

NATURAL FARM SHIZEN

*A Natural Farming Center
Association project*

Kutluhan Özdemir, president Natural Farming Center

naturalfarmshizen@gmail.com

<https://www.naturalfarmshizen.org/>

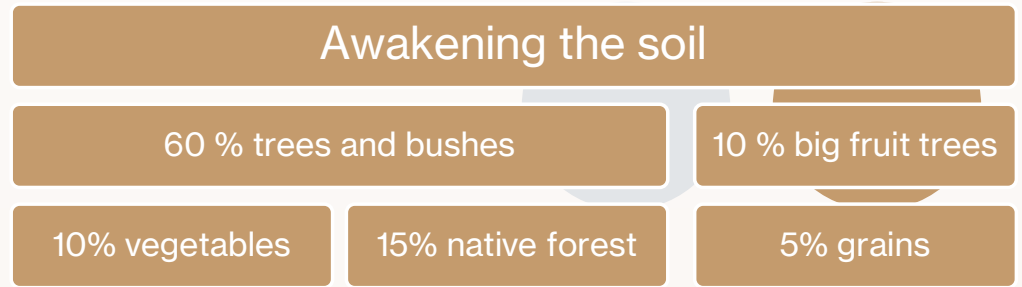




About **Natural Farm Shizen**

- Inspired by **Masanobu Fukuoka**, a farmer and Zen Buddhist whose life was dedicated to perfecting man's relationship with nature.
- Located in the centre of **Italy** in a beautiful valley between mountains and sea
- **2 hectares** (5 acres) of forest trees, fruit trees of antique varieties, natural vegetable gardens
- A unique place to **reconnect to nature** and to ourselves

The farm in numbers



Self-sufficiency at the farm

The farm house is surrounded by **2 ha** (ca. 5 acres) of flat land with a small part of forest.

Vegetables and annual plants (ca. 450 kg/m², for a total of 2.000 m², self-sufficient)

Fruits (different varieties of apple, pear, cherry, plum, quince, berry and many more young trees)

Grains (1.000 m² with rye and barley)



The **vision** is to...

Inspire	Inspire the re-greening of the planet
Create	Create a food, water and energy independent community template which others can emulate
Return	Return man to nature and himself while balancing the body and soul with the earth
Serve	Serve as a safe place for troubled youths in need of guidance





Acts which **Inspire...**

- Regular Natural Farming workshops.
- Accommodating those from far and wide who wish to visit, practice.
- Reforestation events.
- Help and guidance for those starting a natural vegetable garden or their own natural farm.

Acts of Return...

- Regenerating the soil and balancing all with the life cycle and abundance of nature.
 - Organizing projects with youngsters in challenging situations.
 - Hosting events which feed the heart and soul of those drawn to the space.
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Projects

- At Farm Shizen we organize events of **natural farming, reforastations, inner connection, experiential projects for youngsters,...**
- The Natural Farming Center gives life to international projects to establish natural vegetable gardens, school garden projects and educational centers for communities that are in need of food.
- In 2022 and 2023 Kutluhan went to **Kenya** to establish vegetable gardens around Lake Victoria, in the Masai area and in different orphanages in the Mombasa area.
- In March 2024, a remarkable project unfolded in **India**, bringing together natural farmers and Gandhian thought leaders, fostering deep connections grounded in sustainable agriculture and timeless principles.
- In October 2024 a **book** about Kutluhan's workshops has been published. Our hope is to inspire many more to embrace a path toward self-sufficiency and sustainability.





Workshops

In 2020 Kutluhan started organizing donation based workshops all over the world. At the workshops there is an average attendance of 60 participants.

Italy (>50)

Belgium 9

Turkey 5

The Netherlands 4

Spain 2

United States 2

Germany 1

France 1

Hungary 1

UK 3

Kenya 4

India 3

Romania 1

After the workshops many people wish to visit the farm. Every year we host hundreds of visitors.