

*October 2022*

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# In a Food Forest

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Nanabush Food Forests  
Foret Capitale Forest

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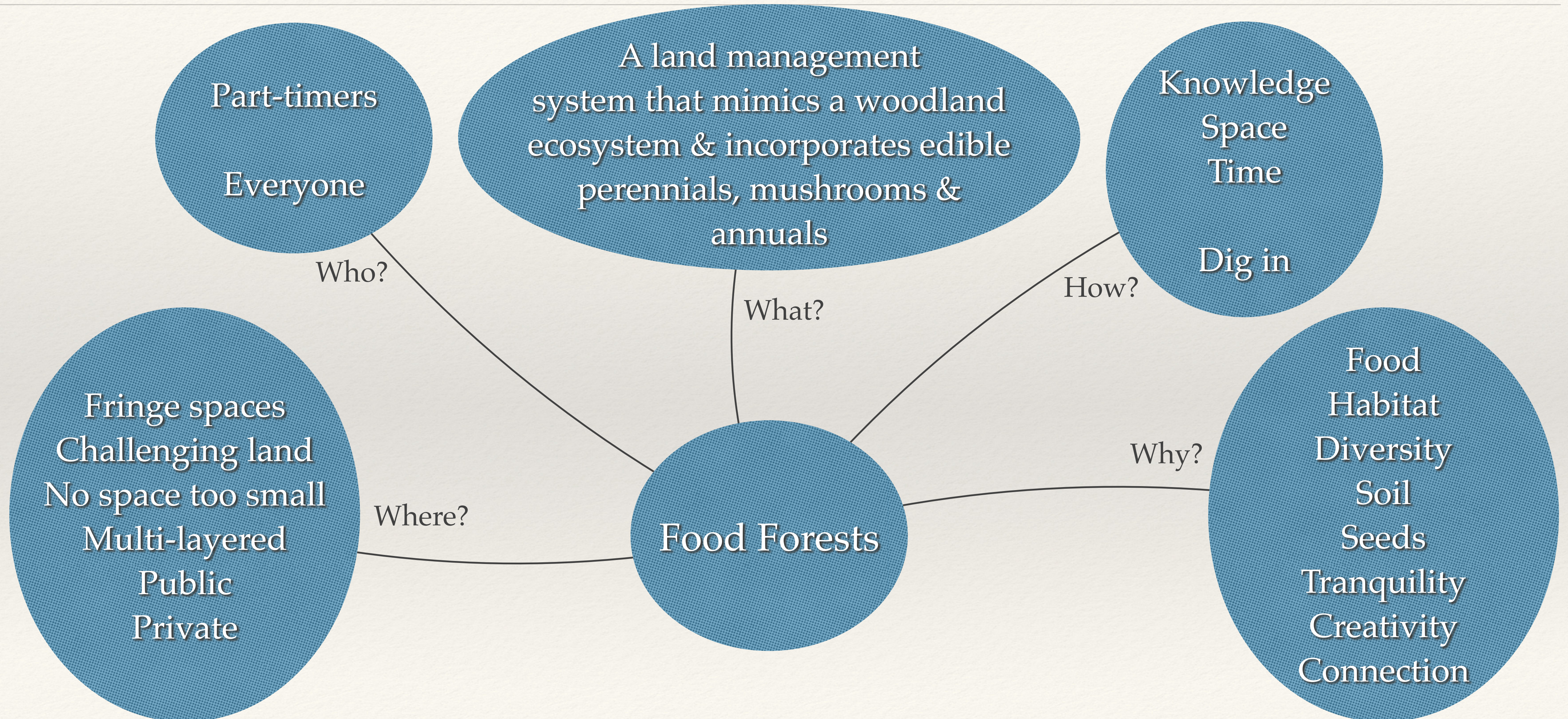
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# Topics

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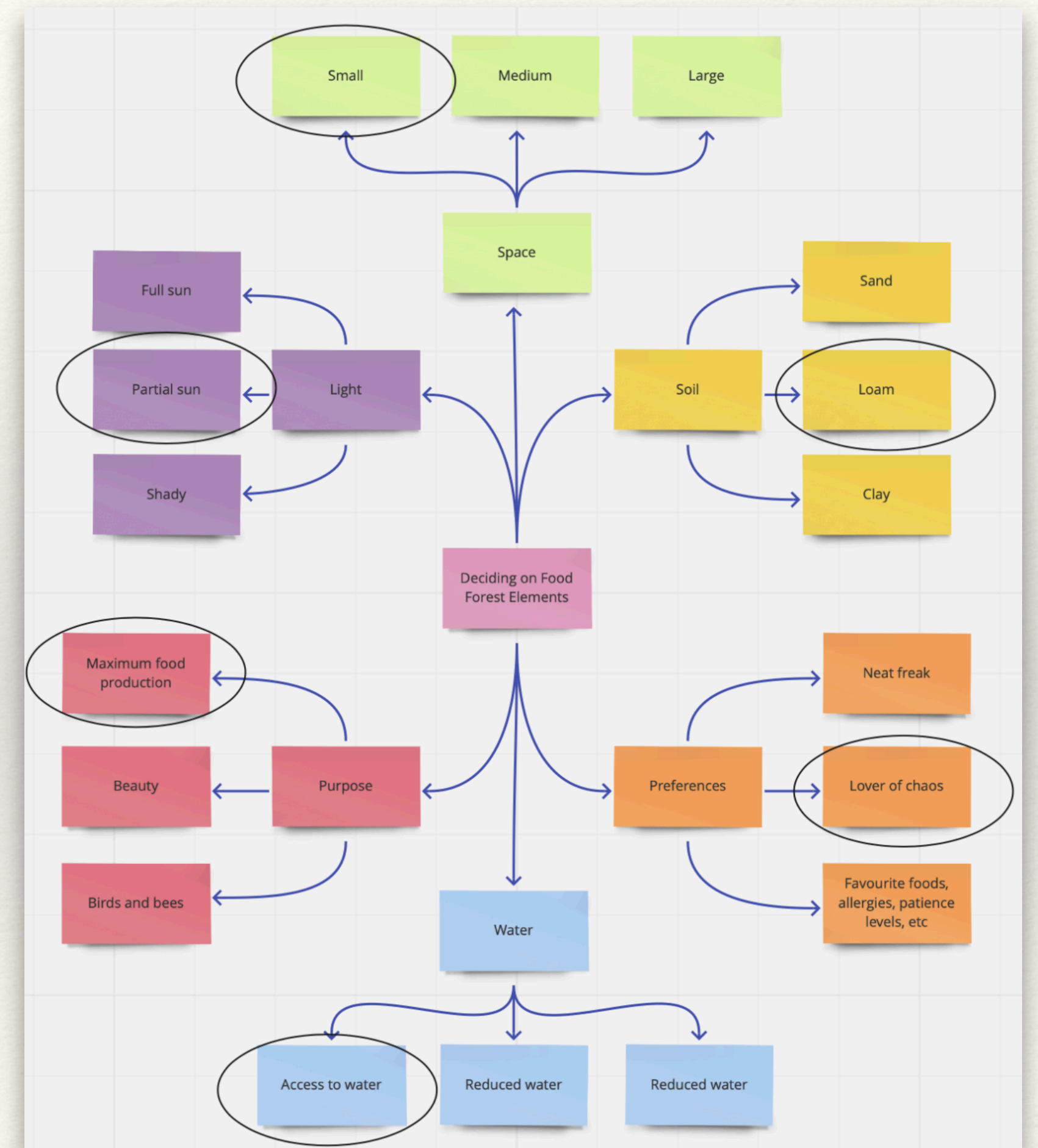
- ❖ Food Forests
- ❖ Edible / Viable Tree Seeds
- ❖ Keepers of Seeds

# Lightning Answers to Common Questions

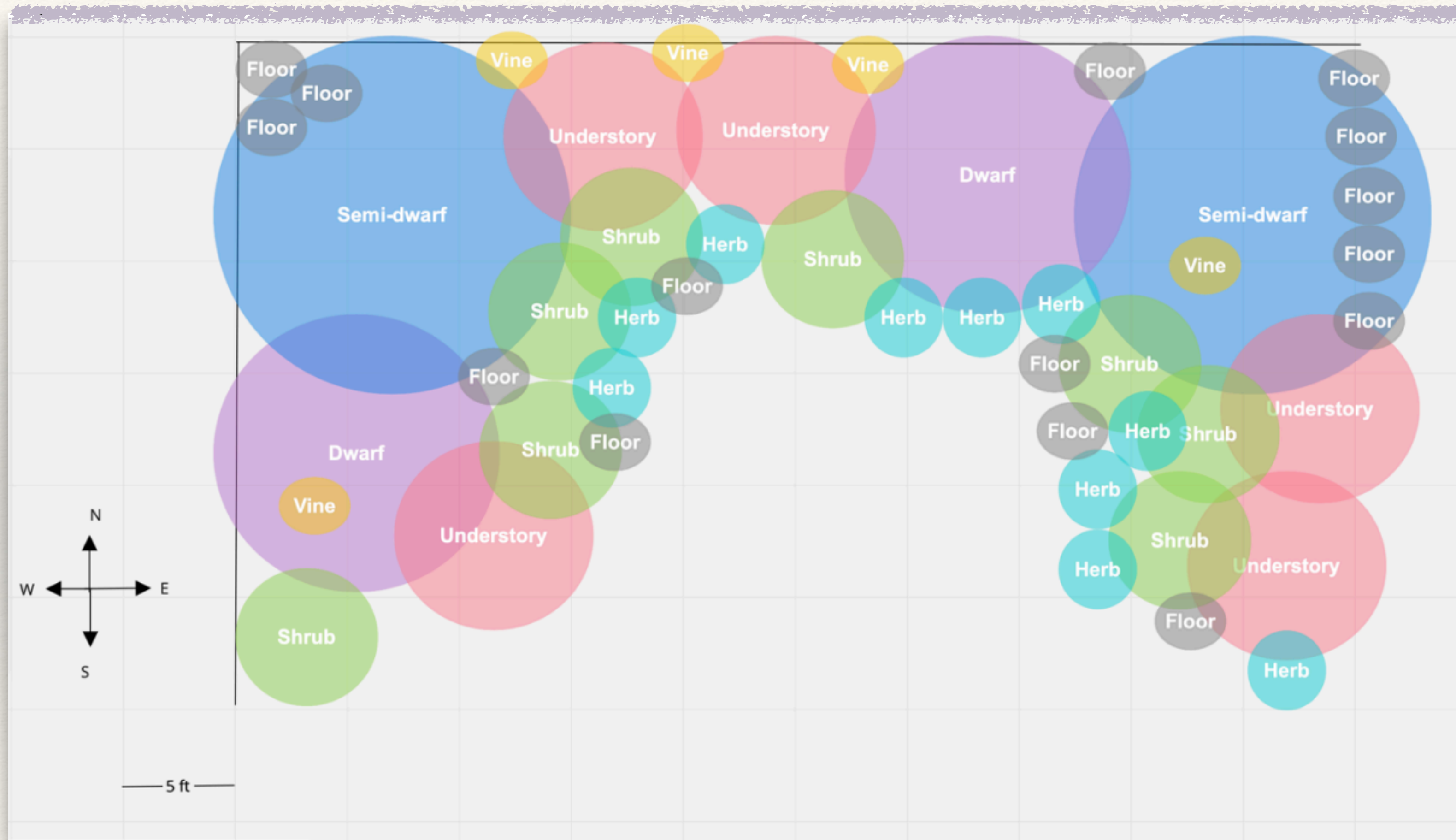


# Know Yourself

- ❖ Space
- ❖ Light
- ❖ Water
- ❖ Soil
- ❖ Purpose
- ❖ Preferences (and Aversions)



# Ampitheatre



# Lawn Conversion





**What is a Food Forest?**

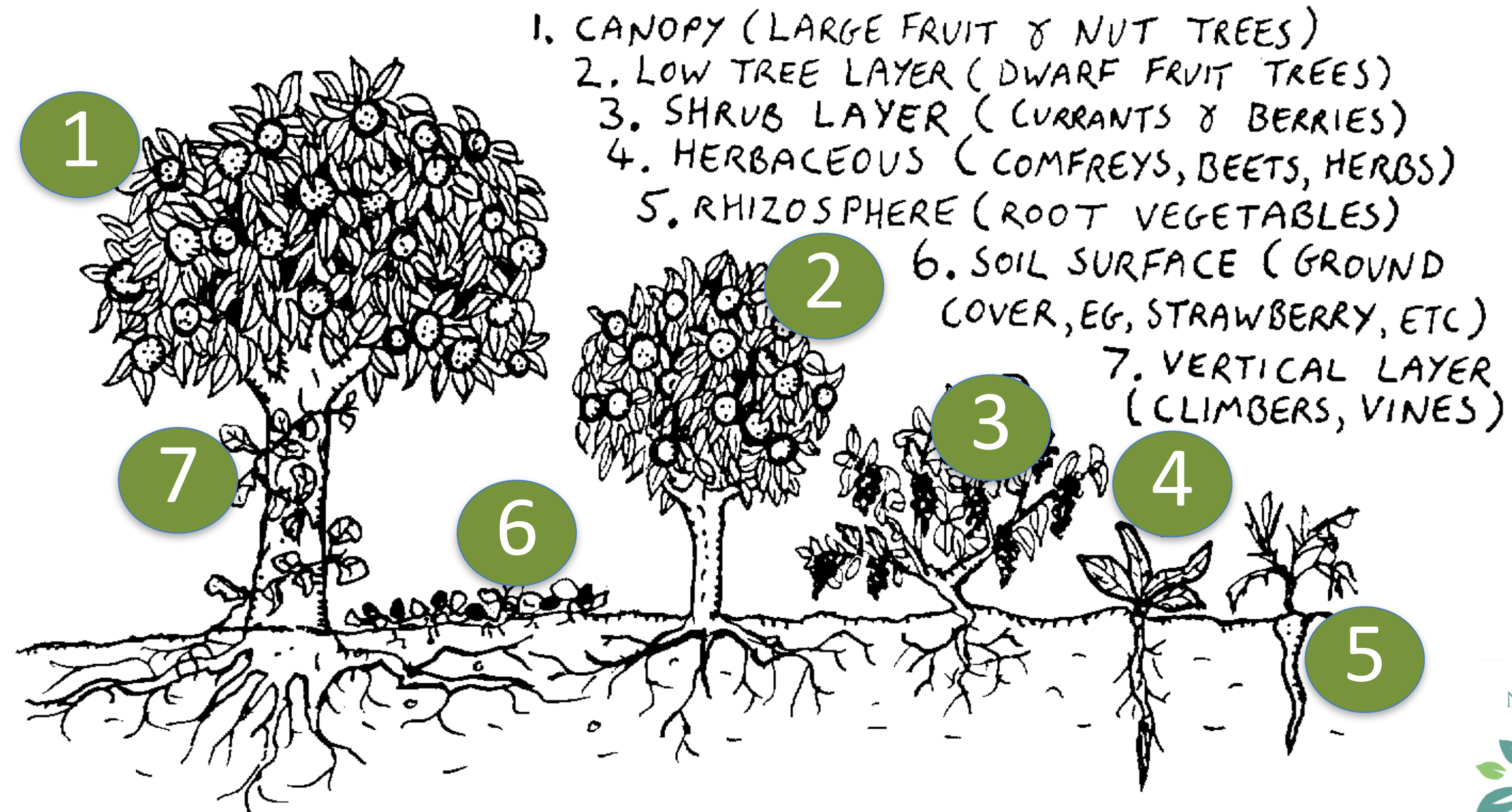


A food forest is a **gardening technique** or land management system, which **mimics a woodland ecosystem by incorporating edible** trees, shrubs, perennials, mushrooms and annuals



# Food Forest 'Anatomy'

Efficient use of vertical space



THE FOREST GARDEN: A SEVEN LEVEL BENEFICIAL GUILD



**Why would you want a Food Forest?**



Many reasons to establish food forests



**Food** – immediate and long-term, lots from small spaces



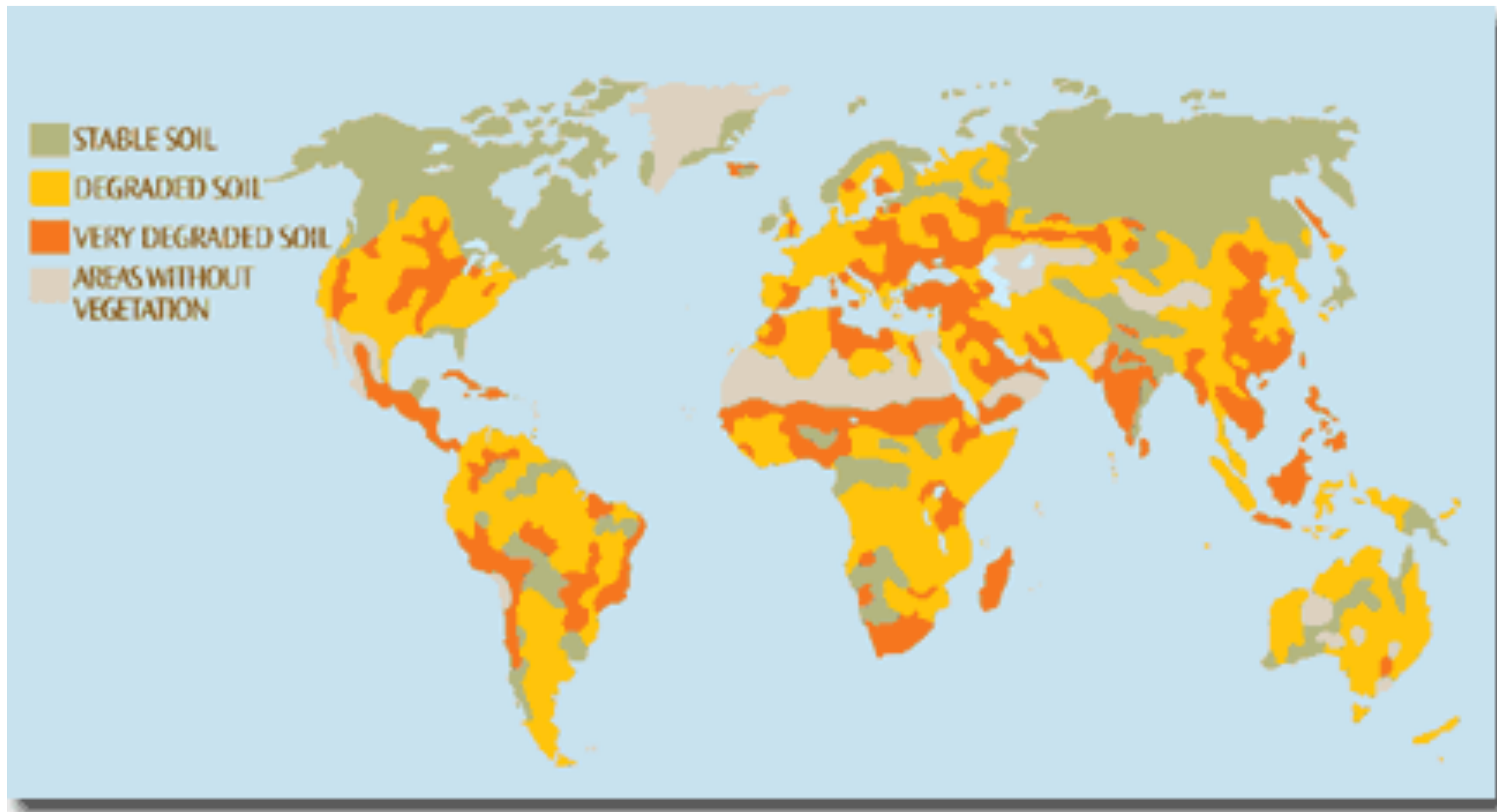
**Habitat:** pollinators and other beneficial critters

**Diversity:** symbiosis, less disease, longer 'grazing'  
period for pollinators





**Soil:** build, remediate, restore



- “During the past 40 years 1/3 of the world’s crop land has been abandoned because of soil erosion and degradation.”\*
- “It takes approximately 500 years to replace 1 inch of topsoil lost due to erosion. From this perspective, **productive fertile soil is a non-renewable, endangered system.**”\*

\*from permaculturenews.org



# Soil Integrity

- What if there was a 'Soil Integrity Index' used as the basis of a food labeling system, with index parameters of:
  - level of microbial diversity (4 billion organisms per tsp)
  - soil carbon content and
  - soil water holding capacity
- How would the food we eat measure up?

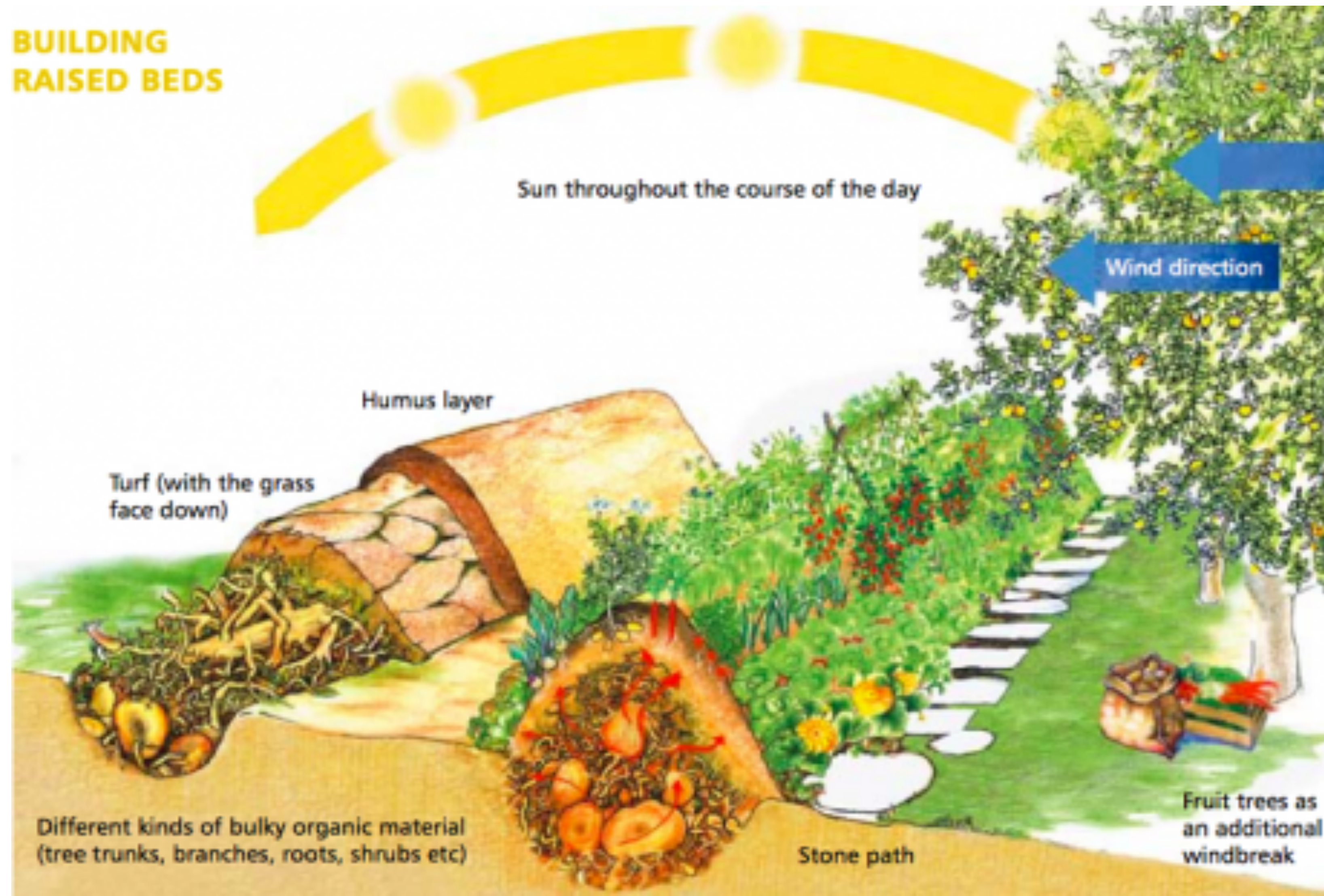


Depleted soil

Carbon/nutrient rich soil

# hügelkultur...

- mound culture... they are no-dig raised beds with wood and debris decomposing at its core, storing moisture, building fertility, increasing planting area, creating micro-climates, sequestering carbon and actively improving soils.



# Soil Microbes, Mushrooms & Forest Health

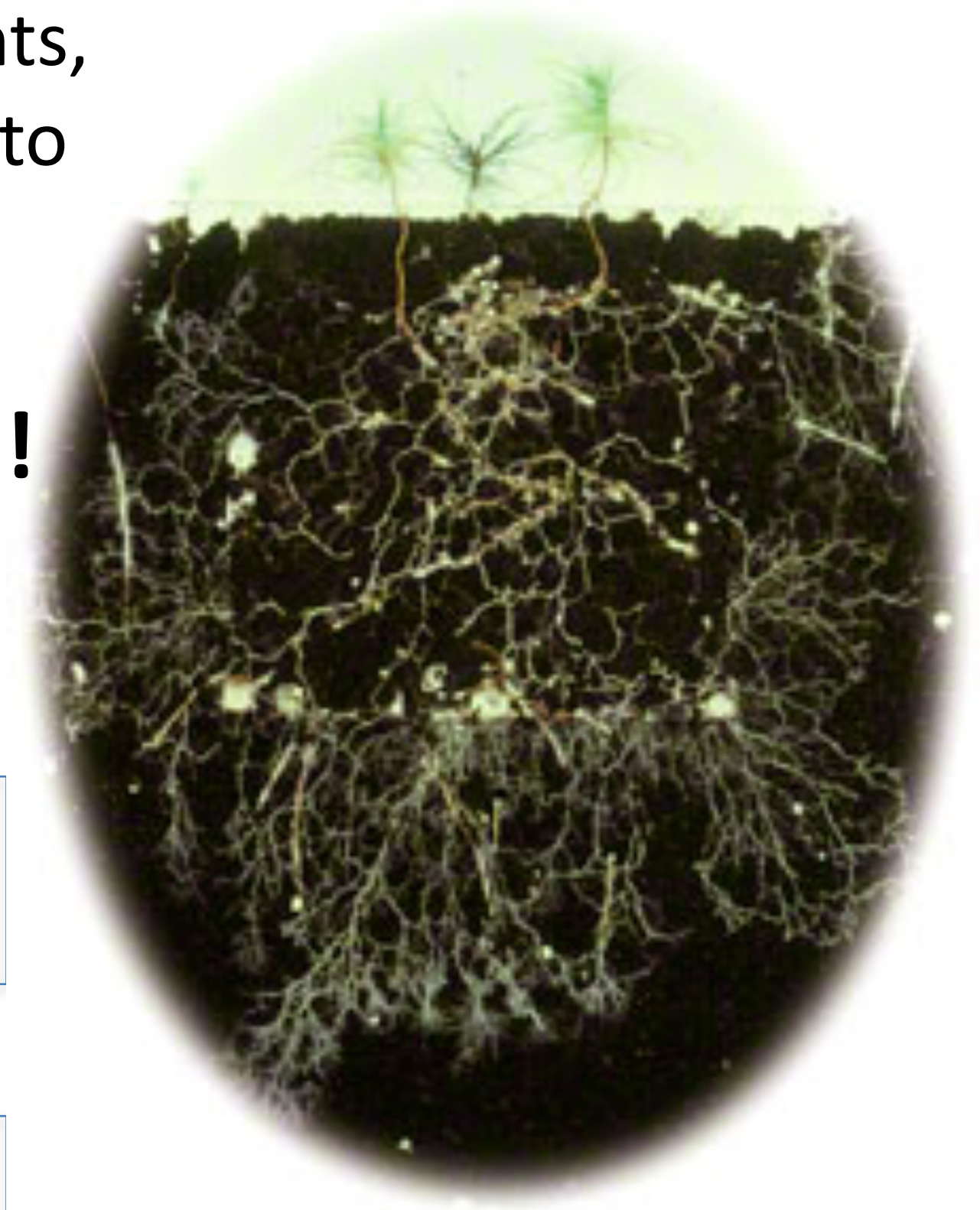


More roots, with more fine hair like structures, mean more nutrients, water, information to the tree...

**Healthier trees!!**

Tree roots **with** mycorrhizal fungi

Tree roots **without** mycorrhizal fungi applied





**Seeds:** saving, heirloom, select for many attributes, propagation techniques, self-sufficient, seed exchange



**Peace:** stop and smell the flowers, contentment,  
gratitude

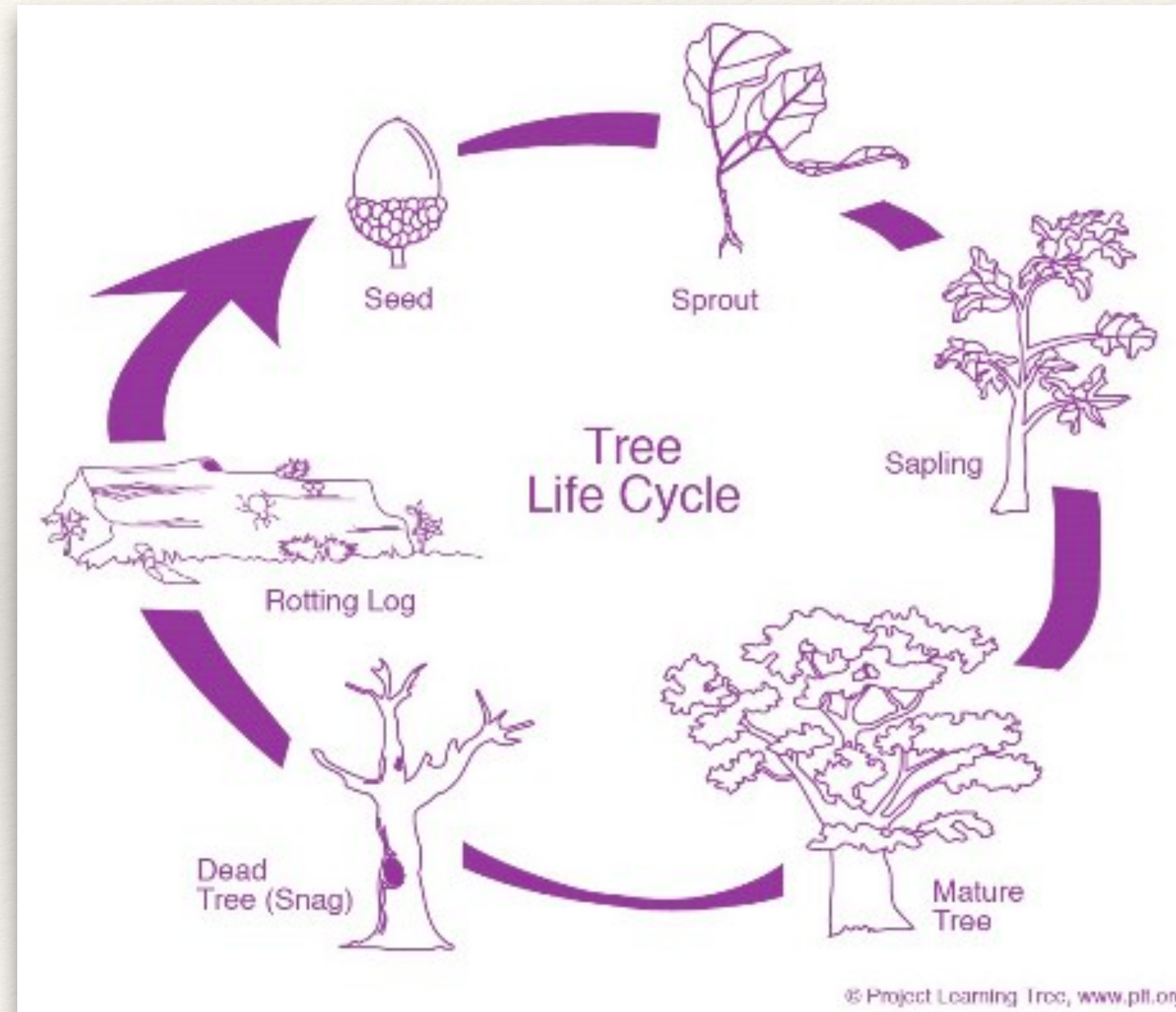


**Resilience:** resistant to extreme weather



**Creativity:** creating, nurturing, network example

# Tree Life Cycle





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# The Great Potential of Tree Seeds

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- ❖ Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into a giant oak! Bury a sheep, and nothing happens but decay.
- ❖ George Bernard Shaw, *The Vegetarian Diet According to Shaw* (1918)