

SWEET RETREAT

Sweat retreat is a new phenotype of agricultural organisation and an upgrade of the agricultural landscape. It provides for a more involved food-production. A more diversely used and appreciated food-producing landscape. And an alternative economic model to current farming practice.

Sweet retreat rebalances urban life(styles) with manual labour, space to think and air to breathe. It provides for self produced quality food, and shifts the land from mono-culture to poly-culture. In produce and socially. Together we make (y)our food, (and eat it to)

The agricultural production landscape in the center of the arnhem nijmegen urban area demands an upgrade to re-prove its value to the regions residents. Therefore existing farmlands will be adopted by new communities that will become both (multi) functional farms and a retreat to escape from hectic urban lifestyle.

Urban residents will “crowd farm” as professional amateurs and be the long sought after successors of the retiring farmers. “Part-time farming” as a second (or first) job.

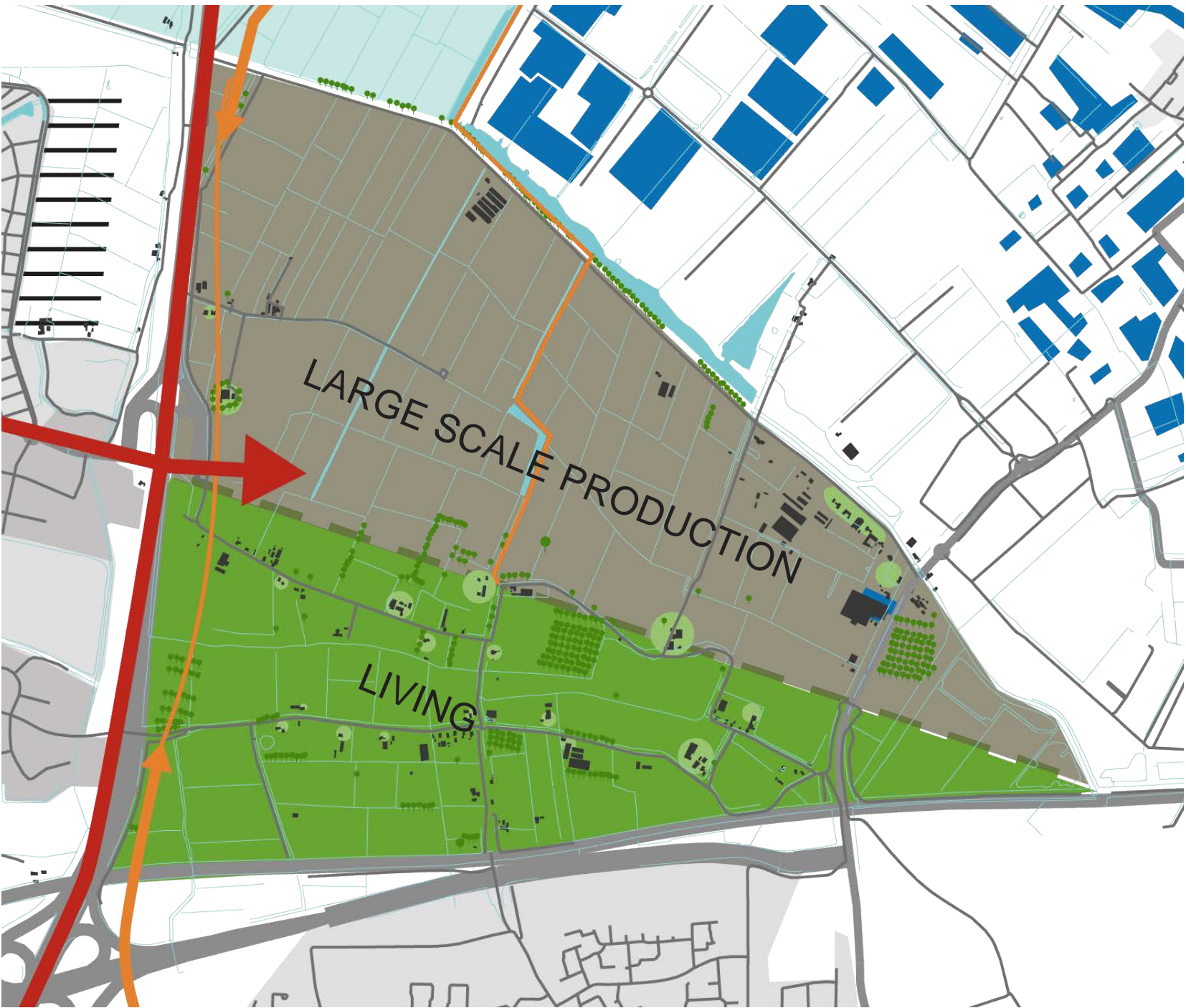
A second living and working environment to apply your other skills, and to provide for best quality food. Be both Java developer and farmer.

This new phenotype of agricultural organisation is an alternative economical model based on locality, quality, emotion, experience and sharing, and opposes the up-scaling into mega-companies. It diminishes and shares risks, and might be one of few ways to preserve local food production.

It gives opportunity to deal with future climate change by improving the lands margins to store water during heavy rainfall, to be used in the ever dryer summers.

Sweat Retreat is about knowing your food, getting the very best quality, diverse and uncommon products, about picking it yourself, and enjoying it together.

FROM AN APPOLONIAN RATIONAL MONO LANDSCAPE
Rational block allotment, aimed at fast drainage, and to give ever larger machines access. Ploughed, fertilized, sprayed, drained, and extracted. Efficiency and quantity driven. Pretty to see, Unattractive to reside in. Very limited accessibility, private property.



NARROW MARGINS
Financially and physically. High efficiency and large scale demand a strictness that is only visually appealing. Weed complicates harvest thus is sprayed upon,



MONO PRODUCE
the large bulk production makes dependant on resellers. they make the price

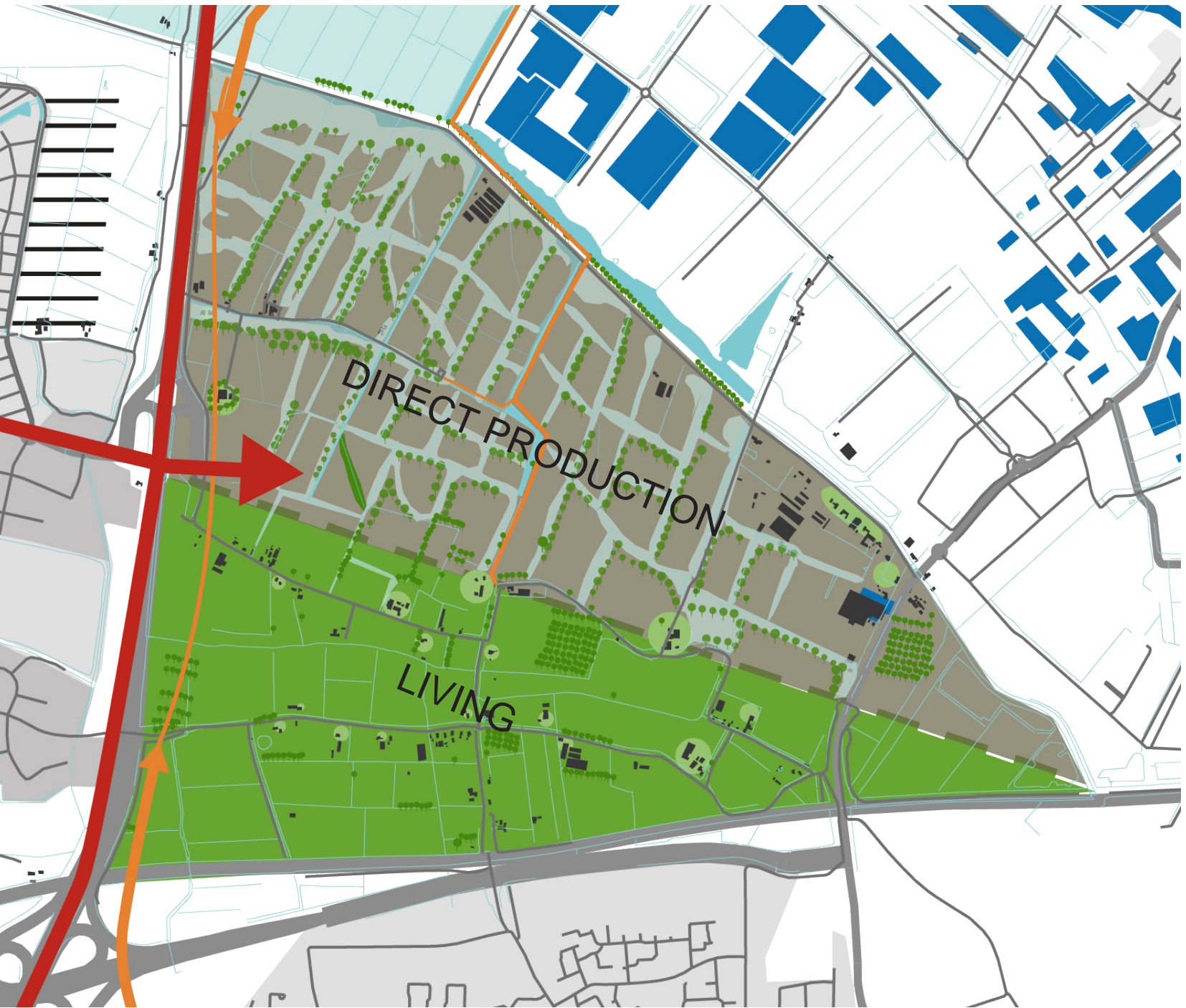


MONO FARMER
All the risks reside at one. necessity to “play it safe” and calculate risk, upscale for efficiency etc.



FERTILISATION
Ploughing, and very exhaustive behaviour are depleting the soil of humus. Originally the clay became fertile by floods and ages of wild forests. not since we dammed of course. now we artificially simulate that.

TO A DIONYSIAN EXPERIENCE POLY LANDSCAPE
Water retaining, biodiversity, small scaled, human powered “permaculture” style. Cyclic, soilbuilding, sustainable. Experience and quality driven. An attractive place that people will want to be in. Shared, and open.



ABUNDANT MARGINS
without resellers produce has the right price. Plus the waterbuffers have high value, for recreation, pollination, soilbuilding and wild edibles, like nettle etc.



DIVERSE PRODUCE
Diversity and selling directly to the user makes for a right price. and way more interesting for people to help.

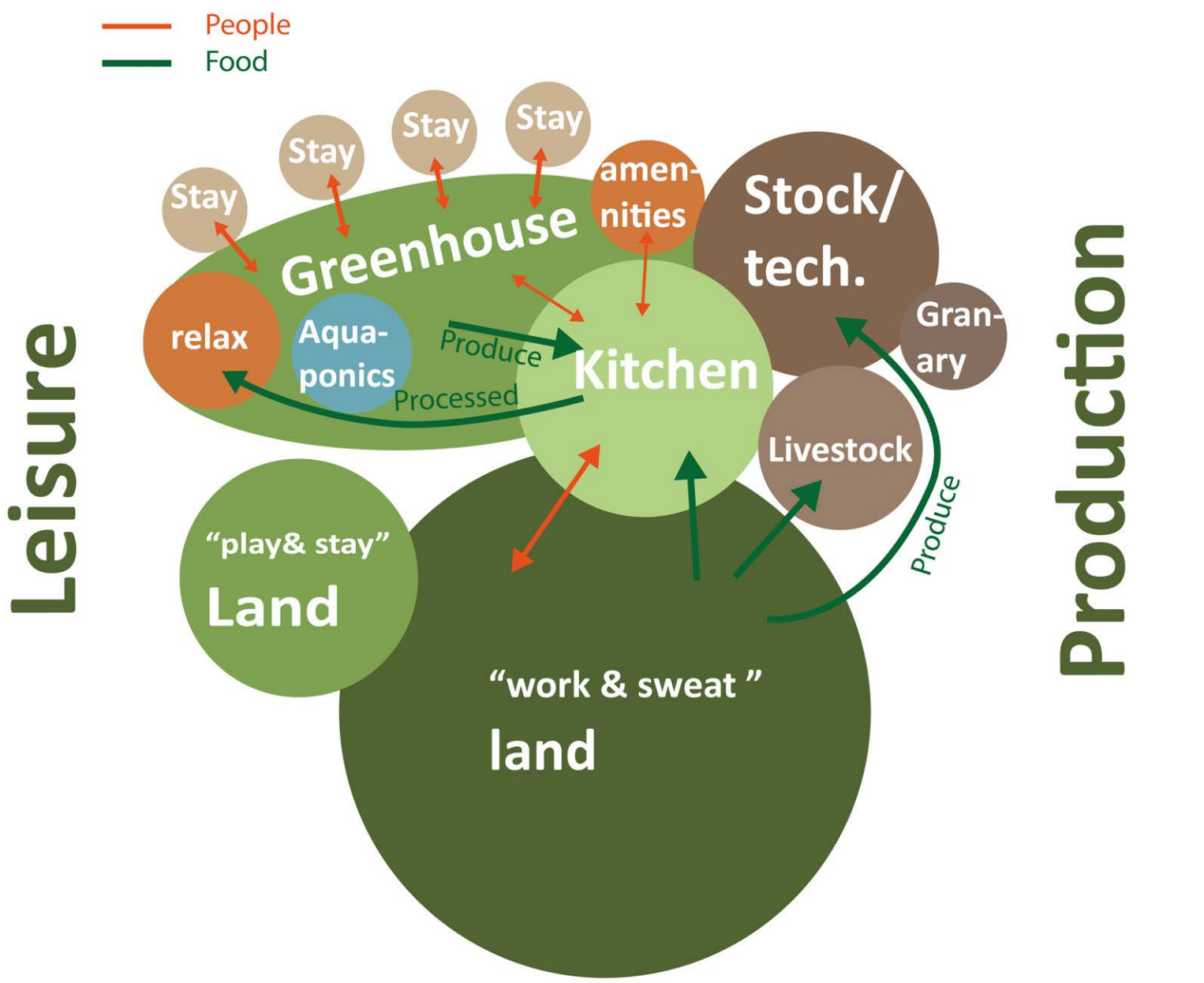


CROWD FARMING
Risks are shared, many hands make light work. Even if a harvest fails, the net worth is great! the land itself is the value.



FERTILISATION
Cycles, returning organic materials into the soil. composting, “wild” margins all help (re) building soil and humus. which helps retaining moisture enormously, usefull with climate changes at hand.

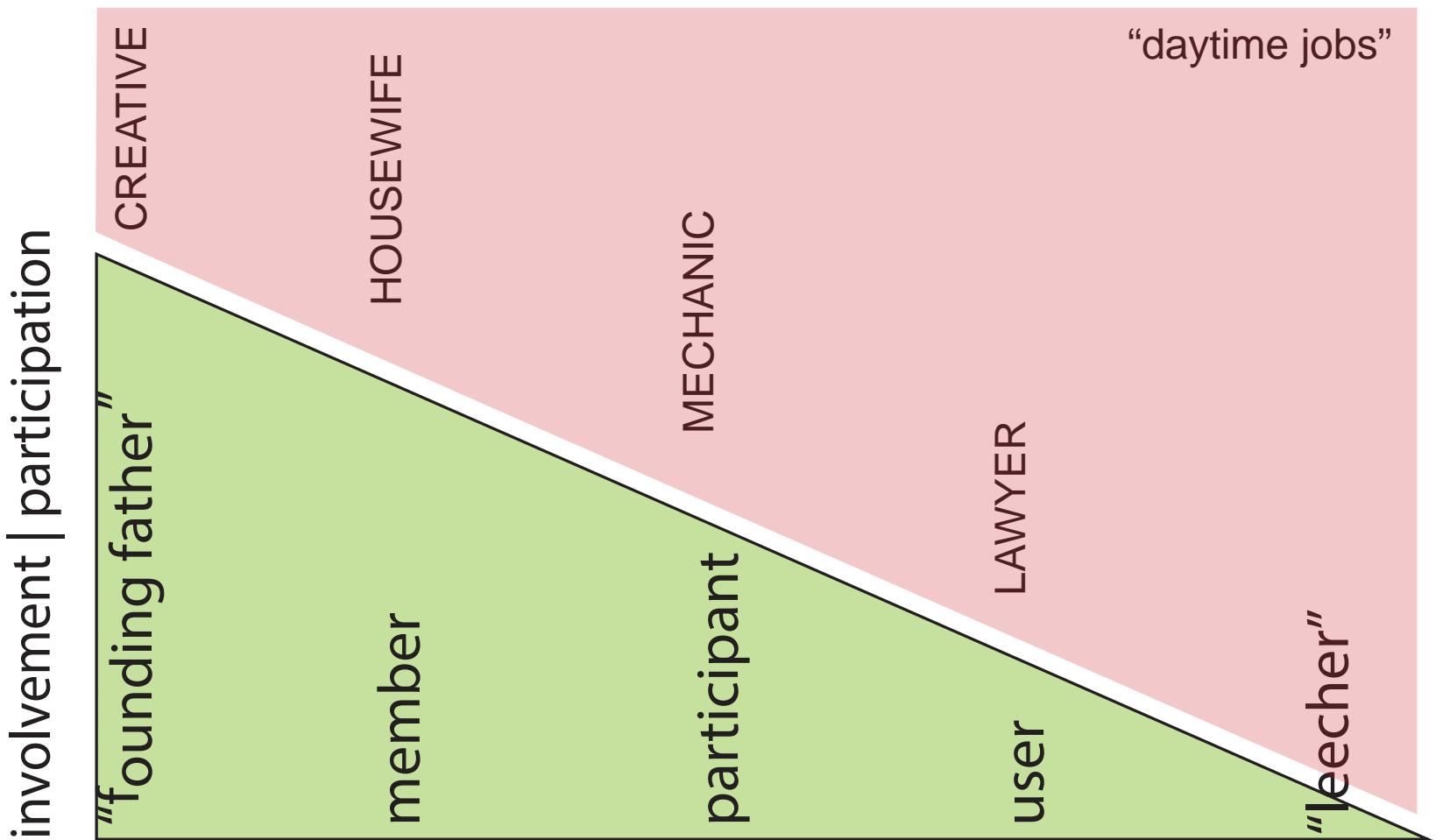
SWEET RETREAT
GREENHOUSE UTOPIA



A DIFFERENT PROGRAMME
This more diverse landscape invites people. And asks to accommodate them. They come to “work” for relaxation, and quality food.



A DIFFERENT USER, CROWD FARMERS
Permaculture needs more hands to do the work. Luckily people want to grow their own food, in an attractive way. A new communal farm will be that place. Urbanites unite as farming collective, they become **BOTH FARMER AND JAVA DEVELOPER.** a “secondary job” for fun, as a retreat, a second living environment, an investment, a foodsource, a place to explore other talents. Not everybody will be as involved. A group will start by getting the land, “the founding fathers” via crowd sourcing, by food subscriptions etc the project will be funded.





RETREAT
after a hard days work and sweat till you cant seat no more, this is the place to be. with a sauna and hottub in th green house, and a natural swimmingpool.



KITCHEN AS CENTRAL AREA AND SOCIAL CONTROL
Entering the farmhouse right in the kitchen is pretty common in this region. And after all, the project is about food, the growing of it, and the consuming. the kitchen is the link between the utilitarian barn and the retreat

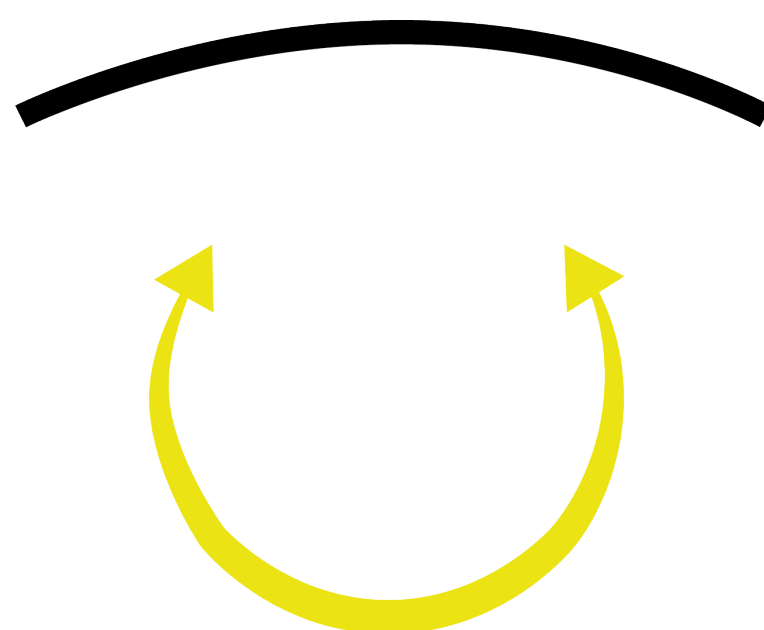


BARN ON THE EAST
a more closed volume, the safe for the harvest. high and dry, or cooled here the treasure is brought in, processed, and stored. The barn will be naturally heated by also having some livestock like chickens and goats.

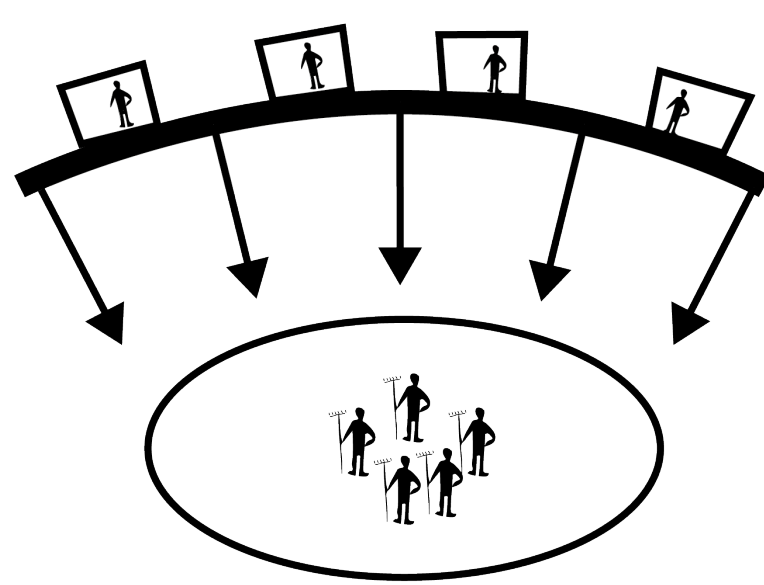


MAIN DESIGN PRINCIPLES

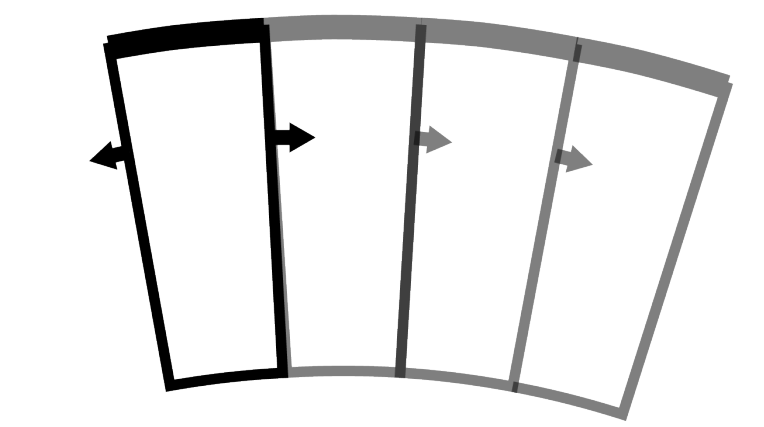
CATCHING WINTER SUN



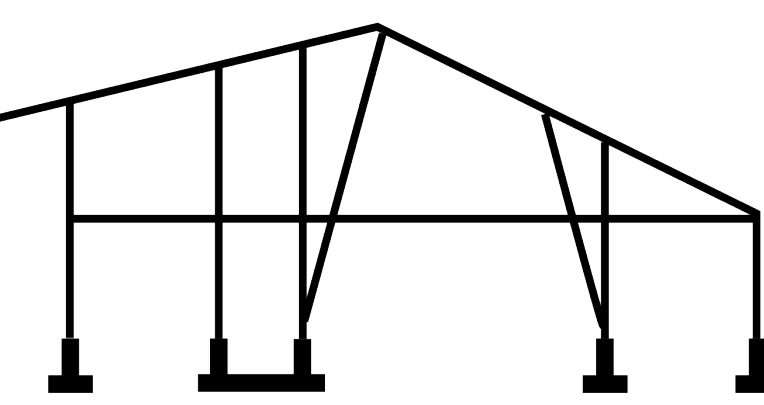
FOCUS ON COLLECTIVE



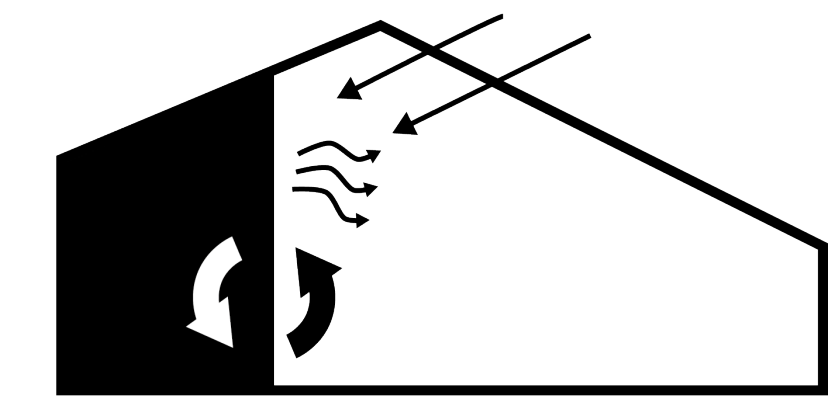
SEPARATED INDIVIDUAL RETREAT



MODULAR EXPANDABLE & ADJUSTABLE



ELEVATED FRAMEWORK GENERATES FLEXIBILITY BY ADJUSTABLE



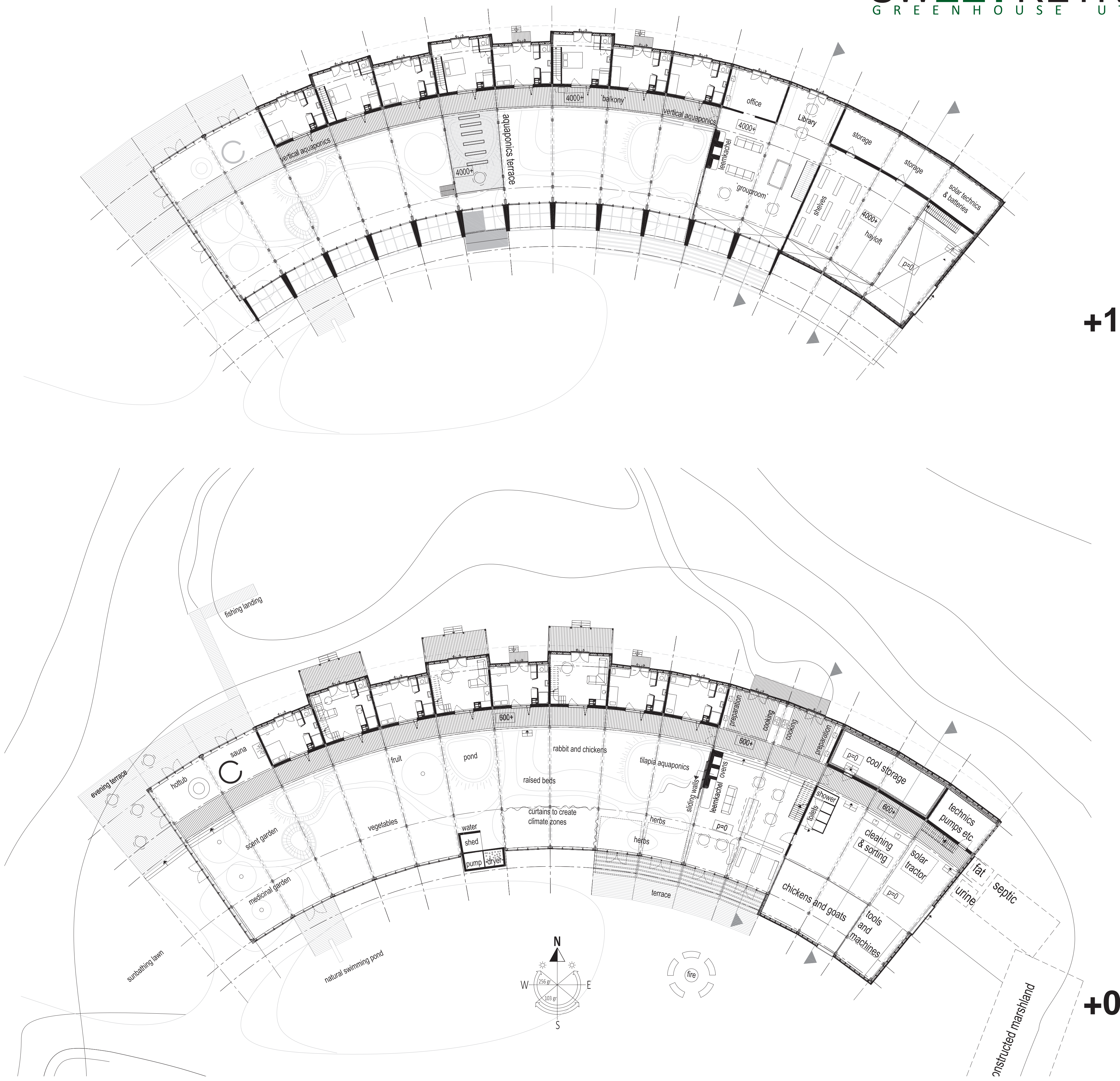
PASSIVE ENERGY & THERMAL MASS

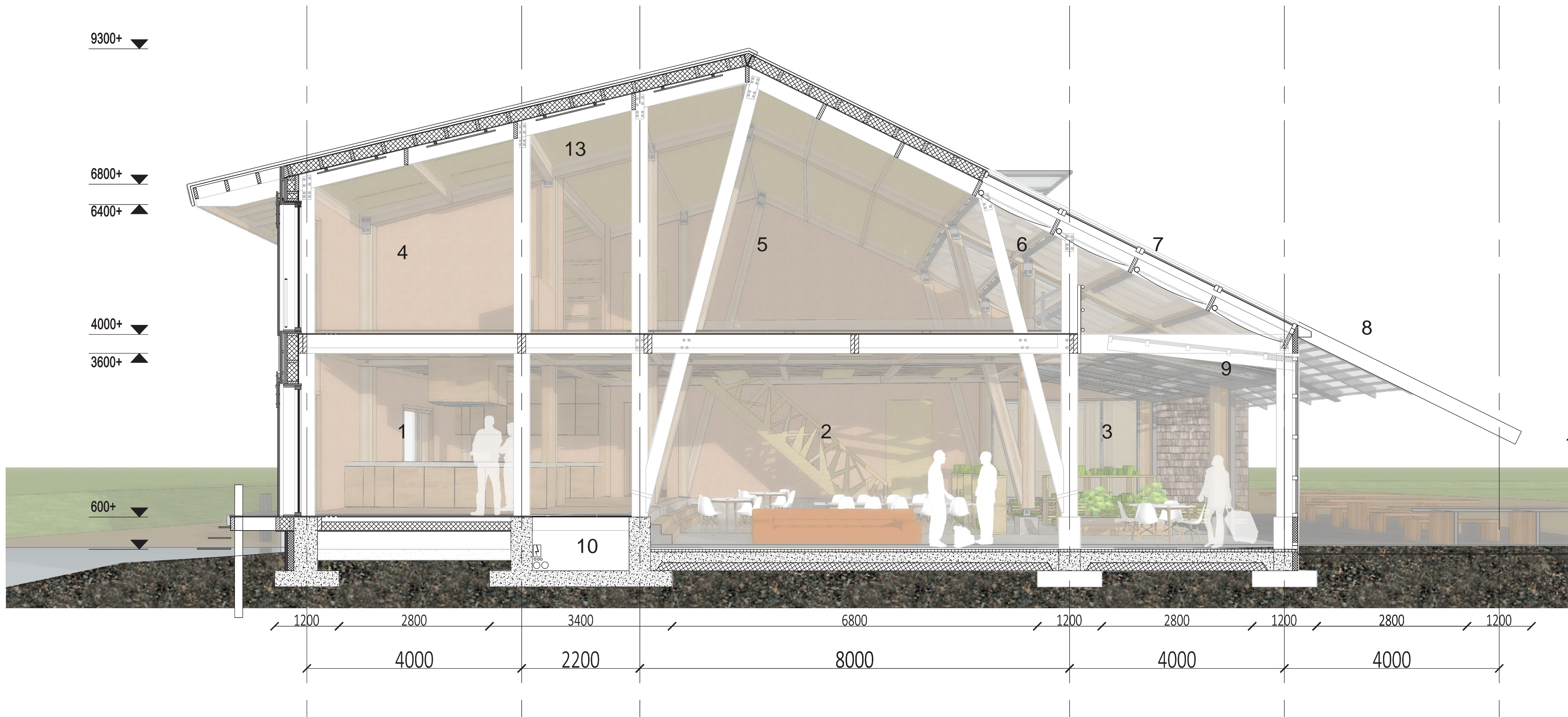


LOW TECH RATHER THAN HIGH TECH



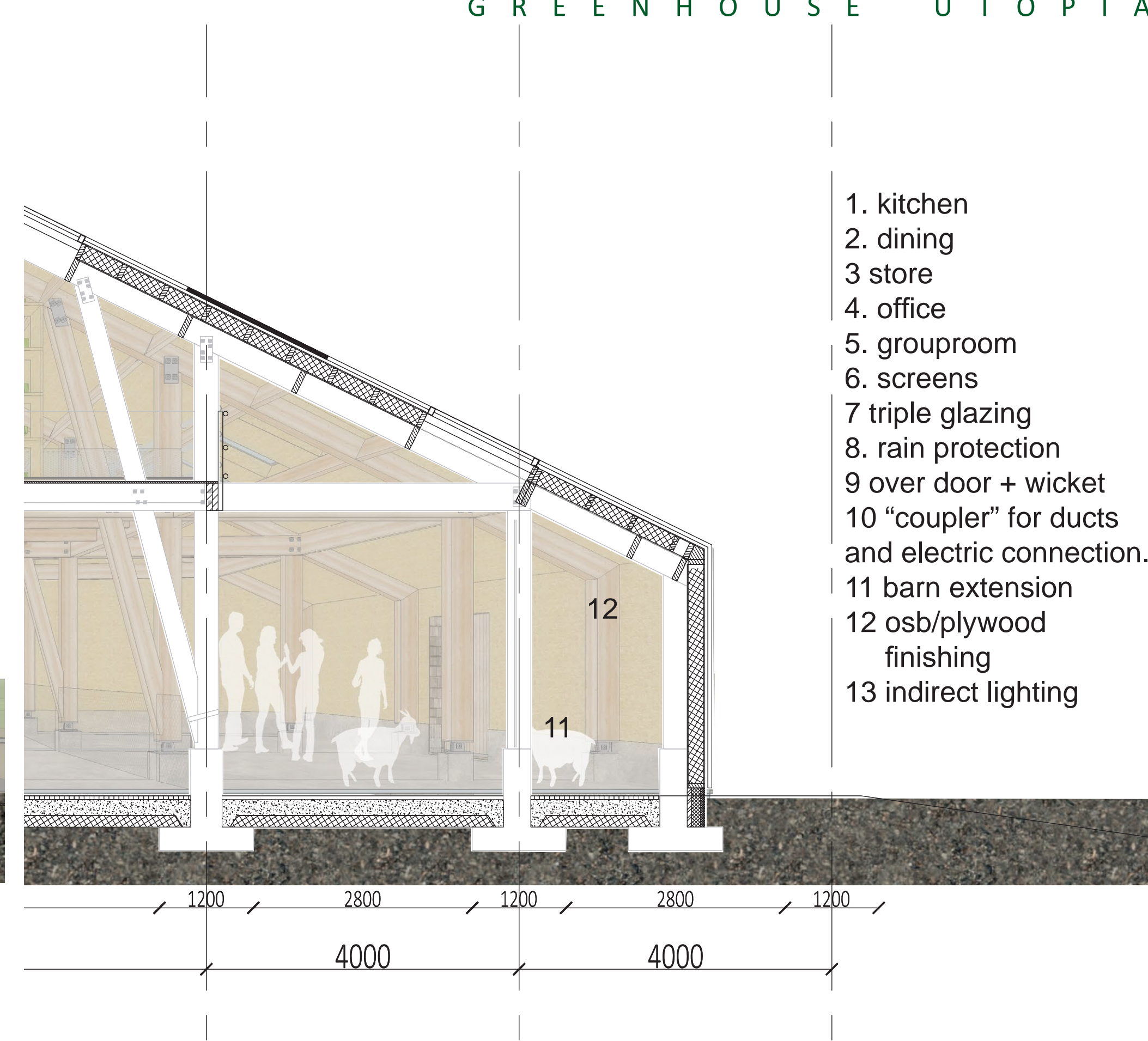
SLOW HIGH TECH





MODULAR SECTION

The building is based on a repeating wooden framework on an elevated base, for protection against moist and damaging. The base for the structure is a "coupler" the connector that contains all ducts and pipes for drains, water and electricity. The remaining foundations will be as minimal as possible.



BARN SECTION

The barn has a utilitaria character, it has a large floorspace, good isolation, very little heating. the basic frame will be extended to increase floor space to accommodate some small livestock. for dairy, meat, eggs...and heat.



EXPERIENCING FOOD IN THE KITCHEN

The cooking and preparation takes place on a podium, to divide the large space into more intimate places. A large mud constructed multiple oven heats the kitchen via heatcoils and underfloorheating. the hearth is a gathering place, and utilitarian. the front of the kitchen is for dining, and when the harvest has been abundant, the room functions as a shop. Whenever the climate allows, the kitchen is open to the greenhouse.



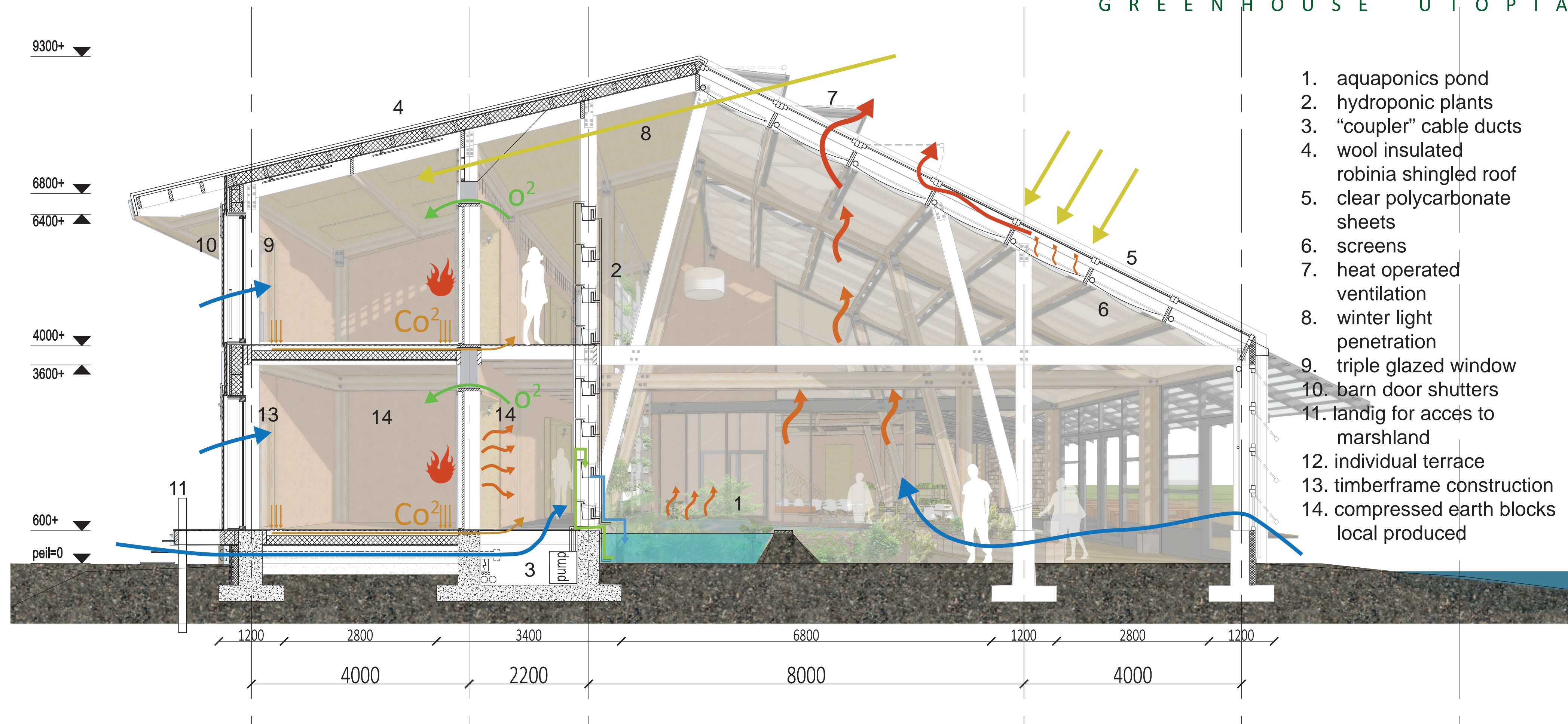
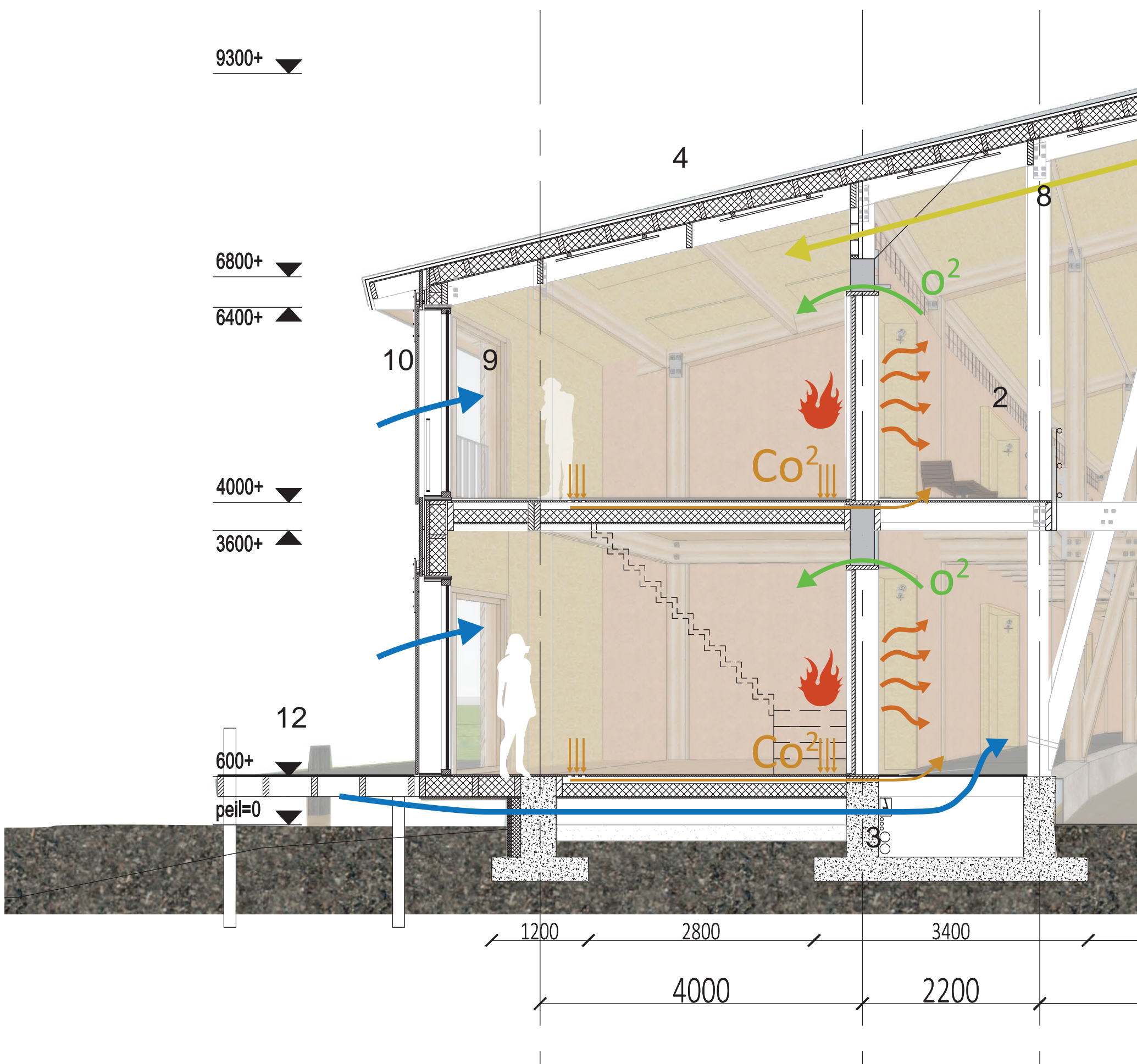
GROUPROOM WITH LIBRARY AND OFFICE

Learning about food, there is a library to read about it, and the grouproom can be used as a "living" and for lectures or workshops.



BARN, TECHNICS, PROCESSING AND STORAGE, SANITARY AND LIVESTOCK

The bare necessity for working the fields. Here the harvest is brought in, to be cleaned sorted and stored. The small machinery (solar tractor) and tools will be stored here. Toilets and shower will be connected to the "coupler" as well as the technics room with the waterpump and solar equipment.



LUXURY EXTENSION
For diversity there is the possibility of the luxury extension, hung on the fram it doesnt need additional foundation. The extension allows for an internal stairs to connect two rooms to an apartment with a living room and separat bedroom, it has a bath instead of a shower.

GREENHOUSE CLIMATE EXCHANGE
The climates of the greenhouse and the living units will be exchanging. The rooms are all connected to the coupler. And are elevated from the clay, for moist protection, and for an added sense of seclusion. Even with the doors open you are "disconnected" from the collective



RISE AND SHINE.
The north side of the building is a sheltered place, with lots of water that is protected from excessive evaporation due to the shade of the building, and the surrounding Ash and Willow marsh forest. from your steps, or terrace, you can take an early morning stroll to observe nature at work.



BASIC ROOM
Every sleeping unit has basic amenities, water a shower and warmth (slow, wood fired so you'll have to consider whether you really need it) and a compost toilet. the rooms have been designed to fit either a twoperson bed, or two bunkbeds. making this either 2 person rooms, or 4. traffic space on the greenhouse side can be occupied when the climate invites.



FAMILY / LUXURY APARTMENT
For the more demanding farmer that either comes with a family or stays for a longer period, there is the luxury room. Two floors are combined. a living room on ground level with a small pantry. materials used on the interior are compressed earth blocks and mud, for all mass walls. interior cladding of timberframe will be bare and essential.

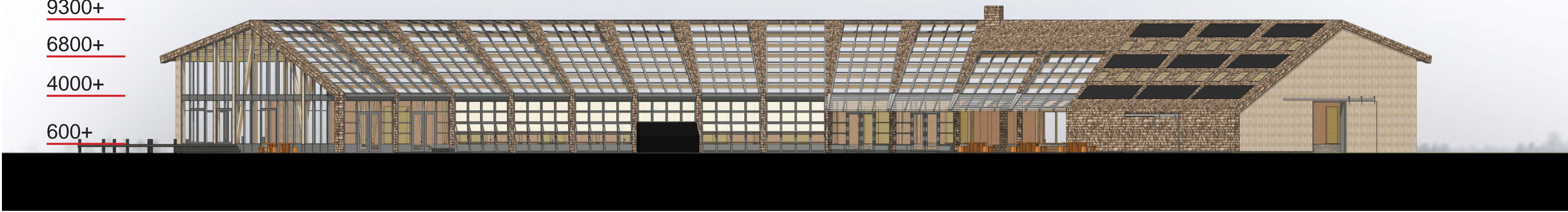
NORTH FACADE DETAIL
SCALE 1:20

1. wooden frame
2. connecting plate
3. triple glazed windows
4. barn door shutters
5. insulated timber frame with vertical wooden cladding
6. terrace
7. wooden floor, with underfloor ventilation for co2 collection
8. indirect lighting

WOOD FRAME DETAIL
SCALE 1:20

9. elevated column
10. hairpin anchor
11. steel column shoe
12. steel band

9300+
6800+
4000+
600+



SOUTH FACADE

Open and welcoming. Large barndoor on the east for natural protection against rain and wind. Communal kitchen is inviting, depending on the season the “over doors” will be open, sheltered from entering rain. Mostly glass and polycarbonate, the barn is more solid and clad with local wood shingles

9300+
6800+
4000+
600+



NORTH FACADE

Mostly closed, wood clad, well isolated, triple glazed and with shutters for privacy and additional isolation. Terraces provide access to the marsh and flood lands, the north side of the building is mostly ‘wild’ an early morning stroll or some fishing in the coolth of the water will be refreshing.



LUXURY ROOM

A bath to enjoy, relax your muscles after a hard days working the field. late evening light enters through the glass on the greenhouse side. The climate will be comfortable due to the mass heater and the natural materials used. the mud controls the moist, oxygen rich air comes from the greenhouse.



GREENHOUSE

The greenhouse provides for an extended growing season. It also is a special place to be. On summer days the screens are down and there is a diffuse warm light. Near the aquaponics ponds the temperature will lower. Experiments in growing, but “regular” permaculture growing will be practiced for foodproduction. The framework allows for attaching “attributes” like the solar dryer.



RETREAT

After a hard days work you have earned that hottub, the natural swimming pool is inviting to cool off. inside this part of the greenhouse planting is aimed at giving lots of scent. to enhance this there is a lowered seating area, so you sit with the pants at nose high. plenty of large doors open to the evening terrace on the west, where in summe she sun doesnt set before 10pm.