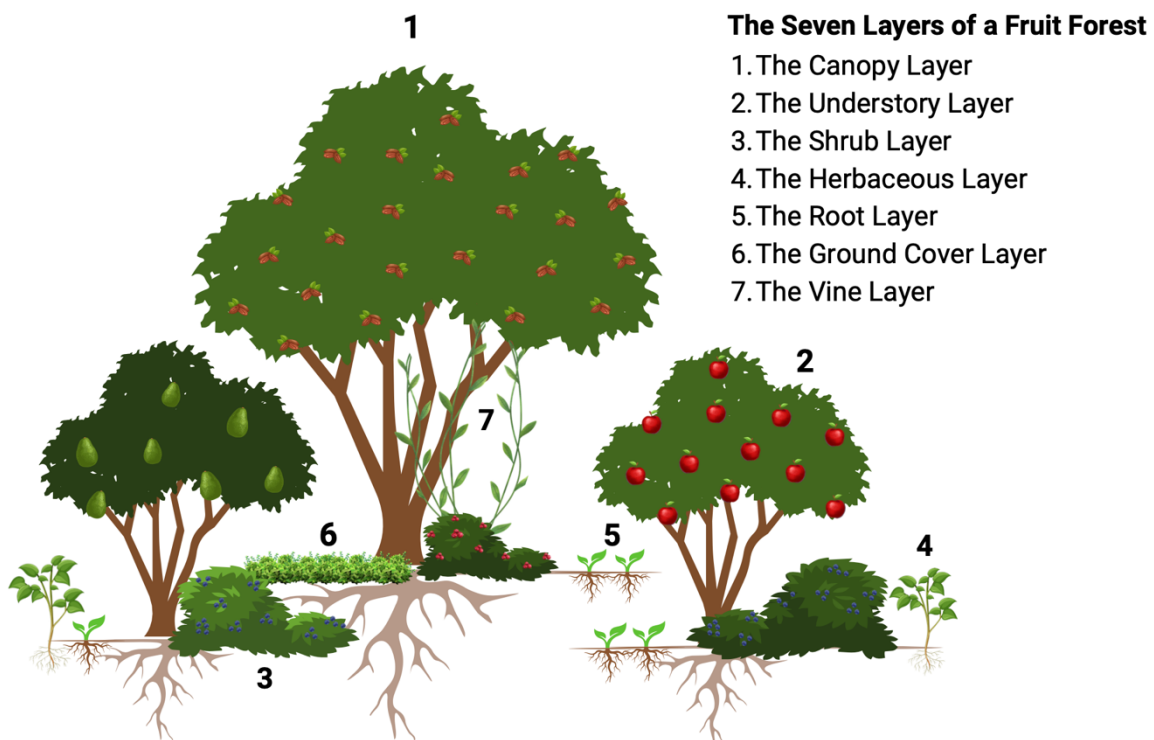


Fruitmommy Food Forests: Transform Your Yard into an Abundant, Eco-Friendly Paradise with Fruitmommy

What is a Food Forest?

A **food forest** is designed to utilize nature's growing patterns as you imitate them in your own backyard. A plot on your property can be transformed into a lush, vibrant, bio-diverse forest that produces fruits, vegetables, herbs, and nuts—all working together in harmony. A fully established food forest has matured plants and will yield maximum produce through *multiple* trees and *many* smaller plants, but even younger trees and plants in a less established food forest will still give a great harvest within the first year and will continue to grow and produce greater amounts! Food forests contain 7 layers in each tree guild, and they fit as many plants as possible within an area without causing competition between the plants. The 7 layers include: the canopy, the understory, the shrub layer, the herbaceous layer, the root layer, the ground cover layer, and the vine layer. These layers provide an array of produce that can support your whole family!

A **tree guild** is a strategic planting arrangement designed to enhance the growth and productivity of a central fruit tree by surrounding it with compatible plants that offer mutual benefits! Food foresting uses this concept, and it creates a community of plants that become their own ecosystem. Each tree guild covers a space of 80 to 100 ft² which provides extremely dense planting within an area. Multiple tree guilds are needed to provide produce for each person, anywhere from 10 to 100, which truly creates a forest. At the center of this "plant community" is a main tree that is then surrounded by multiple "companion plants" – each one chosen to provide specific benefits to help all the others thrive. With food foresting, the trees produce fruit or nuts, and all the companion plants will be edible or produce food as well! The mutual benefits the planting arrangement offers enhance the growth and productivity of all the plants. This approach mimics natural ecosystems, creating a self-sustaining environment that maximizes resources and minimizes the need for heavy maintenance.



Example of 1 Tree Guild:

- **Canopy/Overstory - Main Tree (1):** Pecan Tree
- **Companion Plants:**
 - **Understory (2):** Avocado and apple trees add to the variety of produce and will be smaller than the main tree.
 - **Fruiting Shrubs (3):** Blueberry and California current shrubs thrive in the shade of the pecan tree and will produce additional fruits.
 - **Herbs and Medicinal Plants (4):** Basil, sage, mint, lemon balm, and borage will attract beneficial insects, and supply you with herbs great for cooking and with medicinal properties.
 - **Root Vegetables (5):** Potatoes, beets, carrots, turnips, and onions are deep-rooted plants that will mine nutrients from the soil and provide organic matter when their leaves decompose benefitting all plants in the tree guild.
 - **Ground Cover Layer (6):** Zucchini, Swiss chard, lettuce, collard greens, kale, tomatoes, and sweet potato vine will cover the ground suppressing weeds and improving soil health with its root system.
 - **Vine Layer (7):** Kiwi will climb up the main tree, maximizing vertical space and adding another fruit source.

Each plant in a tree guild will play a specific role in creating a resilient and productive ecosystem in your food forest. This method not only boosts the yield of the main tree but also enhances the overall health and sustainability of the garden.

Why a Food Forest?

Food forests can become extremely resilient spaces with many benefits. One major benefit is, once fully established and functioning, that they do not have to be replanted every year and require minimal maintenance. Being able to plant and then harvest is the goal, with minimal effort needed in between. Plants within food forests support one another and are regenerative; They will naturally replenish themselves and support the other plants within their area. Even if parts become disrupted, they will heal themselves due to the restorative powers the food forest space provides. Food forests are extremely biodiverse and utilize space efficiently to produce a wide variety of crop-producing plants and edible plants. Their biodiversity also allows for a greater variety of beneficial insects in the area, which ultimately helps with pest control. The plants used within a food forest eliminate the need for chemicals and fertilizers by nitrogen fixation, mineral accumulation, and overall enhancement to the area the food forest takes up; It encourages healthier soil. When dead plant material falls to the forest floor insects, worms, fungi, and bacteria work to break down the materials into a natural fertilizer.

When the plants are all intertwined and connected in a supportive space, they are happier. When the plants are happy, they produce more. The natural processes that occur in your food forest will create this fruitful environment for your plants.

- **Environmental Benefits:** Supports biodiversity, improves soil health, conserves water, promotes pollination, and reduces your carbon footprint.
- **Health Benefits:** Provides fresh, organic produce right at your home minus the harsh chemicals. Utilizes natural, organic, holistic, and regenerative processes in your garden.
- **Cost Effective:** Money is not needed for chemical pesticides or fertilizers, and once established, time is not spent on hours of upkeep. Food production increases due to more being grown in the same amount of space.
- **Quantity of Food:** A well-designed food forest can supply a significant portion of your family's food needs. Food forests can produce over 32,000 pounds of food/ per acre a year.
- **Minimal Maintenance:** A fully established food forest is self-regenerative and efficient. The plants utilize their space effectively and support the other plants within the area.



Why Choose Fruitmommy?

- **Proven System:** Over 13 years of creating and using our own products and services, designing and building thriving gardens, and providing plant diagnostics; we know what works and what does not!
- **Expertise:** Extensive experience understanding living soil, microbiomes, mycelium webs, companion planting, the SoCal climate, and how to ensure maximum plant growth and production
- **Natural & Organic Methods:** We create and use only high-quality organic materials and nutrients. We steer clear of any harsh pesticides or chemicals that are bad for both you and the environment

- **Community & Planet Focused:** We aim to benefit the planet and improve health through sustainable gardening, and empower clients to enjoy the self-sufficiency of having their own garden
 - **Pricing:** We give clients access to high-quality products and services at a competitive price, with multiple options
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Our Process: From Concept to Harvest

1. Our first step is to visit you for a home consultation to:

- Determine your ideal microclimate
- Measure the potential area for your food forest
- Identify how many tree guilds (ecosystems) fit in your space

2. Next, we will design your food forest:

- We encourage you to actively help us design your food forest to your liking, providing us with preferences or dietary needs
- We will customize your plant and tree list based on your preferences, the available space, and what we know will do best to create your food forest

3. Lastly, we will install your food forest:

- We will build your soil with proven organic materials to ensure your food forest thrives
 - Planting begins, and we create a dense, productive ecosystem in your backyard
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Quantity of Plants Per Guild:

The 7 layers of the food forest inspire what we plant in your space! Below are the quantities (#) of plants per each layer that will be included, per each guild, in your food forest!

1. Canopy Layer: #1 Main Fruit Tree
 2. Understory Layer: #2 Smaller Fruit Trees
 3. Shrub Layer: #3 Fruiting Bushes
 4. Herbaceous Layer: #6 Medicinal & Culinary Herbs
 5. Root Layer: #10 Root Veggies
 6. Groundcover Layer: #10 Groundcover Veggies and Green Manure Plants
 7. Vining Layer: #2 Fruiting Vines
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PRICE LIST

Fruitmommy Food Forests



15 Gallon Tree Guild

10 Guilds	\$19,000
25 Guilds	\$46,000
50 Guilds	\$92,000
100 Guilds	\$158,000

24" Box Tree Guild

10 Guilds	\$26,000
25 Guilds	\$63,000
50 Guilds	\$127,000
100 Guilds	\$255,000

36" Box Tree Guild

10 Guilds	\$39,000
25 Guilds	\$97,000
50 Guilds	\$192,000
100 Guilds	\$385,000

Note: Additional individual tree guilds may be added to any package for the price of:

15 Gallon Box Tree Guild

24" Box Tree Guild

36" Box Tree Guild