

The organic garden as a setting for health promotion

Settings for Health Promotion

Iris Barten 1025289

Sanne Leenman 1048612

Lisa Moolhuijzen 1004934

Anouk Taal 1011740

Lisa Tholen 1004540

Geertje van Wijk 1029862





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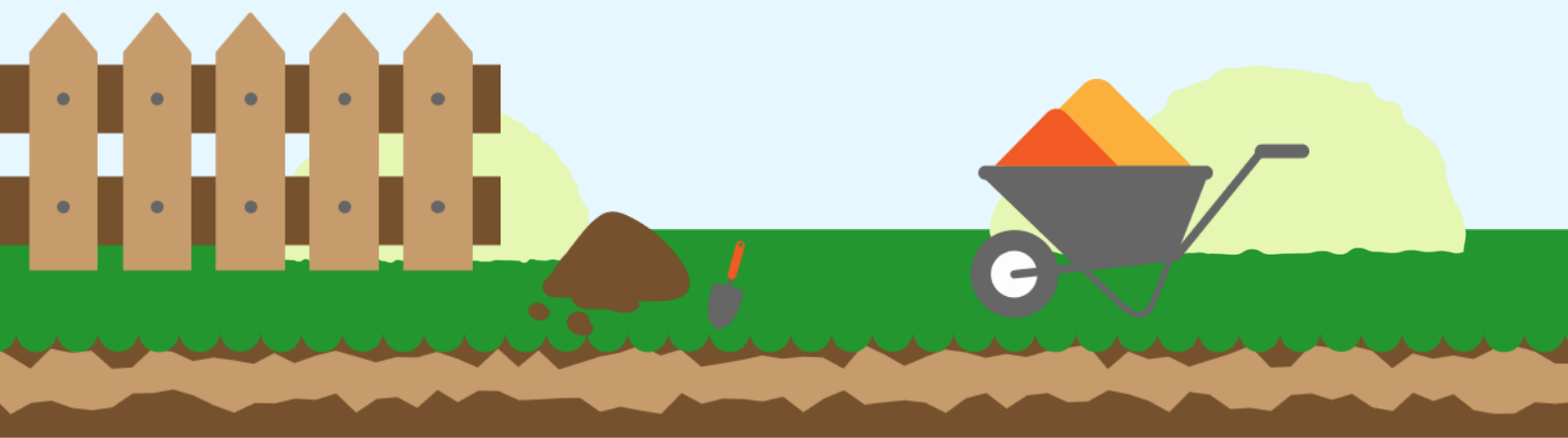
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Supervisor: R. Pijpker

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As part of

Shaping Healthy Communities Settings for Vulnerable People: the Salvation Army Garden for Health



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Abstract

Introduction: Goodwill Centra Amsterdam, as part of the Salvation Army, offers an organic garden as daytime activity. The goal of the organic garden is to reintegrate vulnerable people, in our study called participants, into society. However, the capacity of the organic garden is not optimally used, because not all available places are filled with participants.

Aim: This research examines, by the use of the Social Practice Theory, the experiences and opinions of stakeholders of Goodwill Centra Amsterdam's organic garden to investigate why participants are (not) referred to the garden. By investigating this, emphasis is put on why stakeholders do (not) refer participants to the garden for daytime activities. **Methods:**

We employed ethnographic interviews with six involved stakeholders of Goodwill Centra Amsterdam who are related to the garden. With help of the Social Practice Theory the analysis is conducted, combining both an inductive and deductive approach. **Results:** There are different reasons why participants are (not) referred to the garden by stakeholders. The main reason is the choice of the participants themselves. Also, it appeared that some participants require intense supervision. Due to financial reasons, this is not always possible, thereby preventing that participants are referred to the garden. Nevertheless, the garden is a place that offers a variety of activities for participants with different levels of competences and goals, which makes it a valuable place for multiple participants. Therefore, it is recommended to gain more insights in the financial aspect of the garden, allowing the garden to continue to exist.

Key words: Settings, Health Promotion, Salvation Army, Goodwill Centra Amsterdam, Organic garden, Vulnerable people.

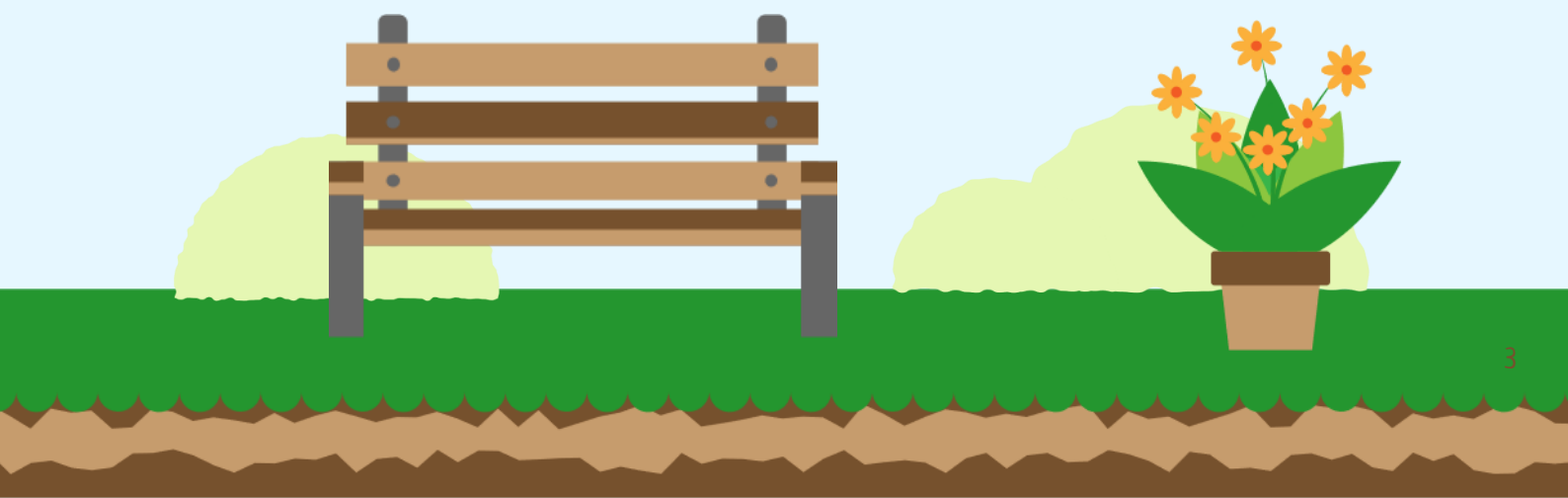
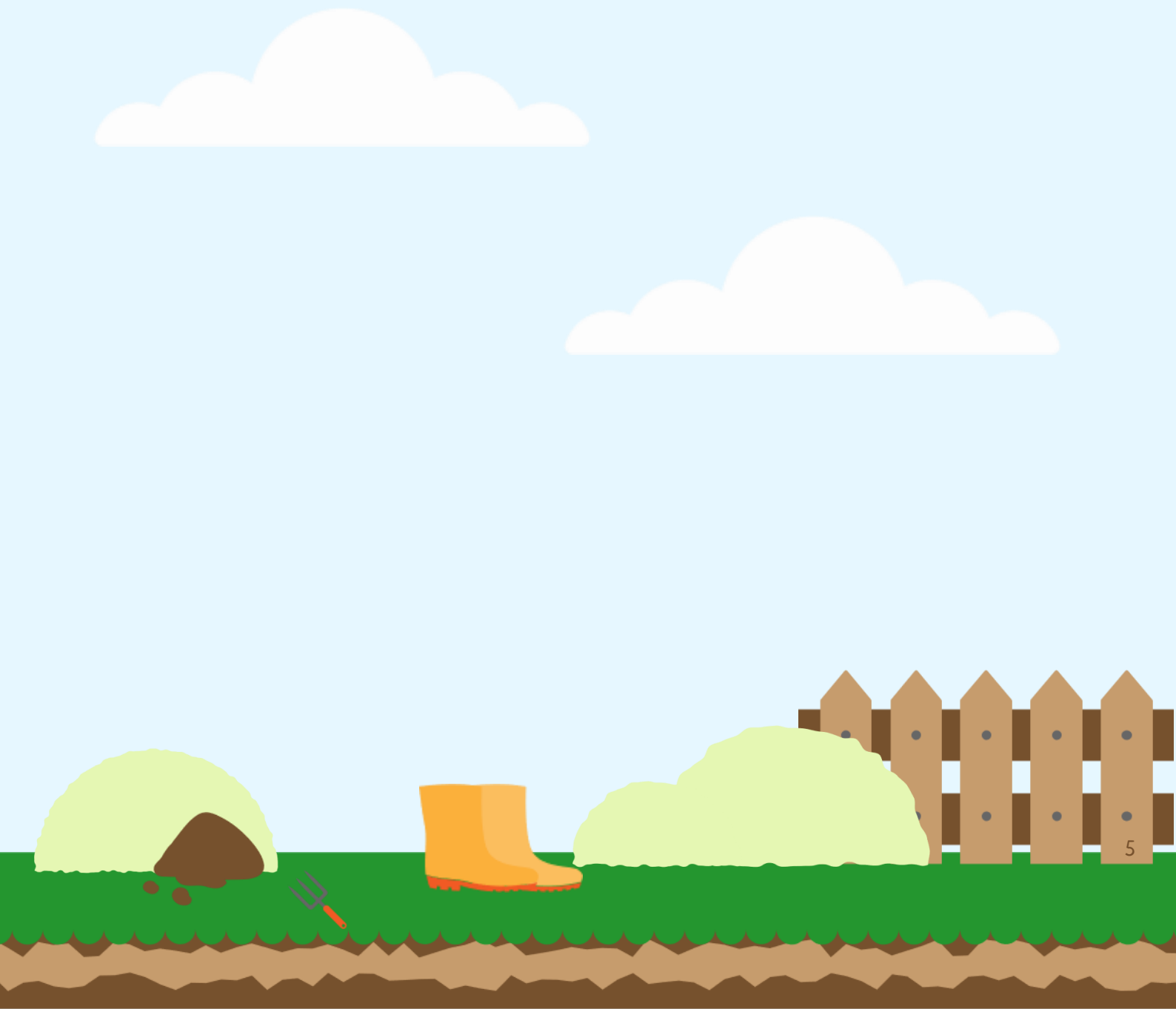


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1. Introduction

Natural environments or nature has become an increasingly relevant topic when talking about the health of an urbanized society. For example, Hartig et al. (2014) have shown that contact with nature can promote health and wellbeing in different ways. Among others, nature can stimulate physical activity, promote social cohesion and lead to experiences of stress-reduction, which all individually contribute to health. Furthermore, the study of Hartig et al. (2014) suggests that the physical activity level of an individual may be positively influenced by suitable spaces offered for this by the outdoor environment. In addition, studies have increasingly focused on the relation between social cohesion and natural environments in a neighbourhood. Following Hartig et al. (2014), who define social cohesion as shared norms and values, presence of positive relations, and feelings of being accepted and belonging, what could be characteristic for neighbourhoods and communities. Lastly, nature environments can reduce the risk of chronic stress, as well as promote subjective well-being (Hartig et al., 2014). This is also shown by White et al. (2019) who found that spending at least 120 minutes per week in nature is associated with better self-reported health and well-being.

The health-promoting effects of nature and outdoor activities, such as gardening, and their effectiveness for various client groups are emerging (Kaplan & Kaplan, 1989; McRae, 1990; Polat, Güngör, & Demir, 2017). Taking this into account, nature and thus gardens can be considered settings for health promotion. According to the World Health Organization (1998), a setting is defined as "the place or social context in which people engage in daily activities in which environmental, organizational and personal factors interact to affect health and wellbeing" (Bauer, 2017, p. 153). Each setting has to deal with its own complex interactions between personalities, circumstances and coincidences, making each setting unique (Poland, Krupa, & McCall, 2009).

The present study will examine the organic garden of Goodwill Centra Amsterdam as a setting for health promotion. The garden is located in the middle of a residential area in the north of Amsterdam. Goodwill Centra Amsterdam offers, amongst others, daytime activities to vulnerable people. The term vulnerable is used, because the people may suffer from multiple problems, like addiction, mental health problems, loneliness, et cetera (Leger

des Heils, 2020). According to the World Health Organization, vulnerable people are those who "due to factors usually considered outside of their control, do not have the same opportunities as other, more fortunate groups in society" (Tracey et al., 2020, p. 2). These factors, such as low socioeconomic status, racial or ethnic minority, gender, sexuality and inability are characteristics referred to as social determinants that can be responsible for inequalities in society. People who are considered vulnerable are at greater risk of social exclusion and lower health outcomes (Tracey et al., 2020). In our study, the definition of the WHO for vulnerable people is used.

The daytime activity that is focused on in this study is the organic garden (Wageningen University & Research, n.d.). The term 'organic garden' is very diffused and can be interpreted in different ways (Gregis, Ghisalberti, Sciascia, Sottile, & Peano, 2021). Generally speaking, an organic garden is seen as a green space where individuals grow vegetables and other types of food (George, Rovniak, Kraschnewski, Hanson, & Sciamanna, 2015). The purpose of the gardens can differ. For example, there are gardens that focus on bringing local residents together, teaching school-going youth or providing care, like healing or therapeutic gardens. In addition, gardens can be located in different places, from the middle of the city to the countryside (Gregis et al., 2021). In this study, the organic garden of Goodwill Centra Amsterdam in the northern part of Amsterdam is approached from a setting for health-promotion perspective. The vulnerable people that work in the garden as daytime activity, from now on called participants, are people with a distance to the labour market experiencing complex problems. The garden focuses on enabling them to develop work-related skills and find reintegration into work (Goodwill Centra Amsterdam, n.d.). Establishing an organic garden for participants will address health, social and economic issues (Tracey et al., 2020).

However, a substantial problem Goodwill Centra Amsterdam is struggling with, is that not all available places for activities in the organic garden are used by participants. Despite the fact that the organic garden is seen as a valuable initiative by the initiators and evidence on its effectiveness is emerging, it is not yet clear what the benefits are for participants and the direct environment (Wageningen University and Research, n.d.). This research will focus on understanding the underlying reasons why Goodwill Centra Amsterdam's stakeholders, who will be elaborated in chapter 2, do (not) refer participants to work in

the garden. Thereby, the aim is to explore what stakeholders think that participants can gain from this daytime activity and what opinions they have on the garden. Therefore, this research does not specifically focus on the participants, but on the values and opinions of stakeholders of Goodwill Centra Amsterdam with regard to the organic garden. The research question that follows from this aim is:

'What are Goodwill Centra Amsterdam's stakeholders' experiences with and opinions on the organic garden within the social practices of (not) referring participants to the organic garden?'



2. Case background

The current healthcare landscape is meant to address all kinds of people with a variety of care needs (Blokhuis, 2019). However, many healthcare institutions focus on a specific target group, for example elderly people suffering from dementia, people with autism or people with an eating disorder (Blokhuis, 2019). In this way, a large part of the population can be accommodated in one of these institutions. However, there is also a part of the population that does not belong to any of these groups or experience specific and complex problems, such as homeless people, multiple severely disabled people and people with addiction (Blokhuis, 2019). As the former director of Goodwill Centra Amsterdam stated: "the people that fall between two stools" (Blokhuis, 2019). The Salvation Army aims to offer help to these people by providing material and immaterial assistance to all people who call on her for a variety of reasons (Leger des Heils, n.d.). In Amsterdam only, the Salvation Army has approximately 4,000 participants (Wageningen University & Research, n.d.). Many of these participants struggle with complex problems in different areas. Therefore, the Salvation Army aims to provide care to these people in different ways, e.g. housing assistance, social vacations, day and night care and daytime activities (Leger des Heils, 2020).

Regarding the daytime activities, the participants can choose from five working companies which each have a different focus: move, tech, food and budgetstore. The fifth option is working in an organic garden (Leger des Heils, n.d.). These are the five working companies, also called '50|50 working companies' of Goodwill Centra Amsterdam.

The setting that will be investigated in this research is the organic garden of Goodwill Centra Amsterdam. Settings are unique, through time and space, and are influenced by personalities, circumstances and coincidences, and daily activities (Poland et al., 2009). It looks at the social, physical and organizational contexts in which people are seen as objects of an intervention, rather than people defined by that particular setting (Poland et al., 2009). The settings approach offers an opportunity to place practice in its social context, improve interventions for specific contextual eventualities, integrate critical factors in the

organizational context affecting behavior, and improve settings themselves to be more health stimulating (Poland et al., 2009).

The social context of the garden is shaped by the interaction between different participants with dissimilar backgrounds. The participants can work in the garden for half a day up to four days per week, depending on their needs and resources (Blokhuis, 2019). The garden also has a shop in which they sell the harvest to visitors, to create the opportunity for both the visitors and the participants to get to know each other and support reintegration of participants into society (Blokhuis, 2019). The settings approach can be applied to analyze the organic garden and the accompanying interactions with the social environment. In this case, one can for example look at the interaction between the organic garden and the neighbourhood it is located in.

The physical context of the garden consists of fields, small green houses, and orchards. Also, there is a shed where participants can take care of chickens. It has been used for almost eight years. In these eight years, the garden grew from 1,000m² to 8,000m² (Figure 1), and offers a place for approximately thirty participants (Blokhuis, 2019). According to the settings approach, specific attention should be paid to the local place-specific context of the intervention to increase the likelihood of success of an intervention (Poland et al., 2009). When applying to this case, this includes the physical environment of the garden and the possibilities that the garden provides.

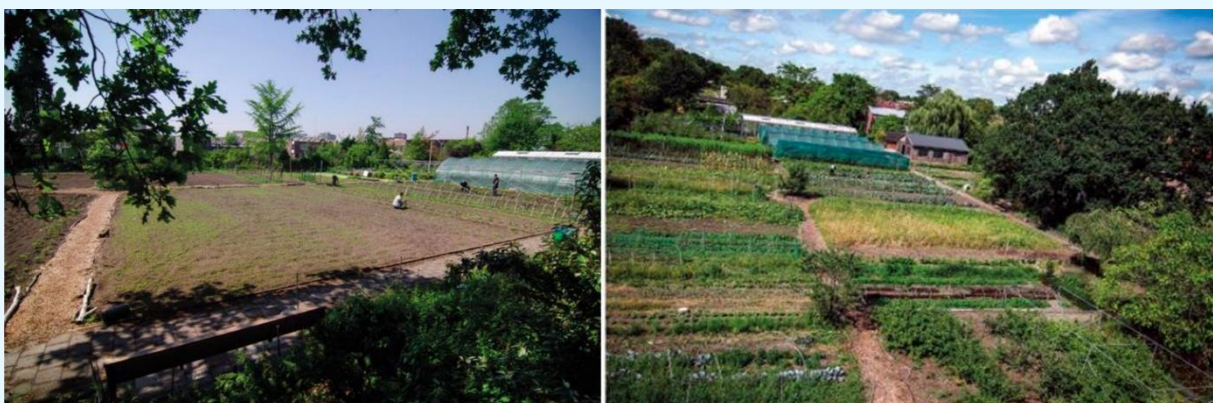


Figure 1: The organic garden (Blokhuis, 2019)

The organizational context of the garden can be portrayed by the garden's supervisors. They try to establish contact between the participants and possible gardening activities. The idea behind this is that working on a self-chosen task in the garden will give a sense of responsibility, but also lead to increased motivation, learning to take initiative, having the feeling of being connected with nature, and the feeling of a safe and social environment (Blokhuis, 2019). Eventually, the aim for some of the participants is to reintegrate in society and get a paid job (Blokhuis, 2019). The organizational context is taken into account by the setting approach by looking into who the stakeholders are, how and what they think and do, what their needs are, which social norms are present, what hierarchies of power and accountability systems apply, and-so-forth (Poland et al., 2009). With the setting used in this research, it is for example important to take into account that it involves vulnerable people, who might experience the feeling of being judged on their place or role in society or their appearance.

There are many different stakeholders involved in the garden and the reference to the garden. Figure 2 shows the stakeholder analysis with the different stakeholders involved in this study and their relationship to the garden of Goodwill Centra Amsterdam. The participants are also indicated in Figure 2.

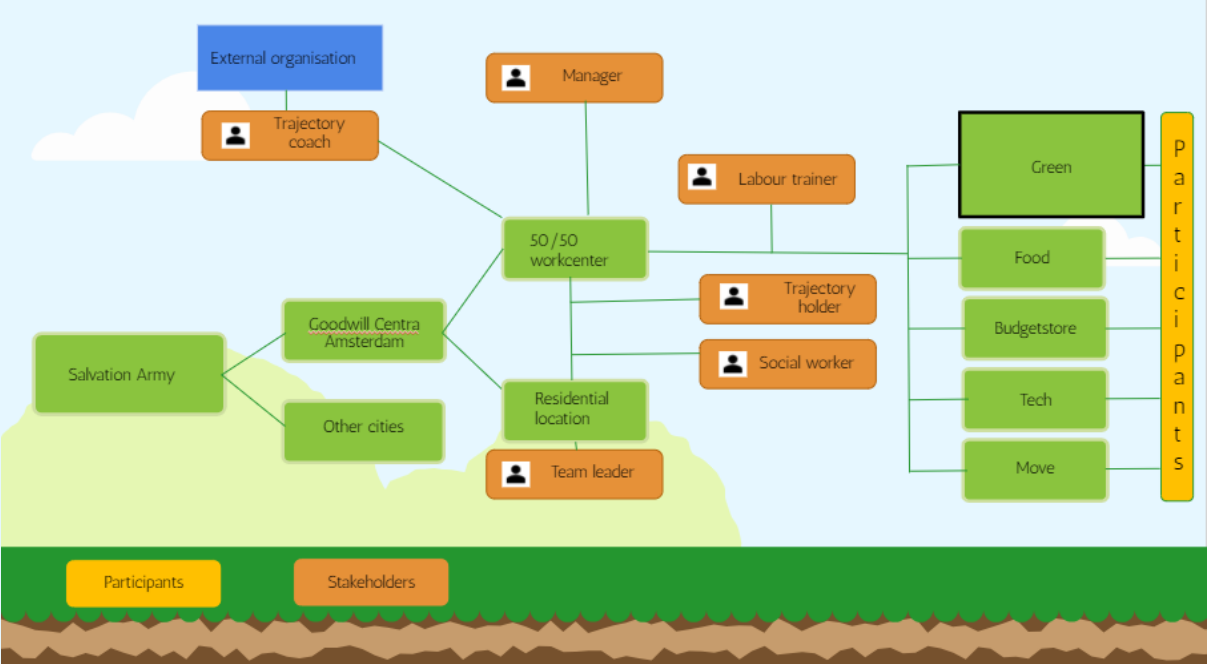


Figure 2: Stakeholder analysis

Despite that the organic garden is seen as valuable and meaningful by the commissioner of the garden, the organic garden is currently underpopulated in terms of participants (filling about fifteen of the thirty available places). It raises the question why stakeholders of Goodwill Centra Amsterdam do or do not refer possible participants to the garden. To understand how this process is being executed and what these stakeholders think of the organic garden, it is important to understand how the organic garden is used. These social constructs will probably be different for every person, influenced by their background knowledge, language, norms and values (J. Klostermann, personal communication, March 26 2021).



3. Theoretical framework

The Social Practice Theory analyses the activities according to the structure a person finds themselves in, so the practices that they perform (Warde, 2014). The Social Practice Theory has three interlinked components - meanings, competences and materials - as is visible in Figure 3 (Shove, Pantzar, & Watson, 2012). The Social Practice Theory helps to understand why people perform certain practices by putting them in a bigger perspective and analyzing it in the overall structure. It appears that taking a look at health, routine and habit are important (Warde, 2014). Therefore, the Social Practice Theory can be applied to the setting of the garden.

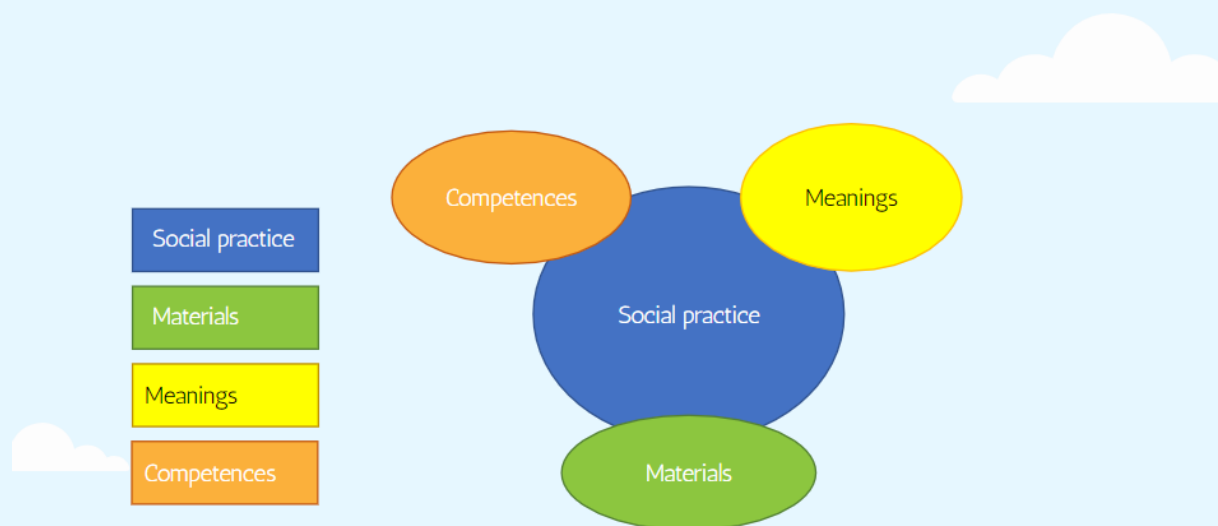
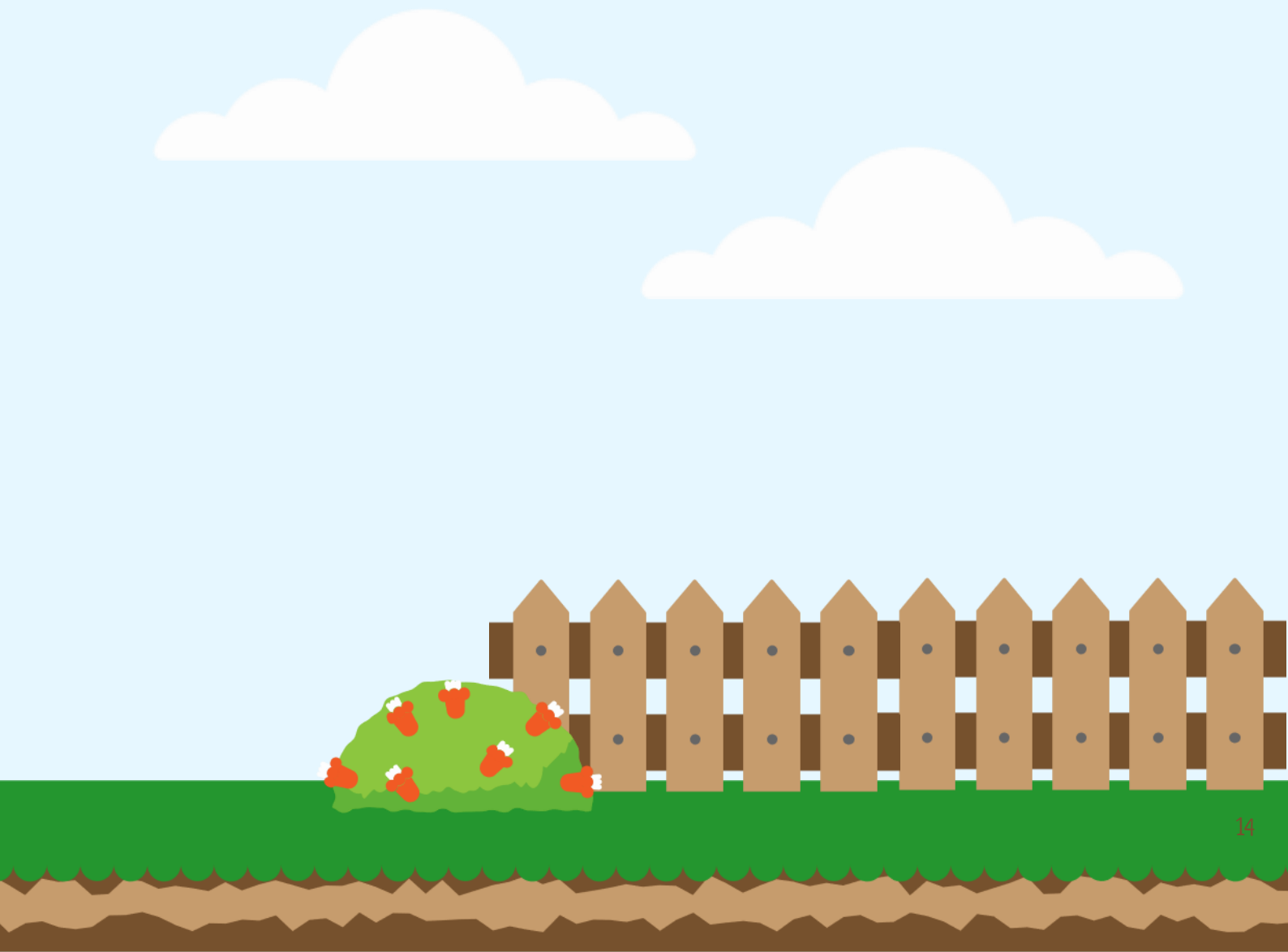


Figure 3: The Social Practice Theory

The two practices that are focused on in the research are referring and not referring participants to the garden by stakeholders. By doing so, we are able to unravel what stakeholders think that participants can gain from the garden as a daytime activity and what opinions stakeholders have on the garden. Applying this theory to practices of stakeholders can be helpful to understand the value of the garden for the participants to

structure their day and give their life meaning, which is exactly the goal of the garden. The two practices will be explained by meanings, competences and materials through which the social practice emerges in a given context. By materials are all the practicalities meant that the garden offers, for example working outdoors, accessibility of the garden and transport to the garden. The competences that participants need in the garden are to show up, to listen to the supervisors, and to feel responsible for the task they are meant to execute. The stakeholders need to be aware of the garden, need to have knowledge of the garden and need to have time to refer the people to the garden. The meaning you receive is that you feel useful by contributing to the harvest of the garden (Shove et al., 2012; Warde, 2014). The meaning that stakeholders attach to the garden for the participants and the role that it plays in their day activity. Other research suggests working in a garden together with other people makes them feel connected with each other and it makes them feel like they are contributing (Dobernig & Stagl, 2015).



4. Research questions

This chapter will explain the general research question and the sub research questions.

4.1 General research question

The purpose of this study is to examine how stakeholders perceive the organic garden, and why they do (not) refer participants to the garden for a daytime activity. A stakeholder is connected with the garden. They work there, guide participants who work in the garden, or have the function wherein they can choose to refer people to work at the garden.

We would like to know how the social practice of (not) referring participants to the organic garden is experienced and shaped in the everyday living context of stakeholders. To look into this, the research question is formulated as:

“What are Goodwill Centra Amsterdam’s stakeholders’ experiences with and opinions on the organic garden within the social practices of (not) referring participants to the organic garden?”

4.2 Sub research questions

- *What is the interaction between meanings, competences and materials when looking at why stakeholders **do** refer participants to the garden?*
- *What is the interaction between meanings, competences and materials when looking at why stakeholders **do not** refer participants to the garden?*



5. Research methods

In this chapter the research methods used to answer the sub questions, and thereby the main research question, is described. A qualitative approach to understand the subjective experiences and opinions of the stakeholders is applied. More specific, this research was about finding out what meanings, competences and materials stakeholders attach to using the organic garden. To answer the research question an anthropological approach is used. By doing this, emphasis is laid on the language the stakeholders used during the interviews that are conducted (J. Klostermann, personal communication, March 26 2021). The planning of the research process can be found in Appendix 1.

5.1 Anthropological research

Anthropological research focuses on human culture. Part of anthropological research is ethnographic interviewing. People interpret reality in different ways, which is called social construction (J. Klostermann, personal communication, March 26 2021). By ethnographic interviewing, the stakeholders were asked questions about what they are doing and why, to get to know their social construction. Using ethnographic interviewing with open questions, important details may be brought to light (J. Klostermann, personal communication, March 26 2021). The goal of the use of this interview technique was to learn more about the stakeholders' visions towards the organic garden, by using their own words to describe these visions and understand their social construction (J. Klostermann, personal communication, March 26 2021).

5.2 Study participants

Interviews were conducted with the involved stakeholders of Goodwill Centra Amsterdam that do (not) refer participants to the garden for a daytime activity. The criteria applied to select interviewees were that they know of the existence of the garden and that they can refer people to daytime activities, among which the garden. The commissioner of the organic garden has identified stakeholders who were open to and suitable for participation in this study. Six of the identified stakeholders were selected upon their different functions

and relations towards the organic garden. From now on, we will refer to these six interviewees as 'involved stakeholders'. The involved stakeholders have provided information about their experiences with the garden, their opinions on the garden and what language they use to talk about it. Thereby, enhancing insights into referring participants to the organic garden as a social practice.

5.3 Data collection procedure

The interviews were semi-structured to create structure to the questions posed, but also to allow the interviewee the freedom to deviate from this. In addition, this gave the researchers the opportunity to ask follow-up questions on provided answers by the interviewees. The interview questions were developed based upon the Social Practice Theory. This is done by forming the questions to obtain information about what meanings, competences and materials stakeholders attach to the garden. An overview of the interview questions is attached in Appendix 2. On average, conducting the interviews took about 45 minutes per respondent.

The interviews were carried out with the help of Microsoft Teams. Since these interviews were conducted online, extra attention is paid to making the interviewee feel at ease. This is done by having an informal conversation about if the interviewee can see and hear the researchers clearly and talking about other informal topics. As previous research has pointed out, online conducted interviews are equally useful as interviews conducted face-to-face (Hensen et al, 2021).

Since all interviewees were Dutch, the interviews were held in Dutch. Otherwise, conducting the interview in English would feel forced for both the interviewees as the researchers. In addition, a possibility was that not all the interviewees speak the English language sufficiently to bring across their values and opinions. By conducting the interview in the language which is preferred by the interviewee, it is avoided that there is a language barrier and the interviewee experiences difficulties to get the message across. By conducting the interview in the preferred language of the interviewee, mutual understanding between researchers and interviewee is increased.

5.4 Ethical considerations

When the interviews were scheduled, an informed consent form was sent through email to the interviewees. This informed consent is added in Appendix 3. These forms were filled out by all interviewees to ensure that the aims of the interviews are clear. Further, all the interviews are processed anonymously to guard the privacy of the interviewees and to stimulate the interviewees to talk freely.

5.5 Data analysis

The interviews were recorded in order to fully transcribe the data afterwards by the two researchers that also conducted the interview. Since the aim of the interview was not only to examine the content, but also the used language, it was necessary to fully transcribe the entire interviews without altering or interpreting words. After transcribing, coding was done using Atlas.ti by two other researchers than the researchers that conducted the interview. A thematic content analysis was used for the analysis of the interviews, because this method is useful for identifying people's views, opinions, knowledge, experiences and values (Casimir, Tobi, & Tamás, 2020). Since the interviews were conducted in Dutch, the transcription and coding were as well performed in Dutch.

An inductive approach was used to understand the two social practices of (not) referring participants to the garden, which means that the codes were not predetermined (Thomas, 2006). However, a deductive approach was used as well, to find out what meanings, competences and materials stakeholders attach to the use of the garden, to understand how the social practices take place. The scope in which the analysis took place was therefore already predetermined (Miles, Huberman, & Saldana, 2013).

The transcriptions of the interviews were coded with (parts of) sentences as a coding unit. Two different researchers coded the interviews separately and agreed afterwards together over the final codes given to the coding units, which resulted in an intercoder agreement. Using this way of coding, we aimed to cover everything important.

Finally, interlinkages between codes are made and used until data saturation was achieved. The data that stood out during the analysis is used to shape the chapter of results, this

was done in English. Data stood out when it appeared to be frequently mentioned by the interviewees.

This study included anthropological methods. Quotes were provided in the results section, which reflect the social constructs of the interviewees. The quotes have been translated from Dutch into English. An overview of these quotations and corresponding translations can be found in Appendix 4.



6. Results

In this chapter, the results of the analysis are presented. Two social practices have been distinguished: 'do refer' and 'do not refer' participants to the organic garden. In Figure 4 and Figure 5 the three components of the Social Practice Theory - meanings, competences and materials - are interlinked and shown in the relation to their practice. In the first paragraphs, involved stakeholders' perspectives on the value of the organic garden are described according to their general experiences within their work. To amplify the data, sometimes quotes are used for illustration. Between the parentheses a reference to the interviewee is made whereby the letter I stands for "Interviewee" followed by the interviewee number. The interviewees are all known by the researchers, but this is done to make the results anonymous.

6.1 General experiences of involved stakeholders

In general, Goodwill Centra Amsterdam aims for an outflow of the participants in society. Participants are expected to be working in the garden for approximately 1.5 years. After this time, the goal is to reintegrate in society. This can be achieved in several ways, for example, reintegration into a paid job or into another type of day time activity. In order to do so, interviewees sometimes look with participants for education possibilities. Daytime activities should be a challenge for people that stimulates their perspective.

The interviewees refer to the organic garden in different ways. Generally, the terms 'garden', '50|50 green' and 'green' were used to describe the organic garden. It was described by the interviewees as a large green space in the fresh air, that offers a safe place for participants. The garden is experienced as a pleasant workplace where daytime activities are offered.

When a participant is eligible for daytime activities, the choice of the daytime activity lies with the participant. The reason for this is that the chance that the participants will keep up their activities and stay for a long time is higher when they do something they like and have actively chosen for. If a participant is not happy at a particular daytime activity, the participant will be referred to another location.

Overall, the people doing daytime activities in the organic garden are called 'participants' by the interviewees. Sometimes interviewees refer to the participants as clients and sometimes as employees (in regards to their daytime activities) or as residents, whenever they live at a residential facility of the Salvation Army. It is remarkable that one interviewee mentioned participants sometimes even refer to each other as colleagues, which implies that they perceive their daytime activity as a job.

One of the interviewees mentioned that a lot of the garden's participants are having concentration problems. They have a lot going on in their minds, which is way more important than an appointment with this interviewee. Some participants have problems with planning activities, due to lack of structure in their lives. This is a reason why they forget appointments or do not show up at all. They find it difficult to work with deadlines, because they cannot handle the pressure and are very anxious. It is important for these people to work without a deadline. Another interviewee mentioned that participants can be very lonely. When they are lonely, they tend to take drugs or alcohol more easily. It is also mentioned that the target group of the garden is more complex than the general target group of the Salvation Army. The target group of the garden is described as diverse according to age, appearance and intellect. One interviewee denoted the participants of the garden as:

"Birds of paradise that don't fit in a box." (I2)

The challenge where participants want to work on during their time at the garden differs per person. Sometimes people want to work on their mood or find an activity for during the day. Literally being in the soil with your hands could help a person who has too much on their mind. Out of the interviews, it appeared that it is a valuable aim to let participants create their own learning goals and reflect on them, but at the same time that it is not achievable for everyone. 'No fuss, just being busy' is a frequently heard saying by the interviewees about the participants. Moreover, some interviewees indicated that this non-binding nature of daytime activities is something valuable to the participants. The interviewees mentioned that society already puts a lot of pressure on people, so it is nice that they can come to a place that does not ask that much of them.

6.2 Do refer to the garden

In Figure 4, the social practice of why involved stakeholders do refer participants to the garden is illustrated, including the interaction between meanings, competences and materials.

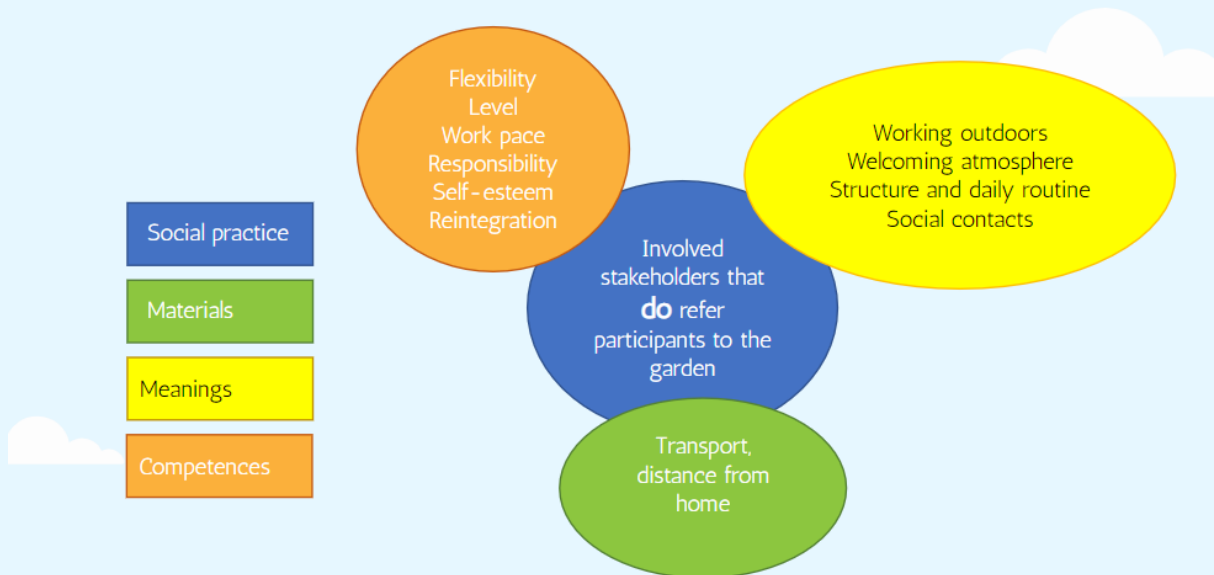


Figure 4: The social practice of why involved stakeholders do refer participants to the garden is illustrated by meanings, competences and materials.

6.2.1 Meanings

6.2.1.1 Flexibility

Flexibility is very important for the participants, as they need to feel free in what they need and want to do, whenever they want to do it. This requires customization: every participant has different needs and preferences and thus requires the flexibility of the garden. The activities in the garden are flexible. Participants can walk in whenever they want and there is the possibility to work half a day, all of this in agreement with the supervision in the garden. An interviewee sees the walk-in function as a very important aspect of the garden.

"For the participants themselves it is most pleasurable that they can walk in whenever they want." (16)

The participants in the garden can also decide for themselves when they need a break, but there is a scheduled lunch together everyday. However, it regularly happens that participants find it difficult to arrive on time to work in the garden, or that they do not arrive at all. All in all, it can be hard to find the right level of flexibility and freedom offered within the garden.

6.2.1.2 Level

The organic garden offers participants a broad range of activities in different levels of difficulty, varying from physically and cognitive light to heavy work. Therefore, level refers to the working and functioning level of a participant. This gives the participants room to get used to the work in the garden and the opportunity to choose something which suits their needs. For instance, some are challenged to remember which seeds there are and if the plant needs shade or sunlight. Also, the garden offers possibilities for general education. For instance: learning basic skills how to behave in a social situation and a working environment. Most importantly, daytime activities need to give people a sense of satisfaction. A participant can be better off by a demarcated routined daily task and another participant can take a number of other participants in tow as well. Participants who are less suitable for other daytime activities since they belong to the more complicated target goal and require more supervision than in general, those participants might fit in the garden. There are many participants that need a low level, which can be found in the garden.

"For the complex target group of the Salvation Army, you see that the garden is mainly the only option for external daytime activities, because the others simply require too complex skills." (15)

"They appear normally intelligent, they are usually not, they are addicted, steal, are psychotic, that is the heaviest group and the garden has a lot of those." (13)

In order to maintain the process of the garden to continue, a mixture of different participants with a variety of skills is needed. The labour trainer explained that the garden does not only need people who can plant seeds or put cuttings away, they also need participants who can transfer the plants and be responsible for the whole process of taking care of the plants. This refers to a combination of the different levels of the participants which is needed in the garden.

6.2.1.3 Work pace

For people with a low work pace that cannot do very complex tasks, the garden is especially suitable. The garden offers simple tasks the participants can do and not many things need to come together for the end result. All participants can work at their own pace, which offers a lot of freedom. The garden offers quick gratification through simple tasks at their own level and pace. With the materials available in the garden, participants can take care of a fragile plant that will eventually become something beautiful to look at or become vegetables to eat. This could feel like an achievement for participants and could contribute to a better self-esteem on which we will come back later again.

6.2.1.4 Responsibility

Multiple interviewees mentioned that it is the participants' own responsibility to show up at the garden on the scheduled day and to be on time. In some cases, this can be a challenge, because some participants have a disrupted day and night rhythm and therefore experience difficulties in being on time. It is also the participants' own responsibility to obey the rules to, for example, not take drugs or alcohol at the workplace. The needed support can be given by the involved stakeholders of Goodwill Centra Amsterdam to help the participants. However, eventually it is the participants' responsibility if they do not show up anymore or do not follow the rules and therefore are not allowed to work that day.

The gardens' supervisors cannot be with every participant the entire time. So, there are moments that participants have to work for themselves. This can contribute to the sense of responsibility of the participants. In addition, an interviewee referred to the participants in the garden as 'free birds'. This person explained that extraordinary participants need a

lot of freedom to express themselves in life, also in their work. Preventing a strict regime and stimulating creativity seems to work well for those participants.

6.2.1.5 Self-esteem

The garden is a place where the participants feel safe and where the work that they are doing gives a feeling of satisfaction. According to the interviewees, participants become more calm and develop themselves in the garden. During daytime activities, participants learn that there are also other ways to retrieve a good feeling about themselves, without the use of drugs or without taking into account how much money is earned. Multiple interviewees state that the participants are gaining confidence and self-respect in the garden, because they realise that they are needed, have talents and can contribute to the garden. One of the interviewees said:

"Not that long ago, I placed some participants in the garden who did not fit anywhere else. One of them, one of those ladies, really likes it there. She is happy that she can do something meaningful." (I4)

The participants sometimes realise, while working in the garden, that they are more than their addiction and other challenges in their lives. They also receive this positive feedback from their environment.

6.2.1.6 Reintegration

The manager of 50|50 workcenter mentioned that the purpose of daytime activities should be that participants reintegrate in a paid job, for example as a colleague. Other interviewees mentioned that it is important to offer participants perspectives for a paid job if they want that, but for most participants reintegration into a paid job seems to be too difficult. Therefore, multiple interviewees stated that it is important to create the idea that people are developing and achieving goals, even if these goals are small. This is done with learning goals to celebrate the successes when a participant achieved something.

"For example, one lady who was responsible for the strawberry plants got her strawberry certificate. She really liked that and it is still on her wall. Every time as we refer to her successes, the strawberry certificate shows up again." (I5)

6.2.2 Competences

6.2.2.1 Working outdoors

The garden distinguishes itself from the other 50|50 working companies within Goodwill Centra Amsterdam, because the garden is the only working company located outside. Some participants indicate that they would like to spend their daytime activity outdoors. Working outdoors makes them think of the past and gives them a sense of nostalgia. For the people that do like to work with their hands in the soil, but do not like the outdoor weather that much, there also is a greenhouse in the garden.

6.2.2.2 Welcoming atmosphere

For every person it is important that there is a place where they feel welcome and experience that they matter. This is also the case for participants who are going to daytime activities. It appeared that an atmosphere wherein everyone is welcome and can participate is perceived as very important for people doing daytime activities. Everyone should be able to be who they are and by doing that it is important that self-esteem and self-respect is enhanced. Due to the pleasant atmosphere in the garden, participants never want to leave. As one of the interviewees said:

"The bath is too comfortable and the big outside world is too angry and too cold."
(I3)

The garden thus provides a safe place for the participants, according to the interviewees. In the garden an intensive supervision is required, due to the level of independence of participants. However, not every interviewee agrees on this approach, as group counselling can also be very valuable. By creating a cooperation between participants with different backgrounds and levels of thinking, they can learn from each other and there is the opportunity for growth.

6.2.2.3 Structure and daily routine

Many participants are not able to maintain a stable day and night rhythm. The garden provides a place where participants have something to do and what gives them structure. They have to show up and can not stay on the couch the whole day. Participants get a

structure in their day and week, because they have to be present and are expected on fixed times.

6.2.2.4 Social contacts

The participants often have a small social network and can experience feelings of being isolated or lonely. Multiple interviewees mention the importance of social contact within the garden. It is a place where participants can get used to social contact, for example in collaboration and communication with others. The participants can also extend their social network and meet new people in the garden, as well as connecting with other participants who experience similar difficulties. The garden has a shop where the vegetables and fruit of the garden are being sold. There it is also possible to have contact with people from the neighbourhood. Especially when the participants sell vegetables or fruit to customers outside the garden, they can feel proud of themselves. One of the interviewees said:

"The garden is very 'hot' in summer, because God knows how many cucumbers and tomatoes can be harvested then." (I1)

Social contact with the environment, the neighbourhood and the society as a whole is valuable and important for the participants and stimulates community integration. Some interviewees state that the garden should try to involve the neighbourhood more, for example by being open for sale on weekends, when neighbourhood members have time to visit the garden. However, this initiative does require a wider availability by the garden's supervisors.

6.2.3 Materials

6.2.3.1 Transport, distance from home

For some participants it is important that the daytime activity is close to their home, because they prefer to travel a small distance and it is a low threshold for them to go to the garden. Participants have to go by themselves to the garden, so access to a bicycle or public transport is also required.

6.3 Do not refer to the garden

In Figure 5, the social practice of why involved stakeholders do not refer participants to the garden is illustrated, including the interaction between meanings, competences and materials.

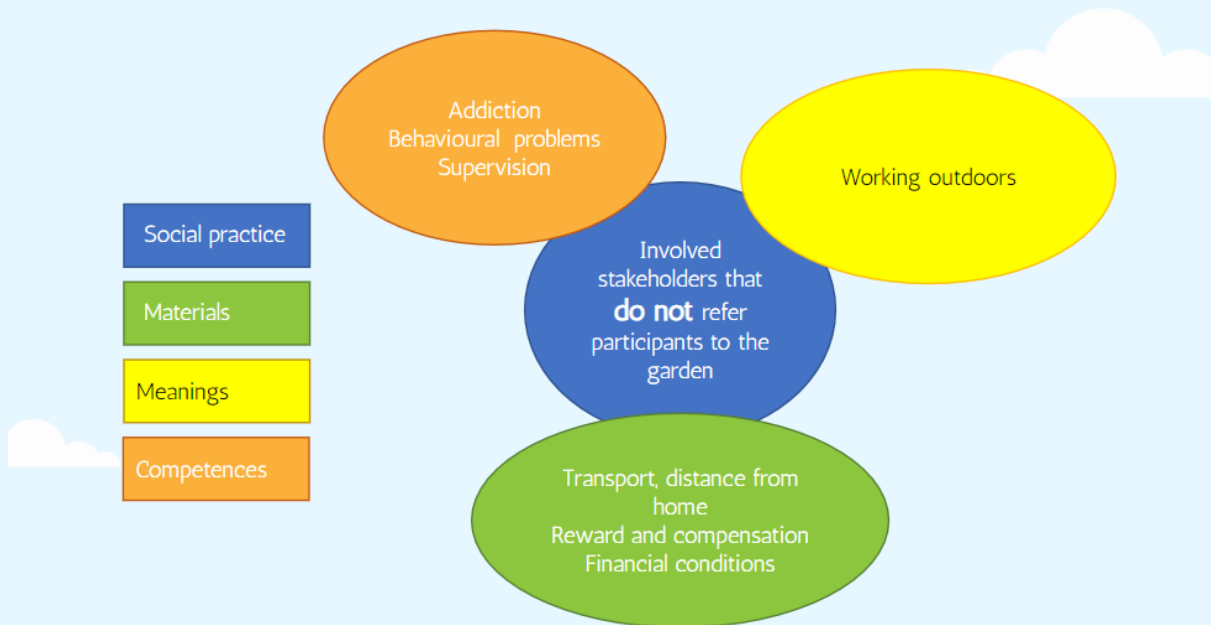


Figure 5: The social practice of why involved stakeholders do not refer participants to the garden illustrated by meanings, competences and materials.

6.3.1 Meanings

6.3.1.1 Working outdoors

In the winter it can be cold and rainy, which can stop participants from going to the garden and work outdoors. It appears that quite some participants prefer the work in the garden only during summer. According to the interviewees, the reason why these participants do not get referred to the garden is that stakeholders would like to pick a daytime activity for a participant that keeps them busy all year round and not only in the summer.

6.3.2 Competences

6.3.2.1 Addiction/behavioural problems

Participants that are not referred to the garden are mostly people with serious behavioural problems. The supervisors that work at the garden are predominantly good at providing daytime activities and have knowledge about the garden, but they miss knowledge about how to deal with someone who requires a lot of supervision. As an interviewee states:

"I could refer more of my participants there, but I cannot. That has to do with staffing, in relation to what this target group needs, because they simply need more intensive guidance. That is actually my greatest wish. Also that you get more opportunities to bring more participants there." (15)

Outdoor daytime activities are known for the easiness of talking about drugs and maybe dealing. Therefore, this is also the case within the garden. This is why the interviewees take into account the drug use of a participant in the process of referral. If they know that a participant is sensitive to addictions, they will refer this person to an indoor daytime activity instead of an outdoor daytime activity to prevent extra exposure to drugs. In addition, the participants have to be able to live without their addiction during the hours spent at the garden, because they are not allowed to use alcohol or drugs at the garden or other daytime activities. It is the participants' responsibility and choice to use drugs after the daytime activity.

6.3.2.2 Supervision

In order for the daytime activities to run smoothly and for the participants to receive sufficient attention, supervision in the garden is necessary. However, the subsidies the garden receives for each participant is not sufficient to the number of supervisors the garden needs for the current participants. As a result, a supervisor has too many participants to guide.



6.3.3 Materials

6.3.3.1 Transport, distance from home

Participants are responsible for their own transport to and from the garden. Therefore it is important for the participants that the daytime activity is close to their home. For example, some participants do not want to be dependent on means of transport, such as a van that takes them to the daytime activity and picks them up at the end of the day. For others it is important that the daytime activity is within walking distance of their home, because they do not have access to a bicycle. Transport costs also play a role in whether or not participants come to the garden. As an interviewee states:

"Participants really think it is a shame to have a lot of costs on public transport, while they work for nothing." (I6)

They do not want to spend their money on public transport, because then there is little money left for other things. These views indicate that it is important for the participants that the daytime activities are close to their home or that public transport costs are covered by the daytime activity. This was also mentioned by another interviewees that the participants get a public transport card.

6.3.3.2 Reward and compensation for the participants

When participants are referred to the garden, they receive compensation from the Salvation Army for the tasks they perform during the daytime activities. One of the compensations is (healthy) food. Participants are offered lunch every day they come to work in the garden. In addition, they can also take home vegetables that they have harvested themselves. This only works for participants that live by themselves, because the ones living in a Salvation Army residential area get food there. Secondly, the participants also receive some money for the daytime activities. Some participants are grateful for this compensation. However, participants often indicate that they need a higher compensation. According to the interviewees, participants think it is a joke that they receive eight euros for half a day. There are also participants who have to incur costs for public transport to get to the garden. As an interviewee mentioned:

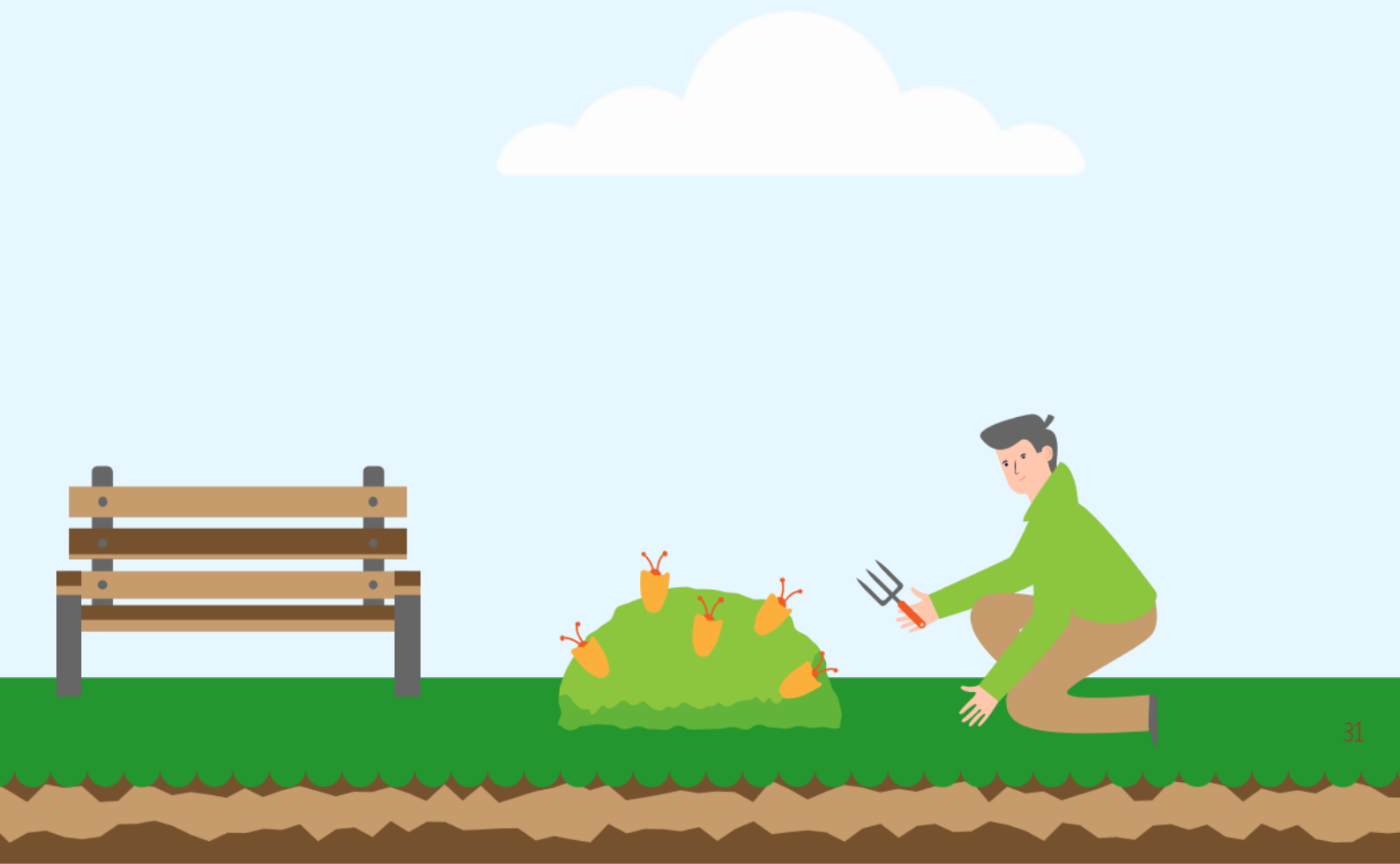
"For most, a fee is also important, you have clients who are a bit grumpy and they say I'm not going to work for nothing at all. I'm not a slave to the farmer, that's what they call it." (I6)

6.3.3.3 Financial conditions of the garden

The dependence on subsidies is disastrous for the survival of working companies. According to the interviewees, the garden is not profitable for the organisation. It is a major expense to offer this form of daytime activities. Recent cutbacks have brought a stop to the recruitment of new participants, because the financing did not cover. As an interviewee states:

"It is very simple: if you are not financially stable, then you cannot provide help." (I3)

However, due to the COVID-19 pandemic, almost all daytime working companies could not be active because of the measures in force. The garden was an exception to this: it is the only working company where 1.5 meter distance between participants can be maintained. According to an interviewee, this resulted in many applicants for the garden. This made the organisation aware of the garden's value for its participants during the pandemic.



7. Discussion

In this chapter, findings from this research are compared with other available literature by doing a critical reflection on the obtained data. Further, scientific implications are made about the execution of this research followed by suggestions for future research. Moreover, study limitations and strengths are reviewed.

7.1 Reflection on findings in relation to literature

This study aimed to find out what stakeholders' experiences with and opinions on the organic garden of Goodwill Centra Amsterdam are. In order to find out why stakeholders refer participants to the garden or not as practice, the Social Practice Theory is used.

The results of this research are related with the study of Luetz & Beaumont (2019) that found three reasons why community gardening is beneficial for participants. Community gardening can be compared with the organic garden of Goodwill Centra Amsterdam. The first reason is that community gardening offers benefits at fostering a sense of community among contributing stakeholders. Our research also found this, because the garden is a place where participants can build a network and have social contact, also with others outside the garden. The second reason of Luetz & Beaumont (2019) is that community gardens promote a sense of social responsibility. This research found that some participants can take on more responsibility and can take other participants in tow. The last benefit of community gardening Luetz & Beaumont (2019) mention is a heightening awareness in areas of sustainability. This finding is also related to our study, because the garden has an educational function in relation to the importance of vegetable gardens.

In addition, our study has found that participants sometimes refer to each other as colleagues, which could imply that they perceive their daytime activity as a job. The study by York and Wiseman (2012) has shown that gardening as an occupation in a natural environment can increase the wellbeing of individuals. Physical skills and experiential learning can be obtained in the garden. Also, it stimulates nurturing for the environment and the people within the working group, what Luetz & Beaumont (2019) also mentioned.

This offers satisfying and meaningful recovery for people who have a distance from society. It is shown on both individual and community level. Gardening as an occupation promotes social inclusion and integration into society for people who are marginalised and have a distance from society (York and Wiseman, 2012). This corresponds with the target group of the Salvation Army and shows the value of the organic garden as a daytime activity for participants.

Out of our research appeared that in general, a daytime activity is valuable for people. Everyone needs a purpose to leave the house and has an activity to spend their day. Working in a garden is seen as extra beneficial on top of 'just' a daytime activity according to a research of Genter et al. (2015). They argue that gardening provides stress-relieving refuge, contributes to a healthier lifestyle, creates opportunities, provides valued contact with nature and enables self development. Despite the research of Genter et al. (2015) focussed on allotment gardening instead of gardening as a daytime activity, the benefits of working in a garden might be applicable for both. In line with this research, our research found similar results like: that participants can work at their own pace and they work without deadlines, they get structure in their day and they have the opportunity to develop and eventually get a job. In addition, the research of Genter et al. (2015) goes a step further and recommends gardening as a therapy for people with health problems and/or as a health promoting occupation since this impacts health and wellbeing in a positive way.

7.2 Scientific implications

To prevent selection bias of study participants in future research, it is recommended to use a sampling frame instead of collecting the interviewees from one source, because this would be a more systematic way of selecting study participants (Graham, 1983). Furthermore, due to the limited time, this study only included six interviewees, which might have influenced our data saturation. Although, within the six interviews data saturation was gained (Saunders et al, 2018). To create a more complete image of the stakeholders' experiences with and opinions on the organic garden, it is suggested to increase the amount of interviewees.

Due to COVID-19, the organic garden could not be visited by the researchers. It would be recommended to visit the organic garden in future research, to be able to understand and analyse the situation in the organic garden more thoroughly. Also the interviews were performed online, which could have influenced the conversations. For example the study of Davis et al. (2004) reflected on the difference between their online and face-to-face interviews within the same study. They state that online interviews can cause ambiguity in the online dialogue due to social conventions and technical limitations. Since we are not able to compare our online interviews to face-to-face interviews, we cannot adequately reflect and compare.

In literature it is recommended to do participatory observations when using the Social Practice Theory (Rouse, 2007). Although, we think that observing the social practices in our study would not have added value to the outcomes, when focussing on the experiences with and opinions on the organic garden of the stakeholders of Goodwill Centra Amsterdam.

Future research could focus more on the effectiveness and key elements of an organic garden as a setting for health promotion, especially for this target group with vulnerable people.

7.3 Study limitations and strengths

A limitation of the study could be that the selection of interviewees is biased. The commissioner of the organic garden provided contact details of specific stakeholders of whom this commissioner knew would be willing to participate with the interviews. Therefore, the commissioner had the possibility to choose which stakeholder's contact details were sent to the researchers, who could be stakeholders who support the commissioner's vision. On the other hand, these participants were able to give a lot of information about the garden and their garden related activities and we have been selective in the selection of the stakeholders who were relevant for our study.

Also, this research took place within a certain time frame. Therefore, complete data saturation was not possible. Before the interviews were scheduled, the number of interviews that would be conducted was already set. Six interviews were feasible in the time frame, which restricted any further data collection. On the other hand, we got all relevant information out of the interviews we conducted, so in this regard, given the time, we got data saturation.

Furthermore, the data collection of this research is based on anthropological methods using the Social Practice Theory. The garden could not be visited due to the COVID-19 pandemic, while observing the execution of the practice can be seen as an important part of applying anthropological methods and the Social Practice Theory. This has been emphasized by the study of Hargreaves (2011), in which it is stated that the best way to conduct anthropological methods in researching social practices, is to observe the practice in its actual setting, thus visiting the place of interest and conducting the interviews there. Despite this limitation, asking ethnographic interview questions in an online interview produced sufficient data for this research study. Moreover, a strength of the selection procedure of the involved stakeholders as part of anthropological research is that the interviewees are chosen meticulously.

In relation to the data analysis, a limitation of this research is that it was not possible to conduct an intercoder agreement. By calculating Cronbach's Alpha (which is a measure for intercoder agreement) the reliability of the data analysis is shown (Santos, 1999). The interviews were coded by different researchers, which would have made an intercoder agreement valuable. As an alternative, the given codes were discussed by the researchers to come to a collective agreement.

Another point is that the interviews were conducted in Dutch. The outcomes of these interviews are translated to English, including the exact quotes, which could result in a change of interpretation which was originally meant by the interviewee. To overcome this limitation, Appendix 4 shows the Dutch quotes and the translation to English. Further, the interview transcripts are processed as precisely as possible, with account to translation.

Conducting interviews online might have had an effect on the obtained data. Interviewees might have behaved differently than how they would have if the interview was conducted in a real life setting. This might have an effect, since this research focussed on an anthropological understanding whereby (body) language is of great importance. Nevertheless, this was not possible under the current COVID-19 circumstances and thereby, as described within methods, we took several actions to make the interviews go as smoothly as possible.

Triangulation of researchers is applied during the processing of the interviews. Different duos of researchers conducted the interviews. Later different duos were made to code the interviews and to process the achieved data. In addition, this enhanced the amount of different angles that looked at the data.



8. Conclusion

To give an answer on the research question: *'What are Goodwill Centra Amsterdam's stakeholders' experiences with and opinions on the organic garden within the social practices of (not) referring participants to the organic garden?'* different perspectives on the organic garden were found from involved stakeholders that do (not) refer participants to the garden for daytime activity. This study showed that the choice of the participants for a daytime activity is leading for the referral of the participants to the garden.

Since the garden is outdoors, participants who like to work outside can feel attracted to the garden, which can be a reason to refer a participant to the garden. In addition, the garden is especially suitable for participants with a low work pace that cannot do very complex tasks, because complex skills are (not necessarily) required in the organic garden. The garden is a place where participants do not have to work under pressure, this is also linked to the large flexibility the garden offers. Participants can work on their own level and some participants are able to take a number of other participants in tow as well. For the people that are able to do more complex tasks, reintegration into a paid job might be a possible goal. To conclude, the garden offers a variety of activities for participants with different levels of competences and goals, which makes it a valuable place for multiple participants.

On the other hand, some participants prefer an indoor daytime activity and therefore will not be referred to the organic garden. Transport can also play a role when the garden is too far from participants' homes. Participants want to do a daytime activity which is easily accessible by bicycle or walking, since this does not cost much time and is a cheap way of transport. Participants that are not referred to the garden are people with serious behavioural problems, e.g. in an aggressive phase, because they need a lot of structure, regulation and supervision. The supervisors at the garden are not always able to give the required kind of supervision. Participants are also not referred to the garden if they use drugs or have a past with drug use, as those people can take their addiction to the garden since outdoor daytime activities are more known to offer an easy environment to deal or use drugs.

9. Recommendations

The results of this study have led to several recommendations. In this chapter we will discuss practical recommendations that can be applied to the garden.

Based on the results, there are three different improvements found for which a shared solution can be applied. First of all, one interviewee stated that a lot of the participants are very talented and that it would be great to be able to make better use of those talents. Another point of improvement found is that the merging of different types of participants in the garden can be increased. The idea is that the participants who need less supervision can help the participants who are in need of more supervision, which can also empower the participants. Lastly, there are participants who are not referred to the garden, because they do not wish to work there all year round since they find the weather too cold during the winter. Combining these three points of improvement, we argue that an indoor workplace could be set up at the garden. In this workplace, participants can use their creativity to, for example, make and paint flower pots. As a result, the garden will possibly also appeal to a wider target group. In addition, this is an activity that the participants can do during the winter, so that they can be active in and around the garden all year round. Next to that, the flower pots could be offered for sale in the small shop, next to the vegetables and fruit, so more integration with the neighbourhood and the participants can be achieved.

In general, the participants of the garden are good with animals, we heard from multiple interviewees. Participants find animals sometimes more accessible and easier to cope with than humans. Currently, there are not many animals in the garden, so this number could be increased in the future. Taking care of the animals could provide different kinds of tasks, contributing to a sense of meaning and responsibility for participants. However, animals also need care during weekends, when the garden is now closed. That is why we would recommend opening the garden at weekends as well. In this way, more animals can be housed, which will attract more participants and at the same time making the garden more meaningful for participants. Also, integration with the neighbourhood is best possible during weekends, since most citizens then will probably have spare time and are able to

visit the garden. This does mean that there must also be supervision during the weekends and this requires more effort and availability from the garden's supervisors.

A restaurant could be set up from the greenhouse that is available in the garden, which can function to integrate the garden more with society. A link with 50|50 Food can also be made, which gives the participants the opportunity to learn from others outside their own daytime activity. This again promotes the integration with the neighbourhood. At the same time this might contradict the freedom and flexibility participants can now experience at working at the garden, since this would imply to produce a certain amount of products to keep the restaurant running. This can undermine the fact that the garden has a low work pace, which is seen as a valuable element. This could mean that there should be tighter work schedules for the participants who want and are suitable to be involved in the restaurant. In addition, certain tasks then need to be done at certain times and goals to achieve to obtain the wished amount of products. On the other side, a restaurant would provide the participants another possibility to develop competences and get meaning by having contact with the guests and serving them food and drinks they produced themselves. Both sides should therefore be weighed before a decision is made.

For some participants it can be a barrier to go to the garden by their selves, since this requires independence and responsibility. Some participants are therefore not being referred to the garden. However, both Goodwill Centra Amsterdam and the garden try to promote this independence and responsibility by challenging the participants to their full potential. It could be an option to arrange transport for the people who experience this barrier to go to the garden themselves and are otherwise not being referred to the garden. Nevertheless, it should be taken into account that this will require financing. Financial support from external stakeholders, e.g. the municipality, might therefore be necessary.

It is found that the lack of participants is partly due to the lack of supervision. More supervision could increase the amount of participants, but the current finances do not make this possible. It is important to look at the financing of the garden since it is currently seen as a cost item. To carry on the ideals of the organic garden, financing needs attention. A financial plan can be drawn up to make sure that the garden can continue to exist and

that more supervision can be assigned to the garden. This could lead to more participants, which is in the end the main goal. However, it should be noted that the garden provides care and is not a production area. The garden is considered meaningful, because it allows flexibility, independence and responsibility. Therefore, turning the garden into a production area is not recommended, because that would take away a lot of these values with which the garden distinguishes itself from other forms of daytime activities such as a care farm.



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Appendix 1 Planning

This project will take place within eight weeks, from March 15th till April 30th 2021. The output will consist of a written report and to achieve this interviews will be conducted. In week 4 the interviews will be held and the first draft will be submitted in week 5. In the schedule below the activities and deadlines per week are shown.

Furthermore, each team member has approximately 100 hours for the project itself. This is calculated based on 3 hours per morning, from week 1 till week 8 and subtracted by the time of the lectures of the course 'Settings for Health Promotion'.

Week	Activities	Deadlines
1	Introduction week, signing up for the projects, getting to know the team members and the commissioners.	
2	Writing of the research proposal and meeting with Henk Blokhuis of the Salvation Army. Anthropology course	24 March: Deadline research proposal + individual expectation paper
3	Start with writing the report, conducting literature research, preparing interview questions and planning the interviews.	1 April: presentations research proposal
4	Continue with writing the report, conduct the interviews and transcribe and code the interviews. Meeting with our tutor.	
5	Process the interviews in the report and combine with the literature research. Write conclusions and advice.	14 April: Deadline draft 1
6	Process feedback and prepare the presentation.	20 April: Deadline draft 2 22 April: Presentations
7	Finalize report	30 April: final report
8	Round-up of the course by finishing the individual reflection papers.	7 Mei: feed forward paper + final reflection paper.

Appendix 2 Interview questions

Introductie

Kunt u ons goed zien / horen? Wij zijn (naam) en (naam) en studeren in Wageningen. We voeren een onderzoek uit voor het Leger des Heils in Amsterdam. In dit onderzoek proberen we de meningen op te halen van de mensen die werken bij het Leger des Heils en bij andere relevante organisaties in Amsterdam. We proberen het zoveel mogelijk vanuit het gezichtspunt van de betrokken mensen te zien. We hebben er zelf geen ervaring mee dus we willen het graag zo goed mogelijk in beeld krijgen. Het interview wordt anoniem verwerkt en er zijn geen goede of foute antwoorden. Vindt u het goed als we het interview opnemen? Heeft u het informed consent beantwoord (door op de e-mail te reageren met 'ik ga akkoord' of iets dergelijks)? U mag zich op elk moment terugtrekken of stoppen met u deelname aan dit onderzoek, zonder opgaaf van reden.

Kennismaking

1. Hoe heet de organisatie waar u bij werkt, en hoe noemt u de organisatie zelf meestal?
2. Hoe heet uw functie en wat houdt het ongeveer in?
3. Hoe lang werkt u hier?
4. Welke opleiding heeft u gevolgd voordat u hier kwam werken?
5. Is hier ook een interne opleiding?

Werk

6. Hoe ziet een normale werkdag er voor u uit?

Waarden

7. Wat is uw relatie met de cliënten / kwetsbare mensen van het leger Des Heils?
8. Wat vindt u in dagbesteding belangrijk voor de cliënten / kwetsbare mensen van het Leger Des Heils? (waarom)

Dagbesteding

9. Wat hebben deze (kwetsbare) mensen volgens u nodig in dagbesteding?
10. Wat is volgens u de toegevoegde waarde van dagbesteding? / Hoe kijkt u aan tegen het concept dagbesteding?

Tuin

11. Op welke manier heeft u over de moestuin gehoord?
12. Bent u weleens in de moestuin geweest?
13. Wat gebeurt er volgens u in de moestuin?
14. Op welke manier bent u betrokken bij de moestuin?
15. Hoe noemt u de moestuin meestal als u het er met collega's over heeft?
16. Hoe praat u over de tuin tegen uw collega's? (doorvragen)
17. Vindt u de tuin een waardevolle dagbesteding? (waarom)
18. Als u aan de tuin denkt, welke woorden komen er dan bij u naar boven? (waarom)
19. Wat zijn volgens u de positieve aspecten van de tuin? (waarom)
20. Welke verbeterpunten zijn er volgens u voor de tuin? (waarom)
21. Welk effect heeft het werken in de tuin op de participanten volgens u?
22. Welke waarde heeft de tuin voor de participanten?

Verwijzen

23. Verwijst u wel eens mensen door naar de tuin?
24. Waarom verwijst u mensen door naar de tuin?
25. Voor welke mensen is de tuin volgens u vooral geschikt?
26. Wanneer verwijst u mensen niet door naar de tuin?
27. Wat vindt u van de andere werkbedrijven?
 1. Waarom zijn deze waardevol?
 2. Wat zijn de verschillen tussen deze bedrijven en de tuin?

Utopie

28. Als u iets aan de tuin zou kunnen veranderen voor in de toekomst, wat zou dat dan zijn?
29. Als u een dagbesteding zou kunnen openen en inrichten, welke aspecten zou u dan willen terug zien in die dagbesteding?

Afsluiting

30. Wilt u nog iets toevoegen aan het interview?
31. Wat vond u van het interview?

Bedankt voor uw medewerking! We gaan het interview anoniem verwerken, wilt u het uiteindelijke verslag ontvangen?

Appendix 3 Informed consent



Leger Des Heils onderzoek

Wageningen, april 2021

Beste deelnemer,

U bent gevraagd om mee te doen aan het onderzoek naar de biologische tuin van het Leger Des Heils. Dit onderzoek wordt verricht op basis van interviews om meer inzicht te krijgen in hoe medewerkers van het Leger Des Heils denken over de biologische tuin. Dit onderzoek wordt uitgevoerd door een groep studenten van Wageningen University & Research. Met deze brief willen wij u informeren over dit onderzoek.

Doel van het onderzoek

Het doel van het onderzoek is om erachter te komen hoe medewerkers van het Leger Des Heils denken over de biologische tuin. Hierbij ligt de focus op het achterhalen wat de verschillende visies en meningen van de medewerkers zijn over tuin en waarom zij participanten doorverwijzen om hier hun dag te besteden.

Uw bijdrage aan het onderzoek

We vragen u om deel te nemen aan een interview dat via videobellen uitgevoerd zal worden. Met de deelnemers die zich hebben aangemeld, spreken we een datum en tijd af om het interview af te nemen. Het interview zal worden afgenomen door twee onderzoekers en dit zal ongeveer 45 minuten duren. Voor de verwerking van het interview wordt deze opgenomen.

Vrijwilligheid, anonimiteit en privacy

Deelname aan dit onderzoek is geheel vrijwillig. Bovendien kunt u op ieder moment uw deelname terugtrekken zonder opgave van reden. De opname van het interview zal tot uiterlijk eind mei 2021 worden opgeslagen en zal daarna worden verwijderd. Deze opname is enkel voor de onderzoekers, zodat de data kan worden uitgewerkt. Uw deelname aan het onderzoek zal anoniem blijven. Op deze manier is uw privacy gewaarborgd. De resultaten van dit onderzoek zullen worden gepubliceerd in een rapport voor Wageningen University & Research en verstrekt aan het Leger Des Heils, maar daarin zullen geen namen genoemd worden en is niet te achterhalen wie wat gezegd heeft. Indien gewenst kunt u na afloop van het interview aangeven om het onderzoeksverslag te ontvangen.

Contactpersonen

Als u vragen of opmerkingen heeft over het onderzoek naar de biologische tuin van het Leger Des Heils, kunt u contact opnemen met Iris Barten (tel. 06-36333870, e-mail: iris.barten@wur.nl).

Met vriendelijke groet,

Anouk Taal, Sanne Leenman, Geertje van Wijk, Lisa Moolhuijzen, Lisa Tholen en Iris Barten
Onderzoekers Wageningen University & Research

Toestemmingsverklaring voor deelname

Ik heb de informatie over het onderzoek naar de biologische tuin van het Leger Des Heils gelezen en ben in de gelegenheid gesteld om vragen te stellen. Ik had genoeg tijd om te beslissen of ik meedoe. Ik weet dat meedoen vrijwillig is. Ook weet ik dat ik op ieder moment kan beslissen om toch niet mee te doen of te stoppen met het onderzoek. Daarvoor hoef ik geen reden te geven.

Hierbij geef ik toestemming voor deelname aan het onderzoek naar de biologische tuin van het Leger Des Heils zoals dat in de informatiebrief is beschreven. Toestemming geven voor deelname gebeurt door het sturen van een e-mail naar iris.barten@wur.nl. In deze e-mail vermeld u uw deelname aan het onderzoek naar de biologische tuin van het Leger Des Heils inclusief 'Ik ga akkoord.' Deze woorden zullen dan gelden als handtekening.

Appendix 4 Interview quotes

"Paradijsvogels die niet passen in een hokje." - "Birds of paradise that don't fit in a box."
(12)

"Voor een cliënt zelf is het wel het aller prettigste dat ze gewoon naar binnen kunnen lopen - "For the participants themselves it is most pleasurable that they can walk in whenever they want" (16)

"Voor de complexe doelgroep van het leger des heils zie je dat de tuin overwegend eigenlijk de enige optie is voor externe dagbesteding, omdat bij die anderen gewoon te complexe vaardigheden worden gevraagd." - "For the complex target group of the Salvation Army, you see that the garden is mainly the only option for external daytime activities, because the others simply require too complex skills." (15)

"Ze komen normaal intelligent over, zijn ze gewoonlijk niet, zijn daarbij verslaafd, jatten, zijn psychotisch, dat is de zwaarste groep en die heeft de tuin heel veel." - "They appear normally intelligent, they are usually not, they are addicted, steal, are psychotic, that is the heaviest group and the garden has a lot of those." (13)

"Niet zo lang geleden heb ik een aantal mensen geplaatst die eigenlijk nergens anders terecht konden. Er is één daarvan, één van die dames, die vindt het zo fantastisch leuk dat ze er is en dat ze wat doet en dat ze er toe doet als het ware." - "Not that long ago, I placed some participants in the garden who did not fit anywhere else. One of them, one of those ladies, really likes it there. She is happy that she can do something meaningful."
(14)

"Bijvoorbeeld een mevrouw die verantwoordelijk was voor de aardbeienplanten en die heeft haar aardbeiodiploma behaald. Dat vond ze fantastisch, die hangt nu ook nog steeds aan de muur. En dat is elke keer als we refereren naar maar wat is dan jouw succes, dan komt het diploma weer terug." - "For example, one lady who was responsible for the strawberry plants got her strawberry certificate. She really liked that and it is still on her

wall. Every time as we refer to her successes, the strawberry certificate shows up again." (I5)

"Het bad is te warm en de grote buitenwereld is te boos en te koud." - "The bath is too comfortable and the big outside world is too angry and too cold." (I3)

"De tuin is in de zomer ook 'hot' omdat er dan God mag weten hoeveel komkommers en tomaten er vandaan komen." - "The garden is very 'hot' in summer, because God knows how many cucumbers and tomatoes can be harvested then." (I1)

"Ik zou er meer van mijn deelnemers naar toe kunnen sturen en dat kan nu niet. Dat heeft ergens te maken met personele inzet, in relatie tot wat deze doelgroep nodig heeft want die heeft ook gewoon intensievere begeleiding nodig. Dat is eigenlijk wel mijn grootste wens. Ook dat je meer mogelijkheden krijgt om meer deelnemers er naar toe te kunnen brengen." - "I could refer more of my participants there, but I cannot. That has to do with staffing, in relation to what this target group needs, because they simply need more intensive guidance. That is actually my greatest wish. Also that you get more opportunities to bring more participants there." (I5)

"Ze vinden het echt zonde om veel kosten te hebben aan het openbaar vervoer, terwijl ze voor niks werken." - "Participants really think it is a shame to have a lot of costs on public transport, while they work for nothing." (I6)

"Voor de meeste is een vergoeding ook nog wel belangrijk, je hebt cliënten die zijn een beetje mopperig en die zeggen ik ga toch niet helemaal werken voor niks. Ik ben toch geen slaaf van de boer, zo noemen ze dat." - "For most, a fee is also important, you have clients who are a bit grumpy and they say I'm not going to work for nothing at all. I'm not a slave to the farmer, that's what they call it." (I6)

"En het is heel simpel, als je financieel niet gezond bent dan kan je ook geen hulp verlenen." - "It is very simple: if you are not financially stable, then you cannot provide help." (I3)