

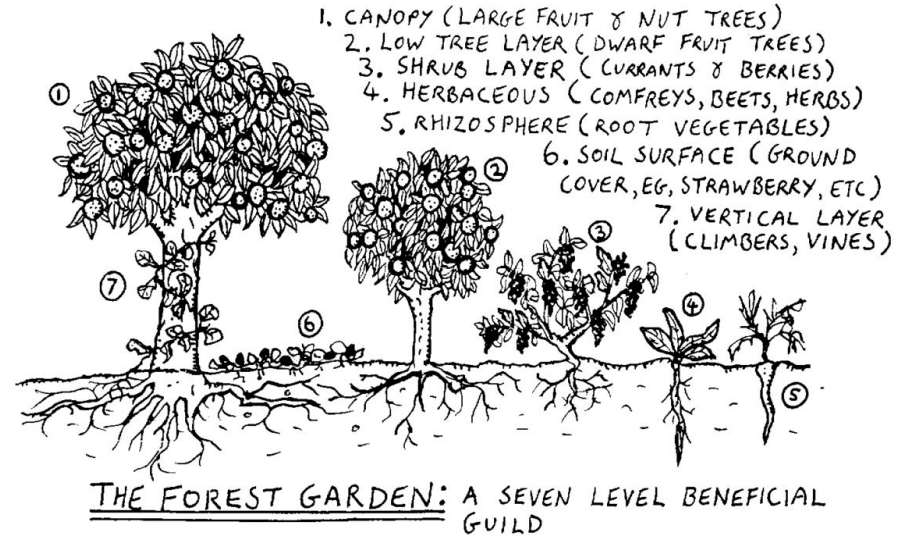


Urban Food Forest

Bringing food forests to
public urban spaces,
schools and kindergartens

What is a food forest

- A food forest mimics the way a forest functions, while consisting of perennial trees/plants that **provide food**. They are planted in a way that respects the layer which they inhabit in their original habitat, that way they can also **support each other** while being placed in the ideal habitat **utilizing the maximum of the available resources** like sunlight.



Graham Burnett, wikimedia commons

Urban food forests - benefits

- The cities become greener, mitigating CO2
- increase biodiversity in cities, beneficial also for bees
- Important recreational impact on inhabitants
- children can be closer to nature, see where their food comes from, and learn and play in the “food forest”, sensorial exploration gets trained
- Bringing food production into the city reduces the food miles
- It brings people in an informal way together

Urban food forest - examples



“Permalab” of HortaFCUL student group in university of Lisbon, is now spreading to schools for providing gardening activities for kids

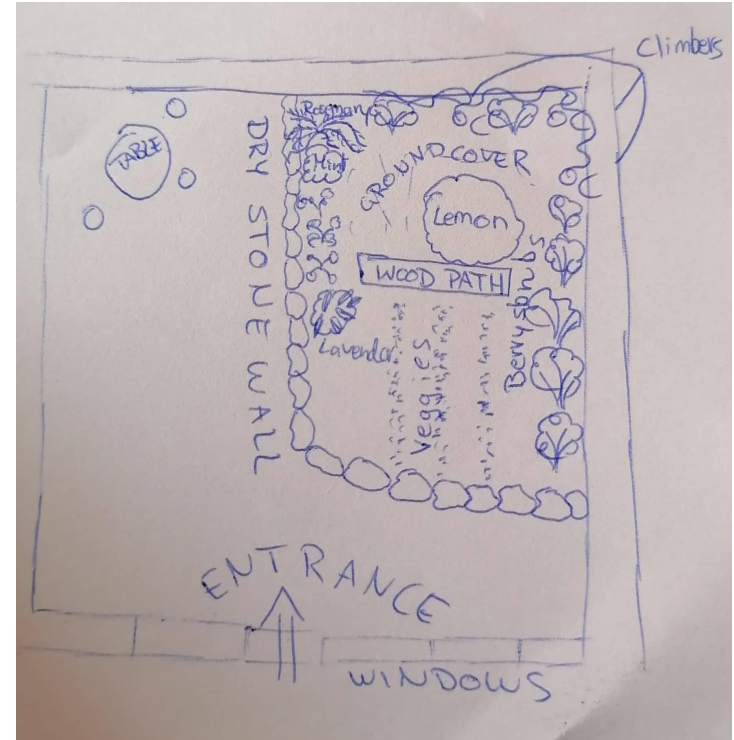
Urban food forest - examples



In “Colateral” space in Porto, Portugal for Critical concrete we planted a “micro food forest”

Colateral micro food forest - scheme

- In a space 3x2m we planted
 - 1 citrus tree (lemon, medium layer)
 - 3 climbers (Kiwi and passionfruit)
 - 9 berry shrubs (raspberry, gooseberry,...)
 - 4 strawberries
 - lavender and herbs
 - 3 rows of vegetables



Elements ... besides the plants

- **Dry stone wall:** for limiting the growing beds, creating edges and providing habitat for lizards, while kids can sensorially explore this element



Elements ... besides the plants

- **Ground cover:** cutted branches, leaves and grass on top of the soil create rich fertile soil, cover the ground hence limiting evaporation of water, providing habitat for small insects and microorganisms, while kids can sensorially explore this element



Elements ... besides the plants

- **Insect hotel:** a pile of branches or trunks can provide habitat for insects, while kids can observe bees and other animals finding shelter in it



How to bring a food forest to your place

1. Get in contact with us (see last page)
 - a. Know details about the available space (size, irrigation available or not)
 - b. Budget for plants and materials
 - c. Purpose of the food forest (mainly food production, or biodiversity, or exploration for kids)
2. We will propose you a date and what plants/materials to organize
3. On the day of planting
 - a. We will share the principles of a food forest, the basics of permaculture, basics of soil regeneration and how to propagate plants (topics depend on participants, kids, teenagers, or adults)
 - b. We will plant with the participants, guidance and support
 - c. Integrate ground cover and other elements if possible
4. We will instruct your team on the needs or maintenance of the food forest

What we want

1. We would like to reach as many people as possible, so
 - a. the event should be open to the broader community, and
 - b. It should be communicated well on your media channels (facebook, instagram, word-of-mouth)
2. Contribution to our travel expenses
3. Keep the forest alive: the trees are meant to be there for a long time, don't call us if you are not sure that the "food forest" will be part of your space for at least the next 5 years

Contact

The Southern Lights non-profit organization

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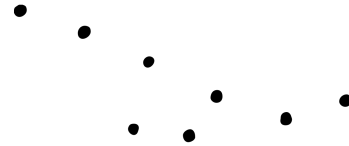
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