

# Building Community with Food Forests

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oasis farmery

Photo credit: Kampus Production

# Overview

- About me
- What is a food forest?
- Three interesting plants
- Why have food forests at churches?
- How to build a community food forest
- Summer plans for the St. Mary's Community Food Forest



# About me



The Parish of St. Mary (York)





Photo credit: Nikolett Emmert

# What is a food forest?



Yarrow



Comfrey



Lupines



Apple tree



Rhubarb



Clover

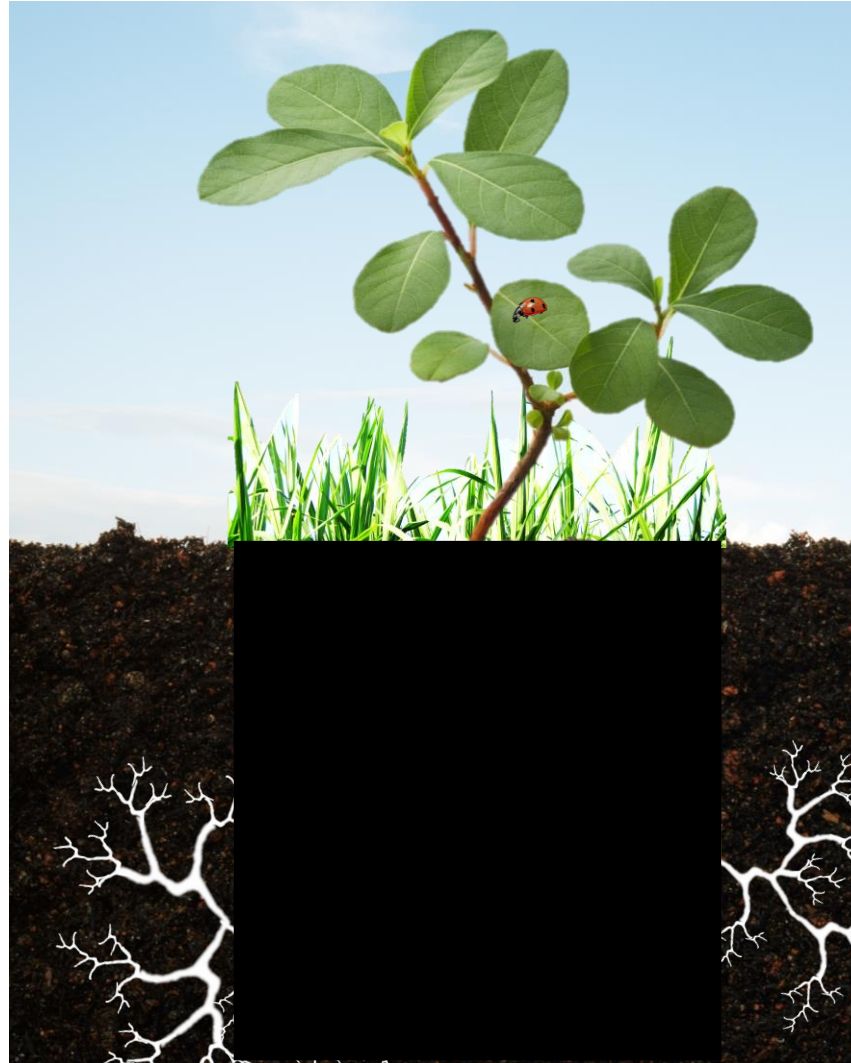


Onions



Photo credit: Max Shilov

# Why perennials?



- Only planted once
- Limit soil disturbance
  - Fungal hyphae
  - “Weeds” germinate
- More extensive root system
- Symbiotic mycelium
- Wildlife habitat



Photo credit: Sigmund

# How is it different from an orchard?



Pear tree



Gooseberry



Yarrow



Cherry



Comfrey



Rose



Mulberry tree



Rhubarb



Lupines



Apple tree



Rhubarb



Serviceberry



Apple tree



Comfrey



Clover



Black currant



Onions



Elderberry

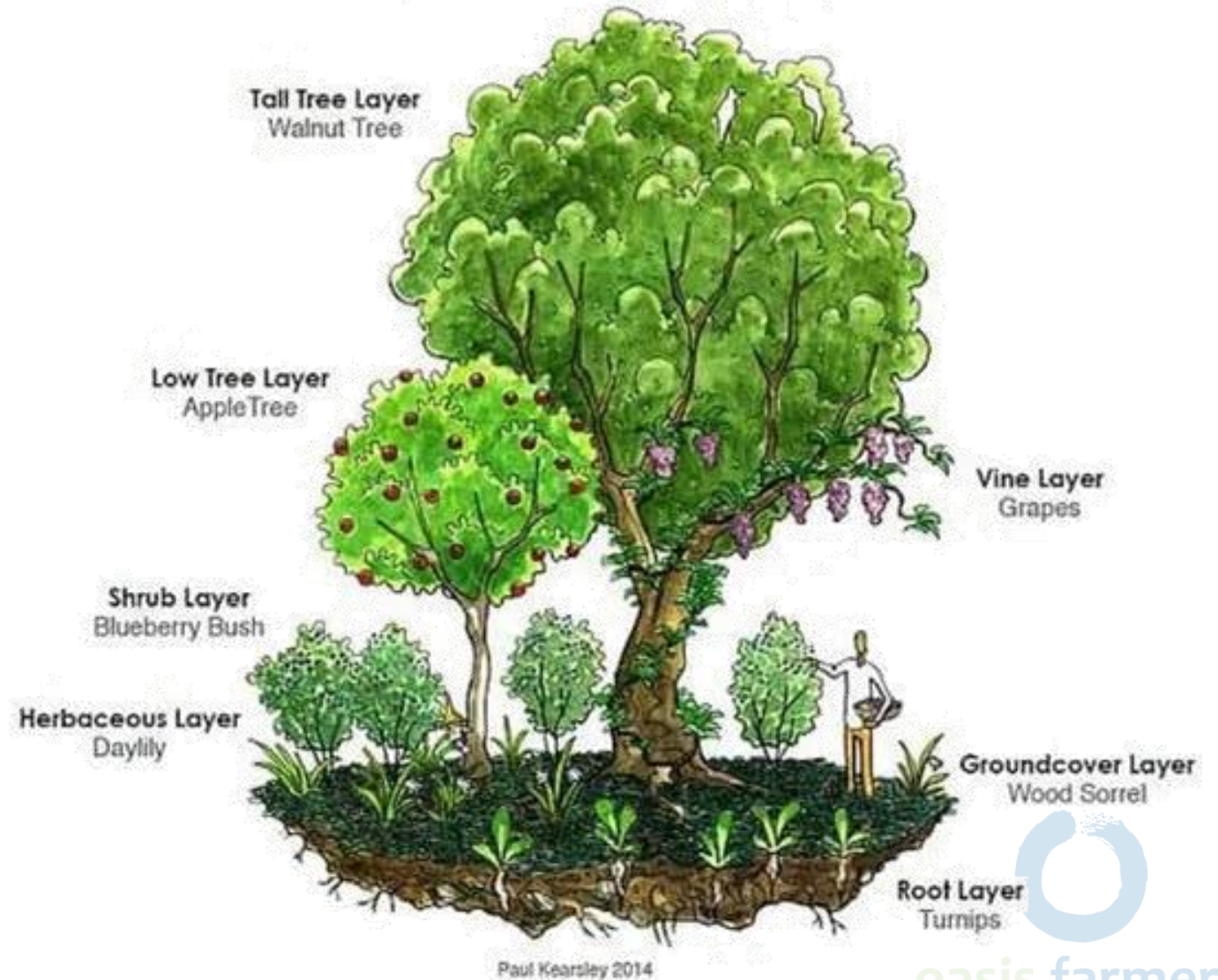


Chestnut tree



# The layers of a food forest

- Overstory
- Understory
- Shrubs
- Herbs
- Roots
- Groundcover
- Vines
- Fungal
- Animals
- People





# Hardy kiwi

- Grows grape-sized kiwis without fuzz
- Vigorous vine can quickly cover a trellis
- Beautiful variegated leaves
- Requires male and female plants
- Can be used to create a visual screen





# Walking onions

- Creates underground bulbs like normal onions
- Also “top-sets” onions after flowering
- Propagates itself by “walking”
- Can repel pests
- Anti-bacterial properties



# Sea Buckthorn

- Berries are high in protein, vitamin C, and vitamin E
- Tea from leaves
- Nitrogen fixing
- Dynamic accumulator and chop and drop mulch plant
- Can tolerate dry, sandy, poor, and salty soils
- Can be used in land restoration projects for erosion control
- Great in windbreaks
- Animal fodder
- Bird food and habitat
- Oil good for skin and topical wounds



Photo credit: Anna Mathis

# Meeting community needs



Food Security & Climate Resiliency



Community Building



Sustainability & Biodiversity



Health Benefits



Employment Opportunities



# Why food forests at churches?



To respond to human need by loving service



Creation Care



Community Hubs



Underutilized Land

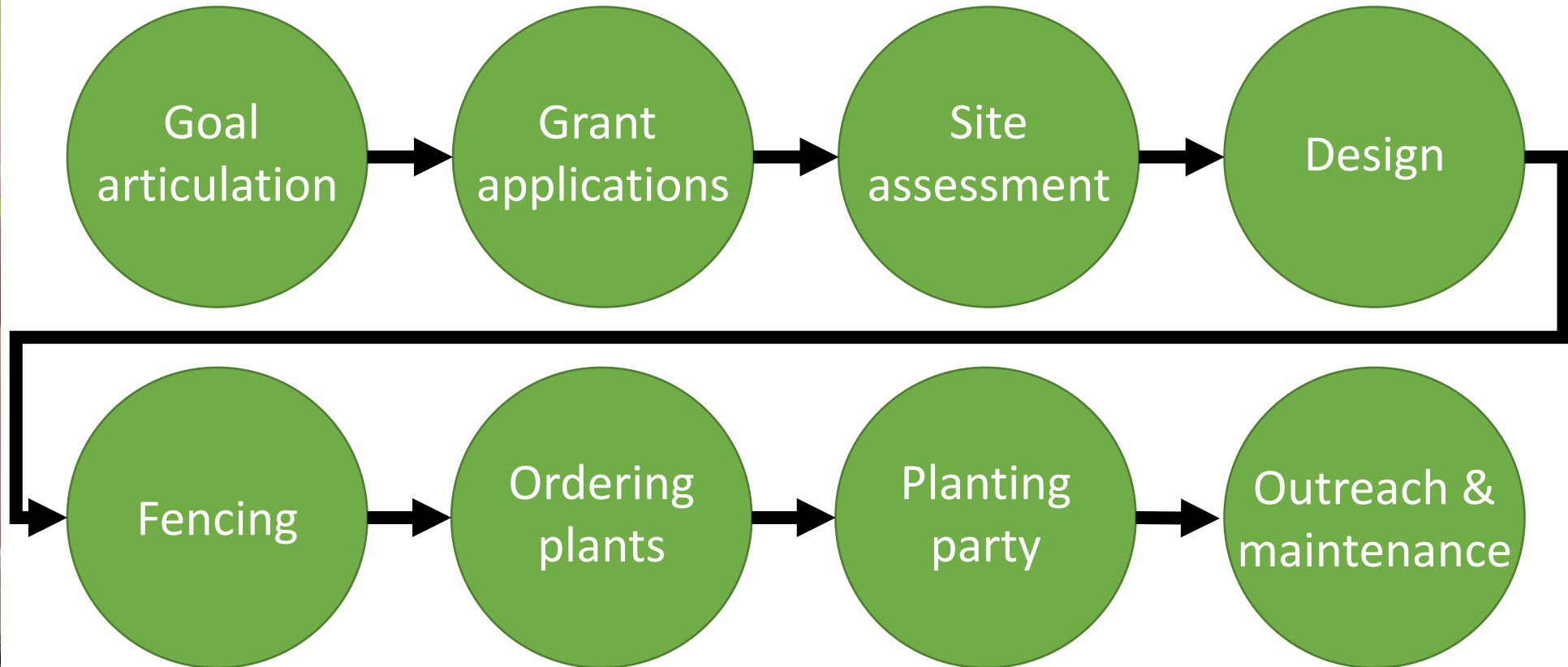


Eligible for Grants



Photo credit: Mikhail Nilov

# Building a community food forest



# Costs and funding

## St. Mary's Community Food Forest

| <u>Expenses</u>  |                 | <u>Income</u>                   |                 |
|------------------|-----------------|---------------------------------|-----------------|
| Deer fence       | \$ 9,500        | Community Food Action           | \$ 4,000        |
| Plants           | \$ 3,000        | Community Investment Fund       | \$ 3,500        |
| Picnic tables    | \$ 600          | Fred. Community Foundation      | \$ 3,300        |
| Irrigation kit   | \$ 600          | Anglican Diocese of Fredericton | \$ 3,000        |
| Excavator rental | \$ 600          | Memorials                       | \$ 1,100        |
| Workshops        | \$ 300          | Tax back                        | \$ 900          |
| Compost          | \$ 200          |                                 |                 |
| <b>TOTAL</b>     | <b>\$14,800</b> | <b>TOTAL</b>                    | <b>\$15,800</b> |



# Summer plans for the St. Mary's Community Food Forest

- SEED student: Holly Carter
- Raised beds for annuals
- Pathway and signage
- Perennial gardening workshops
- Cooking classes
- Tours
- Ducks?
- Plant sale: June 3rd



Photo credit: Vifor Monthay

# Thank you

Do you want to grow a garden together?

- Ideas for new projects
  - Food forests
  - Ecological property design
  - Sustainability education
- Funding ideas
- Reading recommendations