

# A selection of plants to include in a food forest

- Pear trees  
- Apple trees  
- Service berry   
- Bay berry   
- Cherry trees  
- Haskap berries  
- Blue berries   
- Rhubarb 
- Day lillies  
- Lupins  
- Yarrow   
- Echinacea   
- Blue Vervain   
- Milkweed   
- Oregano 
- Chives  
- Thyme  
- Native riverbank grape  
- Mushrooms  
- And many more!

-  Full Sun
-  Part shade
-  Nitrogen fixing
-  Pollinator
-  Mulching effect
-  Native to Tantramar

# Helpful resources

## Food Forest and Permaculture Experts:

Estelle Drisdelle from Understory Farms  
<https://understoryfarm.ca>

Permaculture Atlantic Network  
<https://www.permacultureatlantic.com>

## Helpful sources for plants and trees:

**Anderson's Greenhouse** – Fruit trees, perennials, berries and more located in Sackville, NB (506) 536-3094

**Otter Creek Nursery**– Daylillies, bee balm, nut trees, grapes and more located in Port Elgin, NB (506) 538-9946

**Corn Hill Nursery**– Apple trees, pear trees, service berries, haskap berries, blue berries, perennials and more in Corn Hill, NB with delivery services (506) 756-3635

**MacArthur's Nursery**– Perennials, shrubs, trees and more in Moncton, NB (506) 859-2727

For educational resources please visit our website.

<https://eosecoenergy.com/en/food-forest-project/>



# Food Forests in Tantramar

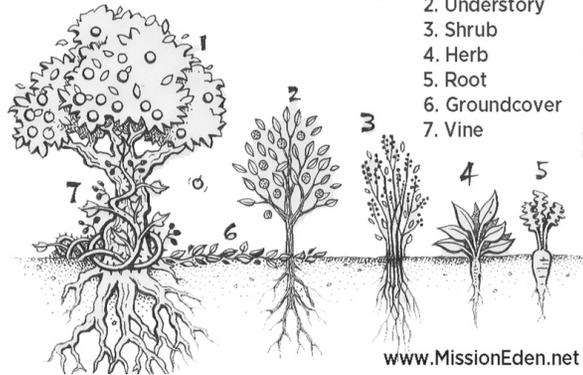
An introduction to design and construction

EOS Eco-Energy  
P.O. Box 6001  
43 Main St.  
Sackville, NB E4L 1G6  
[www.eosecoenergy.com](http://www.eosecoenergy.com)  
[eos@nb.aibn.com](mailto:eos@nb.aibn.com)

# What is a food forest?

A food forest is an edible garden plot composed of trees, shrubs, herbs, vines, native flowers, and even mushrooms, all working together to create a harmonious ecosystem. Gardeners will love that food forests are designed to have as little maintenance as possible, which means minimal weeding!

## Food Forestry Layers



The seven layers of a food forest. Together they help a food forest mimic a natural forest ecosystem.

Plants are specifically chosen for their beneficial properties, including being great pollinators, such as echinacea, or being adept at nitrogen-fixing, such as lupins and bay berry. Other plants, like day lillies, provide the food forest with a natural mulching effect, which helps to prevent weeds. The most important part is that most of the plants, trees, and shrubs are perennial and edible.

The ultimate goal for planting a food forest is to create a sustainable, biodiverse, and viable source of local food production for many years to come.

# Food forest benefits include:



- Producing fresh, nutritious, and abundant local food
- Helping to sequester carbon
- Reducing rainfall run off
- Conserving water (once established, a food forest needs less water than a traditional garden)
- Protecting and restoring soils
- Increasing biodiversity and providing habitat for pollinators
- Building self-sufficiency and resiliency skills
- Connecting individuals with nature and sustainable food production



The food forest at Port Elgin Regional School.

# How to plant a food forest:

1. Start by **researching** permaculture and food forest plants and design. To find more resources, please look at our website.

2. Get **designing!** Try to think about soil and site conditions, light exposure, and how much space you anticipate your plants and trees will need. Select plants to fulfill the seven layers of a food forest, and also include beneficial and native plants. Contact an expert in your area to help you with planning your food forest.

3. **Site prep.** This can involve tilling the soil, or simply using cardboard to create a sheet mulch. Make sure your soil is healthy, and add lots of compost for added nutrients. Add mulch on top (straw, leaves, or eel grass) to keep moisture in your soil. You can prepare your site months in advance.



Site prep at Dorchester Consolidated School

4. **Order** your plants.

5. Get **planting!** Make sure to read the planting instructions and pay close attention to special care for plants such as apple and pear trees.

6. Help your food forest to grow by occasionally weeding, watering, and pruning as needed. Also, don't forget to **harvest!**