

News



LETTER #5 - OCT.19

The Let's Food Cities Project encourages city-to-city cooperation to foster the transition towards nutritious and sustainable food for all

Step #5 - Fez, Morocco

10 JUL - 10 OCT. 19

{ In cooperation with
Montpellier
since 2003 }

Morocco

Kingdom of Morocco, head of monarchy is King Mohammed VI.
Population: 35.4 million (2017)
Urbanization rate: 60.36%
Large urban areas: Casablanca, Rabat, Marrakech, Fez.
Main productions: 75% cereals.
75% of the farms with less than 5 hectares.

Fez

1.2 million inhabitants (2014)
Imperial city whose medina is a UNESCO heritage
Strong urbanization, rural urban migration
Urban population growth above the rural population growth (1.8% / year)

Fez - Meknes region

60.52% urbanization
agricultural region:
cereals, olives, livestock

Objectives of the mission



Food related topics are essential today to foster the ecological transition of cities while maintaining the quality of life of their inhabitants. Therefore, the objectives of each mission are ambitious and multiple:

- #1 Assess the food system from production to consumption through distribution, processing, but also waste management and food governance in the light of the requirements of sustainable development : protected ecosystem and biodiversity, fair economy and access for all to a healthy diet (*Diagnosis and film*)
- #2 Propose adapted solutions to local issues, getting inspired by successful French initiatives (*Solutions Booklet*)
- #3 Mobilize the actors of the territory around sustainable food and create the necessary meeting opportunity for the emergence of new projects. (*Workshop of co-building solutions, restitution event, market of positive initiatives*).
- #4 Engage policymakers through the signing of the Milan Urban Food Policy Pact (*Restitution event with local authorities*)

Fez // Montpellier

Montpellier and Fez are 2 Mediterranean cities with comparable contexts. Climate change is leading to a desertification of landscapes, temperatures in Montpellier in 2050 will be comparable to those of Fez today, a traditional Mediterranean diet good for the health but being lost in favor of a globalized diet rich in sugar, salt and fat, etc. The two cities have been cooperating since 2003 through a few cultural projects related to handicrafts or sports. The Let's Food Cities project is an opportunity to strengthen this cooperation through the urgent challenges of sustainable food and agriculture.



▶ Meetings with the actors of Fez food system



Institutions

We met different institutions during our mission. At local level, the Vice-President of the municipality of Fez in charge of green spaces, Mr. El Harti and the VP in charge of environment and health, Mr. El Bekkali have largely facilitated the contact with various actors and allowed us to organize two workshops. They were very interested in ideas coming from elsewhere applicable within the scope of their mandate. We also met the VP of the Fez-Meknes Region. Following the recent decentralization law, the regions are gaining financial autonomy and competencies, especially on agricultural issues and social and solidarity economy. Our interviews also included: the Regional Chamber of Agriculture, the Regional Representative of the Ministry of Agriculture with whom we discussed the regional version of the Green Plan of Morocco and its limits, then the delegation of FAO in Morocco that we met in Rabat and whose actions are so far limited, because of lack of resources.



Interview with President Aboukacim Abdelhamid and the project manager, Kaoutar Fjer from FIMABIO (national organic agriculture organization).



Universities

The Fez-Meknes Region has many universities and especially the National School of Agriculture located in Meknes, in the heart of an agro-food cluster. The knowledge provided by professors in environment or researchers in socio-economics allowed us to refine the challenges faced by the territory - hidden brakes and levers. Abdessalam El Khanchoufi, a professor at the University of Fes also helped us with his expertise on local products and on the evolution of young graduates in Fez through the training they offer to give value to agricultural professions. Agroecological alternatives are nowadays absent in agronomy schools: by creating the specialization AGREE (agroecology environment) and an experimental farm, Khalid Boutahar and Fouad Rachidi wish to show students and local producers that another agriculture, respectful of ecosystems, is possible.



Visit of Educational Farms in the province of Sefrou with Abdessalam El Khanchoufi.

Consumers



The gastronomy culture of Fez is rich: pastillas, couscous, tajines .. but the extension of the city, the advent of supermarkets and fast food contribute to the rapid evolution of food practices and the emergence of new health issues such as diabetes, overweight and cardiovascular diseases, etc. To find out what consumers think, we went specifically to interview women who are primarily responsible for bringing food to their families. We have met different generations to better understand the evolutions and feelings of consumers. Among them: Fatima and Rajae, from Riad Lalla Fatima, and Najya, chef at Ruined Garden Restaurant.

Local producers



The meeting of farmers in periurban and rural areas has been facilitated by universities, institutional and associative actors from the region. The double hats are common in Morocco, so the VP of the Municipality of Fez is also producer of apples, a regional elected has set up a couscous cooperative, the President of FIMABIO is also producer of olives. Finally, we met a young caper producer who is also president of a youth cooperative. We unfortunately could not meet olive grower or attend the transformation to olive oil, a major activity of the region, because it was not the right season!

Local associations



Our discovery of the Network of Agroecological Initiatives in Morocco (RIAM) and its Secretary General Hamid Tebbane has been decisive for understanding the dynamics of both demographic and socio-economic dynamics of the territory and changes in the green belt of the city of Fez. Hamid also put us in touch with the few initiatives of the territory: the riad and cultural café Medina Social Club, the permaculture garden Oasis Solidaire or the eco-label for schools which aims to raise children's awareness of the issues of sustainable development. However, it is clear that we have discovered in this city far fewer associative projects than during our previous missions.

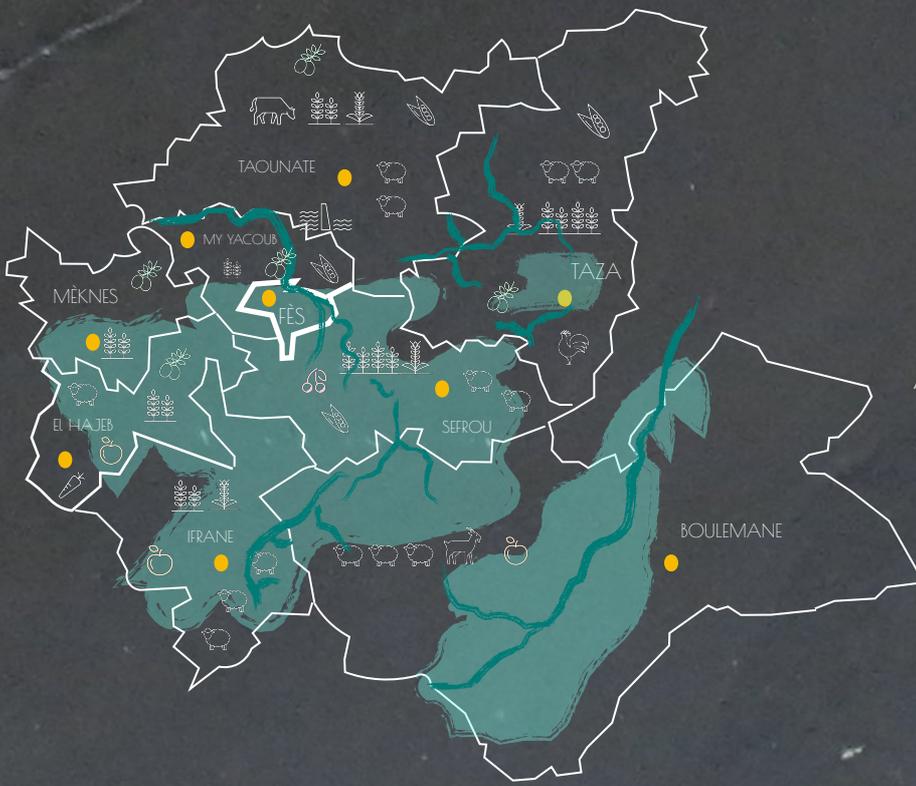
Fez food system

Rural exodus and spreading of the city of Fez on agricultural land.

Agriculture employs 43.16% of the regional population.

The main productions around: cereals, olives, olive oil, apples, pears, breeding.

The water deficit of the Sefrou aquifer is around 100,000,000 m³ / year.



Sustainability issues

Water resources are extremely limited and the various pollutants affect local agriculture. Pollutions are mainly due to inadequate management of urban waste, chemicals for agriculture, and the development of the food industry: the processing of olives to olive oil generates waste whose treatment is currently not optimal.

The social and territorial disparities are still very important: the smallholder farming barely benefits from the investments of the Green Plan of Morocco (2008-2020) aiming at the modernization of the farms, the rural exodus is accelerating. Lack of training for producer limits the expected benefits of installed irrigation systems as well as the possibility of making a real transition to chemical-free agriculture.

Food habits are changing in urban centers: the advent of supermarkets and fast food, the loss of food traditions are at the origin of new public health issues (obesity, diabetes, etc.). In addition, the lack of education and the low purchasing power of the majority of the inhabitants, as well as the changing pace of life, also limit the consumption of healthy food, especially without pesticides.

Some associations and public programs aim to inform the populations but they are still too few in Fez in comparison with other coastal urban centers of Morocco. Citizen participation in public decisions needs strengthening.

Recommendations

Reconnect urban consumers and producers in rural areas: rebuild trust.

Inform and educate consumers to encourage sustainable diets.

Train producers in sustainable farming practices.

Diversify agricultural activities to maintain value added in rural areas.

Organize the collection and recovery of organic waste.

**>>> Find here the
SOLUTION BOOKLET**

Multistakeholders workshop



After 3 weeks of interviews with 20 actors, we invited them to meet at the Commune of Fez to share our first food system assessment. Producers, universities, nutritionists, representatives of the region or committed citizens, the panel of actors was diverse. It is also an opportunity to promote mutual knowledge on each others projects, and to think about new projects inspired by initiatives in Montpellier. From this workshop came out 3 project ideas:

- Implementation of the participatory guarantee system (SPG) for agroecological certification in the Fez-Meknes region.
- The creation of a farmers' market in Fez.
- The integration of awareness-raising activities for healthy and sustainable food in the school of Fez, and reflection on the establishment of a school canteens.

▶ Screenings of the movie

One week after the first workshop, we met again the panel of local actors to present the film showing the food system of Fez. This second meeting validated the relevance of a farmers' market in Fez that will re-establish the bonds of trust between urban consumers and rural producers. Consumers will facilitate access to markets and promotion of good agricultural production, supporting producers towards more sustainable practices while paying them fairly for their work.

The public screening and the ensuing debates at the Medina Social Club brought together more than 50 people, also making it possible to establish a first list of consumers ready to commit with the RIAM to set up a farmers' market (through a Facebook page).

>>> Find here the MOVIE

>>> Find here the PHOTO ALBUM



Good News

A few inspiring initiatives

Agroecology,
a new vision of the world

Develop agroecology

Within university programs
and with local producers!



Fouad Rachidi &
Khalid Boutahar

Chercheurs en agroécologie
Ecole Nationale d'Agriculture
de Meknès

باحثين في الزراعة
الإيكولوجية بالمدرسة
الوطنية للفلاحة



Conscious cooperative

Providing stable jobs for
women in rural areas

Khadija Dakhli

Présidente de la coopérative
de femmes, Ain Sebou
Elue au Conseil Régional de
Fès Meknès

رئيسة تعاونية عين سبو
منتخبة جهوية بجهة فاس
مكناص



>>> [Go to the video!](#)

Urban gardener

Develop your food autonomy
on the roofs of the medina!



Bonnie Kaplan

Jardinière urbaine
بستانيّة مدنيّة



>>> [Go to the video!](#)

Participatory Guarantee system

The RIAM facilitate the access to
certification.

Hamid Tebbane

Secrétaire Général du Réseau
des Initiatives Agroécologiques
au Maroc

الكاتب العام لشبكة مبادرات
الفلاحة البيئية بالمغرب



>>> [Go to the video!](#)

>>> [Go to the video!](#)

Recipe #1 !

CHICKEN PASTILLA

Ingredients

- 12 brick pastry sheets
- 2 kg of chicken cut into pieces
- 4 eggs
- 120g slivered almond
- 2 onions
- 5 sprigs of coriander
- 1 teaspoon of honey
- 50 g of butter
- Oil
- 2 teaspoons of cinnamon
- 1 teaspoon of Ras el Hanout
- Icing sugar

Steps :

Brown the almonds in 1 teaspoon of oil.

Brown the chicken pieces in 20 g butter and 1 tablespoon of oil.

Add the peeled and chopped onions, coriander, honey, 1 teaspoon of cinnamon and the ras el hanout. Add salt and pepper. Pour 20 cl of water, cover and let simmer for 1 hour.

Bone the pieces of chicken and remove the skin. Cut into pieces. Remove the coriander, let the mixture cook in order to reduce the cooking juice in half.

Beat the eggs in omelette. Pour them into the casserole and scramble it together.

Butter a mold. Put a pastry sheet at the bottom and then 5 around, overflowing by half. Finish with another in the middle on the 5 sheets.

Spread the almonds in an even layer. Place the pieces of chicken, cover with scrambled eggs.

Fold the edges of the pastry sheets inward. Cover the last 6 sheets and put the edges in the mold.

Brush the surface with 30 g melted butter. Sprinkle with 1 teaspoon of cinnamon and icing sugar.

Bake for about 20 minutes (at 180 ° C)



Recipe #2 !

BISSARA (split peas soup)

Ingredients

For 2 to 4 people :

- 250 g split peas
- 4 cloves of garlic
- 2 teaspoons of powdered cumin
- 2 teaspoons of sweet pepper powder
- 1 teaspoon of salt
- 2 tablespoons of olive oil
- 1 liter of water

Steps :

Wash the split peas several times.

Peel the garlic cloves and crush it.

In a casserole or large saucepan, put the split peas, a teaspoonful of sweet pepper, a teaspoon of cumin, crushed garlic and salt.

Add water and cook it until it boils.

Cover and cook at very low heat for 1 hour. Peas should be crushed and mashed. If necessary, you can pass the puree to the mixer.

Serve the mashed peas in a dish sprinkled with the remaining chilli and cumin.

Eat it with bread!

Let's Food here and there !

► POLITICO Agriculture & Food Summit 2019,

We were invited by the American media POLITICO to present the project Let's Food Cities in front of a rather diverse assembly: between Danone, the FNSEA, Syngenta and the Alliance of Sustainable Palm Oil, we met BirdLife International, EAT Foundation or Too Good to Go ...

We had 8 minutes to alert the decision makers of this world to urgently work on the resilience of cities.



5th Mayors Summit of the Milan Urban Food Policy Pact

91 cities out of 200: 20 mayors and 60 deputies - the cities that signed the Milan Urban Food Policy Pact met in Montpellier for 3 days to exchange and accelerate the agroecological and food transition of the territories together.

This was the occasion to present the first results of our studies and specifically those of the cooperation between Montpellier Metropolis and the City of Fez. 150 people were present. A big thank you to Mylène Fourcade, vice-president of Montpellier Metropolis, in charge of agroecology and sustainable food, and Hatem Belhouchette from the Mediterranean Agronomic Institute of Montpellier for their participation.



Presentations and trainings at universities

The beginning of the school year was also active for Let's Food. We have been involved with several trainings to raise the awareness of tomorrow's professionals about territorial food systems. To date, 5 presentations have been conducted: 2 days at Bordeaux Sciences Agro (Specialization « Agricultures, proximité et territoires d'ici et d'ailleurs »), half day at the University Bordeaux Montaigne (M2 Social and Collaborative Economy, Project Manager), 1/2 day at the University of Montpellier (M2 Political Science - International Cooperation), 1/2 day at the University of Lyon 3 with Master students in urban planning, and 1/2 day with students of the IUT of Périgueux (Social career - urban management). Fifteen trainings are planned until June 2020.

Thanks to our partners!
Welcome to the new ones!



Contacts

anna.faucher@letsfoodcities.org
louison.lancon@letsfoodcities.org
alice.deshons@letsfoodcities.org

Social Media:



www.letsfoodcities.com YouTube

