

# WHAT WOULD YOU GROW IN A FOOD FOREST?

Food forests are food-producing gardens which mimic the balanced way forests grow: with diverse layers of fruiting trees, nut bushes, berry canes, vines, and perennial fruits and herbs. Many indigenous peoples around the world practice forms of agriculture that we could describe as 'permaculture' food forests.

In urban settings, a food forest: can be a low-maintenance source of free food for the community, provide opportunities for education and reflection, grow otherwise hard-to-find fruits and herbs for diverse communities, beautify our public space, sequester carbon within climate-resilient public infrastructure, and model a way to nourish ourselves which is more in tune with the natural world.

If there was a small-scale food forest near me, I would like it to have:

Fruit trees like \_\_\_\_\_

Nut Trees and Bushes such as \_\_\_\_\_

Berries obviously! (What kinds?) \_\_\_\_\_

Medicinal Herbs including \_\_\_\_\_

My favorite Fruits, Vegetables or other Medicinal or Herbal plants, such as

\_\_\_\_\_  
\_\_\_\_\_

Produce and Herbs I have a hard time finding at grocery stores, which are

\_\_\_\_\_  
\_\_\_\_\_

(Feel free to write any other thoughts about what a food forest could do for your community on the back)