

Low-Maintenance Forest Garden Offers 500 Edible Plants

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by [Permaculture Research Institute](#)

Instead of neat rows of monoculture, forest gardens combine fruit and nut trees, shrubs, herbs, vines and perennial vegetables together in one seemingly wild setting.

This type of agroforestry mimics natural ecosystems and uses the space available in a sustainable way.

UK-based [Martin Crawford](#) is one of the pioneers of forest gardening.

Starting out with a flat field in 1994, his land has been transformed into a woodland and serves as an educational resource for others interested in forest gardening.

This short film by [Thomas Regnault](#) focuses on Crawford's forest garden, which is abundant, diverse, edible, and might be one answer to the future of food systems.



See also [How to Design and Build a Forest Garden](#)

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