



A QUINTA DA LAGE

South Western Portugal



universidade
de aveiro

Universidade de Aveiro -
Design para a Inovação Social
Rosa Coppi - 105650

“A QUINTA DA LAGE” 2003.



A Quinta da Lage is a regenerative eco farm based in the coastal natural park in South Western Portugal. The project is all about restoring the land using different regenerative agriculture and permaculture methods like water catchments and keyline design, planned holistic grazing with animals, agroforestry, soil restoration and no-till gardening.



**Their holistic vision
is to create a regenerative
landscape for the
production of food
and fibre in a way
that benefits all life.**

**To be a place of learning
where participants
find purpose leading
to meaningful actions
and personal growth.**

**They would like to inspire
future farmers and anyone
else interested in nature
and growing food to let people
understand the importance
of self-produced food.**

Governance and Policy Making



Independent
Self-managed

A Quinta da Lage is a regenerative eco farm and they are not involved in any partnership with local businesses. They manage their own activity just thinking about self-production and possible collaboration with new farmers.

Activism and Civic Participation

Inspiring new farmers

The Quinta is interested in inspiring farmers of the future and anyone else interested in nature and growing food by spreading knowledge through this website, our internship programs, open days, workshops & courses.

Social Interactions and Relations



Stage
Practical possibilities

A Quinta da Lage is at its beginning stage but aims to create hope for future generations, to show what practical possibilities are out there in terms of reversing soil erosion and implementing land restoration, eco construction, passion based learning, local food security and more.

City and Environmental Planning

A photograph of a dirt road winding through a hilly, wooded landscape. In the foreground, a wooden fence runs across the frame. The road is unpaved and leads into the distance. The background shows rolling hills covered in trees and vegetation. The lighting suggests a bright, sunny day with some lens flare visible.

Holistic management

Restoring nature

After six years of trying out nature restoring activities at A Quinta, there is one sticking out: holistic management. An animal and land management practice that mimics nature to benefit both grazing stock and biodiversity.

Production, Distribution and Consumption



Self-sustainable

Organic food

At A Quinta they drink living water from their spring and they eat as much home grown organic vegetables, fruits and nuts as possible. Their stress free animals provide with healthy, grass fed meat and organic eggs. All these ingredients enables to create wholesome generous meals. The aim is to be fully self sustainable but at the moment they are still struggling to become coffee and chocolate free.

Skill Training and Design Education



Share knowledge

Hosting people

Holistic grazing experience

A Quinta is an open space to share experiences and knowledge through different format, from retreats to workshops or special events. A Quinta also offers the opportunity to gain experience in holistic grazing, based on Allan Savory's holistic management methods.

Job Creation

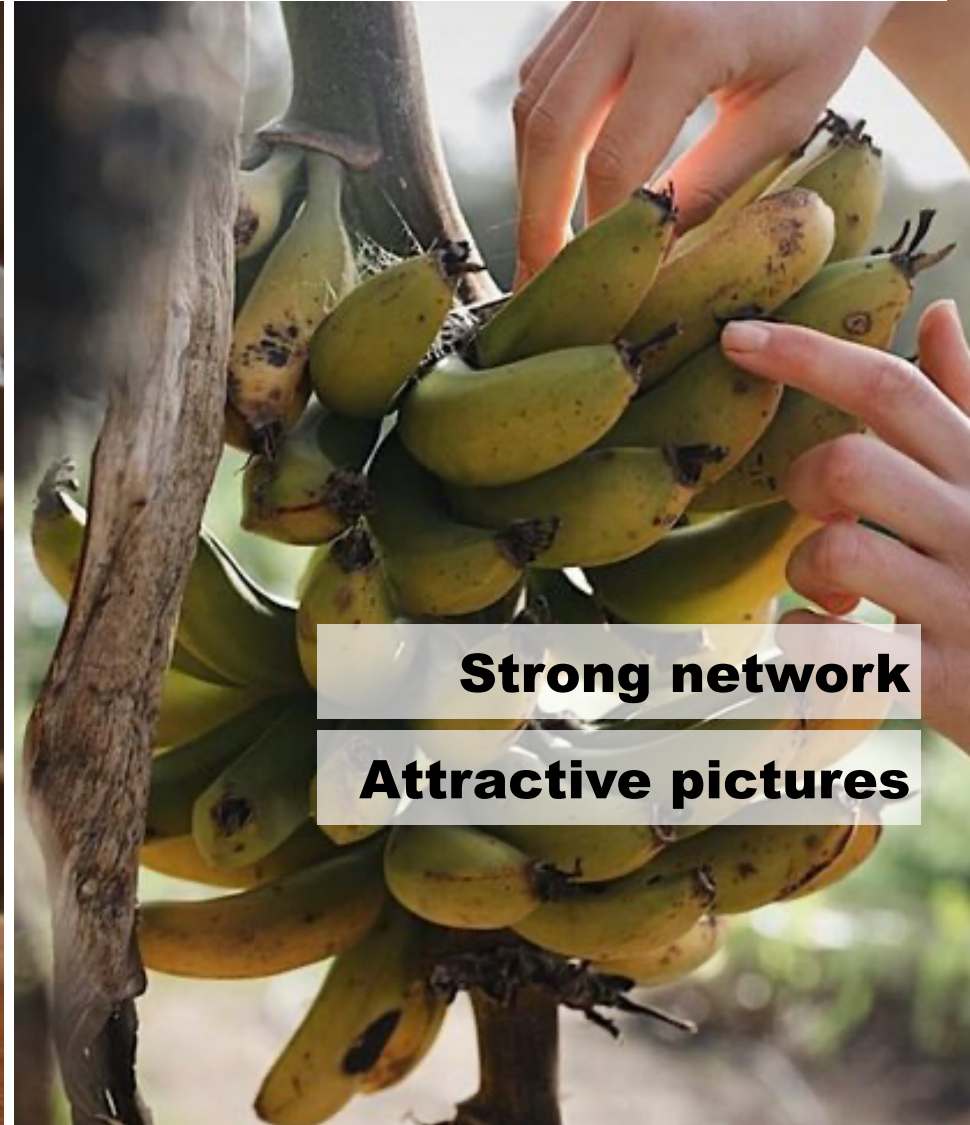


Community of people

Provide services

The farm is a space hosting a community of people including workers, volunteers or residents need care, as much as the land that surrounds us. They also provide shared accommodation in dormitory, healthy food and other services, beside the beautiful place they have and it can offer.

Storytelling and Visualisation



Strong network

Attractive pictures

A Quinta da Lage would like to inspire future farmers and anyone else interested in nature and growing food by spreading knowledge through this website, our internship programs, open days, workshops & courses and they care about having a well-done website, Instagram and Facebook Page to attract new people. Also the photos they publish are very well done and represent the life and the possible experiences in their organization.

<http://www.aquinta.org/gallery>

A Quinta da Lage
South Western Portugal