

# Food Forests:

*A Fun Way to Enhance Habitat and Yield*

## Part Two of Two

Presentation for the Corvallis Master Gardeners

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## What Plants Provide:

- ~ Stabilize Climate
- ~ Stabilize Soil
- ~ Enhance receptivity of soil
- ~ Nitrogen Fixation
- ~ Infiltrate Water
- ~ Cycle nutrients
- ~ Produce biomass/mulch
- ~ Disperse Seed
- ~ Weed Suppression
- ~ Habitat for Wildlife
- ~ Discourages pests
- ~ Provide shade
- ~ Decompose Waste
- ~ Regulate disease causing organisms
- ~ Pollination Services

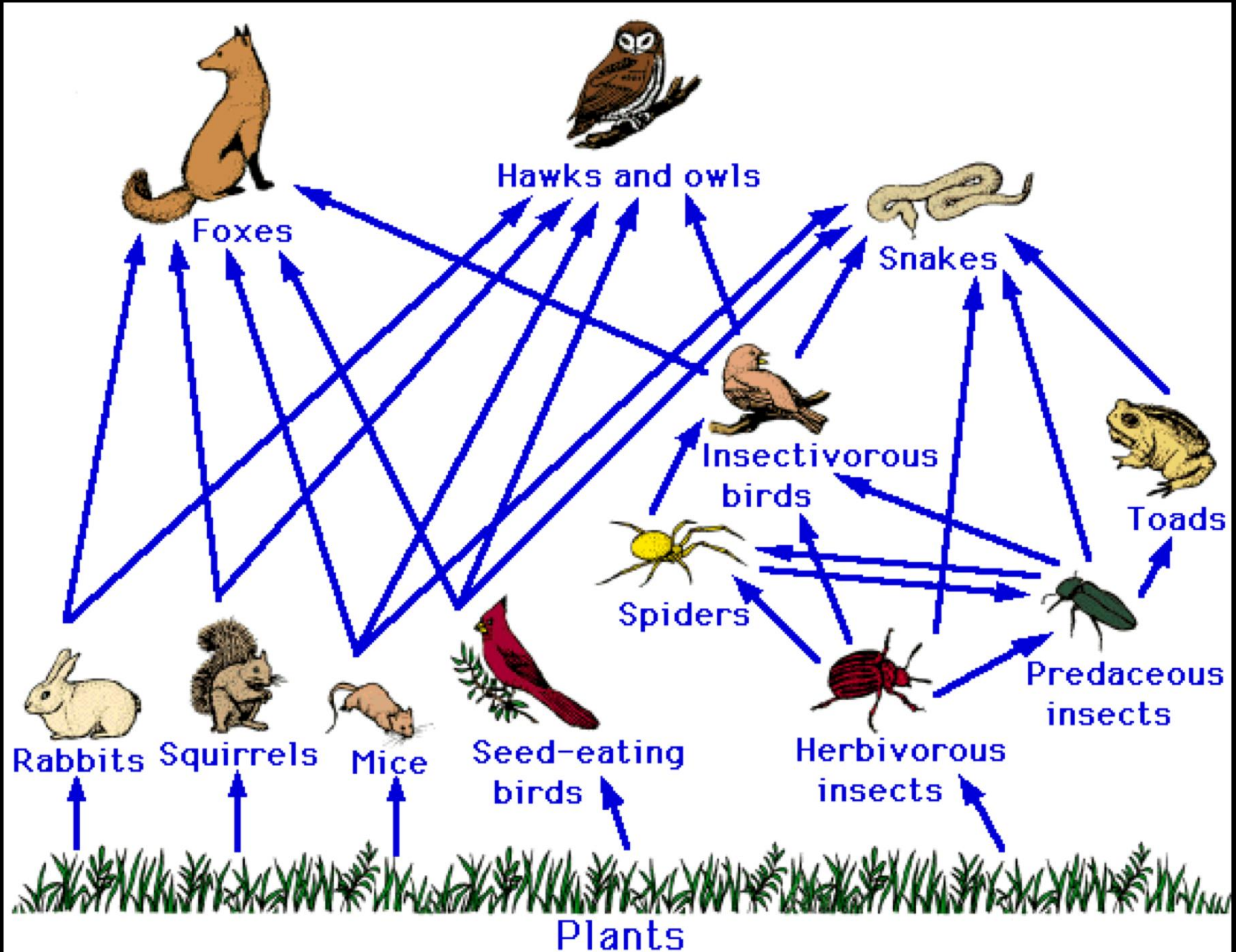
## Yields for Humans

- ~ Food
- ~ Medicine
- ~ Cut Flowers
- ~ Fiber
- ~ Fuel
- ~ Building Materials
- ~ Fragrance
- ~ Ornamentation
- ~ Fodder for Animals

Drawing by Andrew Millison



# Consider local food webs to aid system resilience





**Analog Species  
provide design clues**

**Sweet Woodruff**  
(*Galium odoratum*)  
**Cultivated**

**Cleavers**  
(*Galium aparine*)  
**Native**





Everything Gardens!



# Animals for fertility and pest control





# Creating Spaces for Community





# 1 IN 6 AMERICANS STRUGGLES WITH HUNGER.

VISIT [FEEDINGAMERICA.ORG](http://FEEDINGAMERICA.ORG)

TOGETHER  
WE'RE

FEEDING  
AMERICA



Food Share, Inc. of Ventura County  
Los Angeles Regional Foodbank  
Second Harvest Food Bank of Orange County  
Second Harvest Food Bank Serving Riverside and San Bernardino Counties

 CLEARCHANNEL  DIGITAL

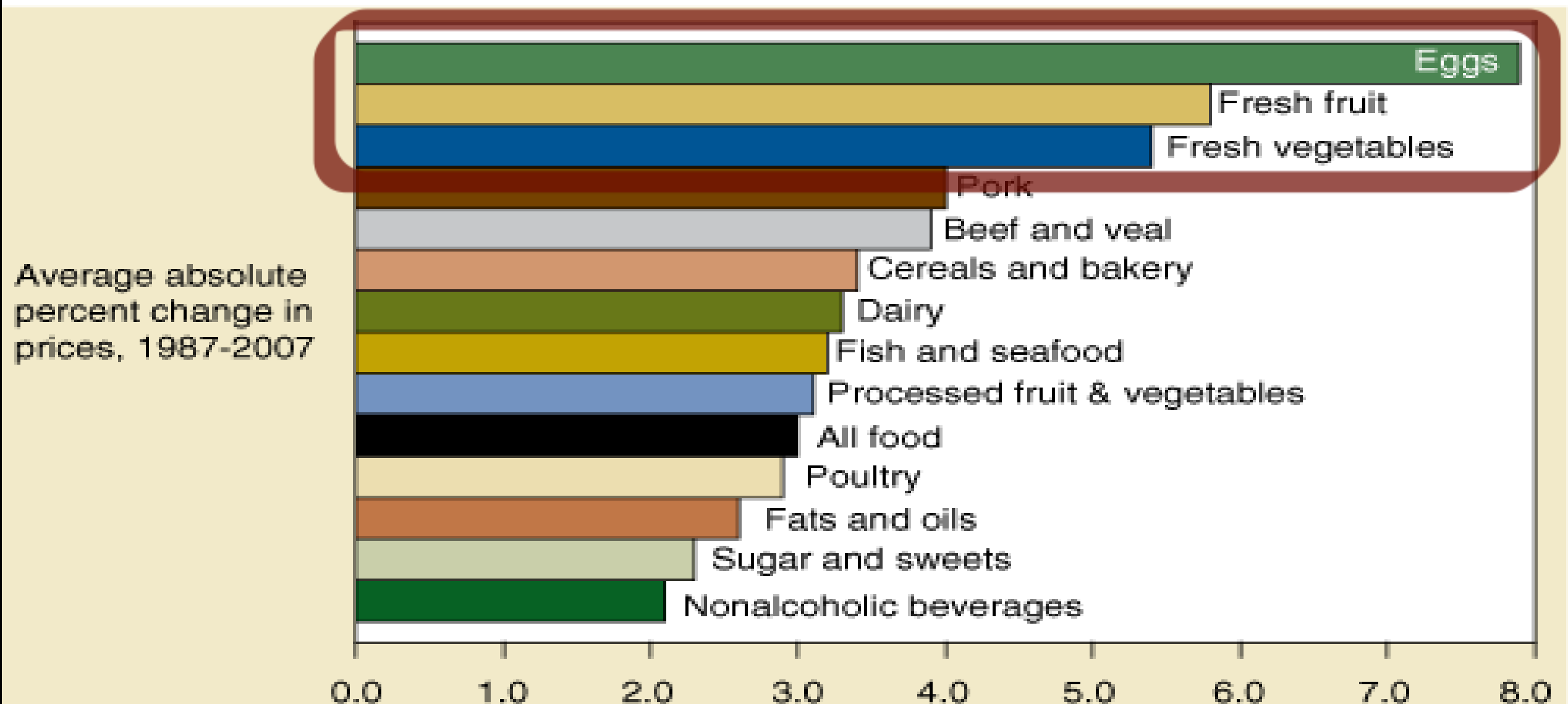
- \* 1 in 4 children do not have enough to eat.
- \* Many individuals who struggle with hunger are working and not homeless.
- \* More than 2 million rural households experience food insecurity.
- \* Hunger is increasing at an alarming rate in America.

Source: Feeding America: <http://feedingamerica.org/hunger-in-america.aspx>



# *Local production leads to resilient communities*

Eggs, fruit, and vegetables have the most volatile prices



Source: ERS calculations using Bureau of Labor Statistics' Consumer Price Index data.

## Design From Patterns to Details



# Home Scale Food Forest





sts can be as diverse as you can manage since it is growing in your own





## Fruit Throughout the Year

**May:** Strawberries, Honeyberries

**June:** Strawberries, Honeyberries, Raspberries, Mulberries, Goumi

**July:** Raspberries, Currants, Gooseberries, Blueberries, Goji Berries, Cherries, Pears, Japanese Plums, Blackberries, Mulberries, Jostaberries

**August:** Raspberries, Blueberries, Autumn Olives, Apples, Pears, Asian Pears, Plums, Marionberries, Loganberries, Elderberries, Goji Berries, Grapes, Aronia, Fig

**September:** Raspberries, Apples, Pears, Asian Pears, Paw Paw

**October:** Apples, Pears, Quince, Grapes

**November:** Apples, Pears, Quince, Persimmon

Belmac  
Apple

Hudson's  
Golden Gem  
Apple

Suij  
Pear

King  
Apple

Bella di  
Guirno  
Pear

4 in 1  
Pear

Methley  
Plum



# Production Food Forest



Production Food Forests need to be designed for efficiency.  
Engagement is helpful when working with various people on the land in this







# Urban Food Forest at an Office



Signage is important in highly trafficked areas. A tidy aesthetic keeps the site approachable for passersby.

**Food Forests** and good **permaculture** design provide many functions, including:

- Providing **food** for people.
- Providing food, shelter, and **habitat** for other species like birds, mammals, butterflies, bees.
- Shading the windows of a space, keeping the inside **cool** in summer.
- Contributing to a cool outdoor **microclimate** that helps modulate temperature and reduce the "urban heat island" effect.
- Shedding dark sidewalk and street surfaces, which helps address overall climate change problems.
- Shedding leaves in winter so that **winter sun** can come through building windows and warm indoor spaces.
- Absorbing **rainwater** runoff.
- Refreshing the urban environment with necessary **oxygen** for all creatures to breathe.
- Provide a **beautiful**, inspiring place to visit and learn.
- Showcasing what we like to do, and why we like to do it.
- And, many, many more....



This **Food Forest** installation demonstrates many timely and important ideas for food security and the emergence of a sustainable culture. Though there is **minimal land** area to work with in this case, we are showing how much can be done and produced within such narrow strips of arable land; as narrow as two feet wide. A Food Forest can have as many as **seven layers** or elements that contribute to its abundance, including mutually beneficial "**companion plantings**."

- Large fruit or nut **trees**, the "target" species of the overall design;
- Smaller "dwarf" fruit or nut trees;
- Shrubs** with edibles;
- Low-growing **herbs**, fruits and vegetables;
- Edible **ground cover**;
- An edible **underground** layer such as tubers;
- Fruiting **vines** that will crawl up into the branches of the trees.

## Tree

1. Almond	fragrant
2. Apple	edible fruit
3. Asian Pear	edible fruit
4. Cherry	edible fruit
5. Italian Prune Plum	edible fruit
6. Peach	edible fruit
7. Persimmon 41	edible

## Shrub

8. Aronia	edible fruit, high vit-C
9. Clove currant	edible berry
10. Pink champagne currant	edible berry
11. Elderberry	edible, enjoys heat
12. Goji	cut flower
13. Gooseberry	edible berry, shade
14. Huckleberry	edible berry, shade
15. Hydrangea	edible berry, shade
16. Jostaberry	yummy fruit, part-shade
17. Rose	cut flower
18. Sunshina Blueberry	edible fruit
19. Top Hat Blueberry	edible fruit

## Herbaceous

20. Arachis	tasty edible
21. Asparagus	early spring edible
22. Aster	late fall pollinator flower
23. Bay Balm	herb, tea, cut flower
24. Bleeding Heart	cut flower, medicinal
25. Borage	edible
26. Calendula	edible
27. Calla Lily	cut flower
28. Chard	edible greens
29. Daylily	tasty fruit, can be dried
30. Dianthus	edible
31. Dock	edible greens
32. Echinacea	cut flower, medicinal
33. Fennel	culinary herb, medicinal
34. Geranium	

## Herbaceous

35. Geum	fragrant
36. Hollyhock	cut flower
37. Iris	edible root, late flowers
38. Jerusalem Artichoke	edible greens
39. Kale	edible greens
40. Knockweed	fragrant, edible
41. Lavender	edible, tea
42. Lemon balm	edible, tea
43. Lettuce	edible greens
44. Lovage	edible
45. Lovage	edible
46. Mashed	self-fertile edible fruits
47. Mugwort	flavored leaves & buds
48. Mustard Greens	edible greens
49. Nasturtium	edible greens
50. Parsley	edible greens
51. Philo	fragrant cut flower
52. Potatoes	edible
53. Purple Sage 5	edible
54. Rose Campion	edible
55. Rosemary	fragrant, culinary herb
56. Sage 5	edible
57. Salad Burnet	edible greens
58. Sedum	drought-resistant
59. Society Garlic	edible garnish
60. Sweet Rocket	edible flower, soil conditioner
61. Walking Onion	edible root
62. Wild Lily	edible root, late flowers
63. Yarrow	edible

## Herbaceous/Groundcover

64. Apples	culinary herb, tea
65. Blood Dock	cut flower
66. Campanula	edible berry
67. Chives	edible herb, garnish
68. Spacemint	culinary herb, tea
69. Stinging Nettle	barrier for weeds, tea

## Vine

70. Raspberry	edible berry
71. Thornless Blackberries	edible berry
72. Crops	edible berry
73. Jasmine	fragrant flowers
74. Kiwi	edible fruit

## Groundcover

75. Chameleon Plant	edible, medicinal
76. Chickweed	edible in winter
77. Monkeyflower	edible plant
78. Oat	edible root
79. Rhubarb	edible barrier for weeds
80. Strawberries	edible fruit
81. Violet	edible flower
82. Woolly Thyme	culinary herb

## Fungi & Bulb

83. Shiitake Mushrooms	edible mushrooms
84. Crocuses	edible leaf





SE Market Street

SE 12th Avenue





# Food Forests in Schools







Manzo Elementary School in Tucson, AZ, the students learn about hei



# Community Food Forest



Photo Credit: Jonathan Lee, [subtledream.com](http://subtledream.com)



Photo Credit: Jonathan Lee, subtledream.com







Community Food  
Forests offer  
opportunities for  
learning new skills and  
working with diverse  
groups in your  
neighborhood.

This type of food forest  
is often reliant  
fundraisers and  
donations.





At a Community Food Forest, signage helps clarify tasks and programming for participation.



Wide paths, adequate trellising, and diverse surfaces make the place accessible to all.



Photo Credits: Jonathan Lee, [subtledream.com](https://subtledream.com) and Beacon Hill Facebook Page





Consider the scales  
of gathering spaces  
to promote  
interaction  
between  
community  
members.

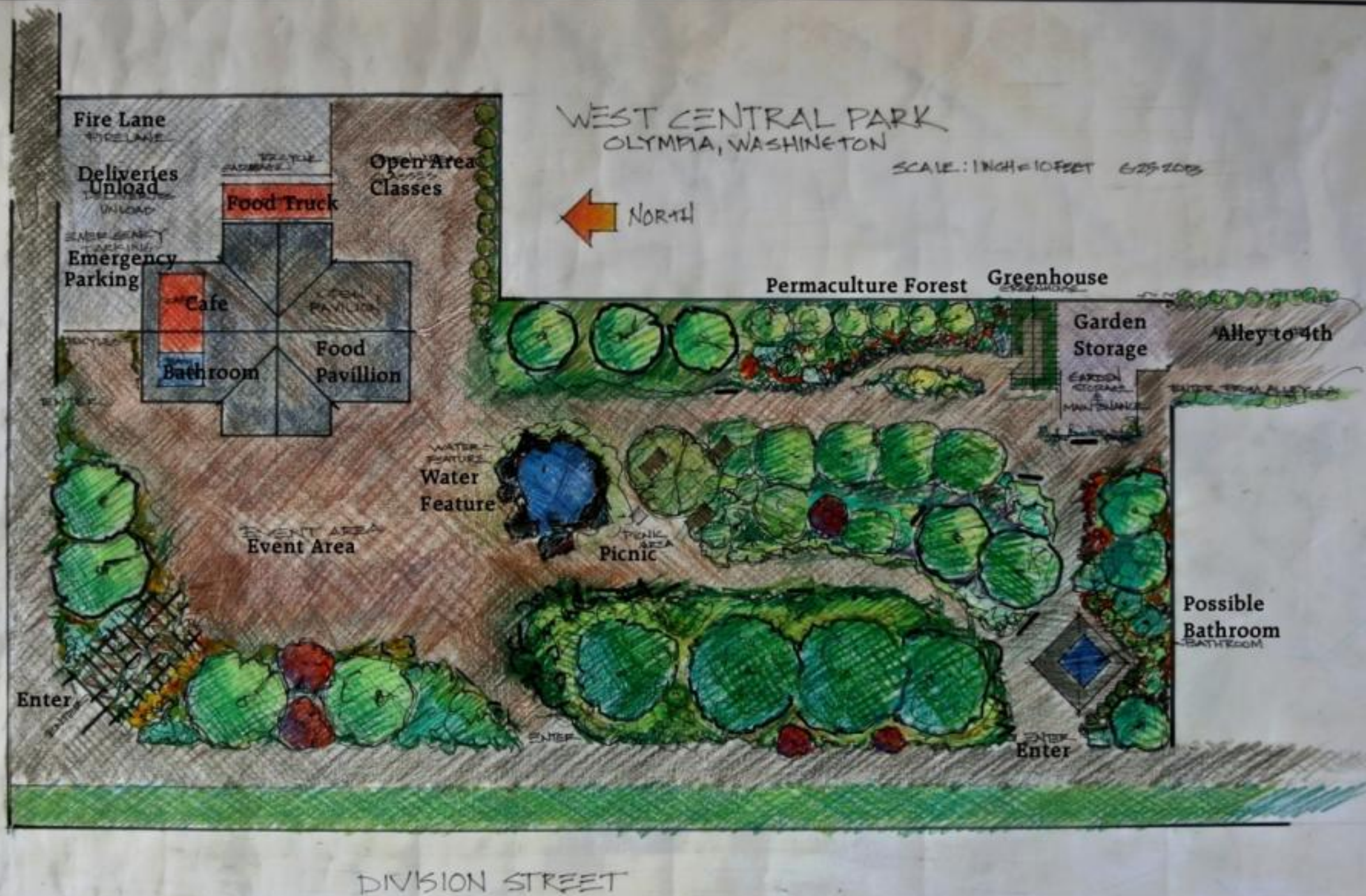
Shared meals build  
community connection  
and provide  
opportunities to connect  
which can enhance trust.

Photo Credits: Jonathan Lee, subtledream.com





# Venue Food Forest



Source: West Central Park, Olympia: [aparkforus.org](http://aparkforus.org)



Photo by Alicia Elliot



Venue Food Forests  
can provide a space  
for community  
celebration and  
memory surrounded  
by fresh food and  
good stewardship.



# Thank you!

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GET STARTED

## PERMACULTURE FOOD FORESTS ONLINE COURSE



Permaculture food forests are intentionally cultivated forest gardens. They contain native and cultivated plants which provide yields for humans and ecological functions.

### What are the Benefits of a Food Forest?

- Food Forests design focuses on plant communities that are edible, medicinal, and enhance the local environment
- A food forest design is low maintenance and can be applied in all bioregions.
- Food Forests are a sustainable way to produce nourishing, healthy, and organic food
- Improve yields result from the thoughtful design of a food forest.

### Self paced:

On demand. Access any time.

### Practicum:

March 31 - June 15, 2025



Online



Self paced: \$195

Practicum: \$395 (+\$60, registration fee)

REGISTER NOW

REQUEST MORE INFORMATION

For more on Food Forests, check out my YouTube Channel @MarishaAuerbach