

GROW YOUR FOOD

10 reasons why



One

It's easy. Perennial plants are low maintenance and take little effort to produce food & medicine for years.

Two

Growing your own food has a great ROI (return on investment) compared to buying the same foods at the store.

Three

You can create greater food security with a local food system that starts with a food forest & extends indoors.

Four

The taste and flavor of fresh picked fruits, berries, vegetables, & herbs is outstanding.

Five

Spending time in your food forest can reduce stress & anxiety, and create opportunities for meditation.

Six

Planting trees will help reverse deforestation and provide more animal habitats.

Seven

Food forests create diverse ecosystems for nature to flourish and provide more abundance.

Eight

Regenerating soil through perennial agriculture and composting creates healthier plants, foods, & ecosystems.

Nine

You can reduce your consumption of poisons and toxins from chemically sprayed foods.

Ten

Greater freedom is attained through a self-reliant and empowered food system starting in your own yard.

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