

Σutopia



mug

Number 2 - April 2025

Iris e Roland

Our family in a tiny house

Africa was my new beginning

"Go for it, don't be afraid to follow your heart and your dreams. Don't be afraid to destroy a life in which you no longer recognise yourself and rebuild it from scratch. It won't be easy, but it will definitely be worth it."

Cristina Pedrinzani

New life for unsold food

What if leftovers could build community? RECUP began with one simple gesture: sharing unsold food at the market. Today, it's a growing network that transforms waste into connection, dignity, and care.

RECUP

Σutopia

**DARE
TO DREAM**



**Keep dreaming,
despite everything!**

There are days when believing in an alternative world feels like an act of stubbornness. When the noise of rearmament and violence grows deafening, and the news speaks only of war, suffering, and shattered lives, our gaze toward utopia begins to falter. We wonder whether imagining a different reality still makes sense—whether dreaming is an indulgence we can no longer afford.

And yet, it is precisely in times like these that we must dream the most. **Because dreaming is not a form of escape—it is a form of resistance.**

Eutopia Mug stems from a firm intention: to create space for what does not yet exist, but could. We share the stories of those who have chosen different paths, who believe in the possibility of change, who build alternatives with simple, everyday actions—those who plant seeds on grey balconies, who

share instead of owning, who rethink time, consumption, and community.

Every story, every idea, is a fragment of a new world making space for itself in the cracks of the old one.

We do not turn away from reality. We know the world is full of tension and contradiction, of injustices that feel insurmountable. But we also know that beauty endures, that gestures of care and hope persist, and that change feeds on imagination.

History is full of moments when we felt powerless—yet someone, somewhere, dared to believe in the impossible. And so do we.

Because dreaming is a political act.

Because building alternatives is our answer to fear.

Let's not stop dreaming.

Let's not stop building.

Eutopia Team



In these pages, you will find words in masculine, feminine, and neutral forms - but every choice is guided by the same intention: to communicate without excluding. We decided to give our authors the stylistic freedom to express themselves with fluid and diverse language. We hope every reader feels this same space of freedom - also when it comes to yet unexplored linguistic possibilities and visions.

Challenge - ThrowbackTot

Childhood photographs have a unique charm: those candid smiles, minor injuries, creative costumes, and expressions of wonder. They serve as memories that capture the pure essence of play, freedom, and discovery. This month, we invite you to revisit your past and share a joyful childhood moment, one that continues to bring a smile to your face even today.



Choose a photo from your childhood

Choose a photo from the past that tells something about you in which you are happy, surprised, funny or simply... yourself.

Create an Instagram story

Create an Instagram story with the image and add, if you like, a short sentence explaining what you were doing or why that moment is special, or share it in the group 'La piazzetta di Eutopia' (if you're not yet one of us click on 'Community' in the menu)

Share it with us

Tag **@Eutopia_Earth** and use the hashtag **#ThrowbackTot**

We will repost your stories on our profile! You have until the next issue to participate.

The happy little girl, the dreamy little boy in the photo it's still you. Don't forget it.

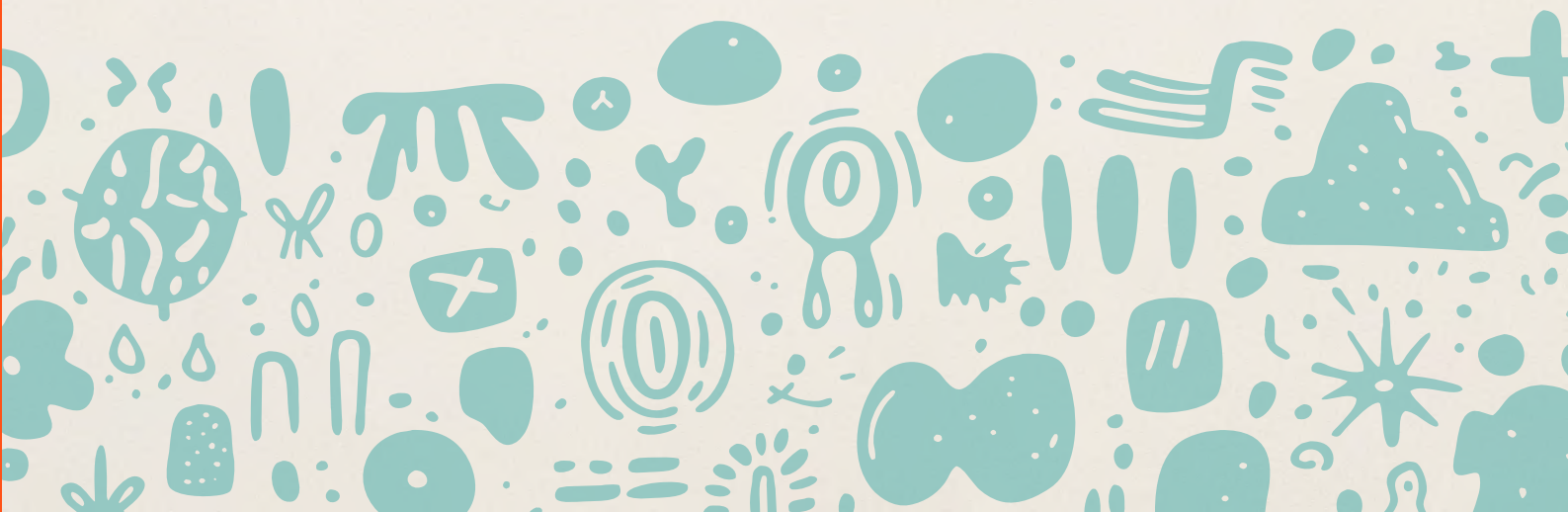
Find the Mistake!

At Eutopia Mug, we celebrate mistakes as opportunities for play and discovery. After all, every revolution was born from imperfection, so why not celebrate it?

Somewhere in these pages we've hidden a small mistake — not just a typo, but an unexpected detail. **Finding it is our way of reminding ourselves that there can be beauty in the smudges.**

So keep your eyes open, have fun, and if you spot it, let us know!

In a world that is rushing toward perfection, we choose to smile at the unexpected.
Happy searching!



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Photo by: Alessio Galdiolo



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Your Voice in Eutopia

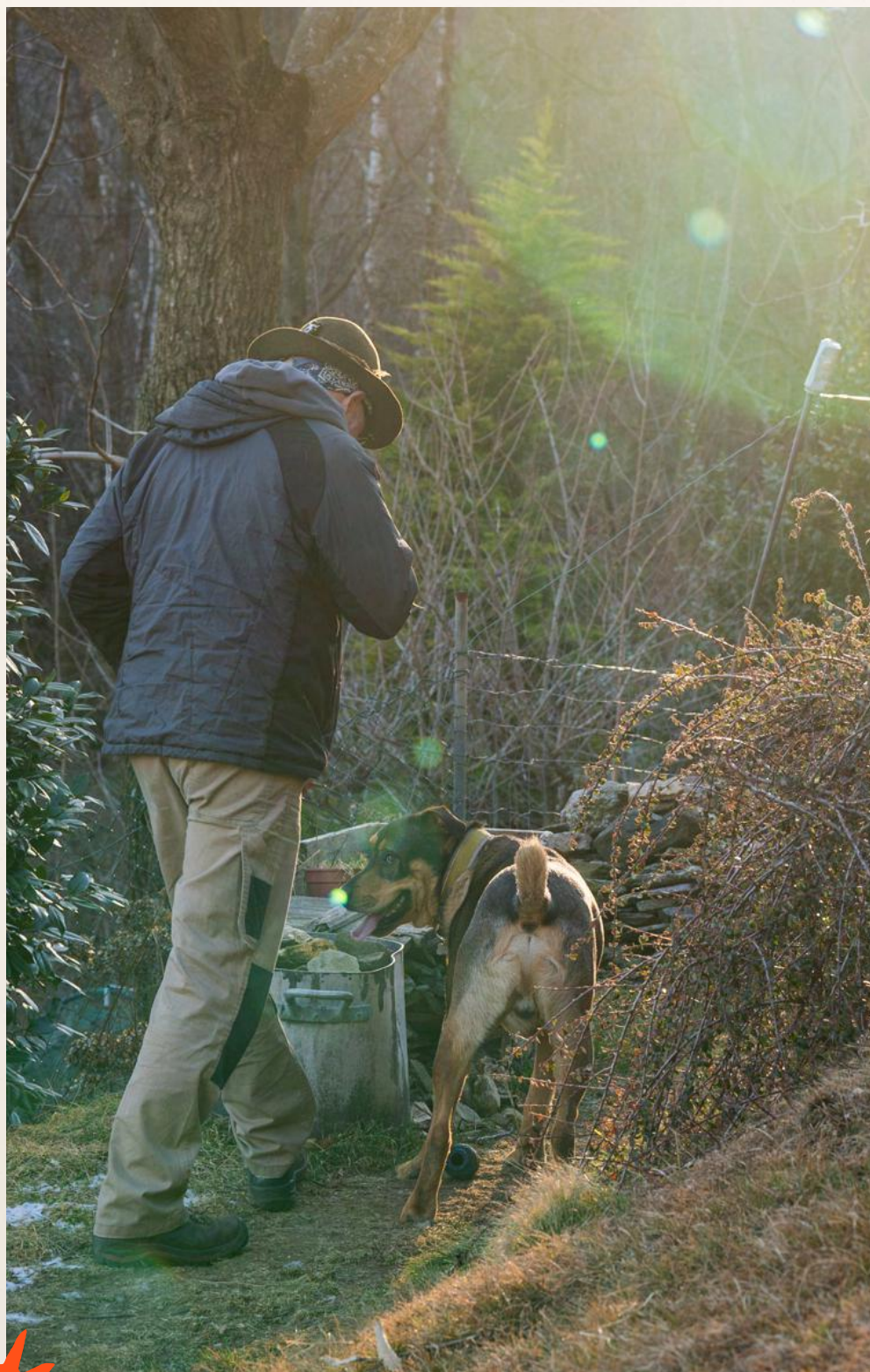
An idea, an inspiration, a curiosity, or anything you'd like to share with the community.

..and much more!

Luciano: From a Taxi to the Mountains

Alpe Tarilla (IT)

Luciano, a former taxi driver from Milan, traded the city's chaos for a stone cabin nestled at 960 metres above sea level. Here, he rediscovered silence, slow time, and the quiet joy of things made by hand.





After 21 years navigating city traffic, he chose the mountains. Now he grows vegetables, chops wood, and lives according to the rhythm of the seasons. Step by step, he has carved out a new direction.



Beside his cabin stands an old chestnut tree. Luciano watches it every day, as if it were a silent companion. In that quiet dialogue with nature, he has found something Milan could never offer.

Watch the video to uncover the story!





Africa was my new beginning

Cristina's story of love, courage and freedom

There are many who, at some point, feel the need to change course—to question their

lives and leave behind the comforts they've built for the sake of something unknown but deeply calling.

Some follow instinct, in search of a happiness that feels more aligned with their truest self.

Cristina (@krizia_intanzania) is one of them. Her search took her all the way to Tanzania, where she now lives with Mosses, a Maasai warrior and her life partner of nearly 11 years.

What was your life like before the journey that changed everything?

I was living what you'd call a normal life. I worked in a textile factory, had just bought a house, was paying off a mortgage, and had a partner.

What made you decide to leave?

It started as a classic holiday—to explore a part of the world I'd never seen, to rest after a tough year. But like many, I was also looking for the version of myself I had lost. I was living a life that no longer felt like mine.

When did you realise your life was about to change?

As soon as I landed in Zanzibar, I felt it: a deep sense of coming home. The warmth of the people, the thousand shades of blue in the ocean, the raw beauty of the island—it overwhelmed me.

And just a few days later, I met Mosses. There was an instant spark. From that moment, I knew nothing would ever be the same.

How did you meet him?

On the beach. Mosses had just set up his small stall. He worked nights as a security guard and did anything he could during the day to earn a little more money. When our eyes met, it was love at first sight. He spoke English—while most others spoke Italian to tourists. There was something shy and genuine about him. Each day I looked for him, and he looked for me. As we walked and talked about our lives, we exchanged contacts. On the flight back to Italy, my heart had already made its decision. A month later, I boarded another plane—this time with a one-way ticket. I left everything behind: my house, my partner, and a few months later, even my job.

What lessons have you learned from each other?

The biggest lesson? That no matter how big the obstacles, if there's love, the will to meet each other halfway, and the desire to be together—anything is possible.

What have been the most difficult—and the most liberating—aspects of adapting to a new culture?

Living in a different culture is a daily challenge. Over the years, I've slowly let go of the prejudices I unknowingly carried as a product of Western society. I've learned to truly listen—with my heart, not just my ears. I've learned not to try to change or "teach" others, which we West-

No matter how great the obstacles: if there is love, the will to be together and to come together, everything can be overcome

erners often do in good faith, believing our way is the best.

I've learned patience (constantly tested here), how to strip life down to the essentials, and how to shift my perspective—not just of the world, but of myself.

Of course, it hasn't always been easy. We live in a fishing village, in a local-style home with no windows or fences, often without running water or electricity. The health system is fragile, and for our daughter we've arranged a kind of homeschooling with private tutors. But in return, we have earned freedom. We live slowly, close to nature, just steps from the Indian Ocean. We focus on the present, not the future.

What are your current projects?

In 2021, after the birth of our daughter and a period living in Italy, we returned to Zanzibar and launched Miss Zanzibar Boutique, our artisan brand. We create Maasai-inspired clothing, accessories, and jewellery, collaborating with local artisans to support the community.

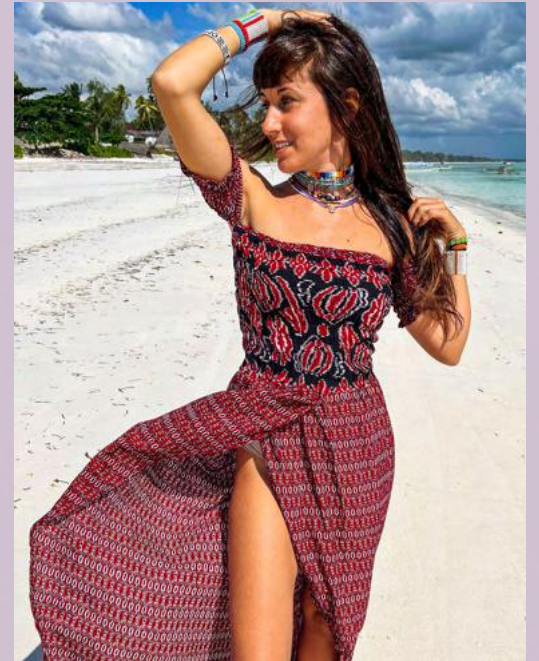
In 2024, we also opened a small restaurant with a sea view in our village, offering Swahili specialties, fresh fish, and a few Italian

dishes. We have more projects in mind, but they require a lot of energy—both physical and financial. Fingers crossed.

What message would you most like to share through your story?

I want to open hearts and minds, especially to those afraid of difference. There's still so much prejudice and fear toward other cultures and religions. But most of all, I want to speak to anyone who dreams of change: go for it. Don't be afraid to follow your heart.

Don't be afraid to tear down a life that no longer feels right and build a new one from scratch. It won't be easy, but it will be worth it. And you don't have to move to the other side of the world like I did—you can do it right where you are.



If you could speak to the Cristina of 10 years ago, what would you say?

To the woman I was—scared, searching for her place—I would simply say:

The happiness you've longed for is coming. And it will be wonderful.

//// @krizia_intanzania



Iris and Roland

Our family's life in a tiny house



If you think tiny houses are just for singles or adventurous couples, think again. This month, Iris van Asselt and Roland share their experience of raising two daughters—aged 11 and 8—while living in a tiny house, always surrounded by nature and a vibrant community.

Why did you choose to live in a tiny house?

We wanted to be closer to nature, reduce our living costs, and have more time to dedicate to our daughters.

What inspired this lifestyle shift?

We had travelled from Amsterdam to Tokyo in a small camper van with the girls, and that trip changed everything. We realised how little we actually needed to be happy. What stayed with us most was the feeling of deep connection with nature. So when we returned, we looked for a place where we could live in

a tiny house surrounded by green space.

What's the hardest part of tiny house living? And the best? The hardest part is that the space can feel cluttered really quickly—but the upside is that it's just as quick to tidy up. There are so many advantages. Cleaning takes minutes, the space feels cosy and warm, and we're constantly immersed in nature. We see it, hear it, breathe it. With fewer objects around, our minds feel lighter and freer.

We also live in a community, and that's something we truly value. They say "it takes a village to raise a child"—and we've found that village. We learn so much and are always surrounded by friendly, supportive people.

How energy-efficient is your tiny house?

We're mostly self-sufficient, though in the darker months—especially in Holland—we stay connected to the electricity grid. Roland has even designed a shared battery system for our community so that we can exchange energy between households.

How do you handle water and waste?

We're still connected to the water and sewage systems, so no major concerns there. We do what we can to reduce waste, and we've installed a composting toilet—we don't use water for flushing. The humus it produces goes straight into our garden.

Do you miss any-

HAVING
FEWER
OBJECTS,
THE MIND
FEELS
FREER

thing about a traditional home?

Honestly, no. We don't feel much different from life in a standard house—except that there's less space, of course. People are always surprised when they find out we even have a small bathtub!

What advice would you give to someone considering the tiny house lifestyle?

FGo for it! It will change your life in beautiful ways. A great first step is to visit lots of tiny houses and take note of what you really want versus what you truly need. Sketch your dream layout, make a vision board, and talk about your project with others. Be patient, follow your instincts, and have faith—it will happen.

Do you have any fun or curious stories from tiny house life?

We built the house ourselves and, naturally, couldn't do everything at once. So we started with the living room and bedrooms, and postponed the bathroom since it was summer—we were using an outdoor shower. But then, in mid-August, a strong and freezing wind started blowing from the northeast. Our daughter needed to shower and came out shivering and upset. That's when we said, "Okay, time to build the bathroom!"

Is this a forever home or a temporary chapter?

This lifestyle is defi-

Design the house of your dreams, create a vision board and tell everyone about your project.

nately long-term for us. When our daughters are older and move out, one of them can take half of the unit. Roland and I would be perfectly

happy living in the other half.

How do you see the future of tiny houses?

We believe tiny houses are the homes of the future, thanks to their sustainable impact. They're becoming more accepted and appreciated—and we think the tiny house movement is here to stay.

////////// @studioduurzaamwonen



A BOOK ABOUT OUR EXPERIENCE

I have written a book about our tiny house adventure. It is called *Puur Natuurlijk Wonen* (in Dutch) and it tells the story of how we built our house ourselves. As an interior designer, I also talk about the choices we made and give advice on how to create sustainable furnishings.



Size:

56 m² (for 4 people, I often call it a "double tiny house")

What makes your tiny house unique:

We used only biobased materials, even for the interiors. The only exceptions are the windows and frames with triple glazing, which we bought second-hand and designed the house around them.

The most unusual item inside:

Lamps made of mycelium and hemp, and a second-hand kitchen with cabinet doors made from seaweed.

Construction cost:

Between €125,000 and €150,000.





Alegria Village:

Living in Harmony with Costa Rican Nature

Have you ever dreamed of living in a place where **nature takes centre stage**, where food grows abundantly from trees and community is a true part of daily life?

Alegria Village, an ecovillage in Costa Rica, was born from this very vision—a place where collaboration and regeneration guide the way people live.

Nestled in the rolling hills of San Mateo, in the province of Alajuela, Alegria Village spans 70 hectares of fertile, biodiverse land. It was founded in 2019 by Stephen Brooks, also known for pioneering

man—rooted in authentic relationships, shared values, and a sense of belonging.

Alegria is designed to be a fully self-sufficient community. Agriculture is organic and inspired by permaculture principles, with a flourishing food forest that produces fruit, vegetables, medicinal plants, and – occasionally – pizza margherita. Water is sourced from natural springs, and energy comes entirely from renewables.

They are not neighbours, but people who choose to share values and projects, creating an environment where collaboration is at the heart of everyday life.

Every home is built with sustainable materials and eco-conscious technologies, blending beautifully with the surrounding landscape.

Today, Alegria is home to a vibrant international community of 135 residents from over 36 countries. More than just neighbours, they are collaborators—co-creating a life aligned with nature and supported by shared ideals. Communal spaces like the yoga and meditation shala, the natural swimming pool with hydromassage, a co-working hub, and the heart of it all—the community centre—make everyday life not only functional but joyful. The village also puts emphasis on learning, offering events focused on sustainability, personal growth, and nature connection, and is located near several international schools.

Many who have made Alegria their home say they came searching for change—and found not only a place to live, but **an extended family with whom to share dreams, ideas, and purpose.**

At its core, the ecovillage is guided by three fundamental principles: Care for the Earth, by living in balance with the environment and regenerating natural resources;



Care for People, by fostering mutual support, presence, and listening; and Fair Share, by creating a circular economy where well-being and abundance are accessible to all. Alegría isn't just an eco-conscious lifestyle—it's a sustainable legacy in the making, one rooted in connection, intention, and the joy of living in tune with nature.

The goal is to leave a sustainable legacy for generations to come.

//////////////// @alegriavillage

THE GOAL IS TO LEAVE A
SUSTAINABLE
LEGACY FOR GENERATIONS
TO COME.



MARKET



DIY



FOREST



**Our vision
is a regenerative planet**

A planet where humans respect and manage the natural environment, fostering a symbiotic relationship with the ecosystem. We envision a world where all beings thrive: children explore freely, elders are supported within the community, wildlife is protected, water is respected, and food grows abundantly.





Recup

New life for the food left behind at the stall

At the end of each market day, fruits and vegetables often remain unsold—perfectly edible food destined for the bin. From this simple and frustrating reality, three young women in Milan created **RECUP**. It all started at the Papiniano market, where they began collecting leftover produce and sharing it with passersby and others already engaged in recycling. What began as a spontaneous gesture soon evolved into a structured project.

The social value is perceived in every market and in every recovery

Today, **RECUP** operates in Milan, Rome, and San Donato Milanese, with 300 volunteers active in 20 markets. The problem they tackle is both obvious and absurd: large amounts of edible food are discarded simply because they don't meet aesthetic standards, because there's no cold storage, or due to surplus production.

The volunteers approach stallholders at the end of the market day, asking if they're willing to donate unsold goods. In 90% of cases, the answer is yes. Using trolleys and cargo bikes, the team gathers the food and sets up a distribution point within the market—a sort of informal stall—where the rescued produce is freely shared with any-



one who wants or needs it.

Building trust wasn't always easy.

"With some vendors, we had to explain several times that our activity wasn't competing with their business. It took time—but eventually, collaboration began to flourish."

But **RECUP** is about more than food. **It's about community.** Many people who initially came just to collect food are now active volunteers, forming a growing support network. In 2024 alone, RECUP recovered 328 tonnes of food—a striking figure that highlights the tangible impact of the initiative. Yet the most important change is cultural. "Over the years, we've put a lot of effort into organising awareness events. These help us connect with people and shift everyday habits," they explain. Because food waste isn't just about discarded goods—it's also economic. "Wholesale produce is cheap because the people behind it are often not paid fairly. The problem of over-production is systemic—there

are losses and waste at every level of the supply chain."

RECUP has also become a social experience. "The social value is clear in every market and at every recovery. For many people, moments of connection outside the family — and sometimes even within it — are rare. Since joining our initiative, they have the chance to come together each week, at the same time, to do some free shopping and enjoy a friendly chat."

Looking ahead, the RECUP community hopes to grow. "We want to be active in more markets in Milan and Rome, increase the number of recovery days in the Milan wholesale market, and expand our awareness and engagement events". **Because food is never just about nutrition. It's about relationships, dignity, and community.**

RECUP is living proof that another way of sharing—and living—is possible.

//////////////// @recup_org



Hupì

Hemp as an act of love for the skin and for the planet: a beautiful business

What a Business

Not all projects are born from a business idea. Some, like **Hupì**, grow out of personal exploration—a real, tangible need. In this case, it all began with a mother, Erika Federici. “I became an eco-mum out of necessity, not because it was trendy,” she says. “My son Jacopo suffered from dermatitis from an early age, and that led me to search for natural fabrics—materials free from irritating substances.”

After trying various options, from nettle to bamboo, it was hemp that earned her trust. “It’s an ancient textile, almost forgotten, but I was struck by its remarkable qualities—both for the skin and the environment.”

And that’s how **Hupì** was born. The name comes from the first word little Jacopo ever said. What started as a personal project—small accessories made for her son, to give him soft and safe contact with fabric—slowly expanded. First, to other mothers and children, then to whole families, with products ranging from skincare and washable nappies to clothing.

Why hemp?

“Hemp is naturally hypoallergenic, antibacterial, antifungal and breathable. It doesn’t trap moisture or create unpleasant odours. It’s perfect for sensitive skin—like that of babies, or anyone dealing with dermatitis.”

And then there’s the environmental aspect. . Hemp grows in just 100 days, needs no pesticides, uses very little water and even improves the soil in which it grows. “It’s one of the few truly sustainable solutions that offer both comfort and low impact. It’s ideal for reusable products, like sanitary pads: it’s more absorbent than cotton, stays dry to the touch, and reduces irritation.”

But producing sustainably means above all rethinking the entire life cycle of a product

But producing sustainably isn’t just about materials—it’s about rethinking the whole life cycle of a product. “That’s why one of the first things we designed was an ‘evolutionary’ bodysuit—made to grow with your child from birth to the end of the nappy stage. It wouldn’t make sense to use a high-quality fabric for something that would be outgrown in a few weeks.”

Their design philosophy is simple: smart, intentional, and long-lasting. “We can buy the greenest product on Earth, but if we treat it like something disposable, we haven’t really changed anything. Our approach is to think differently. Less, but better.”

The hemp yarn Erika uses comes from China, but it’s sourced through a collective buying group to minimise shipping impact. All manufacturing, however, is done in Italy—specifically in the province of Treviso—in collaboration with a social tailoring workshop.

What’s next for Hupì?

The journey continues one small step at a time, staying true to the values the project was born from. “We’re a small, independent company. That allows us to stay authentic and close to the people who choose us.”



One of the newest developments is a collaboration with a craftswoman who transforms old hemp bedsheets into jackets, dyed by hand with natural pigments. "It's a project that combines recycling, craftsmanship, and sustainability in a creative and meaningful way—just how we like it."

At the same time, Hupì is expanding its physical presence through partnerships with eco-friendly shops, herbalists and pharmacies. "We want more people to be able to feel our products in their own hands and discover the real benefits for themselves."

This is a vision that carries the scent of the earth, the warmth of home, and the quiet strength of choices made with love—proof that change can begin in everyday life, in the hands of those who understand and share the value of care.

//////////////// @hupi_baby



Green Thumbs Up!

My 5 Super-Easy Vegetables to Grow This Spring



Spring is finally here—and it's the perfect time to start gardening! Don't worry if you don't have acres of land or a big backyard. Whether you have a small balcony, a cosy patio or a simple vegetable patch, you can still grow fresh, delicious vegetables right at home. I've been growing food on my balcony in Berlin for five years, and with a little

planning, it's amazing how much you can harvest from a small space: vegetables, fruits, herbs and flowers! Let's be honest—what's better than stepping outside to pick your own lettuce for lunch or munching on fresh peas straight from the pod? Gardening not only saves you time and money by skipping the supermarket, it's also a rewarding way to stay active, reconnect with nature,

and get your hands (happily) dirty. Plus, there's something uniquely satisfying about growing your own food—even if you've never picked up a trowel before.

SO GRAB SOME SEEDS, SOME POTS, AND YOUR "I HAVE A GREEN THUMB" T-SHIRT AND LET'S GET STARTED WITH THESE 5 EASY-TO-GROW VEGETABLES!

Lettuce:

The Crispy Delight

The undisputed star of spring—light, crisp, and the perfect upgrade to any salad or sandwich. It's incredibly easy to grow, ideal for beginners or anyone working with limited space.

Sowing tips: Lettuce loves cool temperatures, so start early in spring. Sow one seed per hole in seedling trays about 1 cm deep. After three weeks, once the plants have 3–4 leaves, transplant them into a larger pot or planter, spacing each seedling 20 cm apart. Use well-drained soil that stays moist (but not soggy), and make sure it gets at least three hours of sun a day.

Harvest: Ready in 3–4 weeks. Pick only the outer leaves and leave the centre intact—it'll keep growing like magic!

Fun fact: There are over 100 varieties of lettuce.

My favourites: Canasta, Reine de Mai, Feuille de Chêne, and Really Red Deer Tongue.

Radishes:

The Instant Crunch

Fast-growing, colourful, and satisfying to harvest—radishes are perfect if you want quick results and a bit of garden fun.

Sowing tips: Sow directly into the soil—no seed trays needed. Plant one seed every 8 cm, about 1 cm deep. Cover with soil and water daily.

Harvest: Ready in just 25–30 days. When the tops peek out of the soil, they're ready to pick. The longer they stay in the ground, the spicier they get!

Fun fact:

Radishes are water—super refreshing. Try them French style: with butter and salt.

My favourite:

French Breakfast.

Broad Beans:

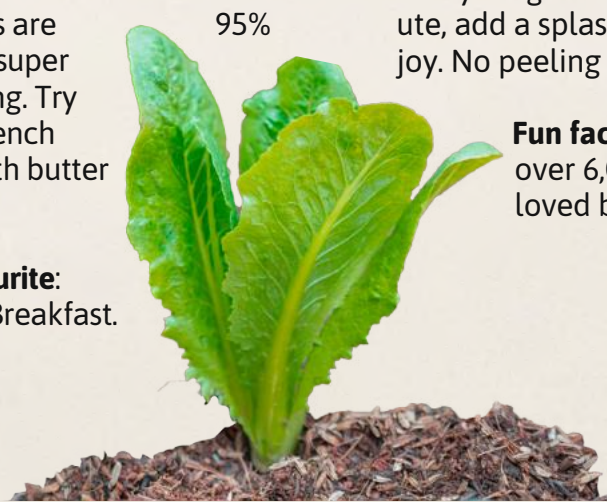
The Hidden Power

Packed with protein and fibre, broad beans are perfect for early spring or mild autumns. They love the cold and bring richness to your meals.

Sowing tips: Sow directly into large pots (at least 20L) or directly in the soil. Plant three seeds per pot (3 cm deep) or one every 30 cm in a row. They need six hours of sun a day and fertile, well-drained soil. Water daily during germination.

Harvest: After 70–90 days. Gently tap the pods—if the seeds inside don't bounce, they're ready. Harvest young and blanch for 1 minute, add a splash of lemon, and enjoy. No peeling needed!

Fun fact: Cultivated for over 6,000 years—beloved by the Romans.



Peas: Spring Climbers

Fresh, tender, and sweet peas are a true symbol of spring. Much tastier than store-bought, and easy to grow in containers or garden beds.

Sowing tips: Sow in early spring in 15–20L pots or garden beds. Place 2–3 seeds about 2 cm deep. They'll sprout in 10 days. Once they start growing, build a small teepee with three bamboo stakes to support them.

Harvest: Ready in 60–70 days. When the pods look full and round, harvest them. The more you pick, the more they produce!

Fun fact: Peas come in many varieties—yellow, snap, snow... even purple ones like Blauwschokker!

Kale: The Real Superfood

The king of leafy greens! Kale is nutrient-rich, hardy, and thrives in spring. It's a must-grow.

Sowing tips: Loves fertile, well-drained soil. Plant seeds 1 cm deep, spacing them 30 cm apart. Grows well in 15–20L pots and can tolerate some shade.

Harvest: Young leaves are ready in 30 days; full leaves in 50–70. Always pick the lower leaves first to encourage new growth.

Fun fact: Once considered peasant food, kale is now a star in smoothies and gourmet dishes.

Top picks: Tuscan Kale (strikingly beautiful) and Curly Kale (very elegant).

So, Let's Start Gardening!

With these five beginner-friendly veggies, you're all set to launch your spring garden. **Enjoy the connection with nature and the satisfaction of harvesting your own food (the taste really is better!).**

Just one final tip: **don't skimp on soil quality.** Skip the generic supermarket mix—instead, opt for a compost-rich, organic blend made for vegetables, ideally from a specialist garden centre.

Green Love!

////////// @thefrenchiegardener

MINI GARDEN, MAXIMUM JOY

Ever dreamed of creating a little green haven... right on your balcony?

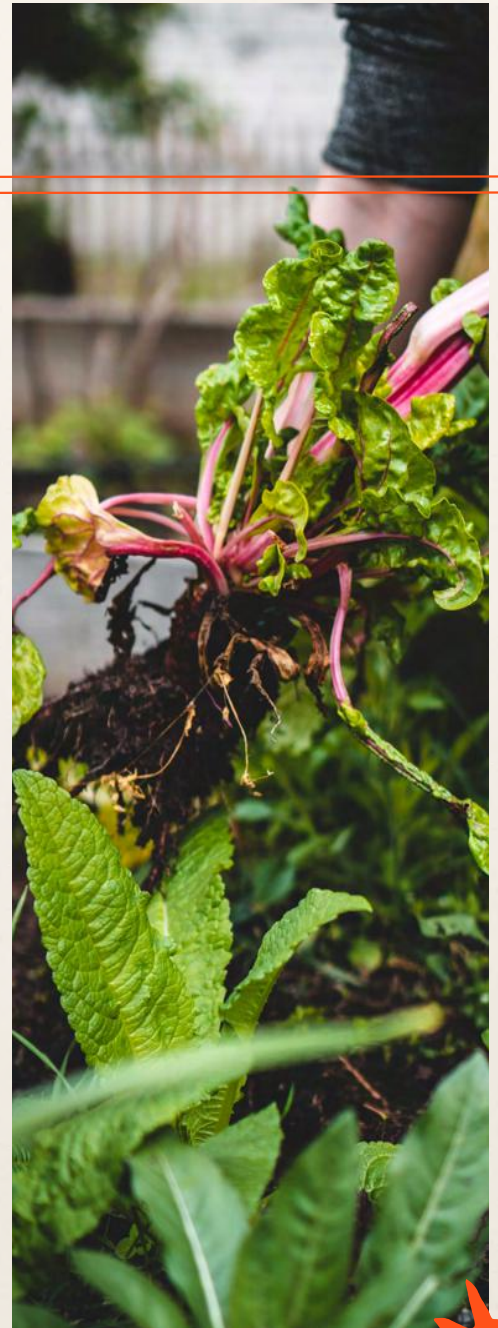
Scan the QR code and check out the video course "**Practical Tips for Creating a Balcony Vegetable Garden**"—a simple and inspiring guide to bringing nature into your daily life, even in the heart of the city.

Basil, mint, cherry tomatoes, and a sprinkle of wonder: your home garden is waiting.

**Start today:
with a few pots,
a lot of joy, and
zero excuses.**



Pietro Isolan is an urban gardener, educator and advocate for a simple, accessible, and down-to-earth green culture. He's worked for years in sustainable agriculture, balcony garden design, and DIY growing workshops—often with schools, community groups, and local organisations. His mission? To bring the earth back into our everyday lives—even in the middle of city traffic.



The Art of Treating Yourself with Love

Practical Advice for a Healthy Relationship - Interview with Bruno Lomele

N In romantic relationships, we often assume that love alone is enough to make things work. But is it? **Bruno Lomele**, counsellor and author, has spent years studying the complexities of emotional connection. His approach - what he calls "**Amore amorevole**" ("**Loving Love**") - invites us to go beyond the feeling of love, to the everyday practice of it.

In this conversation, Bruno takes us on a deep yet practical journey into the dynamics of couplehood. He helps us recognise unconscious power games, **rediscover the strength of kindness, and build creative, respectful ways of being together**. A dialogue that opens the door to reflection, connection, and transformation.



Bruno, where did the idea for "Amore amorevole" ("Loving Love") come from? How does it connect with your personal and professional story?

It grew out of a long journey—both inside myself and through the many people I've worked with. My family history, marked by complex emotional patterns, led me early on to question the meaning of relationships. I explored many paths: psychomotor therapy, music therapy, art therapy, social theatre, and existential anthropology. These experiences brought me into contact with people in vulnerable situations, and I've now worked in that field for over thirty years.

Many relational problems are not simply personal, but systemic: there are deep-seated patterns that act even beyond intentions.

Over time, I came to understand that many relationship struggles aren't just personal—they're systemic. There are deep-rooted patterns at play that operate beyond our conscious intentions. Loving love is about becoming aware of those hidden dynamics and learning to act with more clarity and compassion..

Your project has a compelling motto: "Loving yourself is not enough—you have to treat yourself with love." What does that mean, exactly?

It comes from a simple but profound insight: we can truly love someone, but if we don't care for each other in a conscious way, we may still end up

hurting one another. Love is not just a feeling—it's made up of choices, habits, and attentions. Often we assume that feeling love is enough. But in reality, it's the way we speak, listen, and show up for one another that determines the quality of a relationship. We might wish the best for someone, but if we express it with a critical tone or rigid expectations, that love doesn't arrive—it gets distorted. It might even do harm..

INVISIBLE POWER IN RELATIONSHIPS

You often refer to power dynamics in relationships. How do they show up, and what's the alternative?

Almost all relationships—even the most loving—contain hidden power games. It's not always malicious; it's often unconscious. We



try to correct, convince, or change the other person. It's a reaction to difference: what we don't understand annoys us, what we can't control unsettles us. So we apply pressure—through advice, subtle criticism, or masked demands.

The first step is recognising that we all do this, not because we're bad, but because we're insecure or hurting. From there, we can shift from power to creativity. We stop trying to fix each other, and instead learn how to dance together through our differences. That's the turning point—from control to co-existence.

How can we start making that shift, in concrete terms?

It starts with a powerful truth: the other is not our project. It's not our job to change them. That might sound simple, but it takes deep inner work. Often, we're projecting our unmet needs or disappointments onto our partner. We have to learn to accept the other as they are—without giving up on ourselves.

This isn't about giving in or staying silent. It's about seeking creative solutions where both people feel respected. There's no one-size-fits-all model, but there is always

room to invent new ways of being together. That's what creativity in love looks like.

LOVING EACH OTHER IS NOT AN END POINT

Your approach is both practical and deeply human. What, for you, is the heart of real change?

The key is self-observation. When we feel frustrated in a relationship, we can pause and ask:

Am I trying to listen—or to control?

Am I accepting—or demanding?

It's an honest, sometimes uncomfortable process. We often express our needs in a way that blames or pressures the other. But if we can learn to speak from the heart—without trying to force change—everything softens. When we change how we show up, the way others respond to us changes too. That's the quiet magic of relationships.

And when things really feel like they're not working anymore?

Sometimes a crisis is necessary. It's what allows something new to emerge. I've experienced moments in my own life when everything I believed had to be questioned. And in those moments, I discovered how vital it is to treat

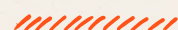
myself with kindness and patience. Loving yourself isn't a destination—it's an ongoing process. And relationships are living things. They test us, change us, invite us to grow. But we can't expect a relationship to be "better" than we are willing to be. We have to become more capable of loving, listening, and staying present.

CONCLUSION: LOVE IS AN ART

What final message would you like to leave with readers?

That love doesn't just "happen." It's not a magical feeling that fixes everything on its own. Love is a practice. An art form. And like any art, it takes time, presence, and a desire to learn.

Loving each other is not enough. It's how we treat each other—every day—that makes the difference. The beauty is that we can always grow in this art. We can shift our perspective, change how we communicate, and become more aware of how we relate. And when we do, we realise something wonderful: love doesn't run out. It transforms. It expands. It deepens.

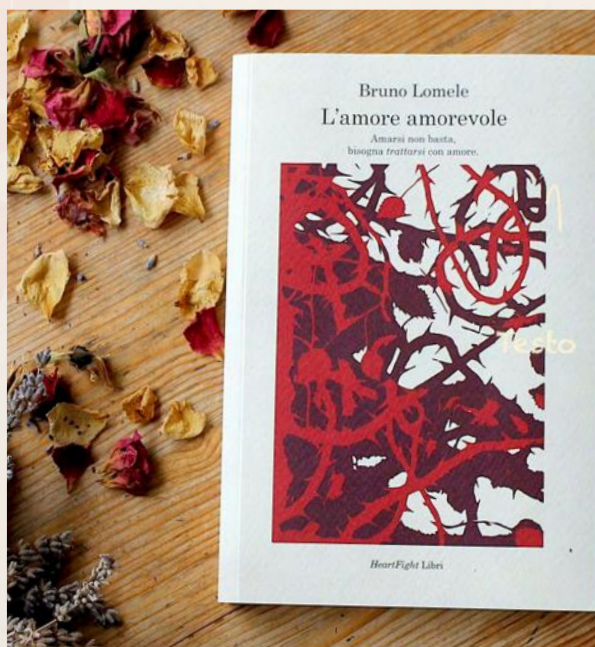


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**THE OTHER
IS NOT OUR
PROJECT.**

**IT IS NOT
OUR TASK
TO CHANGE
THEM.**



**We don't always
know how—but
we can still take
each other's hand
and move toward
the light.**



How to Turn Difficult Conversations into Learning Opportunities

YOUR SIX-YEAR-OLD IS LYING TO YOU.

THE TWELVE-YEAR-OLD WRITES
SWEAR WORDS ON INSTAGRAM.

THE FIFTEEN-YEAR-OLD COMES HOME DRUNK.

THE NINE-YEAR-OLD IS STRUGGLING WITH MATHS.

YOU'RE MOVING HOUSE, AND THEY
SHOUT: "I DON'T WANT TO GO!"

What if, instead, we saw these challenges as opportunities?

When we manage our own emotions and **create a safe space for dialogue**, our children stop defending themselves—and start opening up. That's when real transformation happens.

When a child feels accepted, they are more likely to recognise their own behaviour, take responsibility, and seek change from within. On the other hand, when met with judgment or unishment, they may feel misunderstood—or worse, unloved.

Difficult conversations don't have to be battlegrounds.

With the right approach, they can become moments of deep connection, growth, and mutual learning.

DON'T TAKE IT PERSONALLY

WHEN A CHILD LASHES OUT—SLAMMING DOORS, SHOUTING "I HATE YOU!"—THEY'RE NOT ATTACKING YOU. THEY'RE EXPRESSING INTERNAL DISTRESS, OFTEN WITHOUT THE TOOLS TO DO IT CONSTRUCTIVELY. REMINDING OURSELVES OF THIS HELPS US STAY CALM AND EMOTIONALLY AVAILABLE, RATHER THAN REACTIVE.

MANAGE YOUR OWN EMOTIONS FIRST

THE FIRST AND MOST IMPORTANT STEP IS LEARNING TO REGULATE YOUR OWN REACTIONS. BREATHE. GROUND YOURSELF. RECOGNISE THAT WHAT YOU'RE SEEING IS USUALLY EMOTIONAL IMMATURITY, NOT MALICE. STAYING CENTRED WILL HELP YOU AVOID ESCALATING THE CONFLICT AND OPEN THE DOOR TO REAL DIALOGUE.

CREATE A SAFE SPACE TO TALK

AVOID STARTING WITH BLAME OR CONFRONTATION. USE A CALM VOICE AND REASSURING LANGUAGE: - "I CAN SEE YOU'RE ANGRY." - "THAT MUST HAVE BEEN REALLY HARD." - THESE SIMPLE PHRASES COMMUNICATE EMPATHY AND CREATE A NON-JUDGMENTAL SPACE WHERE YOUR CHILD FEELS SEEN AND SAFE.

LISTEN ACTIVELY

TRUE LISTENING MEANS GIVING YOUR FULL ATTENTION—WITHOUT INTERRUPTING, CORRECTING, OR RUSHING TO FIX THINGS. SOMETIMES A GENTLE "TELL ME MORE" OR A QUIET NOD CAN SAY MORE THAN ANY ADVICE. CHILDREN OPEN UP WHEN THEY FEEL GENUINELY HEARD.

ASK OPEN-ENDED QUESTIONS

RATHER THAN YES/NO QUESTIONS, TRY SOMETHING LIKE:

- "HOW WAS YOUR DAY?"
- "WHAT WAS THE MOST DIFFICULT PART?"

THIS INVITES THEM TO REFLECT, EXPRESS, AND FEEL INVOLVED IN THE CONVERSATION

ESPLORARE IL MONDO
LE ABILITÀ SOCIALI DI TUA FIGLIA SI SVILUPPANO A PARTIRE
DALL'ETÀ DI 3 ANNI. PER AIUTARLA, OFFRILE, IMPA-
RE, E AIUTALA A METTERE IN PRATICA LE SUE ABILITÀ. DI CONSE-
GUENZA, TUO FIGLIO DIVIDERÀ RISCHI E RISCHI E
RICORRERE AD UN COMPLESSIVO.

RESIST THE URGE TO FIX EVERYTHING

IT'S TEMPTING TO JUMP IN WITH SOLUTIONS, BUT PROBLEM-SOLVING TOO QUICKLY CAN FEEL DISMISSIVE. INSTEAD, ASK: - "WHAT DO YOU THINK YOU COULD DO?" - THIS ENCOURAGES RESPONSIBILITY, AUTONOMY, AND CONFIDENCE IN THEIR OWN PROBLEM-SOLVING ABILITIES.

ACKNOWLEDGE AND VALIDATE EMOTIONS

EVEN WHEN THEIR REACTION SEEMS EXAGGERATED, VALIDATE IT: - "I UNDERSTAND THAT YOU'RE SAD." - "I GET THAT YOU'RE ANGRY." - THIS DOESN'T MEAN YOU AGREE WITH THEIR BEHAVIOUR, BUT THAT YOU RECOGNISE AND HONOUR THEIR FEELINGS.

SHARE YOUR OWN EXPERIENCE—LIGHTLY

TELLING A STORY FROM YOUR OWN LIFE (WHEN AGE-APPROPRIATE) CAN HELP THEM FEEL LESS ALONE. JUST BE CAREFUL NOT TO HIJACK THE MOMENT OR SHIFT FOCUS AWAY FROM THEIR EXPERIENCE.

CREATE RITUALS FOR EVERYDAY DIALOGUE

IMPORTANT CONVERSATIONS DON'T ALWAYS HAVE TO BE FORMAL OR INTENSE. MEALTIMES, CAR RIDES, OR BEDTIME CAN ALL BECOME SMALL WINDOWS FOR CONNECTION—SO THAT WHEN THE BIG STUFF COMES, THE CHANNELS ARE ALREADY OPEN.



BE PATIENT—AND CONSISTENT

TRUST DOESN'T BUILD OVERNIGHT. SHOW UP. BE AVAILABLE. OFFER YOUR PRESENCE AGAIN AND AGAIN. EVEN WHEN IT FEELS LIKE THEY'RE NOT LISTENING, YOUR CALM CONSISTENCY BECOMES THEIR SAFETY NET.

Children don't grow from punishment alone. They grow when they feel safe enough to make mistakes—and loved enough to repair them.

This is true for us adults too. Expressing anger without filters often fuels conflict and deepens misunderstanding. But if we learn to pause and ask, "What is this anger trying to tell me?", we can channel it into positive change. When our kids don't cooperate, perhaps the answer isn't more control—but co-creation: a system of family cooperation built together, rooted in mutual respect and listening.

And when there has been a break – when trust is damaged – it is essential to mend the bond first. Only after the child feels connected and accepted again will they truly find the motivation within themselves to repair, to make amends, to grow. **First you hug, then you rebuild.**

The Vision of “La Era Nuova”

A life between art, nature, and awareness

Lidia Rivas and Davide Friello, an Italian–Guatemalan–Maltese couple, have built their lives around freedom, creativity, and a deep connection to the Earth. After years of travelling the world as street artists—sharing music, juggling, and handmade crafts—they chose a radically different path: one rooted in self-sufficiency, simplicity, and harmony with nature.

During their global adventures, they explored ecosystems, nature reserves, eco-villages, and regenerative communities, immersing themselves in disciplines like permaculture, biodynamic agriculture, and sustainable construction. In 2015, when they became parents, their desire to create a home deepened. Sardinia welcomed them as a place to put down roots and begin living out the lessons they had gathered.

Today, **La Era Nuova** is both a lifestyle and a living experiment. Lidia and Davide grow their own food, make enzyme-based detergents and herbal remedies, raise bees, gather wild herbs, and transform fruits and vegetables into fermented products and natural medicines. Their children are homeschooled in an environment shaped by gardens, languages, sports, art, and travel—a holistic education rooted in experience.

Fermentation as a Philosophy of Life

One of the pillars of their lifestyle is fermentation—an ancient, spontaneous process found everywhere in nature. For Lidia, fermentation is much more than a food preservation method: it’s a living metaphor, a source of health and connection. “*The microbiota*,” she explains, “is an organ in its own right, composed of billions of bacteria that influence not just digestion, but

**Just as a forest
needs to have a
certain biodiversity, we
too need to maintain
a great biodiversity
in our microbiota
in order to have
a healthy body.**



emotions, stress, and even our cognitive abilities.” In a world that often demonises bacteria, they honour our microbial biodiversity as a vital force—for the body, the soil, and the planet.

Fermented foods, in their view, are “living foods,” the opposite of sterile, ultra-processed products. Just as forests thrive through biodiversity, our bodies thrive on microbial diversity. Fermentation is not just a technique—it’s a return to relationship with life.

Getting Started with Fermentation

For beginners, the couple recommends starting with simple projects like vegetables in brine, sauerkraut, or fermented drinks such as kefir and kombucha. Precision matters:

follow guidelines carefully for ingredients like salt and sugar, and pay attention to ambient temperature—fermenting in summer heat requires a cool space, like a cellar. Still, they encourage experimentation. “*You don’t need a degree in microbiology to start fermenting—it’s part of our DNA*,” says Lidia. “*Our ancestors did this with intuition and care.*”

Start slowly, especially when introducing fermented foods into your diet, as your body needs time to adapt to the influx of beneficial microbes. Use a notebook to track your recipes and label jars with dates and ingredients. Small details—like ensuring vegetables remain submerged—make a big difference in the outcome.

Among the many resources available online and in bookstores, one of Lidia’s favourites is **The Big Book of Fermentation**, a comprehensive guide to global home fermentation.

A Vision for the Future

La Era Nuova is more than a family project—it is a spiritual and political stance. It's a declaration that life can be lived differently. Lidia and Davide believe that every person has a responsibility to reclaim agency over their own existence, rather than outsourcing it entirely to external systems.

They don't claim to be fully self-sufficient. Rather, they value community, exchange, and mutual learning. Their lifestyle offers a powerful response to today's ecological, social, and existential crises—a reminder that it is possible to live simply, beautifully, and authentically, in harmony with the Earth.

Through their Telegram channel **Fermentazione Selvaggia** ("Wild Fermentation"), they share their experiences and knowledge, offering an open invitation to rediscover the

joy, creativity, and connection that fermentation—and a life close to nature—can bring.

////////// @la.era.nuova

YOU SHOULD NEVER
STOP STUDYING,
RESEARCHING
AND LEARNING
NEW THINGS.



Welcome Move Through Transform

by Luca Malaisi

From my perspective, **navigating emotions means working across three dimensions: past, present, and future.** I like to imagine this as a tree—roots, trunk, and crown—or as a cycle: cause, process, and effect. Why look at emotions this way? Because they are a continuous source of valuable information. The key to dealing with them is not to suppress or avoid them, but to experience them, welcome them, and move through them. **To truly make space for them. To embrace them—and even, I would say, to savour them.**

THE PRESENT: MOVING THROUGH THE EMOTION

When we feel an emotion rising, the first and most important thing is to live it fully.

This means:

Slow, deep breathing.

Physical movement.

Conscious awareness of our internal dialogue

You can't change what you refuse to accept. Acceptance is the starting point. It means choosing not to run away. You don't have to confront the emotion head-on like a bullfight. Often, it's enough to stop, breathe, and allow yourself to feel. **It means looking at the sky instead of the clock.**

Accepting means inhabiting the moment and allowing the emotion to flow through you.

On a physical level, breathe deeply. On an emotional level, allow yourself to feel the pain, discomfort, or frustration. Without acceptance, we can't transform.

Emotions do not remain in their most intense state for more than 20 minutes. After that time, the body begins to adapt naturally, a process called hedonic adaptation or

tolerance. If we stop avoiding emotions, the body gets used to them, and their impact diminishes. **Too often, we grow impatient and interrupt this process.** We try to "plug the hole" with distractions—alcohol, food, shopping, scrolling, or excessive socialising—hoping to numb the discomfort. But peace never comes that way.

To avoid getting stuck, two practices are essential: **physical movement**, which helps the body metabolise the emotional chemicals; **Attention to our internal dialogue**, which helps us soften the emotional charge through more constructive thinking.

No experience has inherent meaning—it always depends on how we interpret it. A shift in perspective can break the cycle of mental rumination.

THE FUTURE: WHAT TO DO WITH THE EMOTION

Once you've moved through the emotion, it's important to channel it. St. Augustine once said: *the problem isn't the horse manure—it's where you put it.*

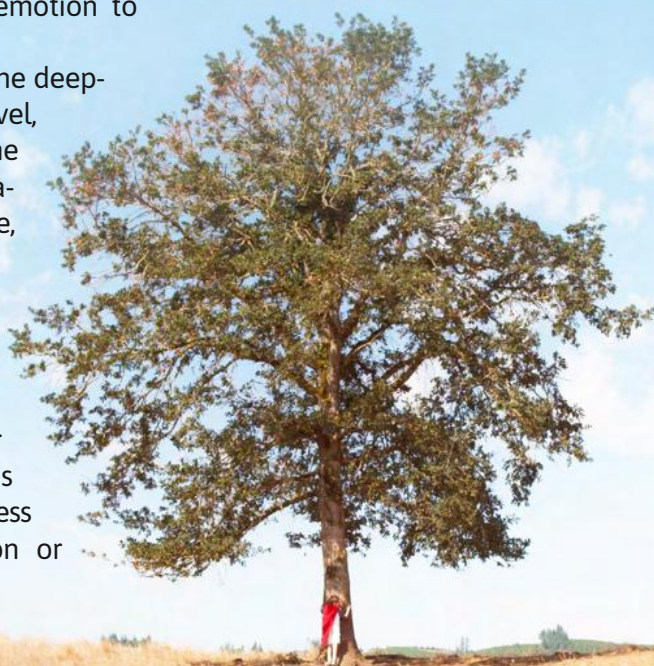
On the table, it's disgusting. In the garden, it's fertiliser. In the same way, emotions can either destroy us or nourish our growth. It all depends on how we handle them. That's why I encourage expressing emotions assertively—with respect for ourselves and with compassion for others.

THE PAST: RETURNING TO THE ROOTS

When an emotion shows up repeatedly, it's essential to trace it back to its origins. In truth, the cause is rarely something external—it lives within us.

It's like walking into the sea with an open wound. The pain isn't caused by the sea—it's the salt touching something that's already there. Understanding an emotion's roots means going beyond the current trigger and exploring its deeper ties—often linked to childhood experiences, early attachments, or unresolved relational patterns. Personal growth depends on how much truth we are willing to face. And being honest with ourselves can hurt—but it's also what sets us free.

////////// @lucas_jj_malaisi



I start with the present, move towards the future and then analyse the causes from the past.

I live and accept emotions, channel them assertively and, if necessary, investigate unresolved wounds



Your voice in Eutopia

Do you have an idea, inspiration, curiosity, or simply something that made you smile? We want to hear from you!



A topic that sparked your interest



An illustration inspired by an article you loved



A puzzle or game (visual or written) to challenge the community



An idea for something you'd love to read in a future issue



A funny story or personal reflection connected to Eutopia's themes

We're always curious to know what inspires you—your voice will shape the future editions of **Eutopia MUG!**



SEND US YOUR IDEAS!
Our voice is your voice

How do I share?

Write us an email at ideas@eutopia_earth.com

Send us your insights and get involved in creating a more inspired and playful community!

Books that will blow your mind!



Jean Liedloff

The Continuum Concept

"The Continuum Concept" was not just a book, but a wake-up call. It shook me gently, like a forgotten truth coming back to the surface. It is not a book to be consumed, but to be allowed to sink in. It showed me how far we have strayed from what is natural for human beings: contact, trust, presence, a deep sense of belonging. It is a powerful lens that changes the way you look at children, relationships, civilisation itself. A radical and gentle invitation to take home, to remember that we are not machines to be educated, but deeply relational beings to be accompanied. And that perhaps, in that primordial intimacy, lies the key to a healthier society.

Recommended by Lucia

Carolyn Hays

Girlhood (A Love Story)

he voice is that of the mother of a transgender girl who tells the story of her daughter, their family and their relationship with society, linking non-fiction to personal anecdotes. It talks about bonds, politics, courage and rights. It is a letter full of love addressed to a daughter but intended for all of us. Girlhood is one of the books that has broadened my horizons and enriched my awareness of gender identity.

Recommended by Carolina

Giorgia Grilli

Books in the jungle. Navigating children's publishing

(Italian: **Libri nella Giungla. Orientarsi nell'editoria per ragazzi**)

If capitalist hyper productivity has also influenced children's publishing, how can we recognise a true work of children's literature? This is the question that led me to read the book by Giorgia Grilli, translator and educationalist. An essay that not only attempts to answer this question, but also grabs you and takes you on a journey into childhood, towards that childlike feeling that opens doors and crosses boundaries. What is the link between children and death? What do they have in common with wolves, pirates and bandits? You return from this journey changed, with a suitcase full of adventures and extravagant objects, some as adults, some as animals, some as children forever.

Recommended by Elvira

Chandra Livia Candiani

This immense not-knowing (Italian: **Questo immenso non sapere**)

At first, I was taken aback. The flow of writing is fragmented and unexpected. The author speaks of horizons deeper than ourselves, but without haste or imposition. Page after page, dense, unexpected reflections emerged, capable of opening questions and closing answers. This book does not offer solutions: it accompanies. It pushes you to revise certain certainties, to make room for silence, for fragility, for radical listening to oneself and to others. I came away with a less graspable, but perhaps truer, vision of life. And with the feeling that 'not knowing' is, after all, a fertile place where one can flourish.

Recommended by Gianfabio



"PEOPLE WHO ARE CRAZY ENOUGH
TO THINK THEY CAN CHANGE THE WORLD
ARE THE ONES WHO DO"

— Rob Siltanen —



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