Monarch
Food Forest Garden

CREATED AND CARED FOR BY THE MONARCH 4-H CLUB

OUR MISSION IS TO EMBRACE OUR COMMUNITY - ENGAGE WITH OUR NEIGHBORS TO CREATE A FRIENDLY, HEALTHY ENVIRONMENT- EXCHANGE WHAT WE GROW AND MAKE - AND ELEVATE EACH OTHER TO A HIGHER PURPOSE

November 2019

August 2020

Why Food Forests?

- The most efficient way to grow food in a tropical climate

- Uses the least amount of energy for greatest amount of yield

- Maximizes limited space in the urban environment through stacking

- Promotes biodiversity, improves whole system stablility

- Provides a new, regenerative, local economic pathway

- Acts as a research and resource center for the plants suited for our bioregion

- Creates a living classroom to learn from the patterns of nature and gain valuable skills

- Demonstrates how to turn local waste into energy

- Creates food security and strengthens community resilience

    - Center to distribute resources to create gardens in homes and open lots across city

- A long-term food solution with minimal upkeep

- A place for city residents to connect with living systems and participate in the regeneration of flourishing life in our community

We began in the backyard with sheet-mulch garden beds - a regenerative way to build beds using the local waste stream. We layered cardboard, mulch, and compost in the shape of the 4-H clover.

Local mulch is a free resource that builds soil on our sandy, limestone bedrock

Next, we expanded into the open lot nextdoor to create our tropical food forest garden.

The foundation of the food forest is in the soil.

We utilize the local waste stream to build soil with mulch, compost, cardboard, and sargassum seaweed. We provide "living fertilizer" to our plants using nitrogen fixing plants.

Learn more at www.kisstheground.com

Once the mulch was spread, we laid out our coconut lined, clover pathway and began to plant.

Our food forest trail is the shape of the 4-H clover. Designing from pattern to detail, we first lined our trail with local coconut husks, then planted larger tropical trees at the center of each clover leaf, followed by seeds and seedlings well-suited for our bioregion to fill in the understory.

Right plant, right place.

Our focus is on plants that thrive in our bioregion. The majority were propagated for free from cuttings and seeds. A hand-full were obtained from local tree giveaways, and a select few desired favorites were purchased from local growers. Many of these plants provide several services, falling into more than one category below. We've grouped them based on their primary use. At last count in August 2020, there were 85 edible, medicinal, and useful species. Here are the plants growing in our garden after one year.

Fruit, Nut & Spice Trees:

- Mango
- Avocado
- Soursop
- Rose Apple
- Coconut
- All Spice
- Fig
- Breadfruit
- Sugar Apple
- Rollinia
- Ackee
- Jaboticaba
- Canistel
- Carambola
- Red Mulberry
- Calamondin Orange

Medicinals:

- Turmeric
- Butterfly Ginger
- Mojito Mint
- Pineapple
- Plumeria
- Rosemary
- Lemongrass
- Tulsi, Holy Basil
- Heliconia
- Aloe
- Agave
- Black Tea
- Leaf of Life
- African Blue Basil
- Hibiscus: Cranberry, Roselle, Ornamental

Perennials:

- Moringa
- Chaya
- Sugar Cane
- Sisso Spinach
- Longevity Spinach
- Okinawa Spinach
- Optunia
- Katuk
- Shiso
- Calaloo
- Cuban Oregano
- Everglades Tomato

Large Herbs:

- Papaya
- Banana

Support Species:

- Pigeon Pea
- Sun Hemp
- Cassia, Senna alata
- Mexican Sunflower, Tithonia diversifolia
- Royal Poinciana

Ground Covers:

- Sunshine Mimosa
- Perennial Peanut
- Seminole Pumpkin
- Purslane
- Florida Snow
- Molokai Sweet Potato
- Japanese Sweet Potato

Pollinator Species:

- Milkweed
- Giant Milkweed
- Coontie
- Bidens alba
- Zinnia
- Blue Porterweed
- Beautyberry
- Sweet Almond
- Coreopsis

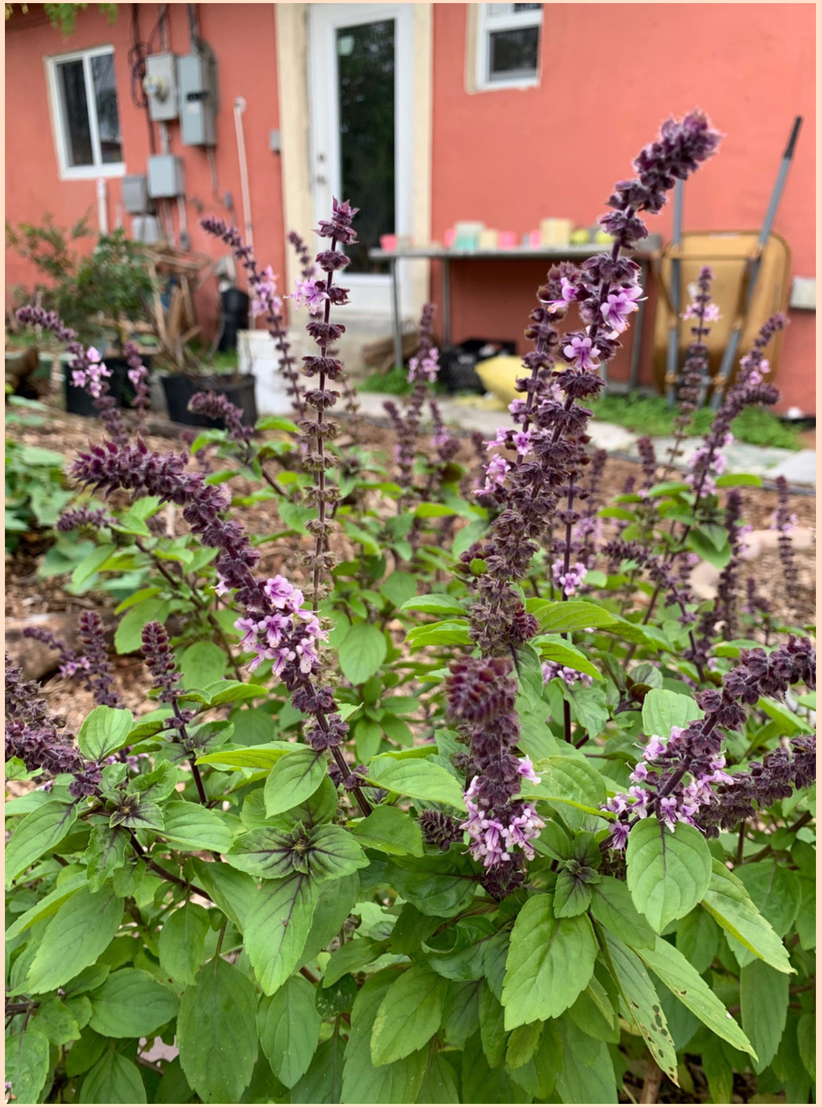
Climbers:

- Blue Butterfly Pea
- Luffa
- Winged Bean
- Cerasse
- Chayote

Annuals:

- Kale
- Arugula
- Boc Choy
- Eggplant
- Peppers
- Okra
- Collard Greens
- Watermelon
- Corn

Our site has no irrigation. We timed planting to align with the beginning of our rainy season. Within a short time, we began to notice substantial growth.




GUARANTEES:
BEST PRICE
NO DOWN
PAYMENT

We planted a calorie cover crop of seminole pumpkins and sweet potatoes to protect the ground, suppress "weeds", build soil, and feed us all summer long.

We are connecting with neighbors through the shared joy in each of us that comes from witnessing the magnificent unfurling of living things.

We are distributing edible and medicinal plants suited to thrive in our place to grow gardens across the city.

Our intention is reciprocity.

In just 9 months, an open lot has transformed into a space to remember what it means to be alive and well in a place.

A place to practice regenerative agriculture and witness the blending the gifts of the urban environment with those of the living world.

We invite you to visit our garden, and experience the possibility of regenerative design in the urban environment.

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Become a food forest friend.

Email - leannbarber@gmail.com for more information.

Thank you to our supporters!

- Broward County Monarch 4-H Club
- Children's Opportunity Group
- Allison Tree Company
- Bartlett Tree Experts
- Broward Water Matters Tree Giveaway
- Eunice Cabrera / EC Counsel PLLC
- Stuart & Wendy - Urban Farm Institute
- Jeff Manchester - Urban Farming Institute
- Gerritt Stryker - Master Gardener
- Richie Siegal - Pineapples in Paradise
- Hubert and Iris Harris
- Keith Dean
- Lawrence Barrett
- Rob Larsen
- Steven Glassman
- Vincent Newman / McArthur High School
- Leann Barber / Made in Broward
- Megan Kelley / The Garden of Growth