www.aziendailnido.org
info@aziendailnido.org
Via S.Rocco Colle Buono Contrada Maiale
03041 Alvito (FR)
ITALY

V1.0

LAND OVERVIEW

San Donato Val di Comino - 8,3km

Provincial road with good visibility

Market Garden & Water capture systems **1,65 ha**

➔ Fruits & vegetables production

➔ Ponds for off-grid water

- Water faucets
- Access via Regional road

Yoga & Tiny Houses **2,00 ha**

➔ Yoga courses

➔ In situ hosting

-Both side access

Alvito centre - 1,3km

Agroforestry + Pastured eggs & broilers **2,00 ha**

➔ Fruits & eggs & poultry meat production

- Water well
- Access via Dead End road

Photo 7 - Entrance Market Garden

Photo 8 - Direct neighbor

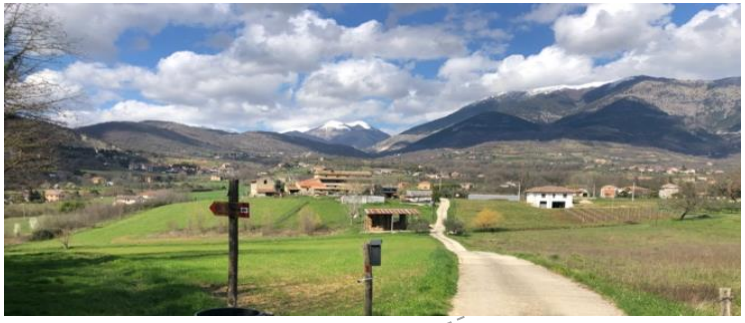

Photo 9 - Entrance polyvalent space & yoga deck

Photo 3 - Market garden wash & pack station

Photo 5 - Temporary water stream

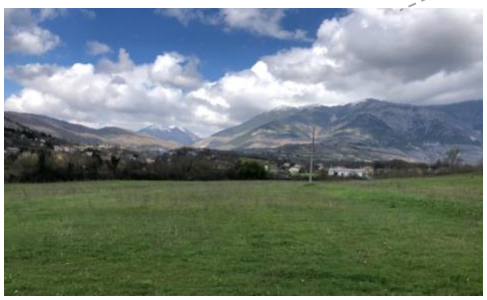

Photo 2 - View north direction from agroforestry field

Photo 6 - View east direction

Photo 1 - Numerous flowers & fruit trees

Photo 4 - Dead end road entry

CONTENT

Land overview	**.**
1. Executive summary	**1**
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Ponds	7
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Photo 10 - Aerial image whole site – 3,65 ha

1. EXECUTIVE SUMMARY

After purchasing land of 3,65 ha in Alvito, Italy, we are currently searching for investors and for a partner /or a couple willing to join in the project, enabling it to scale up rapidly.

Our project, composed of regenerative agriculture (no-dig market garden, pastured layers, agroforestry, …) and yoga is centred around soil regeneration and ones well-being. The services and products we offer are: yoga & meditation courses; sales of seasonal vegetables, sales of pastured eggs, pastured poultry and educational courses. Future developments aim to offer on-site experiences such as educational stays around regenerative agriculture, culinary ateliers, yoga courses etc.

We strongly believe that peak oil and climate change will shape the upcoming years, therefore our aim is to create a resilient network of symbiotic farm enterprises satisfying own and local demand. Solutions must be replicable, scalable and profitable; enabling larger future projects .

As land & housing are affordable and the region full of possibilities, we truly hope that we will attract young entrepreneurs willing to settle down in a rural Italian environment. This dynamic can rapidly be scaled up as the new politics in power are willing to dynamize the region and make it increasingly eco & foreigners-friendly.

Tenants of Regenerative agriculture

- Managed holistically ;
- Soil building (carbon sequestration) ;
- Mimics ecosystem processes ;
- Local inputs/outputs ;
- Low oil, fiscal, tech. & infrastructure inputs ;
- Ecologically, socially and personally regenerative
- Certified by customers. Open-doors policy.

We need to regenerate the soil, feed an increasing population; and all this on less (quality and quantity) land. This goes way beyond sustainable

We work with

- *Holistic management*
- *Keyline design*
- *Permaculture design.*
- *P.A Yeoman's scale of permanence*
- *Frédéric Laloux.*

Madeleine de Bergeyck & Kuba Wrobel

Video 1 – Link Youtube video - Valle di Comino presentation 4'

2. OVERVIEW

STATEMENT OF PURPOSE
Il Nido's primary objective is to create a network of economically viable symbiotic farm enterprises which are centered around soil regeneration and human's well-being.

The secondary objective is to offer on-site experiences through collective housing in order to serve as an example of resilience. (Triple bottom line: **economically** viable, **socially** sound and **environmentally** regenerative)

IN OTHER WORDS
- Creating a model farm which is profitable, replicable, scalable and exclusively based on regenerative agriculture solutions
- Principles demonstrated are scaled-up locally
- Offer collective housing in order to attract exterior reg. ag-entrepreneurs and scaling up on unused lands for sale
- Health, well-being and yoga gravitating around these practices

WHO
Madeleine 27, yoga instructor. Kuba 32, economist; both left our jobs in Brussels during spring 2020 in order to start this project.

LAND OWNED BY IL NIDO
3,65 ha
Water & well & electricity
Located near main road

LAND VIDEO
Link to Youtube video

SURROUNDINGS
Link to Google Earth Presentation
Abruzzo mountains
Seaside at 70km
Naples & Rome 120 km

LOCATION
Alvito (FR) – Italy
2.500 inhabitants

INITIAL PRODUCTS/SERVICES
Yoga courses & retreats
Vegetables, eggs, poultry meat sales
Mountain hikes & activities

INITIAL ENTREPRISES
- Market Garden
- Yoga
- Pastured layers
- Agroforestry

FUTURE ENTREPRISES
- Micro-greens
- Oyster mushrooms
- Housing
- Once operational, serve as reg ag model farm
- Educational stays

WHAT IS *HOLISTIC MANAGEMENT* WITHIN REG AG AND WHY IT IS NECESSARY?
We have a decision making matrix to restore the soil, take carbon out of the atmosphere and safely return it to the soil, so that it can hold + water, grow more vegetation and supply an increasing amount of food to a growing world population. It is vital: we need more farmers and where we can have a real leverage point.

Photo 11 - 50cm contour map

IMPLEMENTATION TIMING

Year	2021												2022												2023											
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2
Yoga																																				
Market Garden								90 beds									150 beds																				
Grazing (cow)								10 external cows																												
Pastured layers											50 hens						120 hens											250 hens								
Pastured broilers																		900 birds										900 birds								
Ponds											3 ponds																									
Accomodation in situ														2 people						4 people								6 people								
Tree nursery															450 trees																					
Agroforestry						Fungal soil preparation															1.460m fruit trees & berry lanes								(Fruit prod in y+4)							

Preparation
Implementation
Operational

YOGA & MEDITATION

Year	2021												2022												2023												Preparation
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	Growth
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	Operational
Yoga																																					

TYPE OF CLASSES

- Hatha
- Yin
- Nidra
- Restorative
- Vinyasa
- Meditation

SERVICES

- Weekly classes
  - Online
  - In situ
- Monthly retreats

DURATION

- 60 min weekly classes
- 7 days monthly retreats

LOCATION

In situ :	@ polytunnel	75m^2
	@ external platform	50m^2
Ex situ:	@ yoga shala	55m^2

CURRENT 10 PAX EQUIPMENT

- 10 mats
- 10 cushions
- 10 straps
- 20 blocks

FREQUENCY

- 3x weekly classes
- 1x monthly retreats

Photo 14 - In situ yoga @ polytunnel

Photo 12 - Ex situ yoga shala

Photo 13 - Open air yoga

MARKET GARDEN

Year	2021												2022												2023												Preparation
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	Growth
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	Operational
Market Garden						90 beds												150 beds																			

BASIC ELEMENTS

- 90-150 beds (standard 10m x 0,75m)
- 1x caterpillar tunnel (20m)
- 1x polytunnel (275m^2)

EQUIPMENT

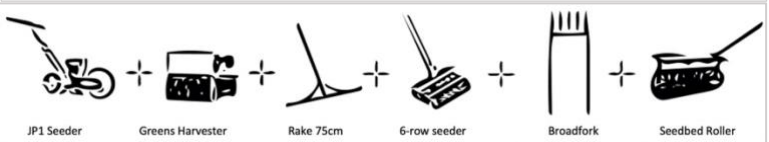


Photo 18 - No-dig market garden

BED SPACE

Bed space	1.125m^2
Medicinal herbs	100m^2
Tunnels	275m^2

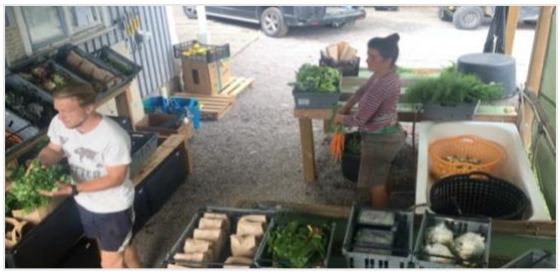


Photo 17 – Wash & pack station

CROPS

20 – 25 crops total
2-3/bed

SEASON

Last frost	First frost	Duration
20th April	30th November	7 months

+ 3 months pre-season

CSA BOXES

- 9-15 varieties vegetables per box
- Aromatics & medicinal herbs
- Gluten free recipes offered
- Local collaborations

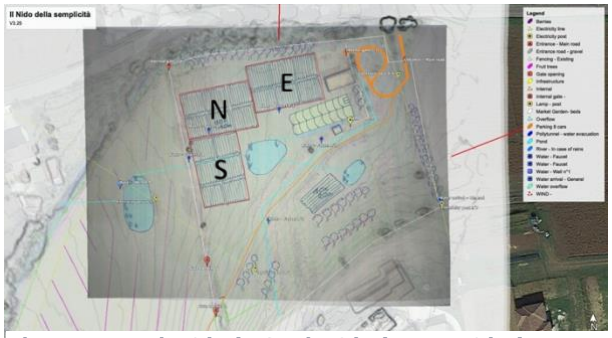


Photo 16 - North 60 beds, South 60 beds, East 30 beds, Medicinal 6x20m beds

PASTURED LAYERS

Year	2021												2022												2023											
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2
Pastured layers											50 hens						120 hens											250 hens									

Preparation
Implementa
Operational

50 Hens

Arrive 2 months old
Kept 12 months

1x Egg Mobile

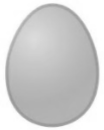
Moved on new paddock every 2 days

Dimensions
L 5m; W 3,5m; H 2,55m

Max capacity
400 hens

Photo 19 - Ridgedale Egg Mobiles

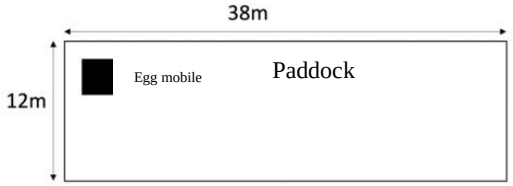
Photo 20 - Egg mobile construction



80%
Lay rate average

PADDOCKS

- Silvopasture lanes on farm: **12m** wide (dictate size paddock)
- 2 x 50m **mobile fencing** per Egg Mobile per paddock



EGG CATEGORIES

A — 90% 13.140 units
For sales

B — 7% 1.022 units
For personal consumption

C — 3% 438 units
For animals

14.600 units

Photo 21 - Ridgedale Egg Mobiles lateral view

PASTURED BROILERS

Year	2021												2022												2023												Preparation
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	Implementa
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	Operational
Pastured broilers											75 hens						150 hens											300 hens										

BROODER

150 Chicks per cell

Kept up to **21 days** to meet Italian organic standards

4 x 150W lamps per cell

10m²

4 Water feeders per cell

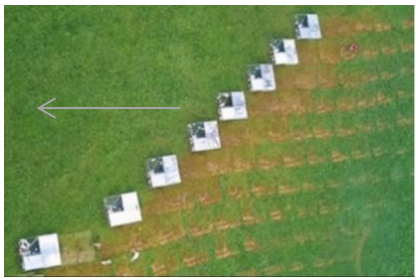
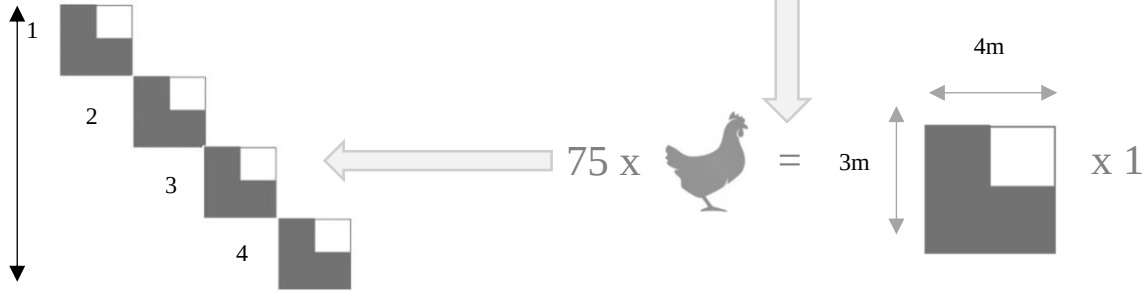


Photo 22 - Joel Salatin's broiler pens on the move

Photo 23 - Joel Salatin's pens lateral view

FIELD



300 birds per batch

3 batches annually

0,3 ha grazed

900

3 batches (spring & summer)

170 x

Birds processed

for 5,5 weeks

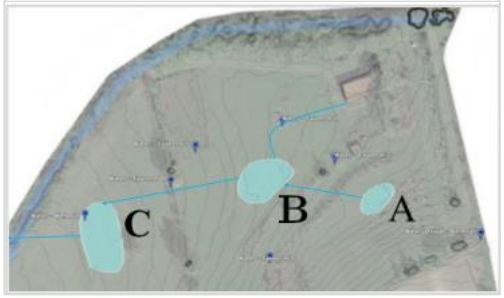
10% mortality planned in; aim for 4%

PONDS

Year	2021												2022												2023												Preparation
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	Growth
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	Operational
Ponds												3 ponds																									

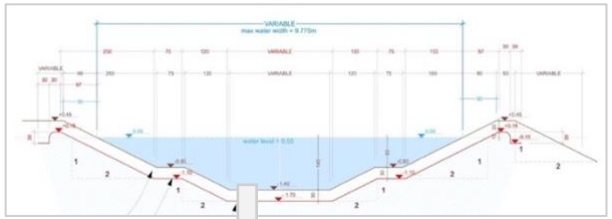
3 PONDS

A	70 m^2
B	239 m^2
C	338 m^2



VOLUMES (GCL Liner at approx. 1,2m depth)

A	84 m^3
B	287 m^3
C	406 m^3



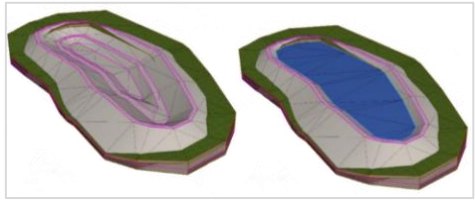


Photo 24 - Pond model CAD

Photo 26 - Pond construction

Photo 25 - Pond end result

Catchment calculations (Alvito: 958mm/Y)

A	Via landscape	Approx. 84.438 L
B	Via roofs	Approx. 265.558 L
	Via landscape	Approx. 72.856 L
C	Via landscape	Approx. 157.294 L

Overflow direction

A ➔ B ➔ C ➔ water stream

Irrigation (for:)

- Market Garden
- Pastured layers
- Biodiversity increase

TREE NURSERY/ AGROFORESTRY

Year	2021												2022												2023												Preparation
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	Growth
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	Operational
Tree nursery															450 trees																						
Agroforestry																					1.460m tree & berry lanes																

Seed
Cutting
Grafting

Apple
Plum
Pear
Cherry

	North – South orientation	East – West orientation	Spacing	Total
Surface / Area	A - B	C	/	**2 ha**
Lanes	1.405 m	54 m	/	**1.459 m**
Trees (n°)	352	14	4m	**365**
Gooseberries (n°)	3.124	60	0,9m	**3.174**
Raspberries (n°)	7.028	134	0,4m	**7.162**

Lanes planting

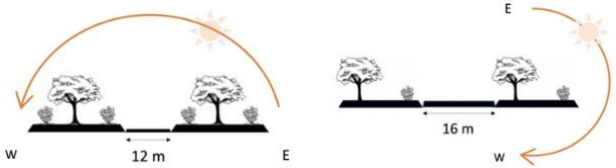


Figure 2 – N - S disposition & E - W disposition

Figure 1 - Keyline patterns @ Nido for Agroforestry

Photo 27 - Apple trees

Photo 29 - Tree lanes at full size

Photo 28 - Keyline patterns for Agroforestry

TREE NURSERY / AGROFORESTRY

Year	2021												2022												2023												Preparation
Month	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	Growth
Half	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	1 2	Operational
Accomodation														2 people						4 people							6 people										

2021

Collaboration with existing B&B – *La Ciammaruca* Alvito

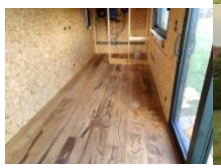
1 x 4 pax flat
1 x 2 pax flat
<u>2 x 2 pax room</u>
10 pax capacity

start 2022

In situ construction of 3 tiny houses

<u>3 x 2 pax tiny house</u>
6 pax capacity

32m^2 floor space inside



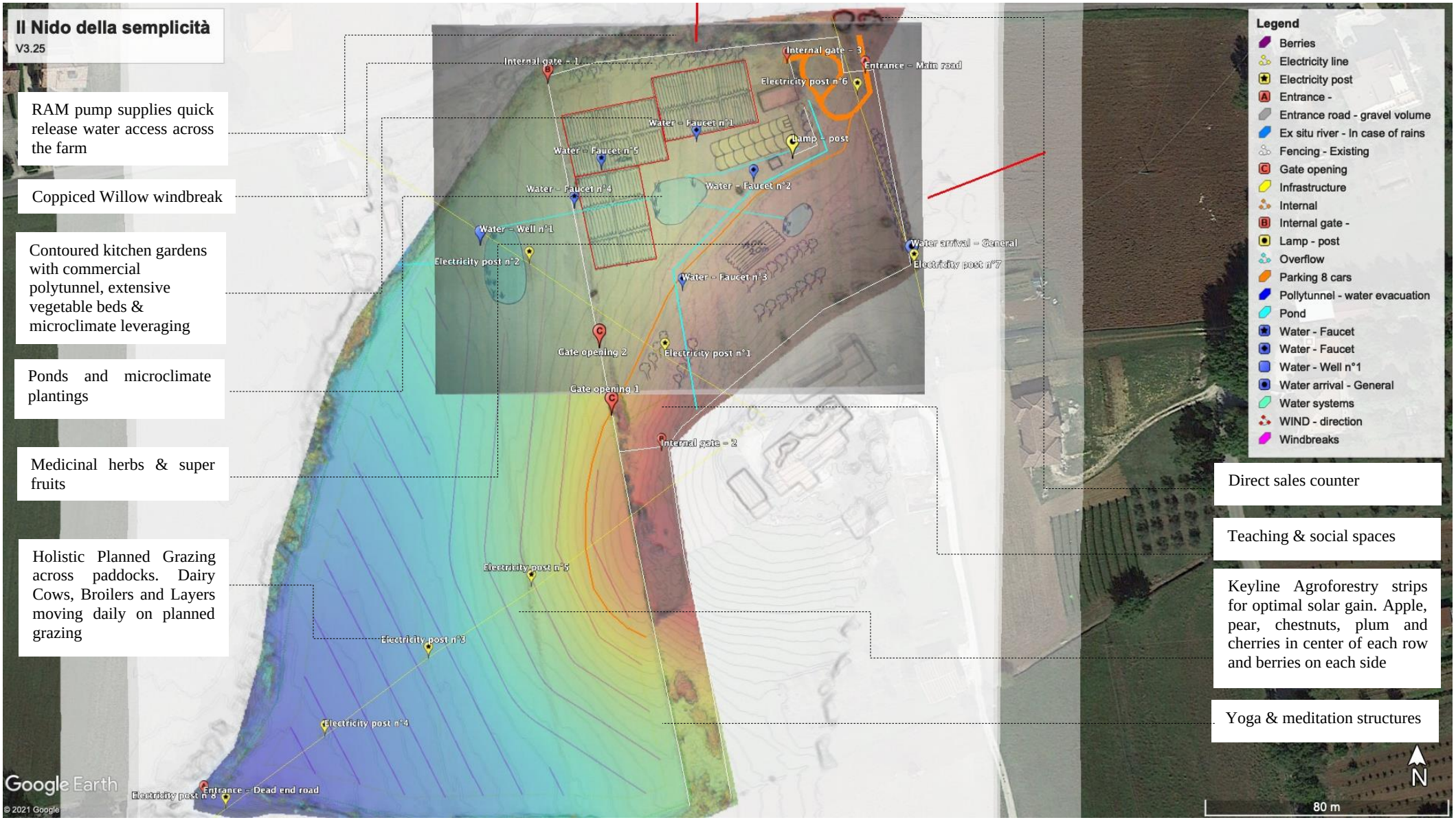
start 2022

Purchase of palace for intergenerational collective housing in Alvito town city center.

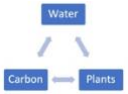
Single rooms
Double person rooms
Shared common spaces
Shared activities and living
<u>Capacity of 20 pax</u>

Example: Palazzo Castrucci
33 rooms
1.100m^2
Terraces
Gardens
Inner courts

BASE MAP


Il Nido della semplicità
V3.25
RAM pump supplies quick release water access across the farm
Coppiced Willow windbreak
Contoured kitchen gardens with commercial polytunnel, extensive vegetable beds & microclimate leveraging
Ponds and microclimate plantings
Medicinal herbs & super fruits
Holistic Planned Grazing across paddocks. Dairy Cows, Broilers and Layers moving daily on planned grazing
Direct sales counter
Teaching & social spaces
Keyline Agroforestry strips for optimal solar gain. Apple, pear, chestnuts, plum and cherries in center of each row and berries on each side
Yoga & meditation structures
Legend
Berries
Electricity line
Electricity post
Entrance -
Entrance road - gravel volume
Ex situ river - In case of rains
Fencing - Existing
Gate opening
Infrastructure
Internal
Internal gate -
Lamp - post
Overflow
Parking 8 cars
Pollytunnel - water evacuation
Pond
Water - Faucet
Water - Faucet
Water - Well n°1
Water arrival - General
Water systems
WIND - direction
Windbreaks
Internal gate - 1
Internal gate - 3
Entrance - Main road
Electricity post n°6
Water - Faucet n°1
Lamp - post
Water - Faucet n°5
Water - Faucet n°2
Water - Faucet n°4
Water - Well n°1
Water arrival - General
Electricity post n°2
Electricity post n°7
Water - Faucet n°3
Gate opening 2
Electricity post n°1
Gate opening 1
Internal gate - 2
Electricity post n°5
Electricity post n°3
Electricity post n°4
Entrance - Dead end road
Electricity post n°8
Google Earth
© 2021 Google
N
80 m

3. BENEFICIAL INTERACTIONS AND INCREASED STABILITY

Reg Ag main pattern	Vertical section benefits horizontal:	Beehives	Market Garden	Pastured Layers	Pastured Broilers	Ponds	Agroforestry
- Increase of insects biodiversity	**Beehives**		Increases pollination				Increases pollination
- Rebuilding soil from the top - Manual tools optimization	**Market Garden**						Increases fungi ratio for deep root penetration and soil softening
- Managed grazing - Soil's fungi-bacteria ratio - Succession plants	**Pastured Layers**	Through managed grazing, overtime increases grasses quality and variety, widening the scope of foraging flowers	Closes nutriments cycle partially for input of oyster shells		Through managed grazing, overtime increases grasses quality and variety		Chickens graze the grass in agroforestry lanes: increasing fungi soil ratio and enabling deeper root penetration
Idem	**Pastured Broilers**			Through managed grazing, overtime increases grasses quality and variety			Chickens graze the grass in agroforestry lanes: increasing fungi soil ratio and enabling deeper root penetration
- Scale of permanence: link between 	**Ponds (& overall water distribution)**		Rain catchments and retention for in situ usage, biodiversity increase and stability	Provides in situ off-grid water	Provides in situ off-grid water		Increases biodiversity quantity and stability
- Advantages of an increase of perennials - Importance of *succession*	**Agroforestry**		Increases water retention and carbon sequestration	Provides shade and increasingly better fresh grass. Spacing done adapted for easy maneuvering in between lanes.	Provides shade and increasingly better fresh grass. Spacing done adapted for easy maneuvering in between lanes.		
- Intensive soil disturbance and regeneration period	**Herbivors grazing (Not owned by Il Nido)**			96-h post cows, form larva, rich in proteins	96-h post cows, form larva, rich in proteins		Rapid soil regeneration

HOLISTIC CONTEXT OF IL NIDO

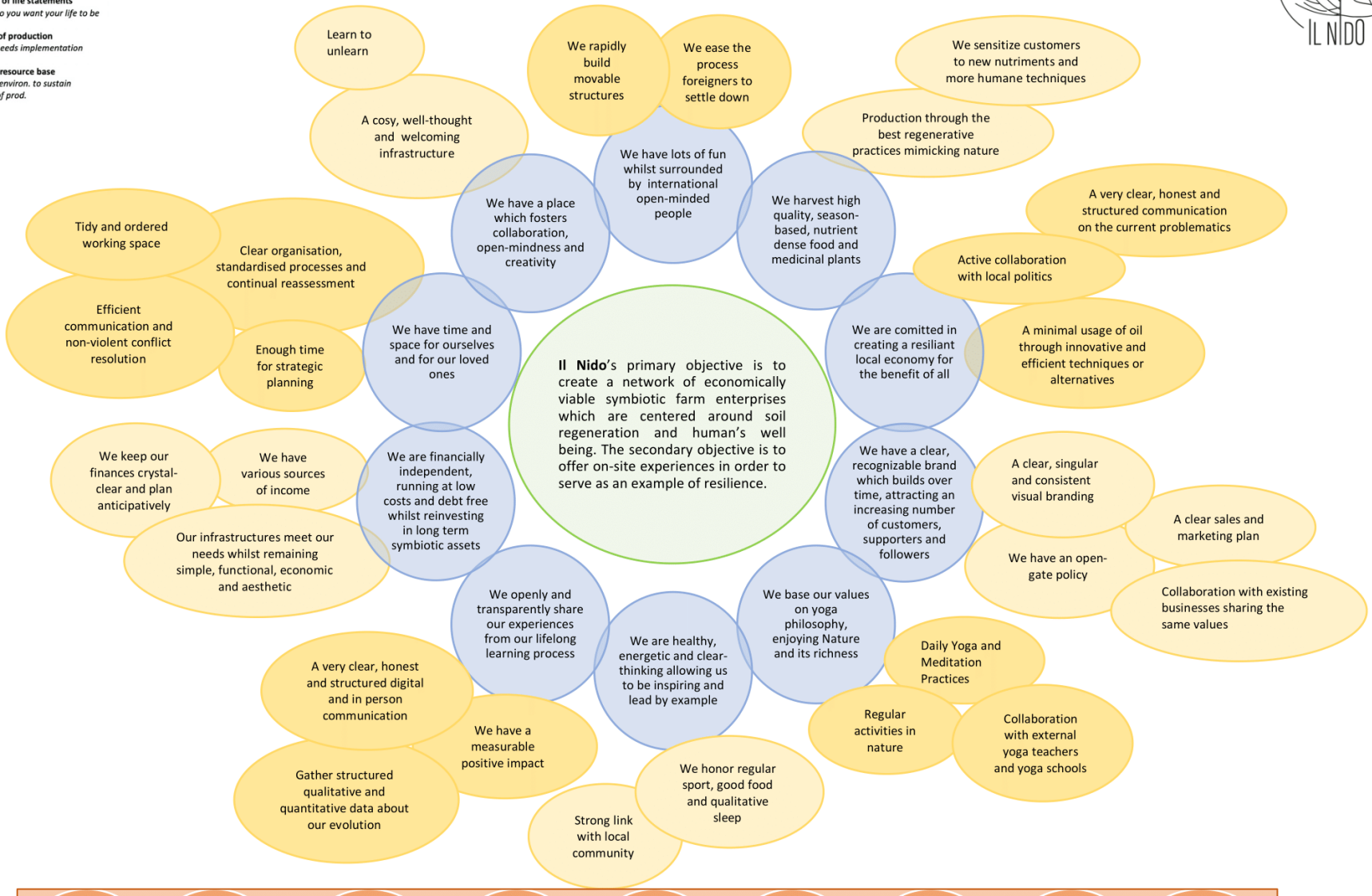
3.0
04/03/21

Statement of purpose
Aim/purpose

Quality of life statements
What do you want your life to be

Forms of production
What needs implementation

Future resource base
Future environ. to sustain forms of prod.



Water is under control and evenly distributed across landscape	Off Grid energy independence	Commitment to Holistic Context	A well-informed, supportive and generous community	Helping neighbours	Healthy & regenerating soil	Healthy & rich ecosystems around us	Competent members in the core teams	Commitment to regular yoga and meditation practice

HOLISTIC CONTEXT DECISION MAKING MATRIX

DECISION MADE BY *Names:* *Date:*

PROPOSED ACTION & OBJECTIVE

Is there a specific PROBLEM?

Are there ALTERNATIVE ACTIONS being compared?
1.

2.

Pass or Fail Test	1		2		Notes, extra info needed
	PASS	FAIL	PASS	FAIL	
CAUSE & EFFECT TEST *Does this action appear to address the root cause of the problem? Have we discovered the root cause of the problem yet?*					
WEAK LINK TEST – SOCIAL *What are the possible reactions and effects of this action? How can I/we enhance any positive effects of address any negative effects?*					
WEAK LINK TEST – BIOLOGICAL *Does this action address the weakest point in the life cycle of this organism, whether enhancing or diminishing its impacts?*					
WEAK LINK TEST – FINANCIAL *Does this action address the weakest link in the chain of production (resource conversion, product conversion, marketing)?*					
MARGINAL REACTION TEST *Comparing two or more actions, which provides the greatest return, in terms of my/our holistic goal, for the time, money and effort spent?*					
GROSS PROFIT ANALYSIS TEST *Comparing two or more enterprises, which contribute the most to covering the overhead of the business?*					
ENERGY/MONEY SOURCE & USE TEST Is the energy/money to be used sources in a manner consistent with my/our holistic goal? Will the way the energy or money is used lead toward my/our holistic goal?					
SUSTAINABILITY TEST Will this action lead toward or away from the future resource base described in my/our holistic goal?					
JUSTIFICATION TEST I/we can honestly say these tests have been used objectively, and not merely to satisfy a specific desired outcome?					
SOCIETY AND CULTURE TEST Gut Check – Considering all the testing outcomes and my/our holistic goal, what is the feeling about the proposed action now?					
MONITORING What social, financial and ecological indicators can be tracked to discover as quickly as possible whether this action is leading towards the desired progress?					
TOTAL					Chosen option

	ENERGY	MONEY
SOURCE	1. 2.	
USE	1. 2.	