

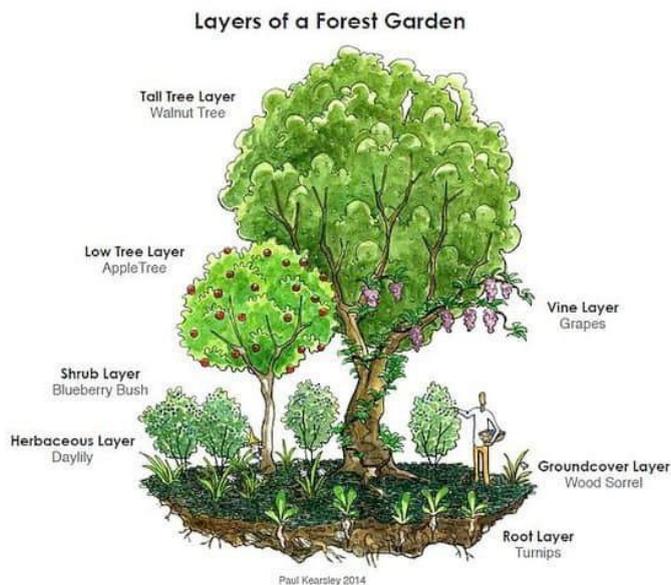
Community Food Forest Gardens of Wipkingen

(v1.0, updated 09:20, 24 Oct 2020)

Imagine, food growing everywhere across Wipkingen! Berries, fruits, nuts, herbs, medicinal plants, not only for us humans but also an invitation and treat for other species like birds and small animals. What if we had less manicured, high maintenance, and polluting monoculture lawns and more edible biodiverse forest gardens that need low or zero maintenance? Can't Wipkingen be more green and edible at the same time?! Yes, by creating community forest gardens!

What is a community food forest garden?

A community food forest garden is not only a beautiful, biodiverse, communal space that is in harmony with humans and other beings, but also a way of growing food where nature does most of the work for you. Modelled on natural woodlands and forests, plant species are grown in different layers from high and medium sized canopy to edible roots, ground cover, herbs, shrubs and vines, such that they are in beneficial relationships to each other. Its not just food and medicine we can harvest from the forest garden, there are many more yields. Through careful planning plants are chosen which have beneficial effects on each other, attract beneficial insects and create a healthy biodiverse rich system that maintains its own fertility. Once established, it requires very little digging, weeding, manual watering or pest control (minimal or zero maintenance) and the main work will be harvesting!



Benefits of a Food Forest:

- Urban food production
- Introduction of woody species can serve as carbon sinks within cities, supporting cities to reach their climate targets.
- More trees and useful crops can combat urban heat waves by reducing average temperatures.
- Complexity in vegetation increases plant bio-diversity
- Creates educational opportunities for children & adults [ref]
- Enhances health and wellbeing attributes of people & spaces.
- Creative greening and utilisation of existing unused space.
- Creates wildlife habitat and brings in pollinators.
- Community building through collective work, learning, sharing, and other events.

Project Deliverables:

1. Digitally mapping existing edible/medicinal vegetation (bushes, trees, etc) in Wipkingen (early-2021)
2. Training of at least 10 forest gardeners by early-2021. These trained forest gardeners will try many others during summer and autumn 2021.
3. Design & implementation of 5-10 community forest gardens in Wipkingen by end-2021.
4. Establishment of a Seedbank for Wipkingen.
5. Several public events & workshops, such as:
 - a. Urban Foraging
 - b. Urban Food Production (with food forests & vertical gardening)
 - c. Neighbourhood worm-composting
 - d. Bokashi composting
 - e. Forest Garden Tours
 - f. Harvest Celebrations

Project Costs:

- A. Training of Designers of Food Forest Gardens
- B. Purchase of Saplings / Small Trees
- C. Purchase of raw materials for raised beds, self-water systems, etc
- E. Administration, Marketing & Communication, Community-Building, Publicity

Locations:

- 1. Casa Ubuntu (confirmed)
- 2. Ricardo's schrebergarten allotment (confirmed)
- 3. Wipkingen Stationenweg (to be confirmed)
- 4. Your gardens
- 5. Other public spaces

People Involved:

Janne, Esther, Vera, Ricardo

Local Groups Involved:

Wipkingen fürs Klima and Bhoomi Education

External Mentors:

Rakesh from Roots and Permaculture, Helder from New School Permaculture

Some References:

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- 2. Artmann, M., Kohler, M., Meinel, G., Gan, J. and Ioja, I.-C., (2019) How smart growth and green infrastructure can mutually support each other — A conceptual framework for compact and green cities. *Ecological Indicators*, 96, pp.10–22.

3. Björklund, J., Eksvärd, K. and Schaffer, C., (2019) Exploring the potential of edible forest gardens: experiences from a participatory action research project in Sweden. *Agroforestry Systems*, 933, pp.1107–1118.
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5. Colinas, J., Bush, P. and Manaugh, K., (2019) The socio-environmental impacts of public urban fruit trees: A Montreal case-study. *Urban Forestry & Urban Greening*, 45, pp.1-13.

FAQ (Coming soon)

German Version (coming soon)