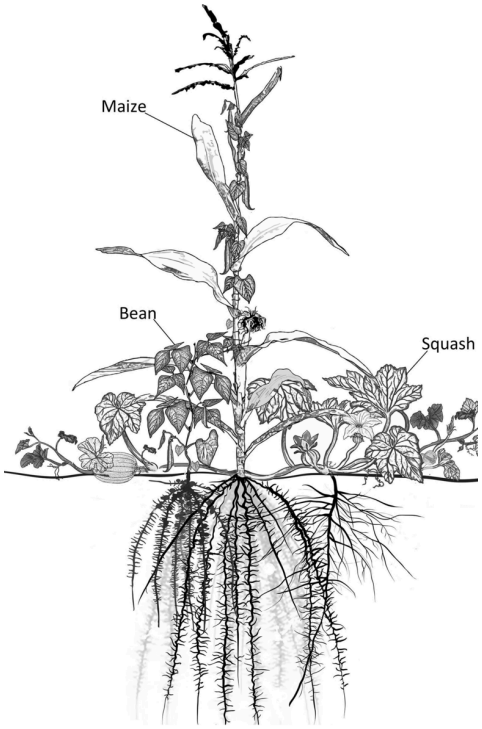
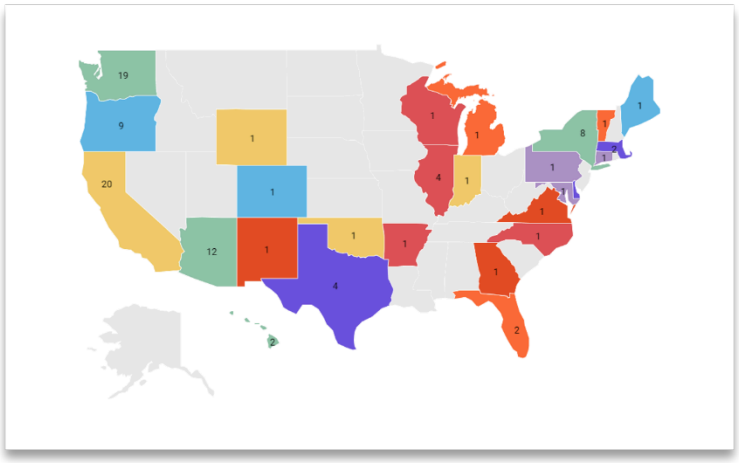
Food Forest – 1 Pager

- **What is a Food Forest?**
    - A food producing system that mimics a forest ecosystem with mainly edible species to increase fresh, healthy food, and provide other ecological benefits in a sustainable way to the local area.
    - Food forests help reduce the negative effects of food deserts (areas where healthy food options are over 20 minutes away by public transport)
- **Existing Examples**
    - Originally a Native American food-production concept widely used
    - 25+ in USA; 36+ countries globally
    - Studies – up to 108% of necessary fruit intake with 50% of open space planted
    - Avg. yearly yield of 0.2-acre food forest is 713 kg
- **Nature's Design**
    - Mimicking a forest structure gives multiple layers for production
    - Layers are not clearly separated, all species have a role
    - Layers start in the soil with root plants, then up into groundcovers, herbaceous plants, shrubs and bushes, understory trees, overstory/canopy trees, and vines, moss, lichens, and mushrooms can occur throughout various layers
    - Caution! Be sure of what species you are interacting with, due to toxic species; especially mushrooms, moss, and lichen - If in any doubt; contact an expert!
    - The best design depends on site characteristics, food and ecosystem goals, and available resources – patchwork and small sites (2x4 ft) also work
- **Planning a Food Forest**
    - Consider the Location - Caution – Recent Construction; soil tests needed
    - Site Support - Consider time, labor, resources, long-term maintenance
        - Certifications for ecological/local benefits
    - Right Place, Right Plant, Right Food - Look for Species Selection Training
    - Increasing Diversity – more species filling more roles indicates a healthier food forest.
        - EX. Fruit Tree Guilds, Companion Planting – The Three Sisters, Nitrogen Fixers & Nutrient Accumulators
    - Over 26 Edible Species Native to Illinois - Many recipes, don't have to be eaten as is
- **Cultivation Considerations**
    - Basic, general care – Watering, planting, mulching, pruning, harvesting, and more - Trainings currently available and upcoming
    - Water consumption – rain barrels can help with water consumption
    - Signage to reduce misidentification and help volunteers and visitors connect with the Food Forest
    - Tree Damage, Harvest Damage and Pest Control questions – Call the Plant Clinic or an Expert
    - Seasonal Illness/Pest trackers online

- See other trainings for more information on prevention and control

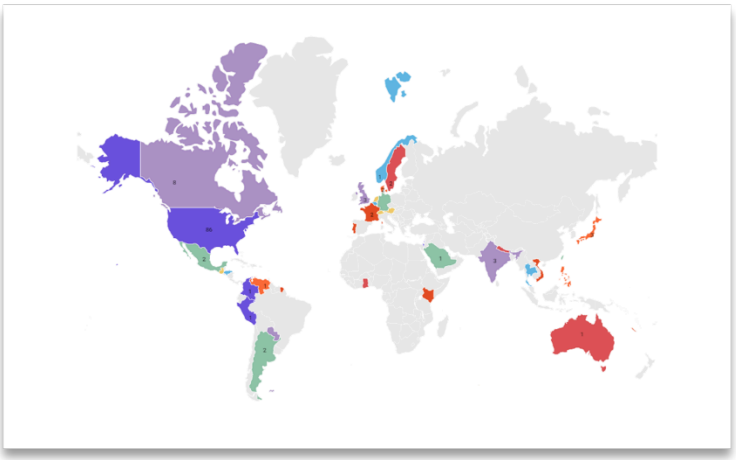


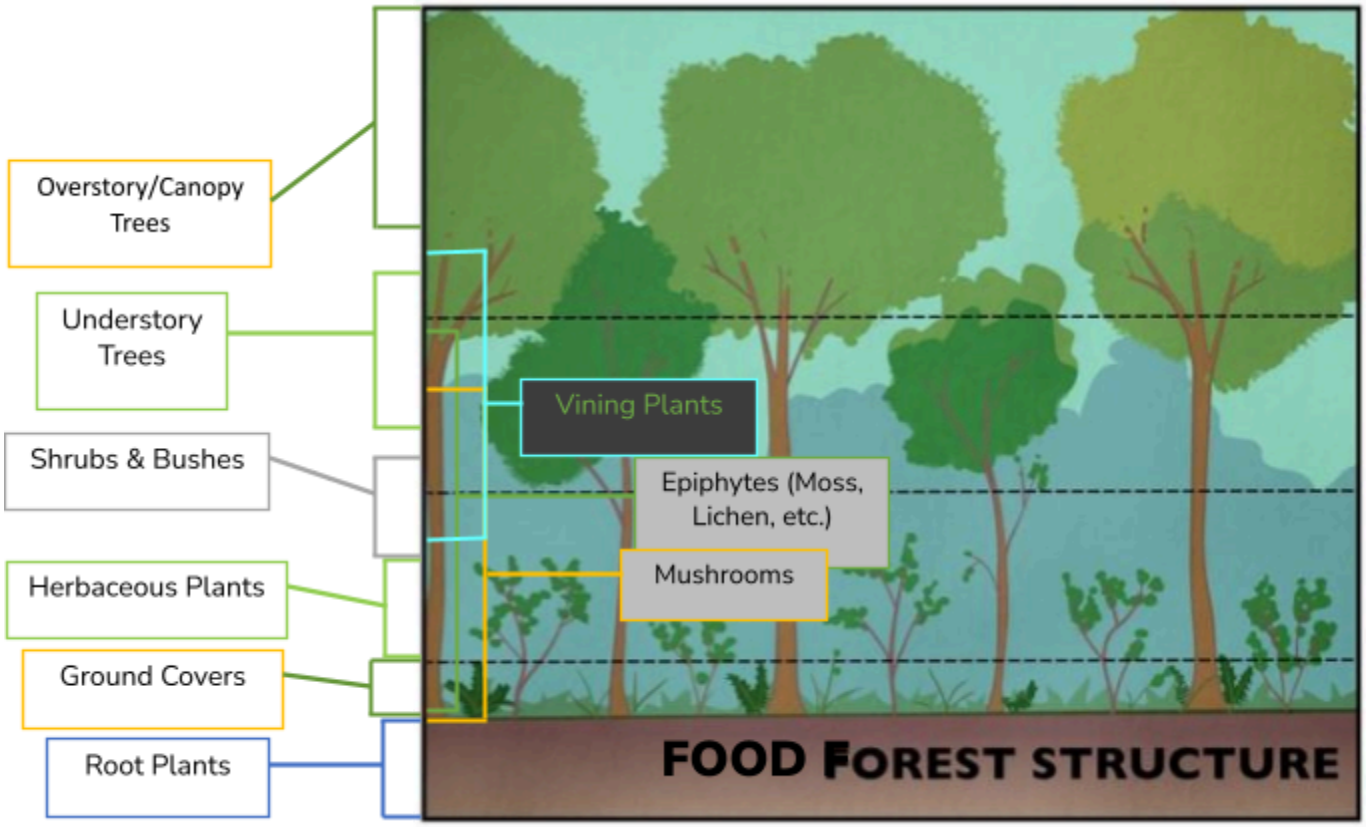




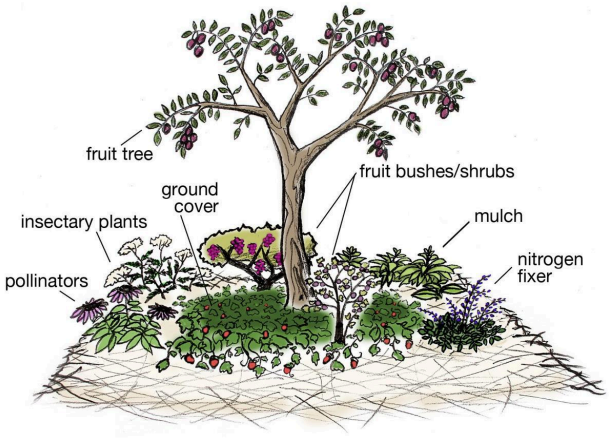







Overstory/Canopy Trees
Understory Trees
Shrubs & Bushes
Herbaceous Plants
Ground Covers
Root Plants
Vining Plants
Epiphytes (Moss, Lichen, etc.)
Mushrooms
FOOD FOREST STRUCTURE


FOOD FOREST STRUCTURE


fruit tree
ground cover
fruit bushes/shrubs
insectary plants
mulch
nitrogen fixer
pollinators