



Ancient Food / Future Food

Foraging in the forest garden and
seeing everywhere as a forest garden



Being indigenous...

... where we are part of the Wildlife



Observation





The F's of Foraging in the Forest garden

Plants





Gardens where we are part
of the Wildlife



The Garden

Yields are theoretically unlimited



Plants

Food everyday of the Year

How?



**Food is our medicine,
medicine is our food
'Hippocrates'**

The Future - Urban



Food is everywhere, everyday of the Year



The Future is
nuts!





Yields are theoretically unlimited



Multifunctions



Minimum work for maximum yields



Local resources meet local needs



Cycles



Unused resource= pollution



Stacking (eg in time& space)



Relative location

Applying Permaculture Principles







Future Food! Poulton Woods Forest garden planted 1998

The Future
Ultimate Vision



