



# AN EDUCATIONAL FARM TRAIL

## be a farmer for the day at Annadana

We welcome you to Ishana, a 5 acre agro-ecology knowledge farm which is organic and certified. We grow and eat what is in season, hence an energized bunch of 40 empowered farmers.

We invite people of all ages and backgrounds to rediscover the joys of working on a farm. We walk you through our farm trail "Soil to Seed to Plate" to understand the source of chemical-free food. Recycling and renewal energy plays a key role to our sustainability.

From growing a diversity of vegetables, herbs, spices, millets, cereals and fruits, we have our in-house dairy produce which is shared with our community of farmers.

We can help you to grow your own vegetables at home, be it a small balcony/terrace or kitchen garden. We can also help you to set up your own farm using an integrated holistic approach.

We have farm educators to get you going. As your relationship with your food deepens, you will find yourself choosing healthy, eating well and reducing disease and associated medical bills.

If you wish to engage with our mission, feel free to enquire for more details. The proceeds of your farm trail will support the efforts of our communities of farmers and their children.

Come join us to strengthen the chemical-free food movement.

**Our Farm Store:** offers a selection of saplings from our nursery be it exotic vegetables, flowers that benefit pollination to heritage seeds, publications, films, T-shirts, caps, and more

Visiting Hours	9:30 am - 5:00 pm (Monday - Saturday)
Contact	Mob: +91 8277116606, +91 8867316470 Email: funfarming@annadana-india.org

### Registered Office:

Annadana Soil and Seed Savers Network  
Ishana in Gopathi Farms, Village Singapura, Post Vidyaranyapura  
Bangalore-560097, Karnataka, India.

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**annadana**  
SOIL & SEED SAVERS