

The healthier I eat the better I learn

VISIT RIVERLAND BIO FARM

On 23 February 2023, three language teachers accompanied t to the farm, which is located in Kampia, a village not far from Nicosia, the capital city of Cyprus.

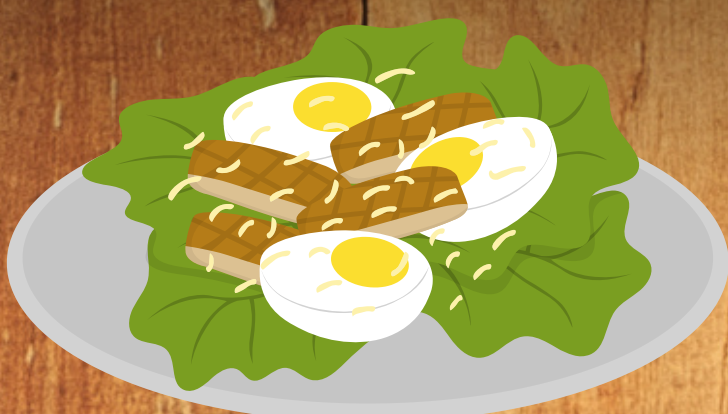


All of us felt very excited about our new experience. Even though we come from a rural area, it was something new for us. River land is an organic bio farm with small vegetable plantations and dairy products.

The owner of the farm, Mr. Vasilis Kyprianou, told us that his farm was founded in 2004. Events, festivals, workshops and other activities that take place on the farm, reintroduce people to nature.

ERASMUS+

bio



River land is an updated organic bio farm with animals and vegetables.

There, we saw the first and unique organic greenhouse in Cyprus and many animals such as cows, goats, sheep, donkeys, pigs, deer, hens and turkeys. We fed the sheep, the deer, and the donkeys with straw and gave the little ones milk. It was such an amazing experience!





Playground



After going round the whole area, it was time for healthy breakfast made from bio products grown on the farm. Later on, we guided the sheep and goats to the mountain to eat some more straw.



When we came back to the farm, we saw the process of halloumi making, baked olive and halloumi pies, which then were carefully placed into an outdoor stone built traditional oven to be baked.



We recommend River land to families and not only, as it is a good place to relax and have the chance to come closer to animals and nature. Moreover, there are various activities for all ages. I felt very happy to visit this farm and I would like to do this again.