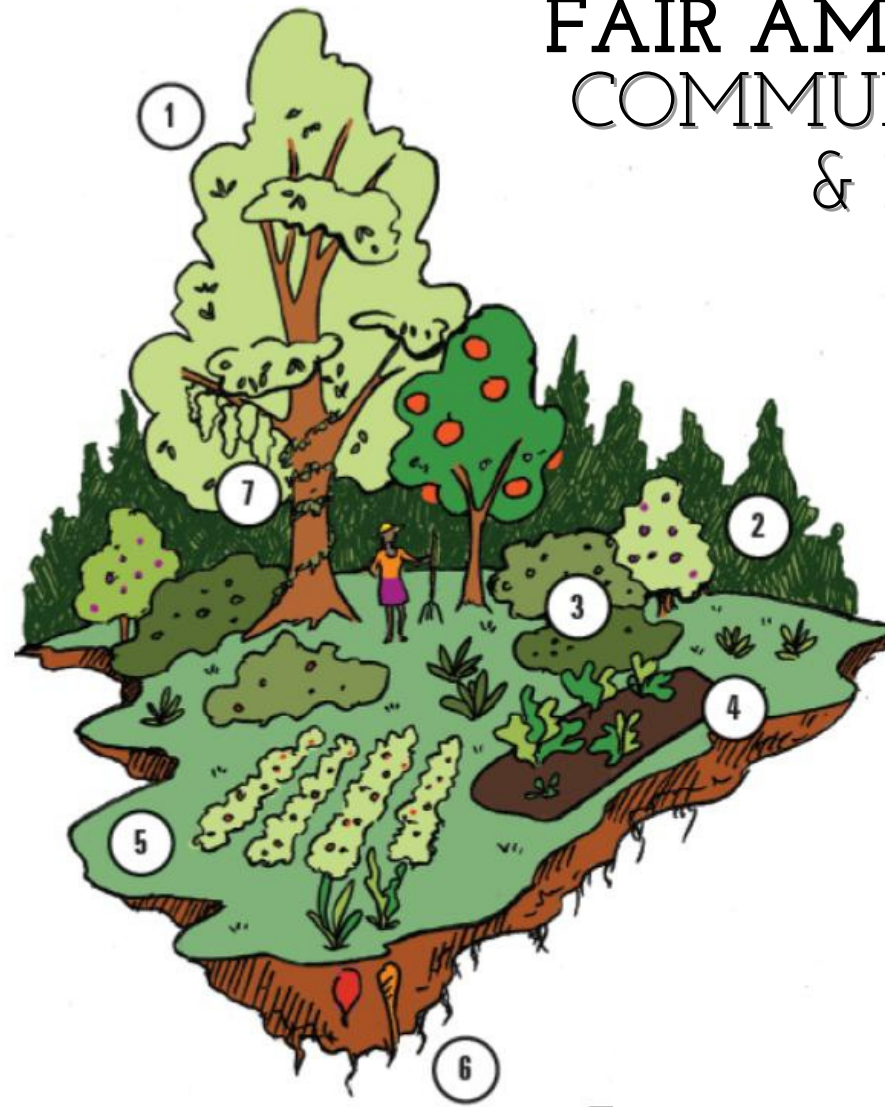


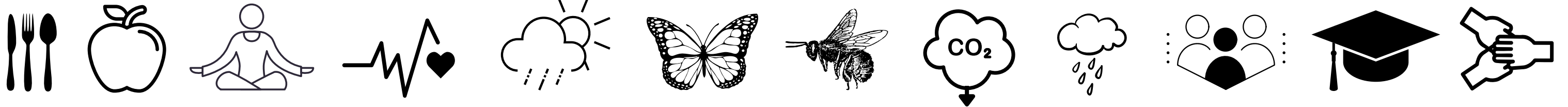
# WHAT IS A FOOD FOREST & ITS BENEFITS

## LAYERS OF A FOOD FOREST

- 1. Canopy**  
Large Fruit & Nut Trees
- 2. Low Tree Layer**  
Dwarf Fruit Trees
- 3. Shrub Layer**  
Berry Bushes & useful Shrubs
- 4. Herbaceous**  
Flowers, Herbs & Vegetables
- 5. Soil Surface**  
Low-Growing Ground Covers
- 6. Root Layer**  
Fungi and Root Vegetables
- 7. Vertical Layer**  
Vines & Espaliers



# FAIR AMOUNT FOOD FOREST COMMUNITY AGROFORESTRY & EDUCATIONAL FARM



## HEALTH

Food Forests yield volumes of healthy foods throughout the year: Greenspaces and nature improve mental health.

## FOOD SECURITY

Locally produced food secures a supply for local consumption. Urban farming and local farms provide access to fresh produce.

## TREE CANOPY & SHADE

Increased tree canopy battles urban heat and provides a cool place. Healthy forests make a healthy planet and people.

## MEDICINAL PLANTS

Good food and a healthy diet is medicine on its own. Many food forest plant and herbs have other medicinal uses.

## CLIMATE ADAPTABLE

A diversity of crops will produce significant yields even if it is a bad year for one. There is strength in food system diversity.

## CARBON NEGATIVE

Perennial agriculture stores more carbon than it produces. Food doesn't travel far or use much energy to get to you.

## BIODIVERSITY

Food forests work with nature to support healthy, stable ecosystems and soils. Natural and human systems coexist.

## POLLINATORS

Herbs and companion plants bloom all year, supporting a diversity of native bees and insects. Pest pressure is reduced.

## STORMWATER INFILTRATION

Planted and contoured landscapes slow storm water while it seeps into the ground. This reduces flooding and pollution events.

## YOUTH EDUCATION & ENGAGEMENT

Real-world examples of classroom material can be experienced hands on in the garden. Out of school programs can nurture an interest in the natural world.

## ADULT EDUCATION

Educational gardens can demystify plants, provide hands on learning, and teach skills & techniques to empower folks on a path of confident gardening.

## COMMUNITY GATHERING

Community gardens bring neighbors together, provide social connection, intergenerational exchange, and a co-creative outlet on shared land.