

# THE FARM.A.C.Y

ALMERE



Food is medicine and medicine can be food.

Knowing one's strengths and weaknesses gives you a better understanding of yourself and how you best operate. This knowledge is widely known and practiced but why does it not apply to our understanding of food and medicine? Why don't we truly start seeing food as medicine, and not just as a derivative?

PHOTOS

PLOT

LANDSCAPE

STRUCTURE

FEATURE

ENTRANCE

People are lost, we rely on pharmacy for all our health problems do we even know what goes into our body?

We need to break free from this. How can that be done? We need a place where we can interact and learn about the benefits of our natural surroundings and the natural remedies that are hidden beneath.

Biomimicry, take a look at the surroundings. Integration and adaptation are key. Nature always adapts growing and shrinking where needed, often going off the path....

.....and so do humans

Freeform:  
Linking together plants that work well

Climate zones

The proper climate conditions  
This shape also creates a Traditional Dutch Hoeve Typology

Height conditions

Programme

What is going on?

We as a society have relied a lot on what is told to us by professionals. Their knowledge and dedication to their craft are what have given them an understanding of what is good for us as a society. Or is that what we have been told and led to believe? Big pharma and big businesses have twisted the arm of those whose job it was to protect us. And have made it seem like having basic knowledge of our own bodies, food, or medicine seems like a task best left to professionals.

Troubles

I feel like that should not be the case anymore.

For the past 50 years so much has changed when it comes to food and medicine.

Our knowledge has expanded. Now in the year 2022, we have become even more aware of the importance of nutrient-dense foods, and clean foods (as few pesticides as possible), and less high mono-fat foods (sorry french fries)

But when it comes to grain and medicine things get a little more complicated. With grain or food in general, quick, fast, and cheap have become what we rely on. Loss of quality is a consequence we accept too easily. While for conventional medicine we rely on stores and hospitals, we forget there are also ways to treat simple things like a belly- or headache.

The general decline of knowledge about plants, as well as the disappearance of traditional practices involving these plants, can be blamed on a number of factors. Including the loss of biological resources, and an increasingly globalized society. A lack of cultural support and a desire for modernization in medical practice also have contributed a great deal.

Vision

No, it has to stop.

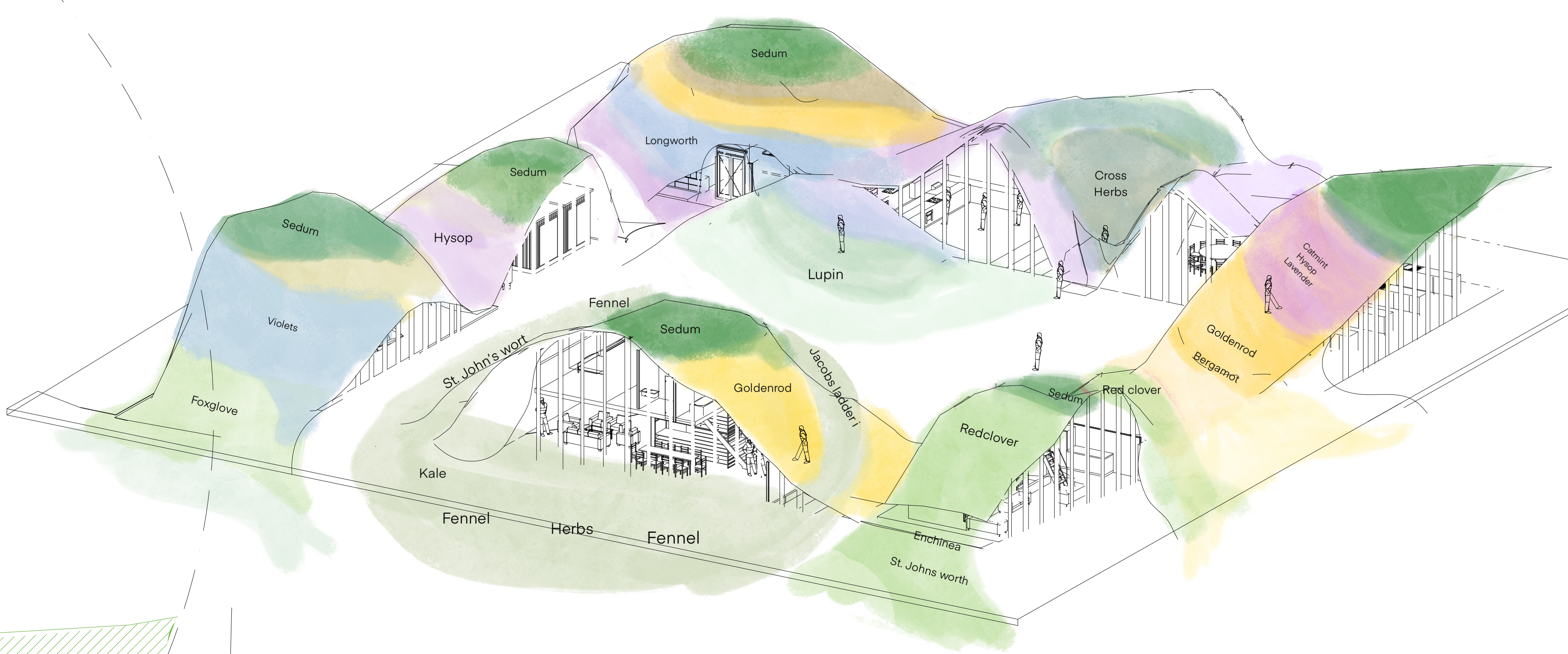
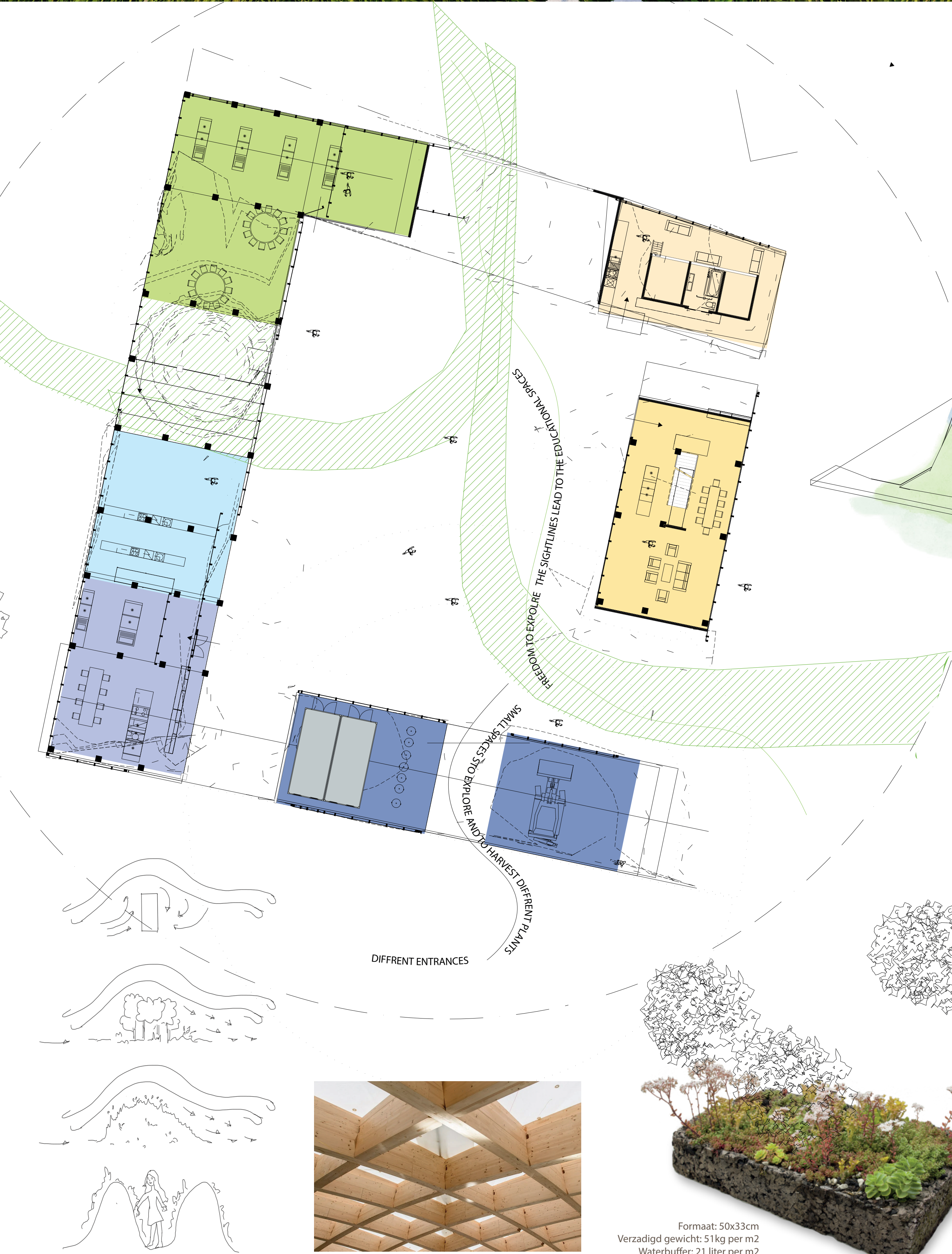
I have seen enough, as the farmer for the new Pampus project for Almere. I am willing to look beyond today to find a solution. Herbal medicinal plants have been used in the past. Some of our most used medicines have roots in these practices, for example, paracetamol and morphine. Or the mixture of honey and lemon. A simple concoction is passed down generations. Can we take back control when it comes to medicine? I want everybody to become more involved with what it means to heal oneself. While also gaining knowledge over herbs and nutrition. So they themselves can start healing small ailments without a doctor's help.

The ever-increasing global demand for food and raw materials requires us to embrace fundamentally new tactics and solutions. As an architect, there is a lot that can be done in that field. My design will incorporate the ability to harvest medicinal plants that make Pampus an additional source in the herbal field. This will be done by creating a space where we can learn how to grow and harvest special herbs and learn how to make simple medicinal mixtures. A great learning source for adults and especially children. The curiosity of a child would be nurtured, with learning and testing fields in and around the building. Planting, growing harvesting, testing, and creating are all within reach.

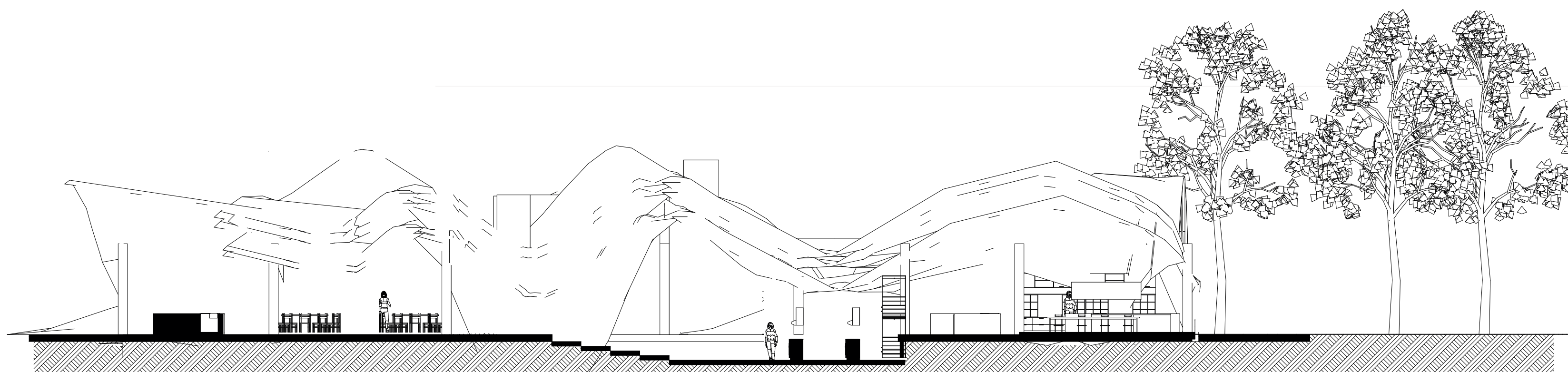
The building is knitted into the fabric of the landscape, it makes visitors feel free to challenge themselves with various projects within a safe environment. Imagine collecting flowers and small plants that work in turn to make us more healthy. Imagine instead of going to the pharmacy for even the smallest ailments, you enter the Pampus garden to harvest or brew the 'solution'. The building with its ability to interact with nature becomes the perfect place for this experiment.

Having some knowledge in the botanical medical field would mean freedom. Not only for inhabitants of the isolated Pampus project. But it could become the building blocks for creating a stronger society. People are getting more advance in their day-to-day lives. Becoming more self-reliant. Having individual knowledge for healing and repairing our own bodies should be part of that.





	<b>Herb: Fennel</b> <i>Foeniculum vulgare</i> Fennel has a long history of herbal use and is a commonly used household remedy, being used in the treatment of a variety of ailments, especially those of the digestive system.	100g 100g 100g
	<b>Herb: Red clover</b> <i>Trifolium pratense</i> <i>Leguminosae</i> The seeds, taken internally, are diuretic, emmenagogue, hypoglycaemic and vermifuge. complaints (especially eczema and psoriasis).	100g 100g 100g
	<b>Herb: White lupin</b> <i>Lupinus albus</i> <i>Leguminosae</i> The seeds, taken internally, are diuretic, emmenagogue, hypoglycaemic and vermifuge.	100g 100g 100g
	<b>Herb: Goldenrod</b> <i>Solidago virgaurea</i> <i>Compositae</i> remedy treating wounds and bleeding, while it is particularly useful in the treatment of urinary tract disorders and stomach problems in children.	100g 100g 100g
	<b>Herb: Foxglove</b> <i>Digitalis purpurea</i> <i>Scrophulariaceae</i> recognized stimulant effect upon the heart. It is also used in a popular medicine in the treatment of heart failure. The plant is also used as a remedy upon a diseased heart, enabling the heart to beat more slowly.	100g 100g 100g
	<b>Herb: Lungwort</b> <i>Pulmonaria officinalis</i> <i>Boraginaceae</i> Lungwort has a high mucilage content and this makes it useful in the treatment of chest conditions, being of particular benefit in cases of chronic bronchitis, or to treat asthma.	100g 100g 100g
	<b>Herb: Hysop</b> <i>Hyssopus officinalis</i> <i>Labiatae</i> long history and was so highly esteemed in the past that it was considered to be a virtual cure-all. Currently an undervalued herb. It has a positive effect when used to treat bronchitis and respiratory infections.	100g 100g 100g
	<b>Herb: Lavender</b> <i>Lavandula angustifolia</i> <i>Labiatae</i> treating disorders of the digestive system and, as it is so pleasant to use, it is used in many forms. The herbs pleasant taste and gentle action makes it suitable for treating colds, flu and fevers in children.	100g 100g 100g
	<b>Herb: Camomile</b> <i>Nepeta cataracta</i> <i>Labiatae</i> treating disorders of the digestive system and, as it is so pleasant to use, it is used in many forms. The herbs pleasant taste and gentle action makes it suitable for treating colds, flu and fevers in children.	100g 100g 100g







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