



CAP- PERi!

Magic guide
to foster a
sustainable
future

This graphic novel is inspired by the activities of the CAP-PERI project and follows the adventures of Flora and Olmo through the discovery of five sustainability laboratories, from the North to the South of Italy that really exist. In the five cities that hosted the CAP-PERI project, as in many other cities in the world, virtuous practices and processes, linked to agriculture, food production and consumption, and the respect of the environment and local communities, have been experimented and trace the direction towards a better future, that is all in our hands.

capperi



Funded by the IMCAP
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VICENZA HIGH SCHOOL, LAST
HOUR OF CLASS.

THE CAP IS THE COMMON AGRICULTURAL
POLICY OF THE EUROPEAN UNION AND
AIMS TO SUPPORT FARMERS AND TO
IMPROVE AGRICULTURAL PRODUCTIVITY,
WHILE COMBATting CLIMATE CHANGE,
PRESERVING RURAL AREAS AND
LANDSCAPES AND STRENGTHENING THE
RURAL ECONOMY.

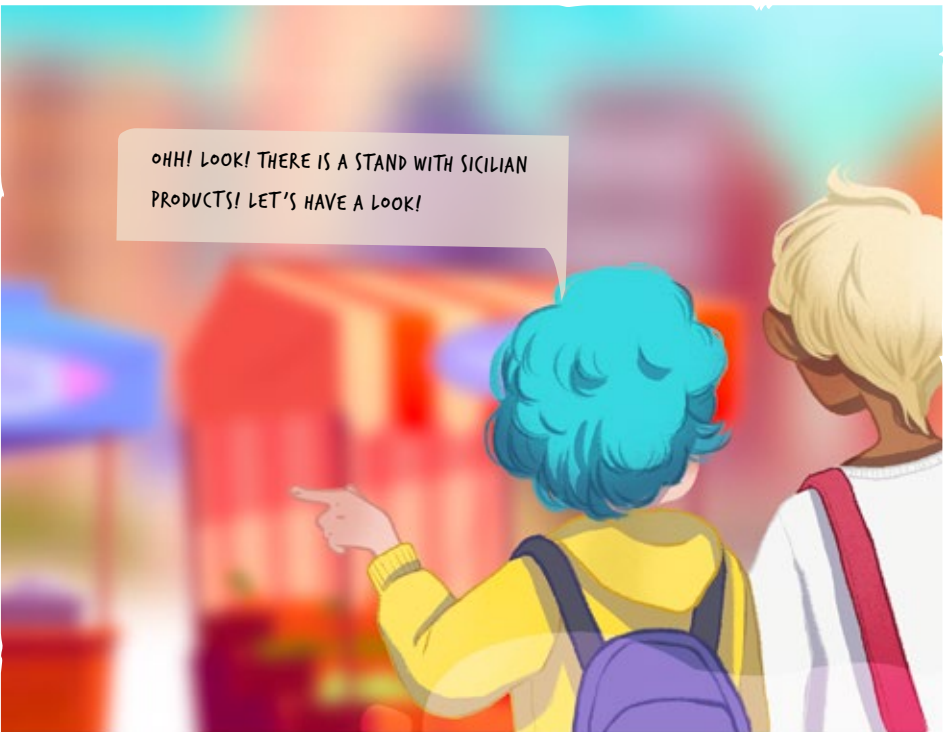
SHHHH

DRIIIIN


HEY, THIS CAP SOUNDS INTERESTING,
I HAD NEVER HEARD OF IT BEFORE!

YES, YOU ARE RIGHT! I WOULD LIKE
TO LEARN MORE ABOUT IT!

YAY!
LET'S GO



OH! LOOK! THERE IS A STAND WITH SICILIAN
PRODUCTS! LET'S HAVE A LOOK!



WOW! EVERYTHING
LOOKS DELICIOUS!

LET'S TRY
THE ORGANIC CAPERS!










HELLO! SORRY,
WE ARE LOST...
CAN YOU TELL US
WHERE ARE WE?

HI GUYS! WE ARE IN THE WESTERN PERIPHERY
OF VICENZA, IN THE URBAN
FOREST OF CARPANEDA.

OH! WE ARE LIVING IN
VICENZA, BUT WE HAVE NEVER
HEARD ABOUT THIS PLACE...




IT'S BEAUTIFUL! AND WHAT ARE YOU DOING HERE?

WE ARE A GROUP OF LOCALS WHO CHERISH THIS RURAL AREA ON THE OUTSKIRTS OF THE CITY, WHICH HAS SURVIVED THE DEVELOPMENT OF THE SURROUNDING INDUSTRIAL ZONE. WE WOULD LIKE IT TO BECOME A PLACE FOR THE COMMUNITY, ENVIRONMENTAL EDUCATION AND THE PRODUCTION OF AGRO-ECOLOGICAL PRACTICES. THAT IS WHY WE HAVE UNDERTAKEN THE CAMPAIGN "CASCINA CARPANEDA BENE COMUNE".

THAT'S GREAT! DO YOU MEAN THAT TOGETHER WE CAN RETHINK THE PLACES IN OUR CITIES, TO MAKE THEM MORE SUSTAINABLE?... I NEVER THOUGHT OF THAT!



A colorful illustration of three cartoon characters. In the background, a boy with dark brown hair and large blue-rimmed glasses smiles. In the foreground, a boy with short blonde hair and a girl with bright blue hair are looking towards the viewer. The boy has a neutral expression, while the girl has a slight smile. They are all set against a soft, blue and purple gradient background.

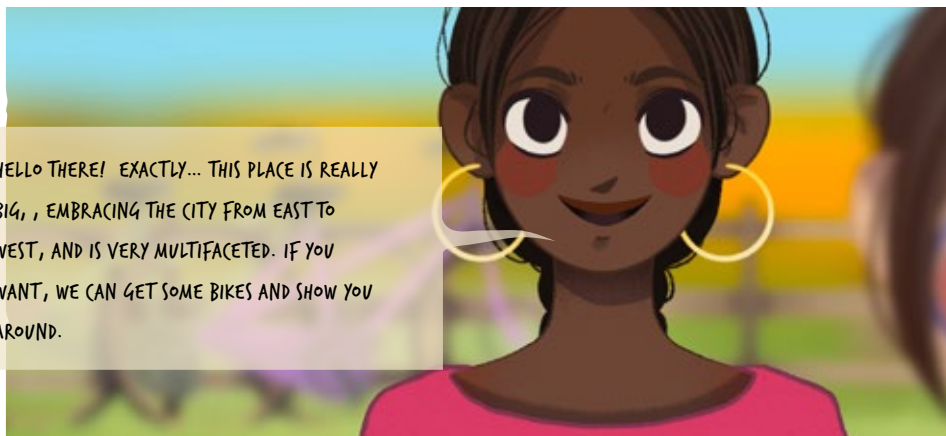
HELLO GUYS! ARE YOU
HERE FOR THE COLLECTIVE
PLANTING DAY?

NO, ACTUALLY WE HAVE JUST DISCOVERED
THIS PLACE. BUT WE WOULD LIKE TO KNOW
MORE ABOUT IT, RIGHT FLORA?

HERE I AM TO TELL YOU MORE! WE KNOW THIS AREA
PRETTY WELL. YOU ARE NOW WALKING IN ONE OF THE
LARGEST AGRICULTURAL PARKS IN EUROPE: THE **SOUTH
MILAN AGRICULTURAL PARK**. IN
THIS AMAZING SPACE PEOPLE HAVE STARTED A PROCESS OF
REGENERATIVE AGROFORESTRY. THIS IS RELATED TO MANY
OTHER COMMUNITY PROJECTS, ALSO SUPPORTING AGRICULTURE.
AND THIS IS NOT EVERYTHING... ASSOCIATIONS ARE HELPING,
AS WELL AS FARMERS.. SHE IS ONE OF THEM, FOR EXAMPLE

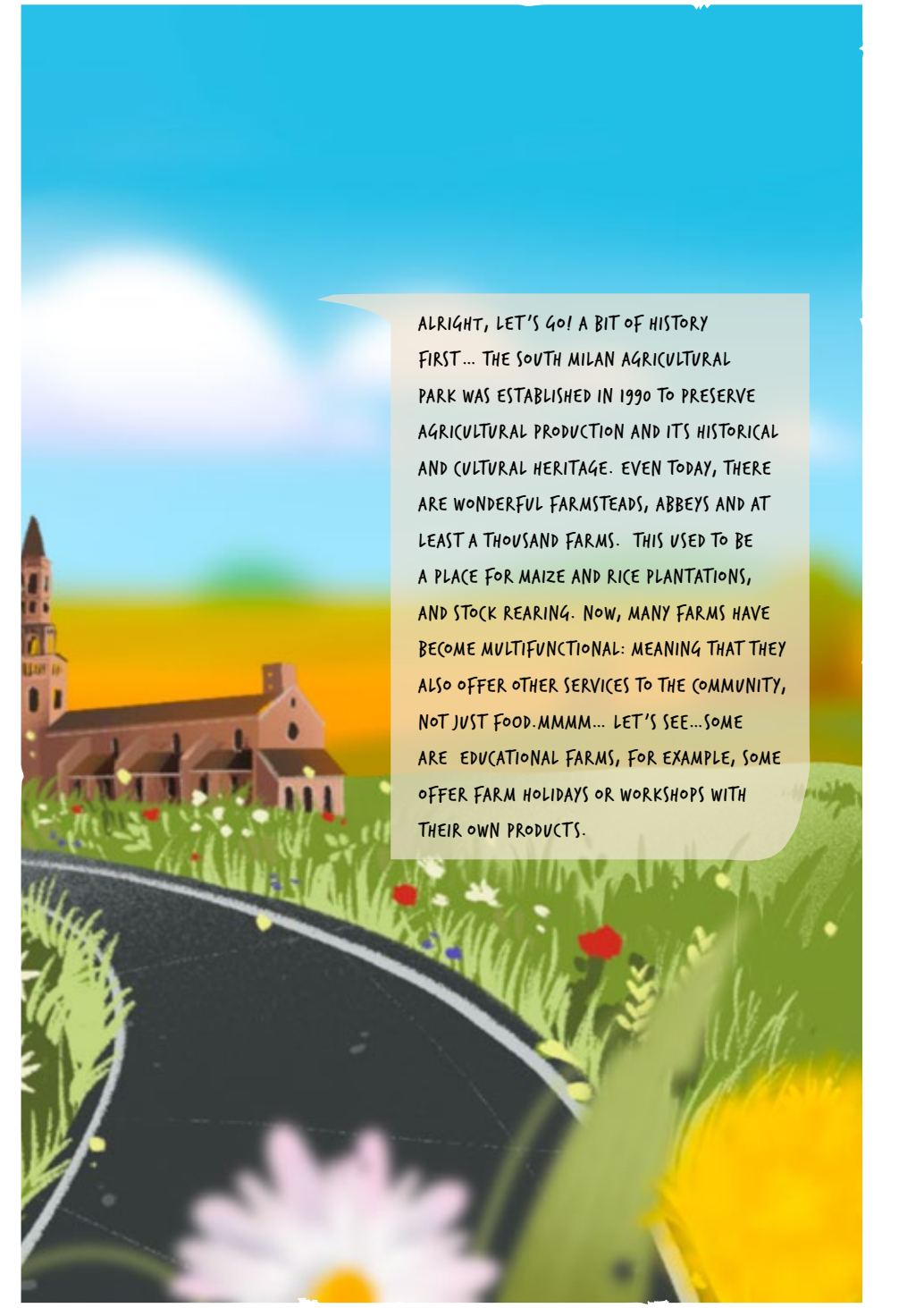


HELLO THERE! EXACTLY... THIS PLACE IS REALLY
BIG, , EMBRACING THE CITY FROM EAST TO
WEST, AND IS VERY MULTIFACETED. IF YOU
WANT, WE CAN GET SOME BIKES AND SHOW YOU
AROUND.

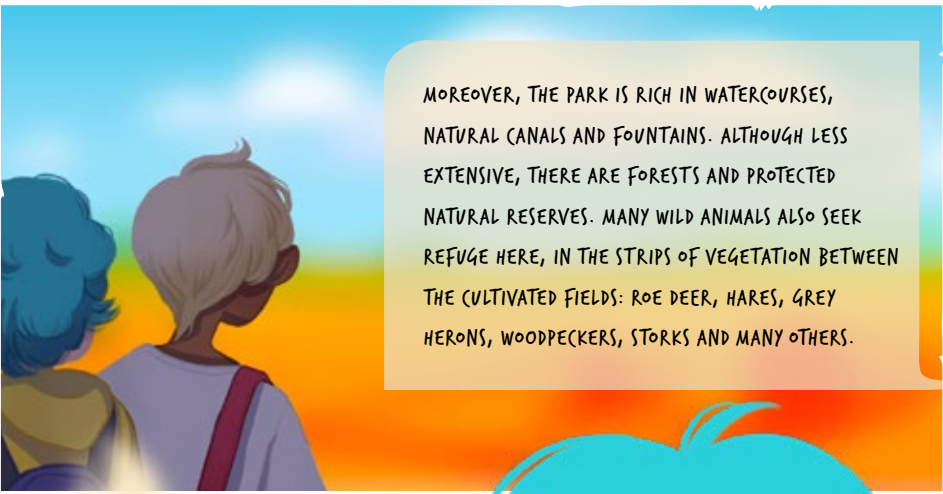


YES, THAT WOULD BE VERY NICE.






ALRIGHT, LET'S GO! A BIT OF HISTORY FIRST... THE SOUTH MILAN AGRICULTURAL PARK WAS ESTABLISHED IN 1990 TO PRESERVE AGRICULTURAL PRODUCTION AND ITS HISTORICAL AND CULTURAL HERITAGE. EVEN TODAY, THERE ARE WONDERFUL FARMSTEADS, ABBEYS AND AT LEAST A THOUSAND FARMS. THIS USED TO BE A PLACE FOR MAIZE AND RICE PLANTATIONS, AND STOCK REARING. NOW, MANY FARMS HAVE BECOME MULTIFUNCTIONAL: MEANING THAT THEY ALSO OFFER OTHER SERVICES TO THE COMMUNITY, NOT JUST FOOD. MMMM... LET'S SEE... SOME ARE EDUCATIONAL FARMS, FOR EXAMPLE, SOME OFFER FARM HOLIDAYS OR WORKSHOPS WITH THEIR OWN PRODUCTS.

An illustration showing the back of two people's heads as they look out over a vibrant sunset. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The person on the left has short, curly blue hair, and the person on the right has short, grey hair and is wearing a purple shirt with a red strap over their shoulder.

MOREOVER, THE PARK IS RICH IN WATERCOURSES, NATURAL CANALS AND FOUNTAINS. ALTHOUGH LESS EXTENSIVE, THERE ARE FORESTS AND PROTECTED NATURAL RESERVES. MANY WILD ANIMALS ALSO SEEK REFUGE HERE, IN THE STRIPS OF VEGETATION BETWEEN THE CULTIVATED FIELDS: ROE DEER, HARES, GREY HERONS, WOODPECKERS, STORKS AND MANY OTHERS.

An illustration of a young girl with short, curly blue hair and large, expressive black eyes. She has rosy cheeks and is smiling. She is wearing a yellow shirt and holding a small, clear glass jar filled with white, sparkling dust or glitter. In the foreground, a blurry, out-of-focus figure of a person with blonde hair is visible, looking towards the girl.

WHAT A STORY! GO ON, LET'S HAVE ANOTHER ONE, I CAN'T WAIT TO SEE WHERE THE NEXT CAPER TAKES US...



PUFF

AND NOW? WHERE ARE WE?


KIDS AND TABLETS? ARE WE
STILL TALKING ABOUT AGRICULTURE?

WOW

WHO ARE YOU? ARE YOU HERE
TO LEARN ABOUT PLANTS WITH US?

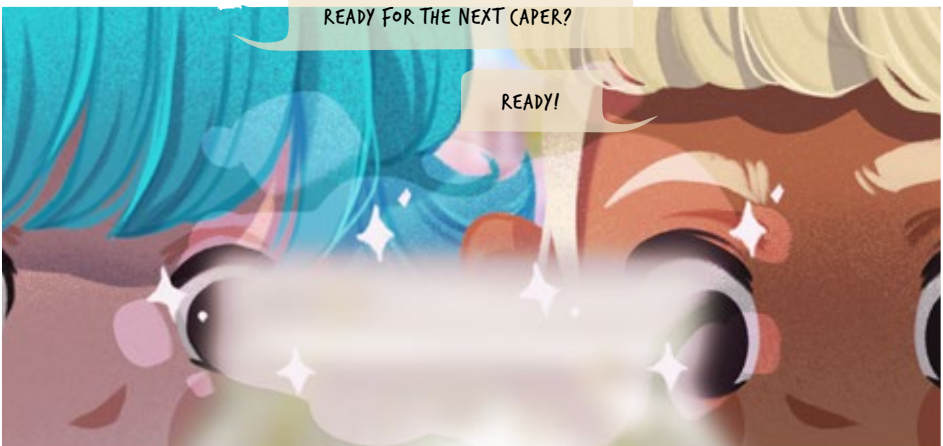
WE ARE FLORA AND OLMO. COULD YOU
MAYBE TELL US WHERE WE ARE?



An illustration showing several hands of different skin tones (pink, light brown, dark brown) reaching down into dark brown soil. The hands are planting small, light-colored seeds. Some small green sprouts are already visible in the soil. A speech bubble from the top left contains text, and a small tag in the center contains the response.


FIRST WE USED TABLETS, NOW WE
ARE GOING TO PLANT SUNFLOWER
SEEDS. WOULD YOU LIKE TO COME AND
HELP US?

YES, SURE!




READY FOR THE NEXT CAPER?

READY!



HELLO! WELCOME TO **CASA SIMONI**. WE ARE PLEASED TO WELCOME YOU TO OUR OLD FARMHOUSE SURROUNDED BY CENTURIES-OLD OLIVE TREES, WHERE THE RETURN TO RURALITY IS UNDERSTOOD AS A WAY OF REDISCOVERING ALL THE TRADITIONS AND TEACHINGS LINKED TO THE TERRITORY OF MESAGNE. HOW CAN I HELP YOU?

HELLO! WE ARE A BIT HUNGRY,
CAN YOU RECOMMEND A PLACE
WHERE TO GO?



NOW WE ARE DOING A TASTING WITH FRESH LOCAL PRODUCTS FROM MESAGNE, IF YOU WANT YOU CAN TASTE OUR TYPICAL PRODUCTS WITH US. THIS INCLUDES FRESH AND AGED CHEESES PRODUCED BY A MASSERIA [FARM] LOCATED JUST A FEW KILOMETRES FAR FROM US, WE ALSO HAVE THE TYPICAL LECCINE TABLE OLIVES, PRODUCED AND HARVESTED IN OUR OLIVE GROVES. WE WILL ALSO BE HAPPY TO LET YOU TASTE ONE OF OUR BEST RED WINES, NEGROAMARO.

THANK YOU FOR THE INVITATION, IT ALL SOUNDS REALLY TASTY, WE WOULD LIKE TO TRY IT.



WE ARE A NETWORK OF FARMERS WITH A FOCUS ON ORGANIC FARMING, THE DEVELOPMENT OF RURAL AREAS AND THE INFLUENCE OF AGRICULTURE ON THE ENVIRONMENT.

WE PROMOTE THE MEDITERRANEAN DIET, A HEALTHY LIFESTYLE AND SUSTAINABLE AGRICULTURE.




ON THIS BEAUTIFUL ESTATE, VARIOUS ACTIVITIES ARE ALSO ORGANISED, FOR EXAMPLE MY CLASSMATES AND I ARE JOINING A PARTICIPATORY VIDEO MAKING PROJECT. WE ARE COLLECTING VIDEO MATERIAL ON THESE TOPICS BECAUSE WE WANT TO SHARE THIS INITIATIVE WITH MORE PEOPLE.

THANK YOU SO MUCH FOR WELCOMING US, THE DELICIOUS FOOD, THE INTERESTING INFORMATION, AND FOR INTRODUCING US TO PLACES, PEOPLE AND IDEAS THAT HELP US IMAGINE A MORE CONCRETE, SUSTAINABLE AND SUPPORTIVE FUTURE FOR OUR CITIES. UNFORTUNATELY, WE HAVE TO GO NOW.



UP THE NEXT CAPER!



WOW, HOW WONDERFUL! WHERE ARE WE?


PUFF

YOU ARE RUNNING LATE FOR THE WORKSHOP ON FOOD
WASTE AND SUSTAINABILITY IN THE KITCHEN!


BUT DO YOU THINK THAT WE CAN STILL PARTICIPATE?

IT'S ALMOST AT THE END,
BUT YOU CAN STILL JOIN.






TO SUM UP WHAT WE LEARNED DURING THIS WORKSHOP
AT **PARCO VILLA FILIPPINA** IN
PALERMO: WE BECAME AWARE OF THE FACT
THAT WE CAN REDUCE KITCHEN WASTE IN OUR DAILY
LIVES THROUGH SIMPLE MEASURES AND BY USING
CREATIVITY. FOOD WASTE NUMBERS ARE STILL VERY
HIGH, ITALIANS THROW AN AVERAGE OF 595.3 GRAMS
OF FOOD PER HEAD AND WEEK INTO THE RUBBISH. IN
THE TOP 5 MOST WASTED FOODS ARE FRESH FRUIT,
SALAD, BREAD, VEGETABLES, ONIONS, GARLIC,
TUBERS.



TODAY WE LEARNT HOW TO TURN STALE BREAD INTO VERY FINE DISHES, HOW TO REVIVE OVERRIPE FRUIT AND WILTED SALAD. IN ADDITION, IT IS IMPORTANT TO CHOOSE PRODUCTS THAT ARE PREFERABLY LOCAL AND ORGANIC; HERE, FOR EXAMPLE, ON SATURDAY MORNINGS THERE IS A FARMERS' MARKET AND IT IS POSSIBLE TO BUY GENUINE PRODUCTS DIRECTLY FROM THE PRODUCERS.



HOW INTERESTING! UNFORTUNATELY WE MISSED THE BEGINNING OF THE WORKSHOP. DO YOU ALSO ORGANISE OTHER WORKSHOPS?

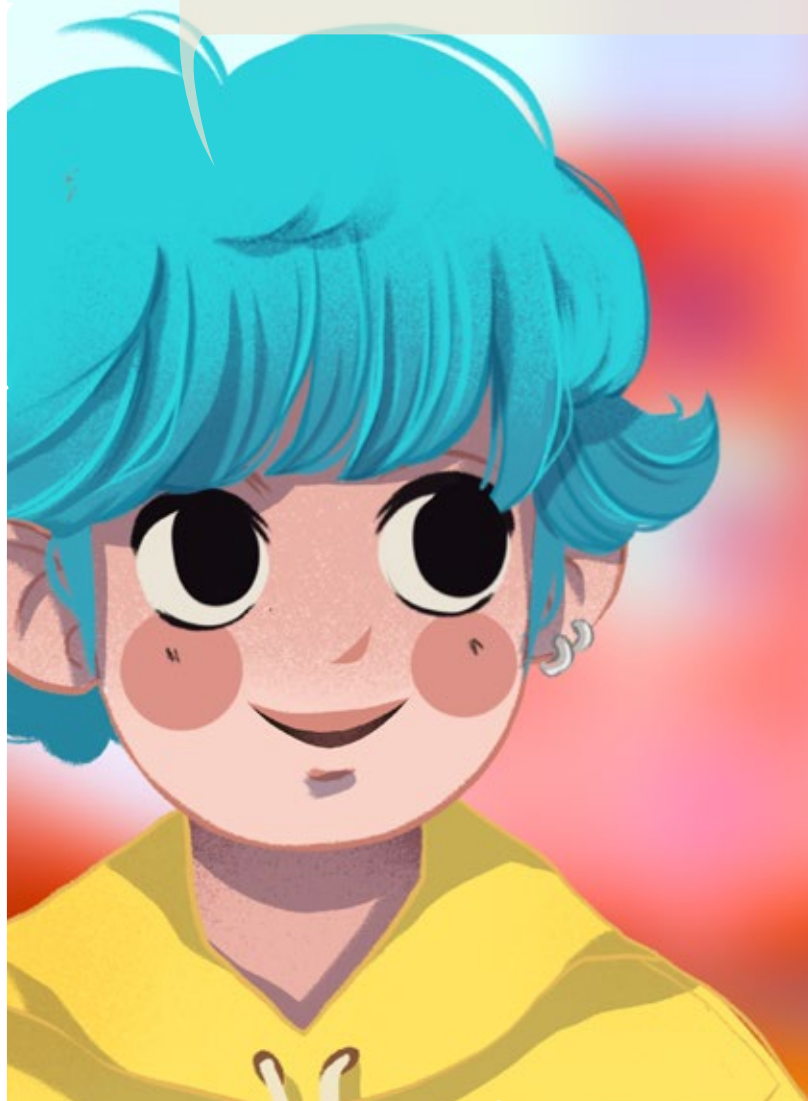
YES, WE OFTEN ORGANISE INFORMATION MEETINGS ON FOOD HABITS, SUSTAINABILITY, AGRICULTURE AND ECOLOGICAL TRANSITION AND MANY OTHER TOPICS.

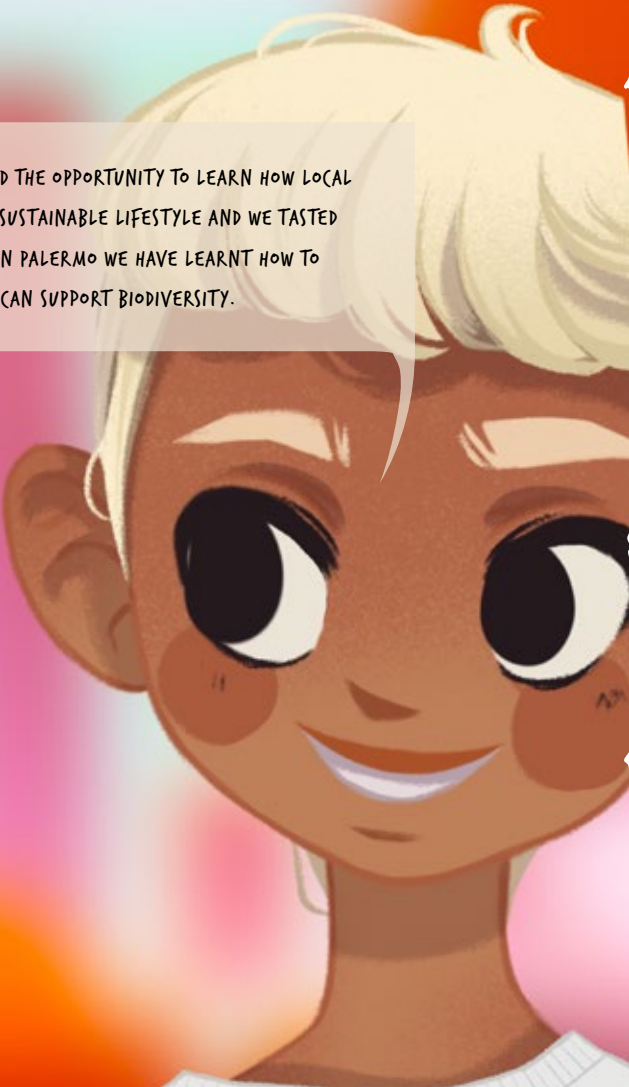
AMAZING! IT'S A GREAT WAY TO SHARE WITH PEOPLE ABOUT THESE IMPORTANT TOPICS. WE PLAN TO ATTEND ONE OF THE MEETINGS IN THE FUTURE

THE LAST TWO CAPERS
ARE LEFT... COME ON,
LET'S GO HOME.



WOW, WHAT AN INCREDIBLE EXPERIENCE! SUCH A GOOD FOOD FOR THOUGHT! IN VICENZA WE DISCOVERED THE URBAN FOREST AND THE PARTICIPATORY PROJECT TO CREATE AN AGROECOLOGY HOUSE ON THE OUTSKIRTS OF THE CITY. IN MILAN, WE FOUND OUT THAT EVEN IN A HIGHLY URBANISED AREA, IT IS POSSIBLE FOR ENVIRONMENTALLY CONSCIOUS AGRICULTURE TO NOURISH THE CITY. THEN IN ROME WE SAW HOW AGRICULTURE AND TECHNOLOGY CAN BE INTEGRATED TO CREATIVELY TEACH CHILDREN ABOUT PLANT DEVELOPMENT.





YES, EXACTLY. IN MESAGNE, WE HAD THE OPPORTUNITY TO LEARN HOW LOCAL FARMERS PROMOTE A HEALTHY AND SUSTAINABLE LIFESTYLE AND WE TASTED DELICIOUS LOCAL DISHES. FINALLY, IN PALERMO WE HAVE LEARNT HOW TO REDUCE FOOD WASTE AND HOW THIS CAN SUPPORT BIODIVERSITY.

IT WAS AMAZING! LET'S GO AND TELL OUR FAMILIES AND FRIENDS ABOUT THESE EXPERIENCES!

THE MAGICAL JOURNEY THAT OLMO AND FLORA TOOK GAVE THEM A LOT OF INSPIRATION AND AWARENESS OF THE SIGNIFICANT SOCIAL, ECONOMIC AND ENVIRONMENTAL IMPLICATIONS OF THE CAP. IT WAS AN EXPERIENCE THAT TAUGHT THEM THE IMPORTANCE OF AGRICULTURE AND HOW FARMERS HELP TO PROTECT THE ENVIRONMENT AND BIODIVERSITY.

GLOSSARY



URBAN REGENERATION

Urban regeneration is an approach to city planning in order to restore the social and economic problems of an urban area, enhancing the environmental and physical aspects of the city along with the buildings. Its aim is to turn wrecked areas into economically productive environments of a community.

COMMON GOOD

A **Common good** implies those facilities – material, cultural or institutional – that the members of a community make available to all members so as to accomplish a relational obligation they all have to care for particular interests. Examples for common goods: public parks, cultural institutions.

CIRCULAR ECONOMY

The **Circular economy** is a framework of manufacture and consumption that includes sharing, leasing, reusing, repairing, refurbishing and recycling of existing products and materials as long as feasible. The goal is to prolong the life cycle of products.

AGRICULTURAL PARK

An **Agricultural park** is a model of a park characterized by the presence of agricultural activities inside; it has therefore the typical landscape of the countryside, with the elements of the territory in which it exists, whether they are artificial (rural buildings, paths of beaten earth etc.) or natural components (waterways, crops, rural hedges, etc.). In this model, therefore, the countryside, in addition to maintaining its productive function, becomes a place of pleasure, leisure and at the same time education, open to the citizens.

AGRO-ECOLOGY

Agro-ecology is considered a science, a practice and a social movement. It is based on the ecological mechanisms that regulate natural systems and promotes the regenerative use of natural resources, the dynamic management of biodiversity as well as the creation of sustainable and socially fair food systems. The forms of autonomy promoted from agroecology, oppose the centrality of global markets and promote the self-government of rural and peasant communities, supporting a process of remodeling of the markets themselves based on the principles of solidarity economy, of the ethics of production and responsible consumption.

URBAN GARDENING

Urban gardening describes the action of growing plants in an urban environment and has a positive effect on the environment, economy and food security.

SUSTAINABILITY

Sustainability, in a larger sense describes the competence to retain or support a process uninterrupted over time. Both in business and policy contexts, sustainability aims at precluding the reduction of natural and physical resources so that they will stay available in the long run.

ORGANIC FARMING

Organic farming is an agricultural system based on ecological pest controls and biological fertilizers extracted mostly from animal and plant wastes and nitrogen-fixing cover crops. Modern organic farming arose as an answer to the environmental harm provoked by the use of chemical pesticides and synthetic fertilizers in conventional agriculture, and it has many ecological advantages.

MEDITERRANEAN DIET

The **Mediterranean diet** is a way of eating based on the traditional food of Italy, Greece and other Mediterranean countries. The basis of this diet are plant-based foods like whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices. The central source of added fat is olive oil. Foods like fish, seafood, dairy and poultry are being eaten in moderation, while red meat and sweets are infrequently eaten. The Mediterranean diet is known to prevent heart disease and stroke.

FOOD WASTE

Food waste relates to food that is suitable for consumption but consciously rejected at the retail or consumption stages. Reasons for food waste are numerous - losses from cooking or mold, pests, insufficient climate control or intentional food waste.

SHORT SUPPLY CHAIN

A **short supply chain** can be defined as a supply chain containing a restricted number of economic operators committed to collaboration, local economic progress, and close social and geographical ties among food manufacturers, processors and consumers. Such a food system is of substantial interest to various demands and possibilities, both of farmers and consumers.

LOCAL PRODUCTS

Local products are food produced within a short distance of where it is sold or consumed. Some people also define it as products bought straight from the farm or at a farmers market.

LOCATIONS



URBAN FOREST OF CARPANEDA - Vicenza

Lowland forest of 7 hectares with a hygrophilous vocation. Planted in 2009 within a vast surviving rural area, wedged between the urban centres of Vicenza and Creazzo, surrounded by industrial areas and open to the hills and mountains of Vicenza's Lessinia region.



SOUTH MILAN AGRICULTURAL PARK - Milan

Covering approximately 47,000 hectares, it includes agricultural and forestry areas in 60 municipalities in the metropolitan city of Milan with the aim of protecting agriculture, preserving the environment and promoting activities that favour the function of the territory by citizens.



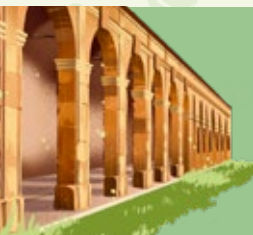
URBAN GARDENS GARBATELLA - Rome

Self-managed Public Space consists of 25 plots allocated to the inhabitants of the neighbourhood and to associations working in the fields of gardening, disability and social inclusion. It was the first community urban garden created within the GRA.



CASA SIMONI - Mesagne

It is a local reality, an old farmhouse surrounded by centuries-old olive trees, whose aim is to create the rurality that characterises the history of Mesagnese agricultural life, through the beauty of the landscape and the culinary delicacies of the urban vegetable garden on the estate.



VILLA FILIPPINA PARK - Palermo

It is one of the first public gardens in the city of Palermo, a multifunctional urban park that hosts the weekly Sicilian produce market «Contadini in Villa».

CAP-PERI!

THE PROJECT

CAP-PERI was created to help reconnect urban and rural areas through the adoption of a participative and creative approach, to involve citizens in activities on the ground. The project highlights the role of the **CAP (Common Agricultural Policy)** in supporting the **EU Green Deal's** strategies. In particular in sustaining the transition towards a sustainable European food system that safeguards food security and reduces environmental and climate impacts. **CAP-PERI** aims to raise awareness on the impact of the agricultural sector on climate change, biodiversity conservation, rural regeneration and job creation.

BENEFICIARIES

- 100 adolescents between 14 and 18 years;
- 200 adults between 35 and 50 years from different sectors of local communities (by region);
- At least 150 stakeholders (youth associations, civil society organizations, etc.);
- 100,000 people from the online community;
- 5 European communities;
- 200 children.

OBJECTIVES

The overall objective of the project is to disseminate among citizens and, above all, young people the knowledge about the **CAP** as a tool to enable the achievement of the objectives of the **Green Deal**, environmental and social sustainability, environmental and social sustainability and the fight against climate change. The specific objectives are:

- **Food sustainability and Farm to Fork strategy** – the impacts of agriculture and our food choices on our health and our planet;
- **Adaptation to climate change** – how can agriculture support the achievement of the objectives of the Green Deal;
- **Generational renewal in the agricultural sector;**
- **Reconnecting the urban urban population to its parks, peri-urban areas, urban gardens and agricultural land** – vegetable gardens as centres for environmental education, participation, social inclusion and social change;
- **Improving the protection of biodiversity and green areas green areas;**
- **National network of organisations and urban gardens;**
- **Food waste and sustainable sustainable food practices** – the importance of sustainable consumption and urban food policies to tackle climate change.



CAP-PERI!

ACTIVITIES

CAP-PERI combines a number of different methodologies drawn from both the social sciences as well as from the theatre and performing arts.

- Educational activities dedicated to students through tools of social research, with the realisation of interviews and intensive workshops.
- Creation of an innovative, interactive and theatrical online device that addresses issues related to sustainability, food climate change, agriculture and European policies.
- Workshop paths for the collective creation of an output focused on the contents that emerged from the research phase.
- Conferences and events open to citizens that address different topics related to nutrition.
- Augmented Reality Workshop with children through the use of tablets and applications to play with production cycles.
- Webinars held by students and experts on the project's topics.
- International call for young illustrators (under 35) on the theme of sustainability, food and climate change.
- An itinerant exhibition.
- Graphic novel.

RESULTS

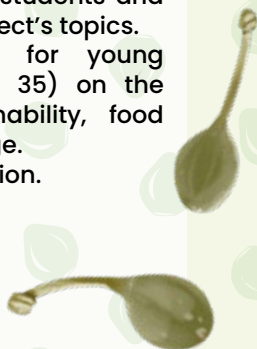
The initiative contributes to:

Breve termine

- Raising public awareness on CAP, reducing food waste sustainable lifestyle;
- Creation of artistic materials for sustainability;
- More connection between urban gardens and farmers;
- National network of organisations of urban gardens.

Medio-lungo termine

- Improving the protection of biodiversity, and of green areas;
- Transition to a healthy diet;
- Increasing citizens' attention to ethical, environmental and health issues;
- Dissemination of knowledge on the CAP and the objectives of the
- Green Deal in Italy and Europe.



PARTNERS



An association dedicated to promoting good governance and the participation of citizens at the local level in the European Union in its neighbourhood and beyond.



An association of educators and trainers, active locally and internationally. It promotes, through non-formal education and international mobility, actions of active citizenship.



A Theatre Production Centre committed to the creation of shows and performances. It uses theatre as a tool for the education of new generations, the development community and the regeneration of territories, in a vision of integral ecology.



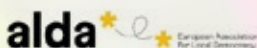
A European study and initiative centre dedicated to research and innovation in the socio-economic, educational and cultural fields founded.



A totally independent non-profit, independent organisation offering services in research evaluation and monitoring, training design, consultancy, accompaniment and technical assistance.



A scientific institute that carries out research training and services in the Mezzogiorno acting as an aggregator and social incubator in the biomedical, environmental and social sector of Planet Health.



With the contribution of:



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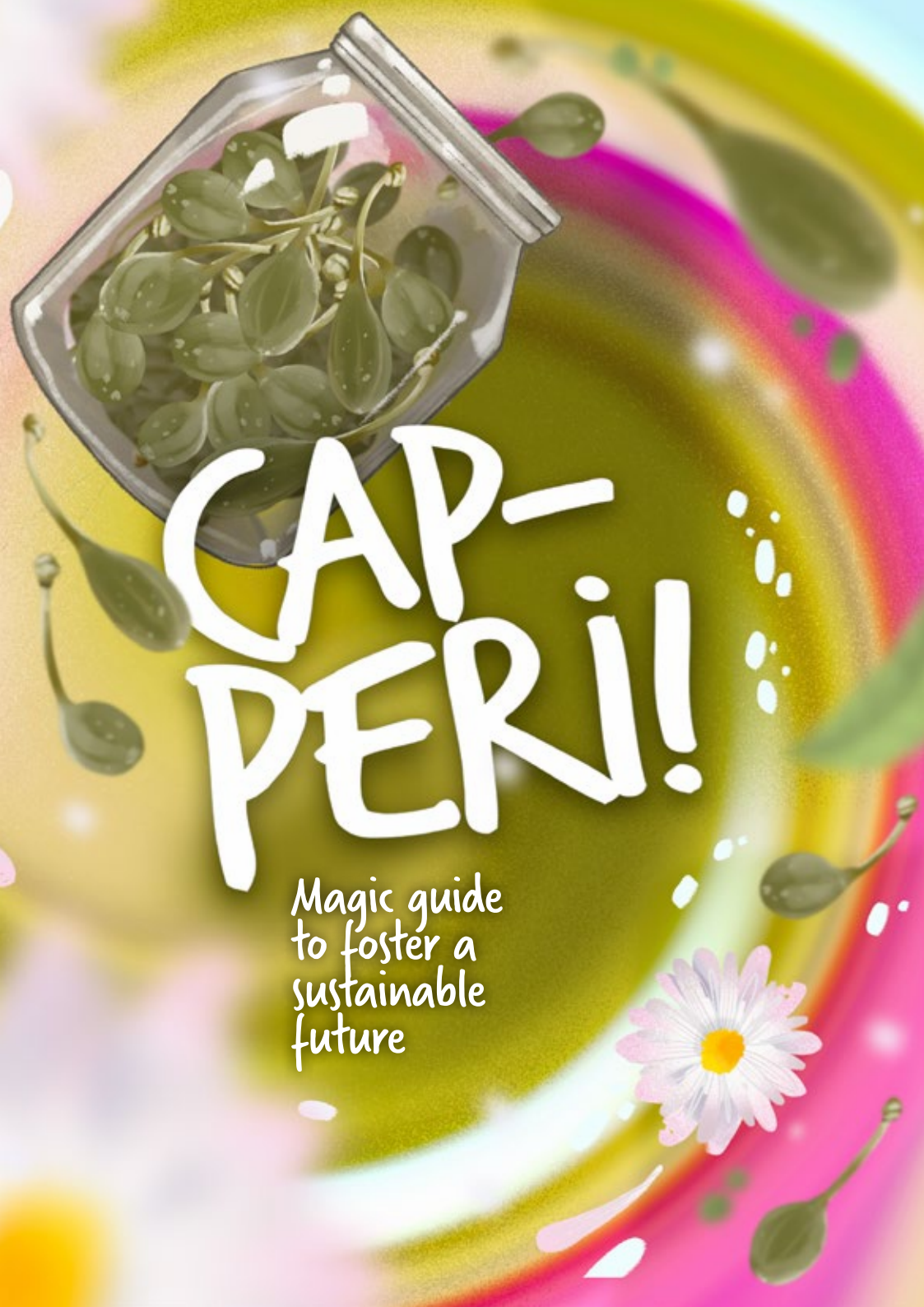


Common Agricultural Policy,
Peer Educational Resources
in Italy

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