



Ir. Menno Houtstra

Founder and chairman of
Urban Farm Cafe "the Kaskantine"

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gardener - chef - designer - trainer - change maker, born: 22-03-1967 in Amsterdam

Traditional cooking and gardening are amongst my favourite activities. There is so much inspiration to be picked up in gardens, in nature and on fresh food markets! Together with a bunch of volunteers that are part of my training program, I breed botanic plants and design and build aquaponic systems and helophyte filters in the urban farm "Kaskantine" in Amsterdam. This social initiative I started 6 years ago as a way of living communally in harmony with nature in the city. Currently, the Kaskantine has been built up for the fourth time, with 13 refurbished shipping containers, three greenhouses, and a restaurant and can host up to 150 guests and volunteers. Completely off-grid in the city!