

TRY OUT LIFE ON OUR FARM

Take part in the work with animals, cultivations and cooking



Welcome to join us in our daily life on our organic farm in Tiveden. Get to know the cows, the lambs and the chickens. Dig in the soil, cultivate, harvest and cook food based on seasonal availability. We open up our farm for people who want to try what it is like to live on our farm.

What's it like to live and take care of animals? How do you cultivate to be self-sufficient? How come food you have produced yourself taste so good and how do you prepare it?

You will meet our mountain cows, our sheep, chickens and the cats Tiger and Panter. You will take part in the cultivation work both outside as well as in the green house. We will harvest, depending on season and we cook food out of what is available on the farm. You will be offered to take part in yoga and qigong.

In lake Unden, 500 metres from our farm, you will be able to swim in the clearest of waters. The Tiveden national park is only 5 km on a bike from us, with magic hiking in forests that are untouched or a swim in the lake Trehörningen in the middle of the national park.

For whom?

This is an opportunity if you are curious of living in the countryside and want to try what it is like to live and work with animals and cultivation, close to nature. Come alone, with your family or your friends.

Time: Choose between three dates:

April 12-15, May 17-20 and June 14-17.
Thursday at 19.00 - Sunday at 11.00

Place: Hemma hos Martha & Anders, Perstorp, 69597 Tived. For location and directions, pls visit marthaochanders.se/contact.

Book no later than two weeks before arrival to Martha, e-mail martha@marthaochanders.se, or call +46 76 2090945.

Price: 3200 Sek. Children 0- 3 years free, children 4-10 years half price. E-mail for payment details. The price includes all food, accommodation, linen and bath towel, sauna, bikes, as well as our guidance Thursday evening - Sunday morning.

A day at the farm

The tasks on the farm depends on when you visit us. In April the sheep will have their lambs, we work in the green house och dig in the cultivation beds. In May we move the animals to their gracing areas and we work a lot with cultivation. In June the sowing and cultivation continue and quite often the hens will have their chickens, which demands some extra care.

We highly recommend visits to the Tiveden National park, a swim in lake Unden, some excursions on bike in the near surroundings and above all, that you enjoy the peace and silence.

You are welcome to join qigong and yoga classes that Anders gives sometime during the weekend.



Practical information

The food is mostly vegetarian, we eat fish and sometimes we have meet as an extra. We will cook together. The food is organic and we create the meals based on seasonal availability. We offer accommodation in shared rooms; 3 twobeds-room, 1 threebeds-room and 2 fourbeds-room. For single room an additional fee is 250 SEK/night.

We have a rowing boat and bikes that you may borrow, free of charge, and two electric bikes that you may rent.



Anders Tivell & Martha Thernsjö

Anders is a forester with long experience from SLU and from working with local communities in Africa and the north of Sweden. Martha is a communicator with long experience from the business world. In 2010

they both moved to Tiveden and now run the farm Perstorp full time. Read more about their work and life philosophy at www.marthaochanders.se.

Welcome to our farm

Our farm is located in the deep forests of Tiveden. It is pretty small but our ambitions are high. We want to show the world that it is possible to live in harmony with nature and live with high comfort and quality of life. The food we cook is organic and the paint we use is edible. We strive to be self-sufficient and our cultivations and forest garden give us vegetables, fruit and berries.

We want to be a meeting place for exchange of thoughts and ideas and a source for inspiration – on the farm people meet to talk about new ways for sustainable living. High ambitions, but also very pleasant and cosy. We offer organic accommodation and meeting facilities close to nature, we arrange courses and retreats and the farm is a meeting place for the community. Welcome to take part.