

**BINGN**  
**Norway seminar**  
**1st. June – 7th June 2015**

**Introduction**

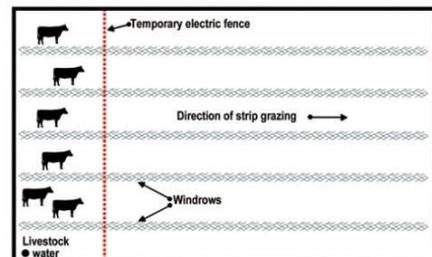
Our first summer seminar of 2015 was accompanied by not so summer like weather; rain, wind and low temperatures would see us through this coming week. But that didn't dampen the spirits of the BINGN students! We met in Aurland at Sogn jord-og-hagebruksskule, where we would spend the next three days before heading over the mountains to Nordgard Aukrust in Lom for our second part of this seminar.

**Farm visit –Undredal Stølsysteri**

After a short drive from Aurland we arrived in the beautiful valley of Undredal where the Undredal Stølsysteri lies. Anna Karine Marstein welcomed us and we became quickly dressed up in plastic! The farm has milking goats and a long history of cheese-making and currently is producing three traditional Norwegian types; Brun Undredal, Kvit Undredal and Sogna kvitost. We were lucky enough to gain an insight into the production of the cheese and a lot of tasters!

**Grazing systems with Clemens Gabriel & Oliver Showw**

Clemens & Oliver gave us a great introduction into the different grazing systems used. From strip grazing to permanent pastures, this is an extremely important subject in order to maximize the use of one's land and also create a sustainable farming system.



**Welding with Thorvald Tokvam**

We split into two groups for the practical sessions; the welding group began by cutting up steel pieces with an angle grinder and then learning the art of welding. How to produce a clean, even weld without getting stuck on the metal and still trying to keep ones eyesight! This was a great introduction to this craft, a much needed skill in agriculture!

**Ploughing with Olav Einan**



Firstly we looked at the plough, identified its parts and then attached it to the tractor. We took a good amount of time to adjust the plough to our ideal depth and angle, in order to produce an evenly ploughed field. We each took it in turns to plough the field and meticulously measuring and adjusting the

plough to the perfect position. This was an extremely important learning experience and great that so much time was allocated for the exercise.

### **Composting with Nat Mead**

Nat gave us a tour of his composting area at SJH. The compost is separated into different rows and turned once a week using a special compost turner on the tractor, it is tested regularly for the temperature and covered to prevent leaching.

### **Sensory perception with Ola Aukrust**

We had a stimulating session with Ola about using our senses, we had 15 herbs and spices to describe and try to identify. The diverse flavours and aromas were uplifting and fascinating, how does one describe Dandelion root?

### **Plant identification with Ola Aukrust**

On Sunday morning we went on a botanical tour up the side of the mountain behind the farm, on the way we each chose 4 plants which we attempted to identify and discussed what defines each of them. This was a great opportunity to gain a greater view of the farms position in the world from the biodiversity and the surrounding mountains.

### **Morten Schakenda – Bakeriet I Lom**



We were very grateful that Morten could come and share his story about the bakery in Lom. With a big dose of humour he told us the path he took from being a top professional chef to moving to rural Norway and opening a bakery which has become a huge success, this was inspiring and encouraging hearing someone having a dream and achieving it!

### **Conclusion**

Although the weather wasn't so summery, we managed to have a great summer seminar! A great combination of practical, theory and beautiful locations! The next time we meet is in August in Finland, see you there!