



extinction

rebellion

LANDBOUW

MANUAL.

#SOILREBELLION



TABLE OF CONTENTS.

- I. Summary & Checklist
- II. Introduction
- III. Organize
- IV. Appendix
 - A. Plan of plants
 - B. List of organic growers
 - C. Poster examples
 - D. Template letter to municipality

I. SUMMARY & CHECKLIST.

Our land, our soil, is the base for our communal existence. Our soil is an essential ally to counter the climate and ecological crisis, but our government does not do what is necessary to protect her, and with that, our biodiversity and food safety. That's why we want to give the ground under our feet the love she deserves, to help her flower again. And we need your help!



WHAT TO DO?

1. **Mobilize:** gather a group that wants to regenerate a piece of land. Think about how much time you are willing to spend as a group and for what period of time you are able to care for the land. Divide roles.
2. **Sign up:** send an e-mail to xrlandbouw@protonmail.com so that we can support you with advice, connect you to other land rebels, manage the budget and give you a declaration number.
3. **Select a suitable spot:** look for public spaces that contribute little to local biodiversity and food sovereignty.
4. **Observe:** take your time to see whether other people or animals use the land. Also see if you can find support for caring for the plants nearby the selected plot.
5. **Collect materials:** collect seeds or bulbs from your (local) grower. They can also help with advice and it's good to know your local farmers! Look at [appendix B](#) for a number of (requirements for) good companies.
6. **Plant:** be careful and loving to your seeds and plants. We are doing this to give something loving back to the soil. Stick to the instructions on the package/from your farmer.
7. **Communicate:** generate attention for your action by giving it a creative twist if it fits in your strategy. If you want, we can also help communicate with the municipality and/or media. Make sure to communicate your action with XR Landbouw: fifty different soil rebellions at the same time might make it easier to reach the news!
8. **Expect a reaction:** from bystanders, the municipality or the police, we will help you respond well.
9. **Invoice:** invoice your purchases if needed. Feel free to chip in yourself.
10. **Nourish and maintain:** visit the little garden every now and then, learn about what your plants need and look if you can harvest!
11. **Repeat:** in March, all the groups will do their action in the same period. We will go for seconds in April or May .

II. INTRODUCTION.

Why this action?

Everything we need is grown on or extracted from the soil. Literally and figuratively speaking, the soil supports us for everything we need. It provides the foundation for our houses, our food and the biodiversity that makes our lives possible. Our soil is fundamental for our communal existence.

Our relationship with the soil is out of balance. In the Netherlands, but also abroad, the soil is being taken from people who care for it and the soil is being exhausted. We take too much and give too little back, with the biodiversity and climate crises as a result.

Our land, our soil, is the basis for our communal existence. Soil has tremendous potential to help solve the climate and ecological crisis. But our government is not doing what it takes to protect her, and with that, our biodiversity and food supply.

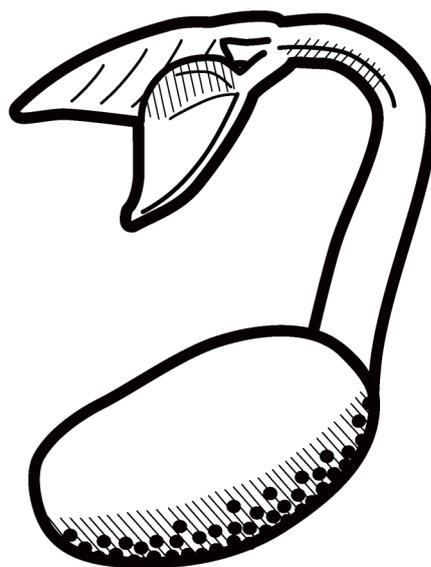
That is why we want to give the land under our feet what it deserves, together with you. We give back to the soil, to restore it, to regenerate it, to allow biodiversity and even food production to flourish. As a symbol of resistance, in solidarity with people and communities worldwide and as a much needed strategy for our food in the future. The soil has always taken care of us. Now she needs us.

II. INTRODUCTION.

Campaign and time schedule

During the first phase of the Spring Rebellion (1st to 17th of March) we will give back to the soil, throughout the entire country. Activists, creative souls and other weeds will regreen the Dutch streets and brighten up forgotten spaces. We will make the beds shine with sap green and we will put down signs for the neighbours. We will first research which spaces might look empty, but are actually not, and with a healthy dose of carefulness we will go out to perform our devious little plans. Let us plant together, sow together, build together to then taste and toast to the harvest in autumn!

In the second phase of the Spring Rebellion we will do it again. We will evaluate in between about which strategy we will use in the second phase, but maintenance and support of actions in the first phase are a priority. These can be supplemented with more regreening or with complete escalation (and everything in between).



III. ORGANIZE.

1. Mobilize: together we are stronger!

Text your affinity group or ask your non-rebel friends to join you on a journey to bring more colour to your city!

Always try to inform the neighbours and/or involve them in the gardening! Even if they don't want to participate, it is important to inform them. When people don't understand what is happening, they are more likely to react defensively. When people do understand, they might even join you. Communication and awareness are important goals in this action.

Inform us about your action by sending an e-mail to xrlandbouw@protonmail.com. We will support your action, see how we can get more media attention and send you a declaration form for all your plants!

2. Sign up

To support everyone that participates in this action, we ask you kindly to send an e-mail to xrlandbouw@protonmail.com. If you've signed up, you will receive a declaration number with which you can declare your costs if needed. In [appendix B](#), there are a number of web shops and local growers where you can get your seeds and plants. When you sign up, we can also help you with advice, and we can create a community!

III. ORGANIZE.

3. Choose a suitable spot

Your group is going to regenerate a plot of land, maybe you will even plant crops. But what is a suitable piece of land? Think of a piece of grass next to a road, a bed of green or a ditch in your street. Here are some guidelines:

- ♥ Go for 'public' spaces, because those are, in the end, communal! Try to avoid land that is someone's property, unless that is your strategy. If the owner of the property gives you permission, all the better! This can happen for example when the owner doesn't like gardening, but does like a pretty garden.
- ♥ Find a piece of land that doesn't contribute much to biodiversity or food sovereignty. Think about grass on the side of the road, beds of trees next to roads, badly kept communal gardens or empty plots. Keep the time of year in mind. In early spring the plot might look bare, but maybe there are actually useful plants growing there in summer. Tip: check google street view to see what a plot looks like during other times of the year.
- ♥ Start small, even more so when you don't know how long you can take care of a plot. For example, start with 1 or 2 square meters.
- ♥ Keep your strategy in mind. You are going to alter a piece of land without permission. Choose a plot that is not very visible, or choose to work as visibly as possible. If you work with hi-vis jackets, people often think you are employed by the municipality.
- ♥ Keep environmental conditions in mind. For example: how much sun is the plot getting, how much rain or moisture, is it in a ditch or on a hill? We will explain these things further in a later chapter.

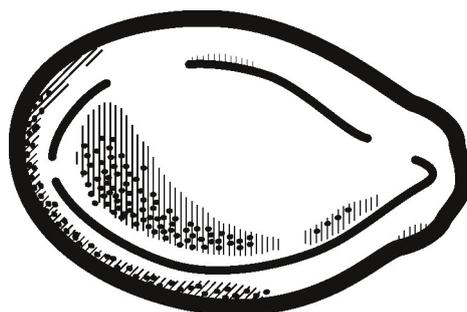
III. ORGANIZE.

4. Observe

Observe and research whether your plot is already being used and who uses it, for example kids who play on it, homeless people who sleep on it or dogs that poop on it. Talk to people who use the plot or live around it and think about whether your plan complements the current uses. Make sure you 'do no harm' in selecting your plot: ensure that you don't have a negative impact on your plot and on those who use it.

5. Gather your materials

When you have found your plot and researched it, it is time to gather the needed materials. In this manual you will find selling points of seeds, young plants and cuttings that are good to use. We recommend always buying your plant material at your local growers. They can explain how to best plant your plants, they are familiar with the local soil and they are connected with good ways to give back to the soil. In [appendix B](#) there is an overview of good growers or requirements that growers have to meet. In this way you also get to know an important link in the food chain! In the appendix there are also a number of webshops. Don't forget to check marktplaats for cuttings, a lot of people sell cuttings, and then you can also ask them to join your action! Also make sure you have a couple of shovels, gloves and a watering can (your plants will need water right away).



III. ORGANIZE.

6. Planten

It's time to plant! You know what your soil needs and how to keep your baby plants alive. How you go about it, is up to you. You can work during day or night time, with hi-vis jackets or in normal clothes, you can talk to people or work quietly. Do what is comfortable to you.

For this action, communication and awareness are the main goals. We want to make citizens and governments aware about what is going wrong, about the climate and ecological crisis (Tell The Truth) and about why we do this action (Act Now). In the table below there are some strategies that you might take into consideration.

You can choose to make your action very visible after you're done caring for it, for example by defining the area with tape, signs or a fence. This contributes to the communicative aspect of the action. If you think this is not appropriate, you can also care for the plot in a less visible and less drastic way, for example by talking to the neighbours. In [appendix C](#) you will also find an example of a poster to print and to hang on a sign. Maybe you can also use other channels to communicate your action and story to the surroundings. Think about a local Facebook group, a local newspaper or the advertisement board in the nearby supermarket. At a later stage we will also approach you to collect images and stories, to communicate the campaign as a whole.

	High risk of disturbance in the neighbourhood	Low risk of disturbance in the neighbourhood
Visibility	Try to work in a discrete way.	Go and be nice and visible, so that people ask you what you're doing.
Communication with neighbours		
Before planting	Depends on the communication you had before the planting.	No.
During planting	Afhankelijk van voorgesprek.	Yes.
After planting	Yes.	Yes.

III. ORGANIZE.

7. Communicate

In a later stage, you can go a little further, by openly communicating about your action with your municipality or your local media. In [appendix D](#), you will find a letter about the action, which you can send to the municipality. To get media's attention you might need to make a little spectacle, but of course stick to the corona rules at all times.

8. Expect a reaction

From the neighbours: Our experience says that neighbours are often charmed when their street is regreened a little. It is of course also possible that the neighbours dislike your action and that they confront you. Think about when you want to communicate with the neighbours. If the neighbours are hesitant, it might be nice to already explain your plan beforehand, to avoid conflicts.

From the municipality: Often municipalities are happy about self-managed green spaces, more so when you explain your plan well (which plants, why those plants, showing long-term commitment). [Appendix D](#) is an example of a letter to the municipality. It is not necessary to send one, but it can make your message stronger. Make sure you have enough knowledge about the environment of your plot to communicate with your municipality about it.

From the police: The planting in tree beds and banks on the side of the road is typically tolerated in the Netherlands. There are almost no cases of enforcement on the regreening of the neighbourhood. This does change once you start removing tiles or changing the environment in another way.

III. ORGANIZE.

9. Invoice

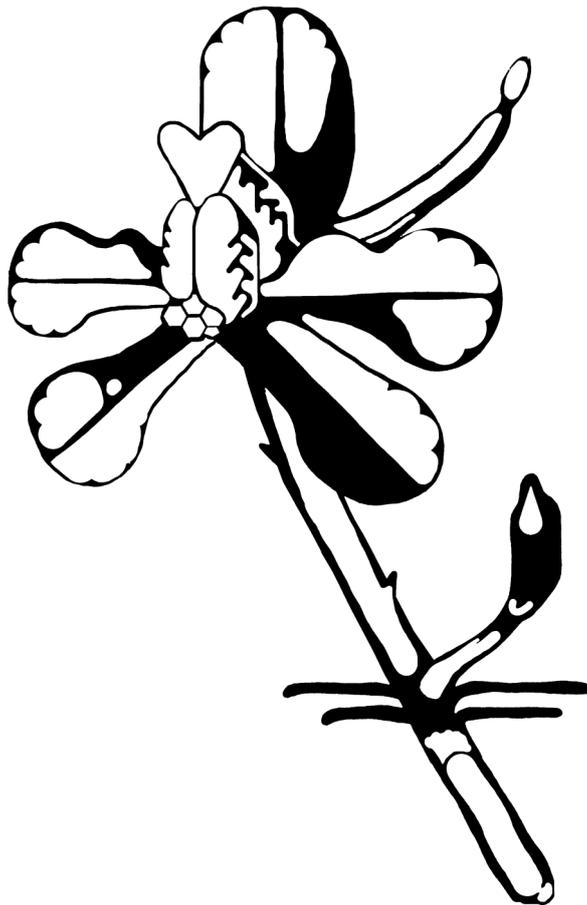
Invoice your costs if that is necessary or wanted by asking for a declaration form and number from XR Landbouw. Feel free to also buy your own plants and seeds if you feel like it. We have calculated about 20 euros per group.

10. Nourish and maintain

Go to your plot often, learn about what your plants need and keep an eye on the harvest!

11. Repeat

In March all the groups will do their first round. Later, in April/May, we want to do a second round.





VI. APPENDIX.

A. PLAN OF PLANTS.

We designed three example gardens for you to fill in an empty plot. It doesn't matter how big your plot is for these example gardens. It is also possible to combine different example gardens. The example gardens have different goals: biodiversity for insects, birds and mammals, food for people and a herb garden.

1. Biodiversity for insects, birds and mammals

It is always good to encourage biodiversity in your plot with native plants that feel at home with the conditions of your plot. Native plants are plants that have grown naturally in the Netherlands since the last ice age. Many insects use mainly or only native plants as food or as a mating place. They are of great importance for biodiversity, but sadly they have been disappearing because of industrialized agriculture, bad mowing management and degradation of natural areas.

If you think it's possible for you to claim a plot for a longer period of time (2 to 5 years), then it might be nice to plant perennials. Examples of perennials are perennial ground cover, herb plants, shrubs or low trees. With these you can create a garden with edibles for people and animals!

Which plants are suitable depends on the conditions of your plot and your wishes. Pay attention to whether your soil is dark (humus/clay soil) or very light (sandy soil) and whether it's rather wet or dry. Perennials that work well everywhere and are beneficial for insects are the butterfly bush (sunny/half shady, needs some fertilizer in spring), lavender (sunny, no fertilizer, plant in may) and foxglove (shadowy, forest plant, so plant close to trees). If you shoot us a message, we can come up with a custom made plan.

You can also choose seed mixtures for annuals and bi-annuals. These often set seed again for the next year if the soil is not disturbed. These mixtures are best sown in early spring, so end of February or beginning of March. At [Cruydhoeck](#) you can buy good mixtures of native seeds.

Check if this mixture needs mowing or not and when. Agree with the municipality who will do the mowing. Make sure they mow it according to your schedule, otherwise these plants will get mowed down according to the municipalities normal mowing schedule.

A. PLAN OF PLANTS.

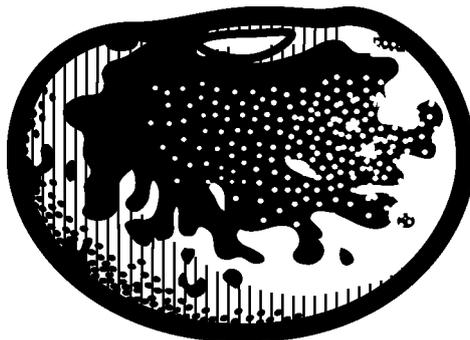
2. Vegetables

It's super fun to grow your own vegetables and when grown right, it also enriches soil and adds to regenerating the land. Make sure the soil is clean and isn't right next to a road if you want to grow veggies. Enrich the soil with compost so the soil life and the plants get enough nutrients. Other than that it is handy to pick easy to grow vegetables that everyone likes.

- ♥ Buy some compost at your local grower. Choose sustainable compost without peat. Local municipalities sometimes distribute local compost, so that may be an option if you have good connections.
- ♥ Choose veggies that are easy to grow on the plot of your choice. Some examples for veggie combinations are given below. Plant these in the same month and they will strengthen each other. Read the package well before sowing/planting. For more inspiration, check [the sowing calendar of the Bolster](#).

Tips voor 3 vegetables a month

- ♥ March: Swiss chard + Broad bean + Radish
- ♥ April: Rocket or lettuce + Beets + Carrots
- ♥ May: Zucchini + Cucumber (pick one for open ground!) + Tomato

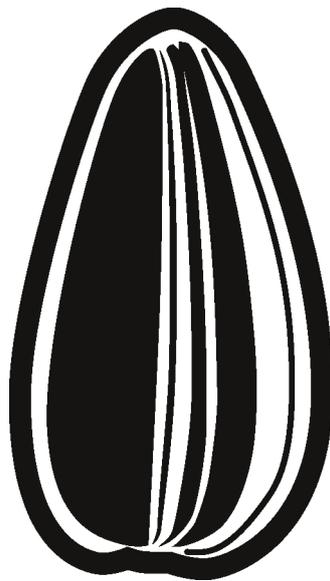


A. PLAN OF PLANTS.

3. Herbs and edible flowers

It is fun to work with herbs and edible flowers. Often these plants are also a food source for insects and when you use native herbs and flowers, you have a big win-win situation! Edible native flowers that are sown in March are cornflower, golden poppy or chamomile. For more examples of edible flowers and herbs, check [the sowing calendar of the Bolster](#).

Which herbs and flowers you pick, depends on the conditions: sunny, shady, moist or dry. At the website of the [Heliant](#) you can buy little plants that have been selected for your conditions.



B. LIST OF ORGANIC GROWERS.

Choose a grower who is local if you can! One of the objectives of XR Agriculture is to connect rebels and farmers. We therefore encourage you to connect with your local organic grower! Tell them about the action. We need each other!

- ♥ **Aalbeek:** Kwekerij Bastin www.bastin.nl
- ♥ **Alkmaar:** Hortus Alkmaar www.hortusalkmaar.nl/shop
- ♥ **Friesland en Vlaardingen:** Auke Kleefstra www.vruchtboom.nl
- ♥ **Biddinghuizen:** Carel Bouma biologisch poot- en plantgoed www.biologischpootgoed.nl
- ♥ **Boerakker:** Ninabel www.ninabel.nl
- ♥ **Boskoop:** Schoutens Kruiden www.schoutenskruiden.nl
- ♥ **Den Dungen:** Floris natuurlijke bomen www.florisbomen.nl
- ♥ **Doornspijk:** Bio Ron webwinkel.bio-ron.com/biologische-zaden/p-1a
- ♥ **Dordrecht:** Vreeken's Zaden www.vreeken.nl
- ♥ **Eindhoven:** Tuincentrum Soontiens www.tuincentrumsoontiens.nl
- ♥ **Epe:** De Bolster www.bolster.nl
- ♥ **Groningen:** De Godin eetbaar landschap www.degodin.nl
- ♥ **Haren:** Leven van het Land www.levenvanhetland.nl
- ♥ **Hem:** Jan Neelen Vaste Planten www.janneelenvasteplanten.nl
- ♥ **Hillegom:** Natural Bulbs www.naturalbulbs.nl
- ♥ **Hoogeveen:** Biologischzaad.nl www.biologischzaad.nl
- ♥ **Hoogeveen:** Zaadhandel & Tuinhandel van der Wal www.zaadhandelvanderwal.nl/nl/shop/biologisch_geteelde_zaden_en-pootgoed

B. LIST OF ORGANIC GROWERS.

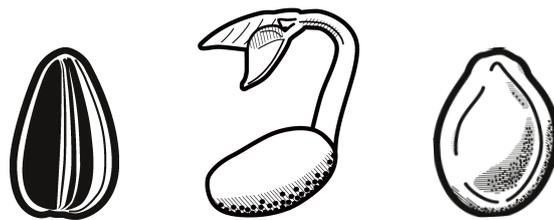
- ♥ **Hummelo:** Van der Plancke www.vanderplanckewinkel.nl/c-2.../biologische-zaden
- ♥ **Kortenberg (BE):** De Tuinschuur www.detuinschuur.be
- ♥ **Lelystad:** Zaden enzo www.zaden-enzo.nl (seeds not treated and GMO-free, but not organic!)
- ♥ **Loonbeek-Huldenberg (BE):** Biogroei www.biogroei-shop.nl
- ♥ **Maartensvlotbrug:** Huiberts biologische bloembollen www.huibertsbloembollen.nl
- ♥ **Nijberkoop:** De Cruydhoeck www.cruydhoeck.nl/winkel
- ♥ **Reek:** Biologische Boomkwekerij Valckenhof www.kwekerijvalckenhof.com
- ♥ **Rijsbergen:** Op Goede Grond www.op-goede-grond.nl
- ♥ **Roosendaal:** Ecotuintje www.ecotuintje.nl/producten/kweken/biologische-zaden/
- ♥ **Vaassen:** Eetbaargood www.eetbaargood.nl
- ♥ **Veenhuizen:** De Tuinen van weldadigheid www.detuinenvanweldadigheid.nl/webshop
- ♥ **Volendam:** www.dutchgardenseeds.com/biologische-zaden/ (About 75 species of organic seeds in stock. In total almost 600 species.)
- ♥ **Wapserveen:** De Vrolijke Noot www.devrolijkenoot.nl
- ♥ **Wilhelminaord:** Arborealis voor Voedselbossen www.voedselbos.arborealis.nl
- ♥ **Online:** Zaden kopen online www.zadenkopenonline.nl/biologische-zaden/index.html?p=0

C. POSTER EXAMPLES.

You will find a few example posters in black-and-white and colour on the next pages. You can print these and hang them at your plot. At the bottom of the poster you can leave your phone number or e-mail address so people can contact you. You can also design your own poster with the [XR Visuals Generator](#). We have decided to not translate the example letter and poster, since it will be mainly for Dutch people and municipalities to read, but if you would just like to know what it says, send a message to @nikita_al.wag on MatterMost.



SAMEN HET LAND HERSTELLEN. DOE JE MEE?



Onze relatie met ons land is uit balans. In Nederland, maar ook op andere plekken in de wereld nemen we land in van mensen die er voor zorgen, en putten we het uit. De klimaat- en biodiversiteitscrisis is een gevolg van hoe we met ons land omgaan. Te veel nemen, en te weinig teruggeven. Nu komt het Land in Opstand.

Op deze vierkante meters helpen we het land in opstand te komen. We geven als buurt terug aan de bodem: om het te herstellen, te regenereren, om biodiversiteit of zelfs voedselproductie te laten bloeien. Doe je mee?

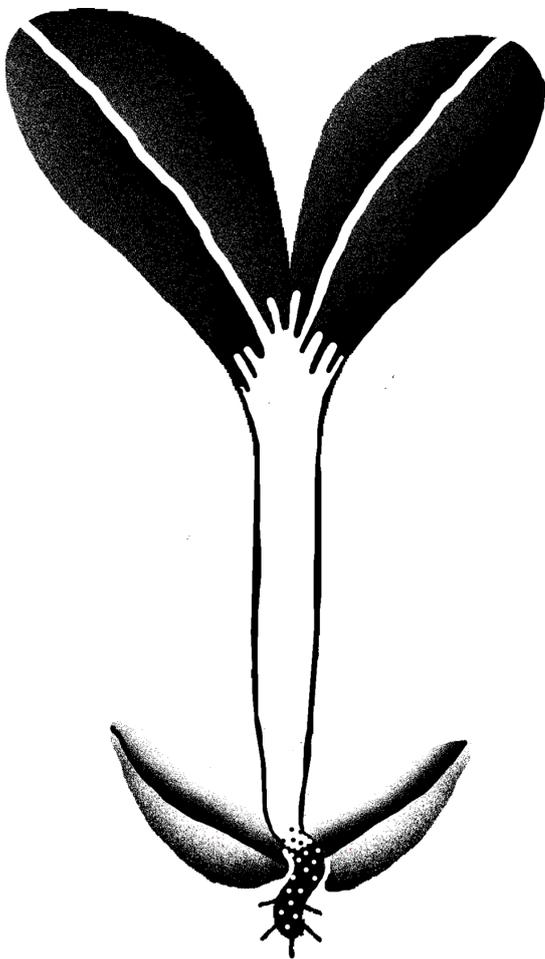
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DIT LAND IS IN OPSTAND

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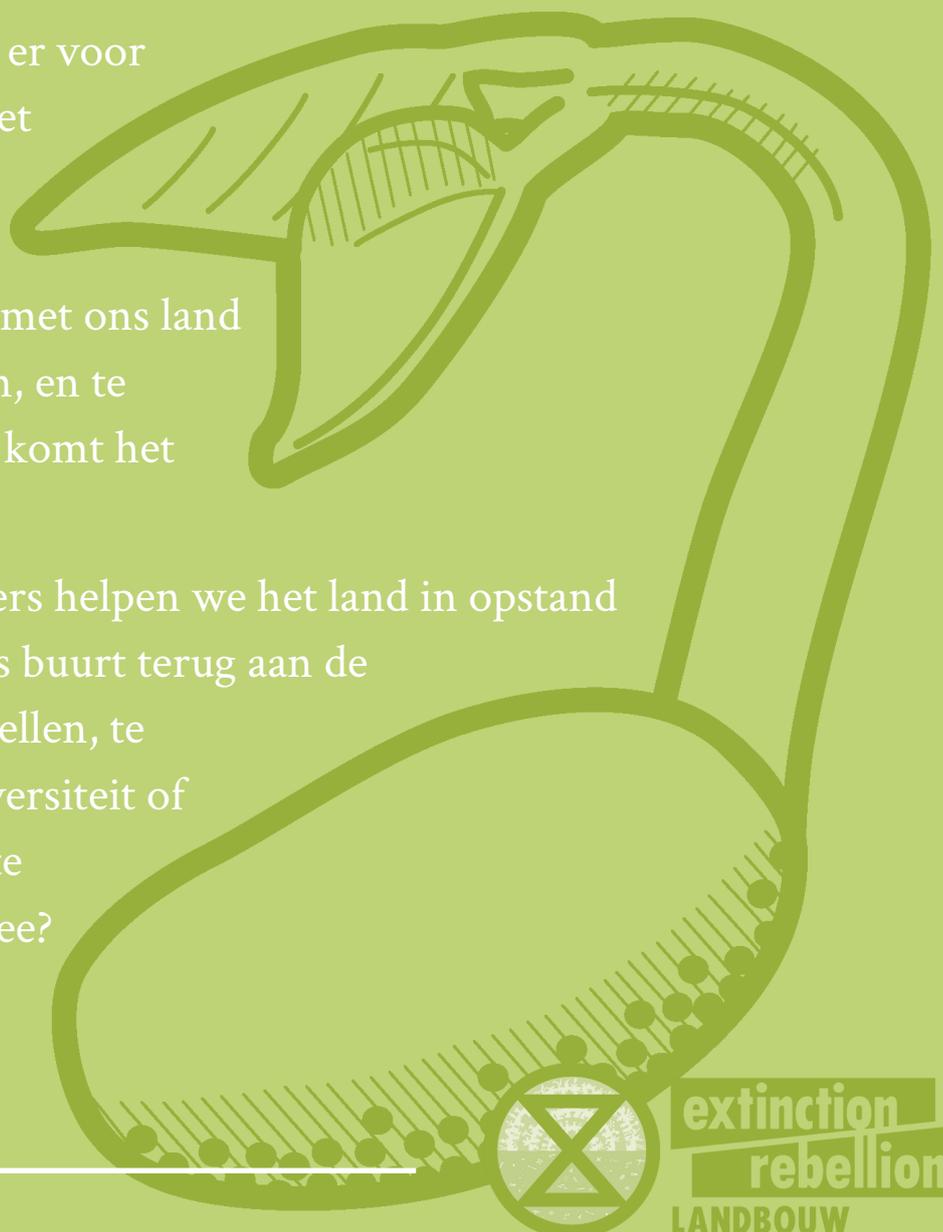
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Contact:



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D. TEMPLATE LETTER TO MUNICIPALITY.

Beste [gemeente/verantwoordelijke wethouder],

Alles wat wij als mensen nodig hebben, steunt op ons land. We bouwen er onze huizen op, die ons beschermen. We verbouwen er ons eten op, dat ons voedt en in leven houdt. En het is de basis voor de biodiversiteit die ook ons leven mogelijk maakt. Ons land, onze bodem, is de basis voor de bevolking hier in [gemeente].

De klimaat- en biodiversiteitscrisis is een gevolg van hoe we met ons land omgaan. Te veel nemen, en te weinig teruggeven. Ons land heeft een geweldig potentieel om die zelfde klimaat- en ecologische crisis op te lossen. Maar onze overheid doet niet wat nodig is om ons land, en daarmee onze biodiversiteit en onze voedselvoorziening te beschermen.

Ook het land in onze gemeente krijgt niet wat het nodig heeft. U staat toe dat vervuilende landbouw en veeteelt ruim baan krijgt, dat onze biodiversiteit steeds verder terugloopt, dat ons voedselsysteem afhankelijk is van misbruik van land in Nederland én daarbuiten.

[Geef lokale voorbeelden, bijvoorbeeld:

- ♥ Te veel gebruik voor vervuilende landbouw/veeteelt, te weinig voor biologische landbouw
- ♥ Lap van bomen
- ♥ Gebruik van bestrijdingsmiddelen
- ♥ Te weinig aandacht voor biodiversiteit
- ♥ Bestemmingsbeleid]

U doet als gemeente niet wat nodig is om ons als burgers te beschermen tegen de risico's van de klimaat- en ecologische crisis. Hierdoor komen klimaat, biodiversiteit, en op termijn de voedselvoorziening van ons en de volgende generaties [gemeentenaren] in gevaar.

D. TEMPLATE LETTER TO MUNICIPALITY.

Daarom hebben wij als burgers besloten, aan de [voeg straatnaam/locatie in] het land een stukje te helpen. We geven zorg terug aan het land, om het te herstellen, te regenereren, om biodiversiteit of zelfs voedselproductie te laten bloeien. Als symbool van verzet, uit solidariteit voor mensen wereldwijd wiens land we misbruiken en als broodnodige strategie voor onze voedselzekerheid in de toekomst.

Met deze brief [nodigen wij u uit te komen kijken]/[vragen wij om een gesprek]/

[willen wij onze eisen aan u duidelijk maken]/[vervang door/voeg lokale eisen toe]

- ♥ Vertel de waarheid over ons voedsel- en landbouwsysteem
- ♥ Schakel nú over naar een ecologisch landbouwsysteem om biodiversiteitsverlies te herstellen en uitstoot van broeikasgassen te stoppen
- ♥ Laat boeren en burgers samen beslissen over een rechtvaardige transitie door een Burgerberaad.

Ons land is ons leven. Laten we het teruggeven wat het verdient, nu het nog kan.

Als wij het niet doen, wie dan?

Als we het nu niet doen, wanneer dan wel?

Met gepaste groet,

Extinction Rebellion [gemeente]/[of gewoon je eigen naam]

[contactinformatie]