



And-Hof Animals

Sanctuary for Farm Animals+Permaculture

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Double Espresso...

Our story starts, as all good adventures do, with a chance encounter...

It was the spring of 2010, and I was at my local coffee shop waiting patiently for the double Espresso to slowly drip into a tiny cup, when I casually mentioned that I had been dreaming for years of waking up to the sound of a crowing rooster. Suddenly, a big smile broke out on the owner's face. "You can have free Espressos for the rest of your life," he proclaimed, on one condition. "You need to give a home to a beloved rooster, I know. He is in danger of being killed by angry neighbors who want his crows silenced forever."



Three days later, Henry and his lovebird Henrietta were nesting safe and sound in the little coop I had quickly built for them inside my woodshed.



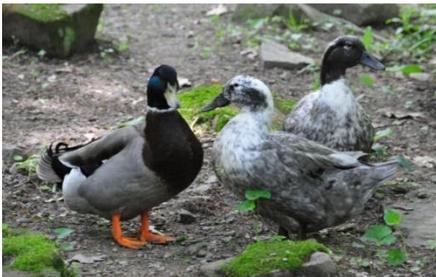
Little did I know at the time, not only had the lives of these 2 Birds changed forever, mine had too. For without planning it, I had started what was to become And-Hof Animals, Sanctuary for Farm Animals+Permaculture.

Not long after Henry and Henrietta had arrived, at the same coffee shop again, enjoying free Espresso, the owner asked me jokingly if I was ready to rescue 3 Goat kids. I dryly replied that I had no



experience with Goats. "Easier to keep than Dogs...", were the words that changed Fleck, Liesel and Moritz' destiny from the butcher's knife to a life of exploring the cliffs and ravines in the woods.

Being that the cradle of the sanctuary stood in a coffee shop, word got out quickly and within no time,



more and more people approached me with heartbreaking animal stories. There were Gertrude and Gottlieb, once the family's cute little gooselings, now more synonymous with attack Dogs. Chasing everything and everybody, attempting to enter the yard. Sylvia, Snickers and Sophia, 3 Ducks that were left to their own devices after the owners just moved away. A frantic early morning call from a

compassionate farmhand, who begged me to come and pick up 15 Leghorns the farmer had just kicked out of the coop, mumbling "they are Fox food..." Just to mention a few out of countless stories how animal after animal found their way into my (former) woodshed...

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In the Fall of 2013, as I was scrolling through the newsfeed of a social media site late one evening, when I learned about the culling of the wild hybrid Turkeys on Staten Island.

After endless talks with the Department of Environmental Conservation and only because of the incredible negotiation skills of the Director of the NYS Chapter of the Humane Society of America, were we able to convince the authorities to pursue a humane solution to the Turkey problem on Staten Island and release the Birds into my care.

The DEC' consent was conditioned on my agreeing to assume responsibility for all costs related to the construction of DEC-compliant habitats, including all caregiving and maintenance expenses. Since the sanctuary was self-funded, I was concerned about the consequences, but not concerned enough to stop the project. The Turkeys' welfare won out.



However, after investing well over \$100,000 of my life savings into the Staten Island wild Turkey Rescue project I recognized that funding the sanctuary solely through my architectural design practice was no longer sustainable.

This became even more so painfully clear in the Winter of 2016/17 when I gave home to over 100 Chickens rescued from the Kaporos rituals in Brooklyn, NY and was also fostering an additional 130 Chickens until permanent homes could be found for them.

After a large number of the Chickens fell ill and died, necropsies revealed that they were infected with 2 different strands E.coli as well as very contagious Infectious Coryza. Around the clock veterinary care and additional experienced caregiving staff finally contained the epidemic and we were able to save a number of the infected Chickens.



OUR PERMACULTURE MISSION:

Never could I have imagined, when Henry and Henrietta moved into the little wood shed behind my house, that the legacy of these 2 Birds would one day evolve into a safe haven for abused and neglected animals. A place where we dedicate ourselves to their recovery and advocate for veganism as the quintessential vehicle to stop animals abuse; here we promote a lifestyle free of animal products as a fundamentally healthier way of life.

At And-Hof we recognize that animal rescue and animal advocacy is part of a much larger, complex ecology. Understanding the consequential impact of our work on the environment is paramount. Rescuing one life form at the expense of another creates a paradox. However, learning how different life forms can sustain each other, creates a profound environment of balanced coexistence for flora, fauna and humans alike!

To begin with, I believe in providing the animals with a maximum of autonomy and freedom within a framework that promotes safe co-habitation. Indeed, we have pens and barns on the farm, but most of the times the gates are wide open and (almost) everybody is encouraged to seek out for themselves the place they want to live and the company of animals they like the best.



A free animal that is mentally stimulated and is encouraged to indulge in its instinctual habits all day long, is less likely to cause trouble, or get sick, than an animal that is confined to a square pen with nothing or little to keep it occupied. And-Hof Sanctuary is the perfect place to provide stimulation for animals and people alike!

Unlike traditional farms, the sanctuary is located 1 mile deep inside an intact, undisturbed forest. Logging acres of century old trees and bulldozing over intact, undisturbed eco systems only for the sake of establishing conventional pasture land is not an option. Nor is it necessary. We log trees very selectively to open up a dense canopy of leaves to allow sufficient sunlight to grow Silvo Pastures. Any tree is evaluated before it is being logged. Species, age, height, health and the nutrients it provides to the forest's flora and fauna are taken into account before it is removed.



At And-Hof Animal we strive to manage the animals, the forest, the people as close to zero waste as possible and to hold the carbon foot print to a minimum! Whether it is the trees we mill onsite for construction wood, fence posts and mulch, or the rocks in the ground we use among foundations, retaining walls, dry wells, to only name a few applications. The endless wheel barrel caravan of animal manure is turned into rich, fertile soil while the heat generated in the composting process can be used to keep a Chicken coop well temperatured` and imbedded water storage tanks from freezing during the cold winter

months. Rainwater is channeled into large water reservoir ponds to the delight of our Water Fowl and Pigs alike. Even many of the man-made products on the farm that have outlived their original purpose, will often find a new life by being re-purposed.

We maintain the forest with heavy equipment indeed, but not the kind you need a driver's license for. Our Goats nourish on the undergrowth of the forest, removing brush and invasive growth that cut the sunlight and shade the forest floor.



Our 7 Pig strong rototiller/bulldozer force is most proficient in ground preparation for seeding. With the greatest delight their noses till acres of land, thereby aerating the soil, digging under the nutrient rich top soil layer and in the process kill the roots the Goats overlooked or didn't get to. Imbedded rocks get dislodged, which saves us a lot effort when pulling them out of the ground and collecting them.



All day long countless Chickens, Turkeys, Ducks and Geese drill their beaks into the forest floor and rotting logs, extracting insects, as well as all the beetles and slugs they can find. They are an invaluable health insurance provider for flora, fauna and humans alike, as they feed on organisms that can constitute potential health risks. And what better way to stay healthy than feeding of an organic diet?!

Our animals are the most relevant stewards of our land. Supplanting them into an environment that is closely resembling that of their native forebearers, they restore and sustain an ecosystem, within which a more diverse and balanced ecology of native plants can re-establish itself.



Sustainability:

Observing how our animals are creating a symbiotic relationship with their environment of sustainability and balance inspired us to develop this concept for the entire sanctuary. If the animals can profit from nourishing on nature and nature can profit from being kept in balance by the animals' instinctual habits, why can't the organization profit from their activities and develop into a self-sustaining entity?

To test this concept, we are currently exploring several projects, we would like to develop further, to see, if their implementation would proof to be viable, long term sources of income for the sanctuary;

Mushrooms:

The forest we live in is already full of wild mushrooms. Most of which are not eatable, but some, like Chanterelle and Chicken of the Woods mushrooms are. Cultivating their growth and expanding the varieties is not particularly difficult to achieve, since the conditions are already perfect. All that is required is to log selected oak trees and inoculate them with the spores from the native mushrooms.



Medicinal Herbs:

Inspired by Juliette de Bairacli Levy's *'Herbal Handbook for Farm and Stable'*, we started planting medicinal herbs around the farm a few years ago and make them available to the animals on a regular basis as a preventative as well as remedy for diseases and illnesses.

Planting herbal plants like lavender, mint and garlic around the animal barns have also served us as a very successful deterrent for pesty insects and invasive rodents. Non-chemical, non-invasive, non-hazardous and best of all, self-perpetuating pest control that minimizes the risks of outside diseases affecting our animals.



After contacting several local herbalists, there was an astonishing interest to collaborate with And-Hof to grow medicinal herbs locally. Our Christmas Pigs, Rosie, Wilbur and Hettie have been busy at work with insatiable love for rooting preparing a patch of land, where we are planning to seed medicinal herbs come Spring.

It is a win-win situation for both, herbalists and the And-Hof animals. As the growers have self-control over their products, we learn more about the healing qualities of herbs for animals and humans alike. Furthermore, this collaboration will also introduce And-Hof to a broader audience of likeminded people.



Greenhouse:



Several years ago, we started building a greenhouse on the sanctuary's ground to be able to grow fresh, organic vegetables for the animals in the winter. However, after our local supermarket offered to supply us with unsold, day old produce, there was no longer an immediate need for us to complete the project.

With a growing demand for micro greens in our area, but only limited supply, completing the greenhouse might be a viable way to generate revenue to support the animals.

Since the structure is already in place and plenty of glass donated from a local glazing facility, the greenhouse could become operational without a large investment. A nearby spring will feed the drip irrigation throughout the seasons. Supplying sufficient heat during the cold winter month, usually at an astronomical expense, would be of no cost to us. Our animals supply an unlimited amount of manure and combined with the organic matter collected from the forest ground, we can install a hot water heating system pioneered by the French organic gardener and biotechnologist *Jean Pain*. Waterlines imbedded in a carefully layered mountain of manure and organic matter heats up the circulating water to 140 Fahrenheit, even during the coldest North-Eastern Winter month!



Vermiculture

Vermiculture is becoming ever more popular with hobby gardeners, nurseries and small-scale organic farms. Vermicast, or worm feces, is the end product of the breakdown of organic matter by earthworms. The high concentration of nutrients and lower levels of contaminants make it a superior fertilizer and soil conditioner.

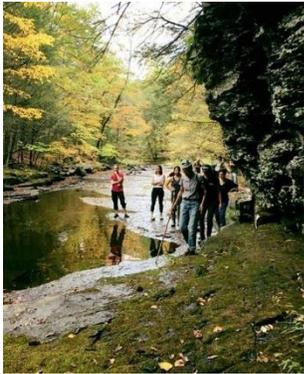
And-Hof would benefit from Vermiculture on several levels;

- A high concentration of manure can affect the quality of the groundwater, which is of concern to us, since all of our water needs are supplied by natural springs and wells.
- An oversaturation of nutrients can bring the existing eco system out of balance
- The side effect of receiving a daily supply of produce from our local supermarket, is that we are inundated with mountains of cardboard boxes. Recycling cardboard into Vermicast is positively the most environmentally responsible way.
- Some of the produce, etc. we receive, can not be fed to the animals, yet it would be every worm's delight to feed on it!
- Producing a product that is aligned with our mission to operate the sanctuary on the lowest carbon food print possible. To recycle and upcycle anything and everything as much as possible and thus help sustaining a balanced environment.

Experiencing Life, the And-Hof Way:

Whether it is a guest, a friend, the mailman, or a contractor, and even the NYS Trooper, the words most first-timers utter when they arrive at And-Hof, are about what a magical place this is. Who would expect a place where free roaming animals come out of the forest to greet you, miles away from the last signs of civilization?

And-Hof is a refuge for animals, nature as well as humans. The antidote to the commercialized world beyond the trees. The succinct balance this place radiates, reverberates with almost everybody upon arrival.



The intimacy of this place in the forest allows you to let go and immerse yourself into experiencing what we practice. Without being distracted by the world you left behind, when you turned off the paved road.

Offering accommodations on a limit scale and allowing visitors stay for a period of time, will not only be advantages for the sanctuary financially, it will furthermore promote our mission. Whether one prefers the comfort of a mattress, pitch a tent under the Hemlock trees, or simply wants to roll out a sleeping



bag down by the stream, is entirely up to the individual. Either way, most everybody, who has spent any length of time at And-Hof was touched by this place and the mission we practice.



Animal Rescue, Animal Advocacy, Veganism, Environmental Preservation, Sustainability, are intrinsically linked together; aiming towards the same goal of preserving humanity's principles of balance and mindfulness.

Our work at And-Hof is in its infancy and only a little spec of light on a dark sky, a miniscule sprout at best. But sprouts tend to grow and spreading roots. The harder we pursuit our goals and promote the work we do, the greater the chance for the spec of light to shine bigger and brighter!