are in the area of 80% of the products are not a safe food, however we have long relationship between sellers and consumers but no interaction on safe food. There are 3 markets, Sala Nam Ron, Sala Nam Yen, and Pran Nok. In the markets, the vegetable comes

from across country; the consumers are housewife and restaurant; there are various types of vegetable such as a cheap price vegetable for 10 baths. So our group is now care more about safe food because we were a producer before, then are trying by ourselves for example the salted egg. I think, the meeting between producer and consumer should be a place for discussion.

For organic farming, there is difficulty for consumers to get the organic product because it's not reliable. Also, BioThai Foundation (an NGOs working on farming and diversity) has conducted the survey on organic products in the shopping centre; about 50% of the products they found toxic contamination, then consumer don't trust organic products because of the survey result. The consumer wants the real organic products but they do not trust the products that available in the markets. If we can help consumer to meet with farmer, directly or online, that will be good, for example there is a farm in Khao Yai. They produce organic vegetable but they didn't get organic certification. They have more than 200 customers and sent the produce thru the KERRY. This is possible because the customers they trust this farm owner.

Organic farmers are those who love nature, soil, animal, tress and consumers. So whatever they produce they will concern about others. Now a day, consumer has power and can access information from the smart phone. So if we can put the info online, how

to do farming, how to nurture the soil, how to produce the hormone, and different kind of stuffs. If the consumer knows about this they will be able to choose our products. We need to work at the local or community level, the seller knows the producer, the consumer knows the seller, and even better if the consumer knows the producers and harvesting times.

Questions and Answers

Question: How can we build consumer network? Have you ever organise consumer forum? The consumers are interested in the organic farming and health or not.

Answer: We started with our friends and our relative; I have my family, sister and brother. After that we connect with friend of friend and become a big group of consumers. We have consumer workshop and we invite consumer and producer to meet and know each other. In the forum we also ask farmers to bring their products and have exhibition. Some time we also organize the van for 10-15 people to visit the farm. Most of the consumer members are people who interested in the organic farming and health, and they invite others to join the group.

Question: The price of organic products, in Thailand the organic products has higher price around 3 times, how is it different in Cambodia?

Answer: Organic product has a higher price, it also depends on the type of the product, for example, the vegetable has a higher price but the rice has similar price. However the vegetable price is not too high, if we have farmer markets for farmers the price will not be too high.

Question: In the urban area, people has no time to find save food is very limited. People will consume whatever convenience for them because they have to go to work and little time to cook for themselves. So, people will not go to the shop to find organic food and the local vegetable they eat is not available in the shop.

Answer: I agree with this, we need to change our way of thinking, for example, consumer like to buy a good appearance but don't care about the quality. We need to change this situation. We need to work with consumer that even the vegetable is not look nice but it's a good quality, and try to find the product that produce in the local area. And build the trust between producer and consumer. We should support the organic farmers and really promote them, and let the consumer knows them.

Question: Consumer cannot access to organic food, not only vegetable but also including pork and other meat.

Answer: We should support organic farmers, and we can promote family garden to grow organic food at home. And we find more chemical contamination in vegetable and fruit more than meat, for example during Kael growing farmer will spray 4-5 times to protect it from the insects, so the plant will absorb chemical will contain into the stem.

Question: Is there any policy to support organic farmers in Cambodia? Is there any support for meeting between producer and consumer? Is this the NGOs works?

Answer: Yes, Mostly NGOs are working on this, very limited support from government. We need to start from our community; we need to make use of the power of citizen. In the past when we started organic farming, the government officers were laughing because they didn't believe organic food is possible, but now many are going for organic because they concern about the health.

Mini Workshop on Salted Egg Production



Young Social Entrepreneurship



Jian Fang: I want everybody to share about the obstacles of young social entrepreneurs.

- You need more experience about agro farming especially for young generations.
- We organize “Social Sharing platform”, farmers are not used to the technology, so the application need to be simple technique and easy access for farmers

Jian Fang: We are also experiencing this. Some of my co-workers are even younger than me. We are not making much profit to invest in high technology. At least in this situation, we need a leader to help our colleagues to learn more about technology and to find some funds. Most of my friends are only child. They don't know how to share and work together with people. They only consider themselves. This is also very difficult.

Questions and Answers

Question: The young generation is experiencing non-safe food, some of young people turn to be farmer to produce safe food but they don't have markets or consumers.

Jian Fang: That is similar to China. Most of talented young men work in the city because they pay better but there are still some young people who have their own values so they choose to do something else. They become organic farmers and stay in the community. Five or four of our consumers have cancer before. So, they decide to plant safe food to their family and later to other people who want safe food. We are lucky. Since our founder established Nurture Land, they already had some consumers because we did CSA and they also learned from USA experience. So, this is a problem for Thailand. We expand our members by members. They introduce our products to their friends.

Question: How could we raise awareness of the new generation on food and health?

Jian Fang: We solve this by selling organic delicious products. We taste our food first before we sell them to find out which ones will be popular. We find some factories or farmers that can provide delicious food for us for example sunflower seeds or coconut sugar. Sex and appetite are the biggest human desire. People eat but they have to be delicious. That's how we attract people to eat our food.

Question: Not many people understand about the safe food, how could we educate people for this?

Jian Fang: Before we sell our products, we go to their farms and use cameras to document their farms. How many insects are there? How and what kind of chemical do they use? We tell their stories on our platform to let people know what they are eating. It is hard for consumers to tell whether food is safe or not, but they can taste it if it is delicious. So, when choosing products for sale except for safety principle, we care about the flavor as well. Most of organic products are not delicious so that's why taste is very important.

Question: Organic products are more expensive in Thailand, how is the in China?

Jian Fang: Same as China. It's twice or thrice the normal price of normal food. Some food maybe five or four times more expensive.

Question: How is the logistic systems in China? Is there any issue?

Jian Fang: It's really a challenge. The expense is high but we try to solve it. In China, we have very developed highway system. That's why we can transport our food very easily. However, this trend in infrastructure and internet because of rapid urbanization breaks the community but it is also beneficial if we can reap the opportunities.

Question: How do you think about eco-farm or farm visit exchange between China and Thailand?

Jian Fang: That's possible. The only thing is the time. Some of our producers are not from the city. It takes one day from China to Thailand. They have to take destination to the city and then to Thailand. It is very far. Our farmers are in a remote area.

We met young farmers. If you don't know organic farming much, your plan might not be successful. Many of our producers have this problem. Try to do something small and try to sell it in the beginning first. See community design and see if it is good for your community.

For my experience, farmers who are making a lot of money, they are innovative such as bringing tourists to their house. It is better to be organic but we need to something else too such as coffee groups in Thailand.

Question: We are now supporting "Young Smart Farmers", they will learn how to use agri technology with government support. Now, there are more than 10,000 young farmer, between 17-45 years old.

Jian Fang: Technology about farming is very important. It can help distribute and maintain our food with low cost. The logistic cost will be lower. But there are some cautions. Now many machines are easy to find but they are more compatible with conventional farming. Some of our farmers began to modify the machines to be more compatible with organic farming.

Farmer Entrepreneurship



Welcome to this group. Look now in agriculture whether it's Thailand or India, there is a problem with lack of labor and climate change. There are high expenses. It is becoming very difficult to do farming. The urbans are also facing problems. All the companies are closing and removing from the jobs. Their lives are facing a problem. So, look at the new grow food but no demand from the market. Even farmers are not gaining anything. My experience now is that we are trying to do lazy farming which is zero budget farming. So, bring down the cultivation cost, no chemical. No matter you grow it is in high value with low cost. That is a given example. When you grow 10 tomatoes, you get 10 Kg (around 30 Baht per Kg in Thailand - audience). But you learn from making seeds package from 1 Kg of tomatoes, the package costs 30-40 Baht. You could make 20 packages of this and earn money. This is a model how we start our company. Look the farmers grow seeds and supply to the company. The company uses poor people to make packaging. So, this business is good for everyone – farmers and slum people in the city. It is farmer company. In India we have a special ACT which farmer can start company (Farmer Producer ACT). It is not a social enterprise. You buy 10 baht and I buy 10 baht. You each

has your voice according to the stock that you bought. That's just an idea. You can sell soil, seedling, and gardening tools. Each category has its own company.

Questions and Answers

Question: So, how do you prevent corruption in the company?

Krishna: No, look this is what I think cooperatives, same problem in India. Corruption and government go together – giving out licenses and whatnot. People in the cooperatives are also corrupting. This producer company is like a corporate company. They appoint CEO like any other companies under the supervision of the board. However, we are not talking about management. We talk about this concept – using chemical and growing more food is no profits for farmers. Growing organically will help them. But also, city like BKK, Singapore, and Delhi, rich people have diabetes, cancer, and many. Remedies for these diseases are organic farming. This is also how the value of your products can help farmers earn more money.

Question: So, one of the alternatives is to help farmers form a group in the beginning whether they can sell the seeds before they send to the company.

Krishna: Seed business and food business are different thing. Seeds you cannot do one person. It must be done by cooperatives. You need different licenses and have to experience a lot of regulations. But food business, individuals can do. This is our experience. In Thailand context, you plant whatever you can plant. Plant something uncultivated food or new products. Don't follow the normal ways. That's how you do business. If a dog bite you, there is no breaking news, but if you bite the dog, it is a big news. You need to find new ways to develop your products and marketing methods.

Question: How can you find new products or plants?

Krishna: Look at BKK. There are many nationalities. You can find many varieties here. And you already have many foreigners who want your new products. The point is don't worry

about chemical and growing more food but rather on growing organically and increasing the value. To do farmer entrepreneurship, you need to go step by step. We are not talking about management now but the concept. You can start identifying your own biodiversity and something you can start small.

Question: We are from urban area. We do not usually have land.

Krishna: Look. Don't think we are talking about farmers only. Urban people can be entrepreneur. Urban people are packaging the seeds. Ok, think that way. You might be thinking even how city people can be entrepreneur. I would like you all to plan according to this concept in this workshop now. What would you do? You need to plan something that can connect to urban people and community people. You are not farmers but seed entrepreneur. Please keep that in mind that we are all food citizens.

Community Participation and Design



We should be able to talk, share, and exchange about community participation and design. Everyone, please feel free to share your thoughts in Thai.

We have space and wisdoms. Therefore, we need to change people's ideas about food security and how it shouldn't be dependent too much on supermarkets. We don't know where our food comes from so, we cannot be sure that our food is safe for our health. So, we need to know where our food comes from. This issue can be related to our health. In our kitchen, fresh food doesn't mean storing it in the fridge but it means freshly picked food. Food security is around our house. We grow our food and if we have any leftovers, we can share it or exchange it with others.

Therefore, we need to take design into account in terms of how we can use our space to grow something and what kind of plants can be grown. This is why we need design and we can start from our home and then expand it into networks. We need to encourage exchange of seedlings and seeds so that they can be handed down to the next generations.

I would like to set a goal for our discussion. We all have various experiences. When I go to the community to work with them, we always ensure community participation in these 4 areas. They are

1. The current situation of our community
2. The common problem in our community
3. The values held by the people in the community which can be many aspects such as wisdoms on food.
4. The experiences of everyone so we can help find solutions together.

I would like everyone to discuss according to these 4 areas so we can share and conclude our discussion together.

Groups presentation on Community Participation and Design

Existing situation of the community

- Crowded with limited space
- Latent population
- Separation of housing estate from the community

Common problem in the community

- Drugs
- Crimes because of abandoned and secluded streets
- Desolated
- Lack of harmony and collective will
- No public space

Core values of the community

- We still have some potential public space that can be developed.
- We still have some collective will left to take care of the environment of the community.

Experiences in finding solutions to the problems

- We support sports activities (Lan Keela Phat)
- We encourage the elders to participate in the activities of the community.
- We use arts to solve problems such as painting and drawing on the walls.



The Green Market organized by communities and networks

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TERRE SOLIDAIRE
Soyons les forces du changement