

MAKING PERMACULTURE PALATABLE

FL PERMACULTURE CONVERGENCE 2022 | PERMACULTUREFX

THE “WHY” – ESTABLISHING COMMON GROUND

1. TO OFFSET FOOD PRODUCTION COSTS FOR YOUR HOUSEHOLD
2. TO GROW MEDICINAL HERBS AND PLANTS, WHICH BUILD THE IMMUNE SYSTEM
3. TO CREATE A NATURAL HABITAT FOR WILDLIFE
4. TO ESTABLISH A PLACE OF WONDER AND CREATIVITY
5. TO EXPERIENCE PEACE AND HEALING IN THE MIDST OF A CHAOTIC CULTURE



THE “WHAT” = A FOOD FOREST OF PERENNIAL ABUNDANCE

COMMON GOALS

1. TO DESIGN A LOWER-MAINTENANCE FOOD SYSTEM
2. TO HAVE CONTINUAL HARVEST YEAR-ROUND
3. TO MAXIMIZE SPACE, WATER, AND SUN EXPOSURE
4. TO DESIGN A SYSTEM THAT WILL LAST 100 YEARS
5. TO CREATE SYSTEMS THAT HEAL AND REGENERATE HUMANS AND THE LAND ITSELF



THE “HOW” – A FLOWER FOR ONE AND A GARDEN FOR ALL

1. We don't have to suspend one aspect of who we are to display another
2. Our values do not need to be hidden or watered down
3. We need to understand where others are and be humble enough to meet them there
4. A spoonful of sugar helps the medicine go down
5. Sometimes we start with milk and honey before we get to wagu beef and Okinawa sweet potatoes.



EASY AND PALATABLE STEPS FOR SMALL BACKYARDS

(EVEN FOR PEOPLE IN SUBURBIA)

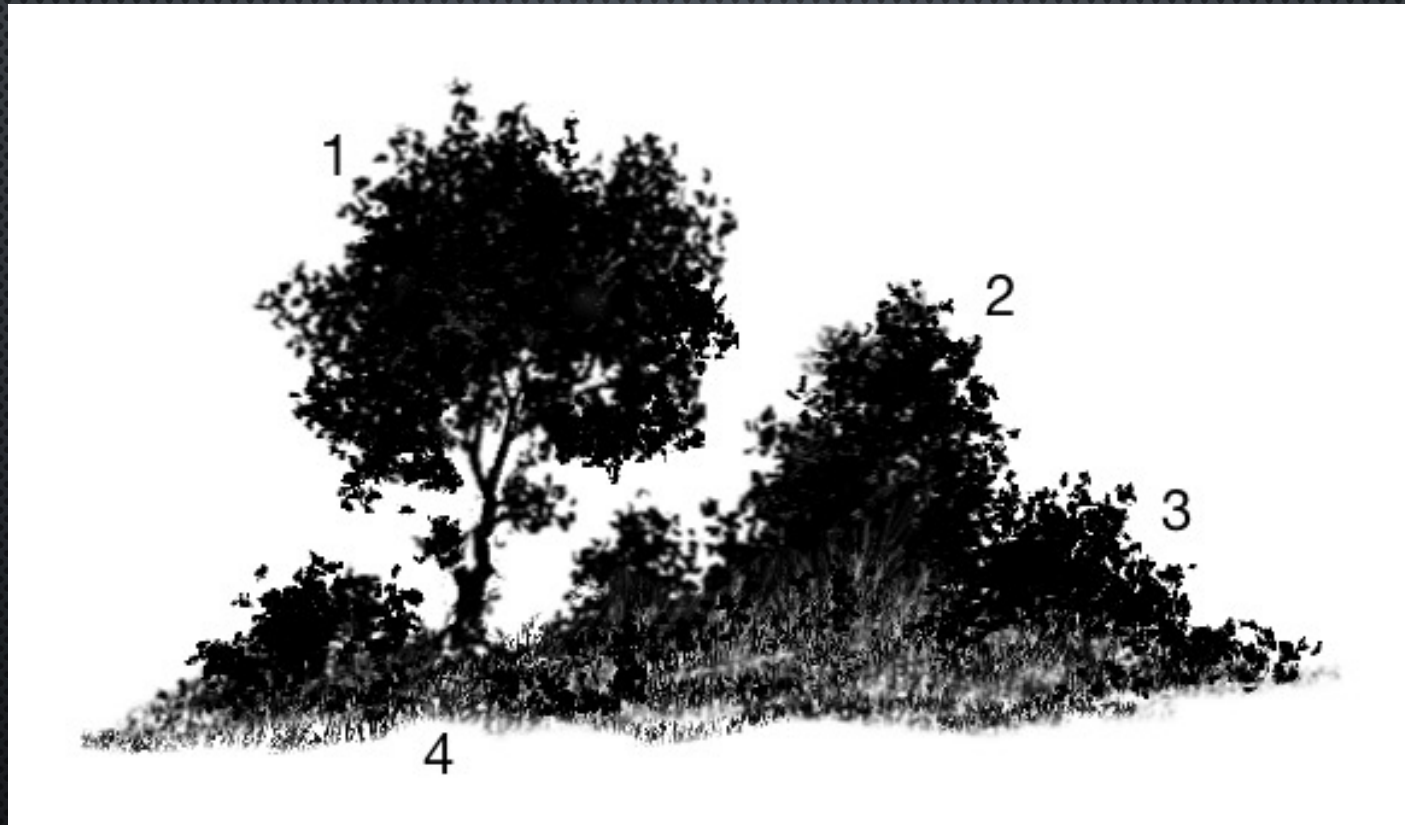
STEP 1: ASSESS THE SITE AND PREPARE THE SOIL

- DETERMINE APPROPRIATE SUN EXPOSURE AND WATER ACCESS FOR YOUR FOOD FOREST SITE.
- SOIL PREPARATION METHODS
 - WOOD-CHIPPING / LAYER MULCHING
 - SOLARIZING
 - HORICULTURAL VINEGAR

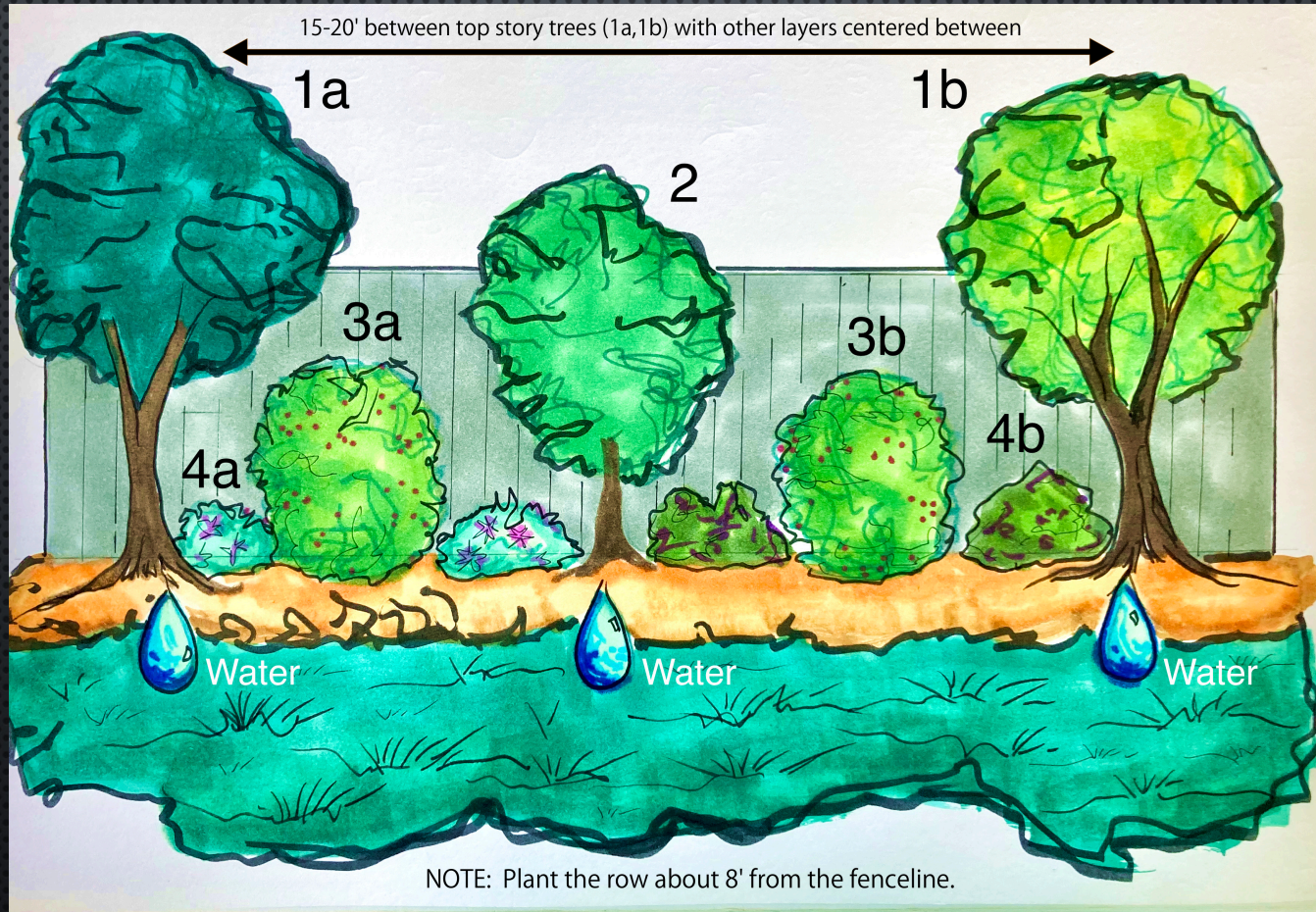
STEP 2: DETERMINE YOUR DESIGN & PLAN AHEAD

- SIMPLE SYSTEM (3 OR 4 LAYERS VS 7 LAYER SYSTEM)
- DRAW OUT YOUR PLAN (OR HIRE THIS PART) AND DETERMINE A FEW KEY FACTORS
 - 1 – WHAT'S YOUR BUDGET?
 - 2 – HOW MUCH TIME WILL YOU REALISTICALLY SPEND WEEKLY MAINTAINING IT?
 - 3 – WHAT CAN YOUR SOIL CURRENTLY SUSTAIN?
 - 4 – WHAT IS THE BEST PLACEMENT FOR THE APPROPRIATE PLANTS?

GIVE THEM A SIMPLE FOOD FOREST SAMPLE



PATTERNING FOR SMALL BACKYARDS



STEP 3: PLANT CANOPY TREES & GROUND COVERS

- SEED ANY EXPOSED SOIL WITH A GROUND COVER MIX
- PLANT TOP-STORY TREES AND NITROGEN FIXING SPECIES
 - MULCH AROUND THE BASE OF YOUR FRUIT TREES USING THE LAYER MULCHING METHOD.
 - SEE BLOG POST AT PERMACULTUREFX.COM FOR DIAGRAM

STEP 4: PLANT NITROGEN FIXING TREES & BIOMASS ACCUMULATORS (POSITION 2)

- PIGEON PEA
- CHRISTMAS CASSIA
- MORINGA
- MEXICAN SUNFLOWER
- CANDLESTICK CASSIA



STEP 5: PERENNIAL SHURBS (POSITION 3)

- THIS LAYER WILL FURTHER PROTECT YOUR SOIL & IS OFTEN THE MOST PRODUCTIVE
- PERENNIAL POLLINATORS



STEP 6: FILL IN REMAINING AREAS & CHECK LEGUME RATIOS

- 1:1 IS IDEAL, BUT IS SOMETIMES UNREALISTIC FOR SMALLER SPACES
- 1/3 OF CANOPY TREES SHOULD BE LEGUMES OR BIOMASS ACCUMULATORS
- ADD BOTH PERENNIAL AND ANNUAL LEGUMES
- COPPICING VS POLLARDING TREES

WHEN HELPING OTHERS IN A SMALL SUBURBAN SPACE

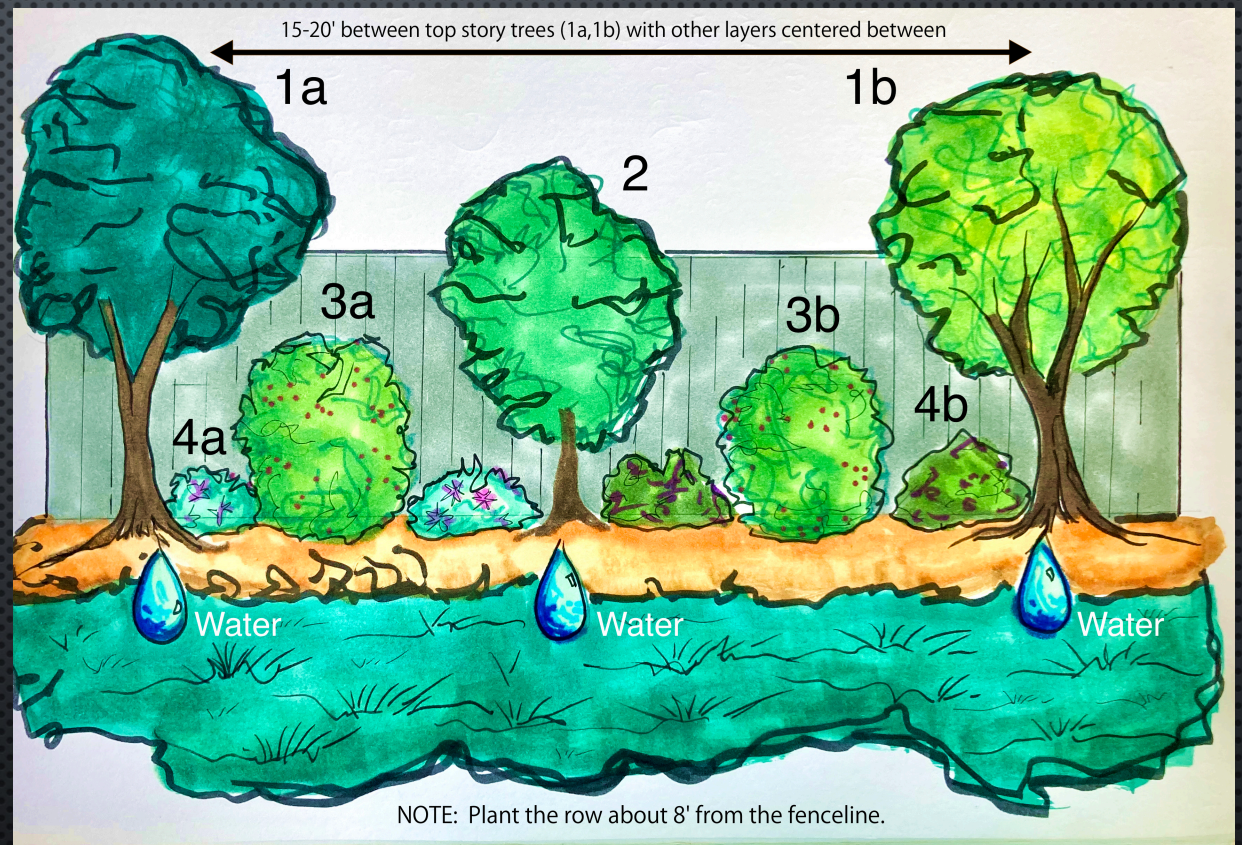
- FOCUS ON REPEATING PATTERNS
- CONSIDER MAXIMUM GROWTH HEIGHTS
- KNOW THEIR NEIGHBORHOOD REGULATIONS
- CONSIDER THEIR NEIGHBORS AND THEIR LINE OF SIGHT
- COMPLETE AN AREA BEFORE MOVING ON TO THE NEXT

EXAMPLES OF SPECIES FOR A SUBURBAN FOOD FOREST

LAYER 1: CANOPY

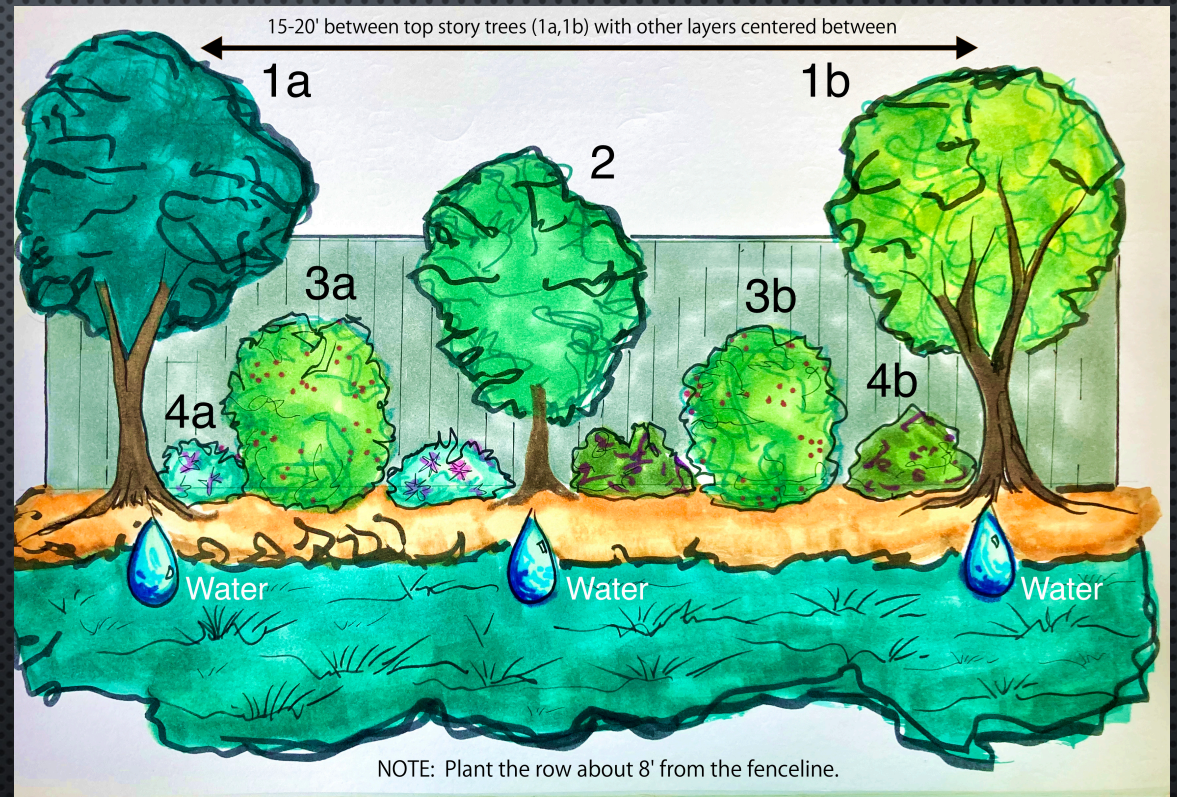
BEST FRUIT TREES TO PLANT IN THE FALL OR WINTER

- PEACH
- PLUM
- NECTARINE
- LOQUAT
- MULBERRY
- OLIVE



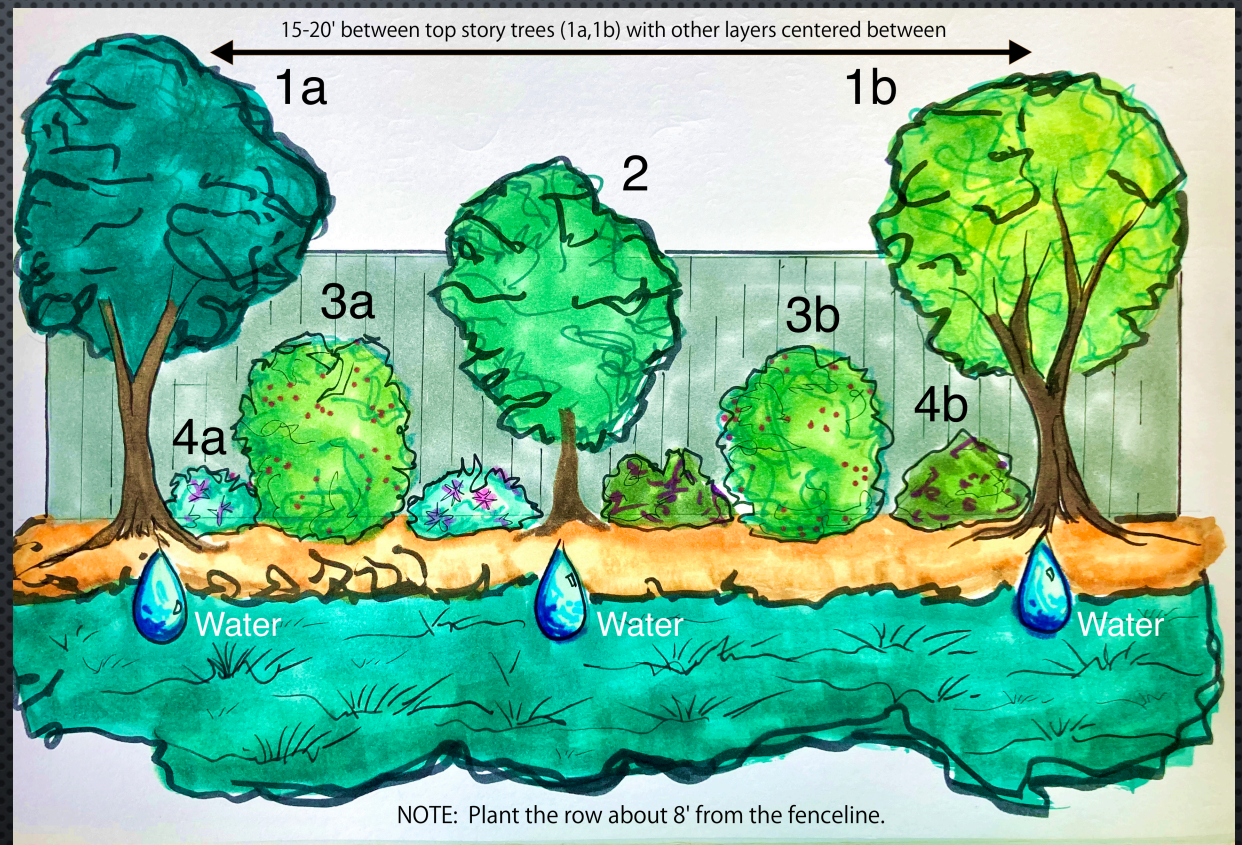
LAYER 2: BIOMASS & NITROGEN FIXERS

- MORINGA
- TAMARIND
- PIGEON PEA
- MEXICAN SUNFLOWER



LAYER 3: SHRUBS & BERRIES

- BARBADOS CHERRY
- YELLOW STAR CHERRY
- SWEET ALMOND SHRUB
- CHERRY OF THE RIO



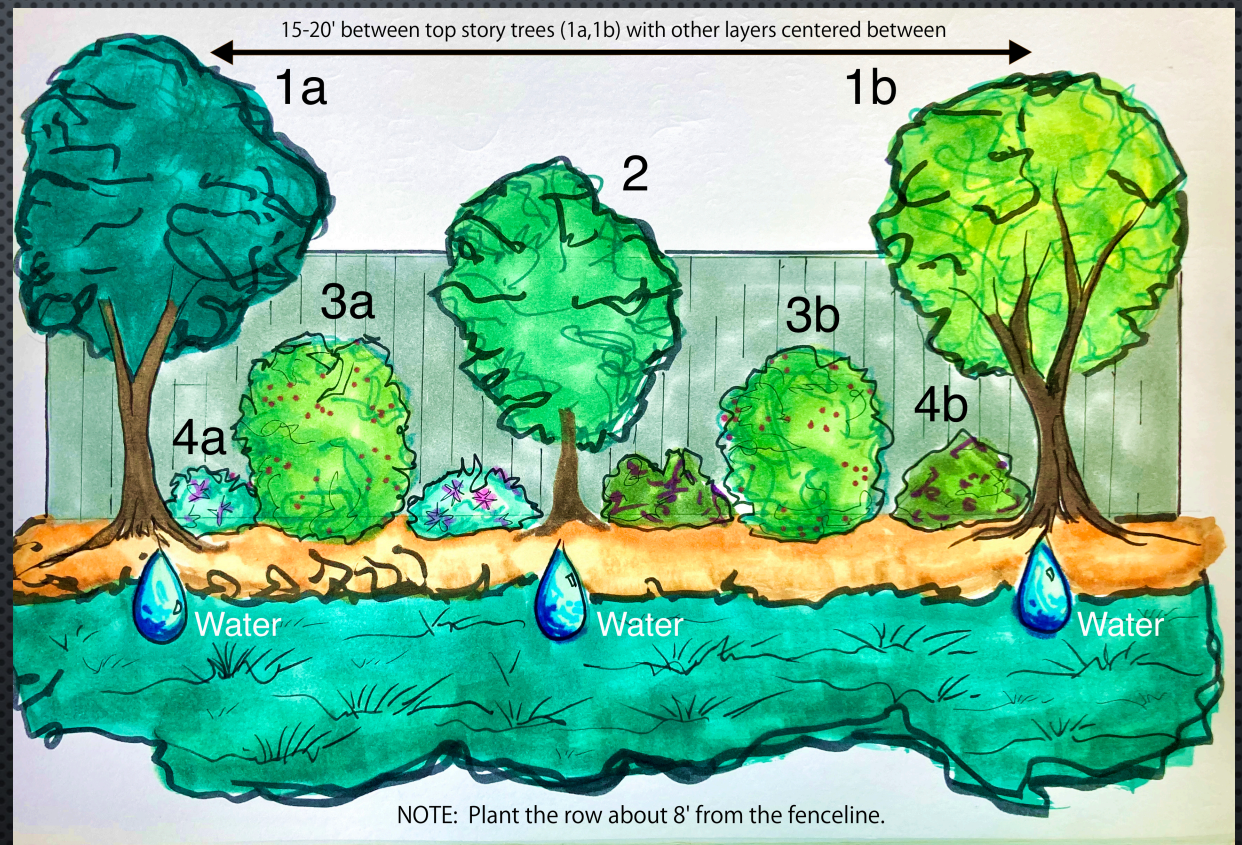
LAYER 4: HERBACEOUS

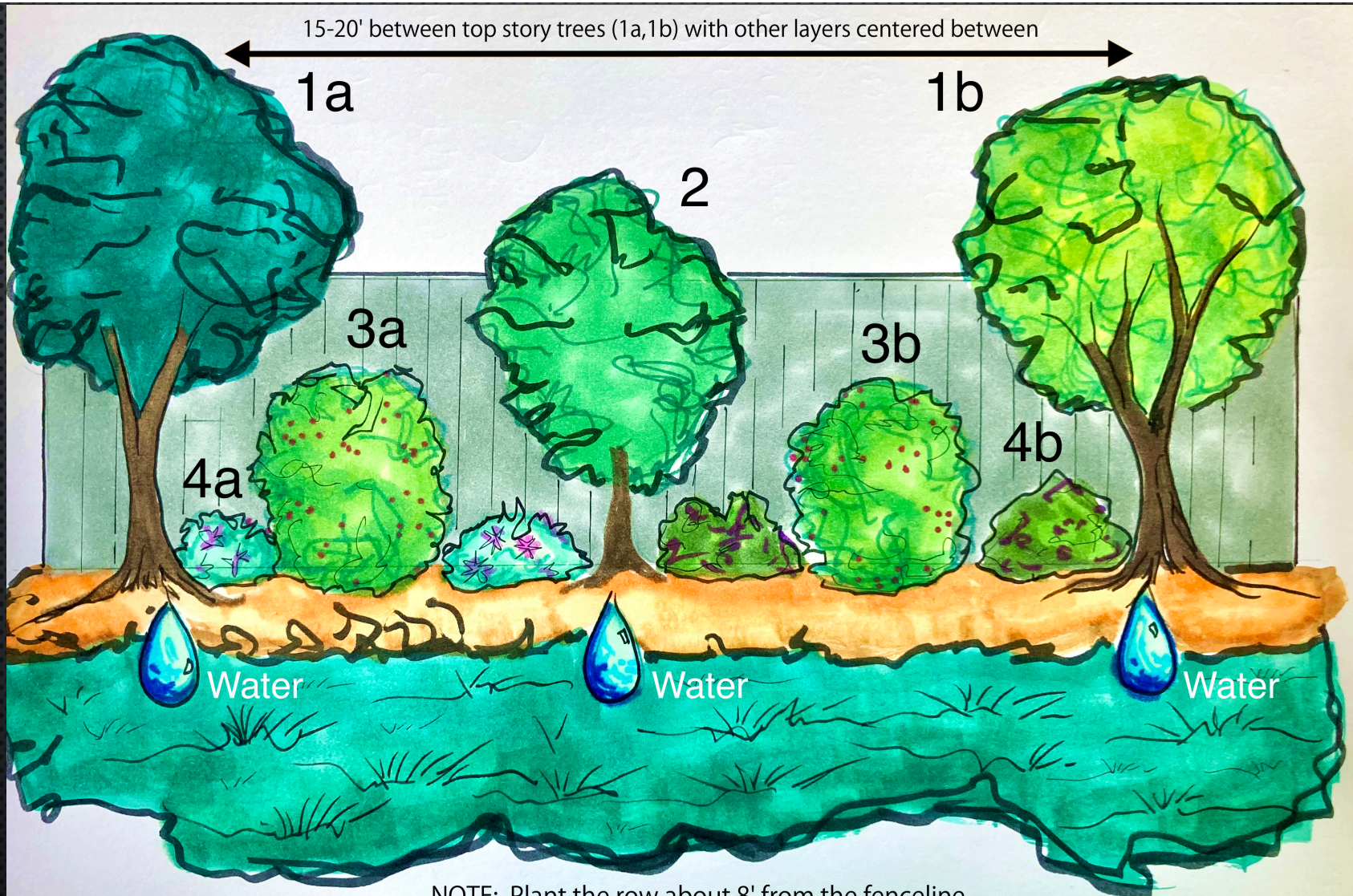
TROPICAL SPINACHES

POLLINATORS

- COREOPSIS
- PERENNIAL PEANUT
- SUNSHINE MIMOSA
- CONEFLOWER
- FIRE BUSH

EDIBLE HYBISCUS





NOTE: Plant the row about 8' from the fenceline.

FOR MORE INFORMATION,
FREE BLOGS, & MONTHLY TO-DO LISTS...

WWW.PERMACULTUREFX.COM





A Natural Farm
Current Price List



PermacultureFX
Blog and Consultations