

The Lifestyle You've Ordered Is Currently Out Of Stock!

I recently saw a sign in a shop window which read, *The Lifestyle You've Ordered Is Currently Out Of Stock!*

The lifestyle we've been enjoying in the western world for the past 60 years is actually coming to a rapid end. We can no longer continue to live in the same materialistic, consumerist way; use up all the available resources whilst leaving a trail of destruction and pollution everywhere modern man goes. We can not do this and expect to survive or leave this planet habitable for future generations. It would simply be impossible.

Only a new way – *it's actually an old way really* – of managing the natural world is going to work for us and the planet long term. I believe we can all still be very comfortable, enjoy many modern gadgets but things will only work if all of our choices, all of our actions and all of our creations are made with total respect and consideration for all of Nature – the air, the water, the soil, plant life, wildlife, oceans and all.

As a result, many wonderful projects will emerge the world over - in towns, cities, villages, wilderness and every corner of the globe which will restore dignity and well-being everywhere. Human creativity, cooperation, care and compassion will begin to blossom far beyond what we can imagine today and life on Earth will never be the same again!

One such important project, already started in several countries, is the...

Kin's Domain Family Homestead Project.

‘Kin’s Domain’ is a term coined by the Russian author, Vladimir Megre, in his ‘Ringing Cedars’ series of books. The books discuss, amongst other topics, how an Ancient Russian people known as the ‘Ved Rus’ used to live happily, peacefully and abundantly in communities made up of family homesteads, smallholdings, micro family farms or family plots known as ‘Kin’s Domains’.

Each family or individual, wishing to do so, takes responsibility for 1 hectare of land (2.5 acres) - *a realistic and manageable size to work on and provide for oneself and family* - in order to establish a self-sustaining family plot to be handed down to following generations of that family for ever more.

Why This Matters Today

The Kin’s Domain Family Homestead Project (KDFH) is such a timely concept.

Research findings on the benefits of establishing smallholdings or family homesteads indicates an abundance of benefits to individuals, the family, community and society as a whole.

Benefits Include:

Greater Productivity per hectare than monoculture based methods (1). Many studies have shown this. One recent study of farming in Turkey found that farms of less than one hectare are twenty times as productive as farms of over ten hectares. (1.1) The same has been seen in other countries around the world.

Full employment created for the participants (2), producing meaningful work – *one of the main criteria for well-being*.

Better Health - participants live a more active lifestyle and eat more readily available, seasonal plant foods but also for the locality by the production and

availability of abundant healthy, locally produced, affordable for all, chemical-free fresh produce that will build healthy children, healthy adults, healthy families and therefore healthy communities. (4)

Healthier and Happier Communities – *hopefully an antidote to the ever increasing rates of suicide (3), depression and ill health (4) in society.*

Supports The Family Unit - the basis of a happy and healthy society – *farming has one of the lowest divorce rates per occupation! (5)*

Rebuilds Communities and strengthens existing ones – providing services, goods and educational opportunities for the wider community. Small scale family farms provide rural vitality, as compared to the largest farms which are associated with rural poverty. (6)

Cleaner Air by less dependence on fossil fuels as food is produced and delivered locally and project participants live where they work. Plus a reduction in other cancer-causing air contaminants through natural and regenerative farming (8)

Creates Truly Affordable and Necessary Housing - Self Build, Low-Impact Housing for families and individuals using natural, local materials, including waste materials. Also an opportunity for skills development.

Local Resilience and Food Sovereignty – significantly less dependence on food imports, the majority of which can easily be produced in the UK climate. (6)(7)

Regeneration of Degraded Soil - creating greater fertility, zero erosion, and greater resilience to climate changes such as droughts and floods. (2.2)

Cleanses Water Systems - bringing life back to rivers and dead zones by non-polluting farming practices. (8)

Rebuilds Wildlife easily by creating abundant habitats naturally through regenerative and non-destructive, non-polluting farming practices. (8)

Addresses Climate Breakdown and Carbon Sequestration by utilising the best tool known - the planting of trees and food forests!

Conclusion

There is enough arable land in the UK to give every person 1 acre. There is enough arable land in the world to give every person 1 hectare! (9) Which is enough land to give every person who wishes the opportunity to create full time employment for themselves and to grow all the healthy food they could need each year.

This is possible today.

The world is not overpopulated, as some people like to profess, it is simply badly managed. This modern way of life and the way society is currently organised, where the majority of land in most countries is owned by just a very small percentage of the population or entities such as big agribusinesses, is causing the poor management of resources, scarcity, poverty, unemployment, migration, mass pollution, toxic air, dead zones in our oceans and rivers, erosion of top soil, and the destruction of nature and wildlife species the world over. It's time to change this, things can be managed in more respectful ways that regenerate and work alongside nature, rather than against her. And there is enough for everyone who would like to help in this mammoth task to have a piece of our Mother Earth and help restore her again with their time, energy and loving attention. It is fully possible and possible today.

The Kin's Domain Family Homestead Project is one way to achieve this.

What is Required?

- Support and a green light from the local government and planning department (there is a clause in the rural planning law 'exceptional

circumstances' - *if this current time of averting climate catastrophe doesn't qualify as an 'exceptional circumstance' then what will?)*

- Land and access to land
- Funding Opportunities
- Collaborations with other groups and organisations

What the KDFH Project will bring to the local area:

As well as all the benefits of micro family farms listed above, the KDFH Project will

- start a community farm to provide locally produced, organic food and other products.
- Once established, will create educational, work experience and volunteering opportunities for the local community and the disadvantaged in areas such as: sustainable farming methods, planting food forests, wood craft and traditional craft skills, low impact natural house building methods, sustainable energy, ecological water and land management, and provide a venue for other complimentary, therapeutic and artistic activities and groups to make use of.
- Be a show piece for other potential projects in the UK and world-wide.

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References and further reading:

(1) World Food Programme Report - “[The] multi-functional character [of small farms] makes them more productive, more efficient, and enables them to contribute more to economic development than large farms. Small farmers make better stewards of natural resources, conserving biodiversity and better safeguarding the sustainability of production.” <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.918.8226&rep=rep1&type=pdf>

(1.1) Fatma Gül Ünal, October 2006. Small Is Beautiful: Evidence Of Inverse Size Yield Relationship In Rural Turkey. Policy Innovations. http://www.policyinnovations.org/ideas/policy_library/data/01382

(2) In Brazil, each 8 hectares cultivated by small farmers using mixed cropping generates one job, while large-scale mechanized mono-cultures generate 1 job per 67 hectares. (Smallholders And Family Farmers report) http://www.fao.org/fileadmin/templates/nr/sustainability_pathways/docs/Factsheet_SMALLHOLDERS.pdf

(2.2) “Well-managed smallholder systems invest in building soil biomass and soil vegetative cover, which improves water filtration in case of floods and moisture retention in case of droughts. Through reduced fossil fuels dependency and energy requirements, as compared to large mechanized and inputs dependant farms, smallholders traditional practices also mitigate climate change through reduced emissions and enhanced soil carbon sequestration.” (Smallholders And Family Farmers report) http://www.fao.org/fileadmin/templates/nr/sustainability_pathways/docs/Factsheet_SMALLHOLDERS.pdf

(3) Office of National Statistics (ONS) - Almost 6000 suicides in the UK during 2017, 187 of which were school children and students under 19 years of age.

(4) <https://www.nhs.uk/live-well/healthy-body/top-5-causes-of-premature-death/> The 5 most common killers: cancer, heart disease, stroke, lung disease and liver disease - two thirds of which are entirely avoidable by changes in diet and lifestyle.

(5) Journal of Police and Criminal Psychology
April 2010, Volume 25, Issue 1, pp 1–16. A Comparison of Law Enforcement Divorce Rates with Those of Other Occupations - <https://link.springer.com/article/10.1007%2Fs11896-009-9057-8>

(6) https://ec.europa.eu/agriculture/sites/agriculture/files/consultations/family-farming/contributions/adept_en.pdf (Family farming in Romania)

(7) http://www.socioeco.org/bdf_fiche-document-4496_en.html 2010 & 2013 United Nations reports: There is an urgent need to return to (and develop) a more sustainable, natural and organic system as well as major changes needed in our food, agriculture and trade systems, with a shift toward local small-scale farmers and food systems recommended.

(8) Environmental Impact Of Pesticides: Over 98% of sprayed insecticides and 95% of herbicides reach a destination other than their target species, including non-target species, air, water and soil. [18] Pesticide drift occurs when pesticides suspended in the air as particles are carried by wind to other areas, potentially contaminating them. Pesticides are one of the causes of water pollution, and some pesticides are persistent organic pollutants and contribute to soil contamination.

In addition, pesticide use reduces biodiversity, contributes to pollinator decline, [55] destroys habitat (especially for birds), [56] and threatens endangered species.[18]

Pests can develop a resistance to the pesticide (pesticide resistance), necessitating a new pesticide.

Alternatively a greater dose of the pesticide can be used to counteract the resistance, although this will cause a worsening of the ambient pollution problem. (<https://en.wikipedia.org/wiki/Pesticide>

https://en.wikipedia.org/wiki/Environmental_impact_of_pesticides)

(9) <https://www.cia.gov/library/publications/the-world-factbook/geos/uk.html>

Some potential ways to develop an income from the project

- 1) Plant nursery
Vegetables, salads, flowers, tree saplings, fruit trees, soft fruits, nuts, medicinal and culinary herbs
can be sold in pots at markets and shops
(Relatively cheap and easy to begin – requires a big greenhouse/poly-tunnel, trays and compost... and a van)
- 2) Excess organic vegetable produce
markets/shops/our farm shop/local restaurants & cafes
- 3) Bees
honey!
- 4) Fresh Water Fish
Aquaponics or by using a natural stream or spring
- 5) Make Things
arts and crafts/fire wood/kindling
- 6) Educational Visitors etc.
forest school/school trips/the disabled/mental health/
learner days/courses/volunteers
- 7) Venue space for other groups & activities in the community
- 8) Air B&B/Camping/Yurts/Huts etc.
- 9) Hiring out of Planters
- 10) Agroforestry
- 11) Coppicing
- 12) Upcycling