

**THE 7  
LAYERS  
OF A  
FOOD  
FOREST**

@fruitmommy\_



# What are the seven layers of a food forest?

A food forest is a type of agroforestry system that is designed to mimic the structure and function of a natural forest ecosystem. It typically consists of a diverse mix of edible and medicinal plants, as well as animals and other beneficial organisms, all of which work together to create a self-sustaining and productive ecosystem.

The seven layers of a food forest are:



## **1. Canopy layer:**

This is the top layer of the food forest, and it consists of tall trees that provide shade and create a microclimate for the lower layers.

## **2. Subcanopy layer:**

This layer consists of smaller trees and shrubs that grow beneath the canopy trees.



### **3. Shrub layer:**

This layer consists of shrubs and bushes that provide food and habitat for wildlife, as well as help to improve soil structure and fertility.

### **4. Herbaceous layer:**

This layer consists of annual and perennial herbs, such as medicinal plants, culinary herbs, and nitrogen-fixing plants.



## **5. Rhizosphere layer:**

This layer consists of the root systems of plants, which interact with the soil and contribute to its structure and fertility.

## **6. Soil surface layer:**

This layer consists of the top layer of the soil, and it is home to a diverse community of microorganisms, insects, and other invertebrates.



## **7. Vertical layer:**

This layer consists of climbing plants and vines that grow up the trunks and branches of trees and other plants.

In addition to these seven layers, a food forest may also include animals, such as chickens, ducks, bees, and other beneficial insects, which help to pollinate plants and improve soil health.

