

# FOOD FOREST

A food forest is an urban approach to food production that involves the creation of a perennial garden that mimics a woodland ecosystem. These communities of plants are intentionally placed together to optimize space, nutrient exchange, pollination, productivity, and biodiversity.

## Benefits:

- Promotes community food production and security
- Creates habitat for wildlife and insects, including pollinators
- Increases public awareness about seasonal fruits, vegetables and nuts
- Provides an accessible space for foraging, gleaning and harvesting
- Supports biodiversity in an urban setting

## Ingredients:

1. **Canopy** (large fruit trees)
2. **Low Tree Layer** (dwarf fruit trees)
3. **Shrubs** (currants & berries)
4. **Herbaceous** (herbs)
5. **Rhizosphere** (root vegetables)
6. **Soil Surface** (ground cover)
7. **Vertical Layer** (vines and climbers)

