



Food Forest Resources

Food Forests have been utilized for centuries in all cultures of the world. Knowing what you and your family like to eat, experimenting with new plants, and understanding the environmental patterns of your property are your best guides. Enjoy the beauty and bounty while contributing to the diversity, stewardship, and resilience of our planet. Fortunately, there are many sources for referencing information on Food Forests. Several are listed below.

Books:

- Crawford, Martin, 2010: [Creating a Forest Garden: Working with Nature to Grow Edible Crops](#)
- Hemenway, Toby, 2000: [Gaia's Garden -A Guide to Home-Scale Permaculture](#)
- Ohlsen, Erik, 2023: [The Regenerative Landscaper – Design and Build Landscapes that Build the Environment](#)
- Shein, Christopher, 2013: [The Vegetable Gardener's Guide to Permaculture Creating an edible ecosystem](#)
- Todd, Michael, 2023: [For the Love of Pawpaws - A Mini Manual for Growing and Caring for Pawpaws from seed to table](#)
- Toensmeier, Eric, 2007: [Perennial Vegetables: From Artichoke to Zuiki Taro, a Gardener's Guide to Over 100 Delicious, Easy-to-grow Edibles](#)

ONLINE sources:

- <https://www.growingwithnature.org/shrub-layer-food-forest/>
- <https://www.calfloranursery.com/plants/amelanchier-alnifolia/>
- <https://dailyacts.org/faq-items/food-forests/>
- <https://awaytogarden.com/fruitful-landscapes-the-start-of-a-food-forest-with-michael-judd/>
- <https://www.edibleforestgardens.com/about-forest-gardening>
- https://www.savingwaterpartnership.org/garden_tour_stops/totally-unexpected-food-forest/