

# The Foraged Garden

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*Creating an edible forest garden ecosystem*

by Jake Rayson

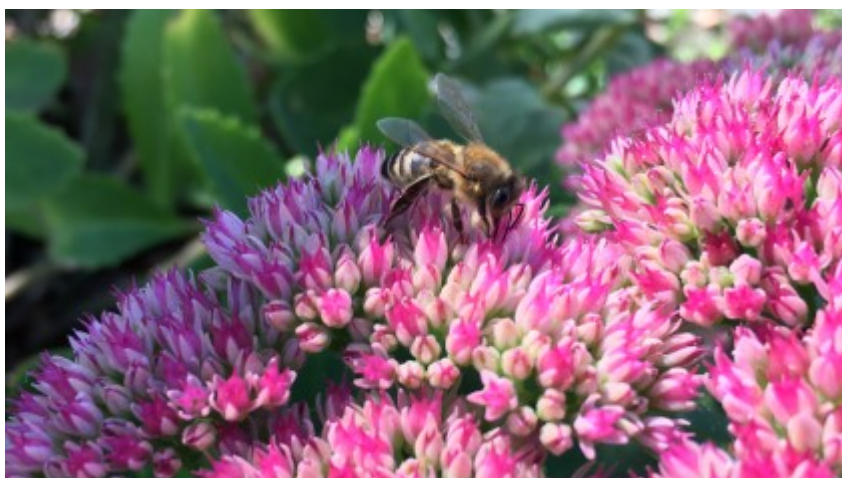
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“Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach”

~ Clarissa Pinkola Estés

## Forest garden definition

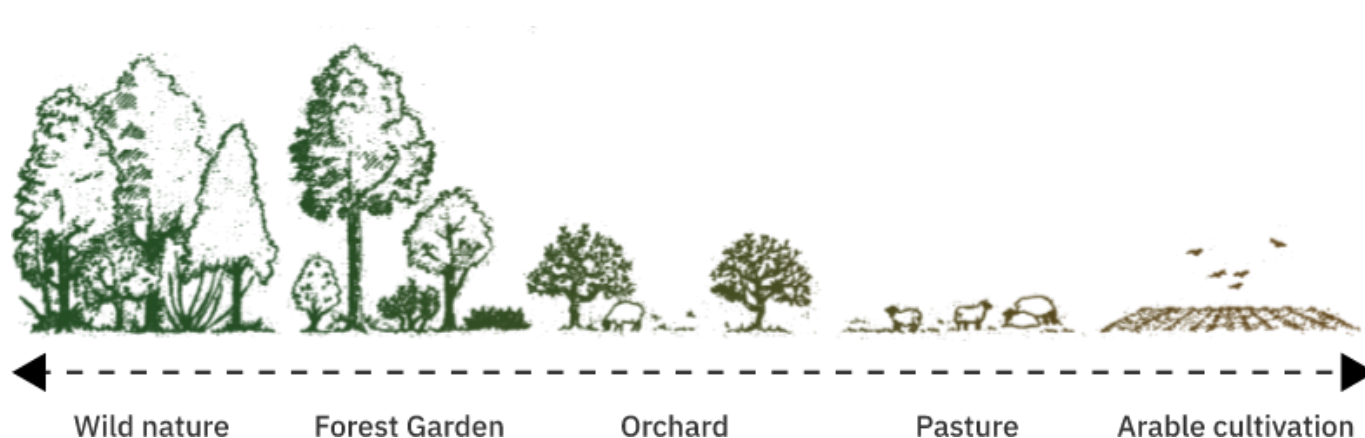
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“An edible ecosystem, growing perennial edible crops, self-sustaining in nutrients & pest control, in a woodland edge wildlife garden”

## Characteristics

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1. Sustainable
2. Productive
3. Wildlife friendly
4. Layers
5. Perennial

## Principles

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1. Work with nature
2. Vegan, organic, natural
3. Native plants where possible
4. People at heart



## Forage

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“Observing nature closely can be a grand passion, but tasting moves that relationship beyond the platonic... Through the medium of wild plants, the minerals of the places I love have been knit into my bones.”

~ Margit Roos-Collins, [The Flavors of Home](#)

## Nurseries

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Choose locally grown if you can, to support [ecoregion](#) genetic diversity & local economy.

- [Celtic Wild Flowers](#) - Swansea, UK
- [The Wildflower Nursery](#) - Pembs, UK
- [Norfolk Herbs](#) - Norfolk, UK
- [Lincolnshire Pond Plants](#) - Lincs, UK
- [British Wild Flower Plants](#) - Norfolk, UK
- [Agroforestry Research Trust](#) - Devon, UK
- [Mintopia](#) - National Plant Collection of Mentha, Cheshire, UK

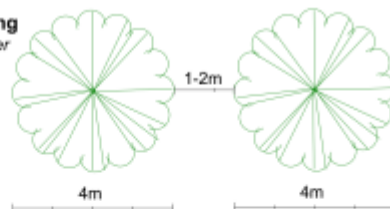
## Practical tips

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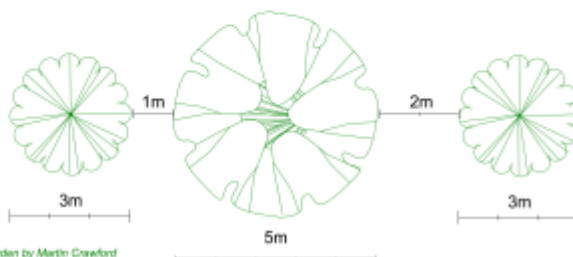
### Forest Garden tree spacing

$\frac{1}{4}$  to  $\frac{1}{2}$  average canopy diameter

Example 1



Example 2



Inspiration: *Creating a Forest Garden* by Martin Crawford

*Click for hi-res*

- Paths access all areas
- [Tree spacing](#)
- [Windbreaks](#)
- [Ground cover](#)
- [Nutrients](#)

# Reference

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- [Plants For A Future](#)
- [Plant Atlas](#)
- [Database of Insects & their Food Plants](#)
- [Backyard Larder](#)
- [Incredible Vegetables](#)
- [foodforest.garden](#)
- [Stephen Barstow](#)
- [The National Allotment Society](#)
- [The Orchard Project](#)
- [Social Farms & Gardens](#)