

# Food Forests ...

Commented [MH1]: Yellow box - delete second different and insert various

Address issues such as climate change, environmental degradation, and social and racial inequity.

Include many types of plants such as yarrow, purple coneflower, and chamomile.

Require upkeep such as weeding, mulching, pruning, clearing debris, plant propagation, and harvesting.

**Food forests are areas planted with many different edible plants of various heights and sizes. They are often arranged in patterns like natural forests with layers ranging from groundcover to tall trees.**

Provide healthy food to eat as well as places to gather in the shade.

Vary in composition depending on locations.

Include larger trees such as oaks, chestnuts, pecan, and mulberry and smaller trees such as apple, pear, peach, plum, hazelnut, and pawpaw.

Can be run by community members or city governments.

spreading  
roots

Resource Library—Boston Food Forest Coalition. (n.d.). Retrieved March 31, 2024, from <https://www.bostonfoodforest.org/resource-library>; Graham, M. (2024, February 7). These Urban Food Forests Do Double Duty. <https://nextcity.org/urbanist-news/these-urban-food-forests-do-double-duty>; About the Urban Food Forest at Browns Mill—AgLanta AgLanta—Urban Agriculture Atlanta. (n.d.). AgLanta. Retrieved March 10, 2024, from <https://www.aglanta.org/urban-food-forest-at-browns-mill-1>; Bukowski, C., & Munsell, J. (2018). The Community Food Forest Handbook: How to Plan, Organize, and Nurture Edible Gathering Places. Chelsea Green Publishing. Spiller, K. A., & Kashwan, P. (2023, April 4). Food forests are bringing shade and sustenance to US cities, one parcel of land at a time. The Conversation. <http://theconversation.com/food-forests-are-bringing-shade-and-sustenance-to-us-cities-one-parcel-of-land-at-a-time-197388>.