
NATIVE FOOD FOREST

PUBLIC OUTREACH SESSION

Grace Nombrado
President of Free the Fern Stewardship Society



Public Outreach Session
Thurs, Feb 9 -7pm

Find out how you can be involved! in our Native
Food Forest project. www.freethefern.ca



WELCOME



Free the Fern Stewardship Society is a non-profit whose purpose is:

- to **restore the ecology** of the Champlain Heights Trail System by removing invasive plants and replanting native plants
- to **promote environmental stewardship** through community engagement and education.



Grace Nombrado
Meeting Chair
President of Free the Fern



Erin Knock
Meeting Assistant
Free the Fern Director

ACKNOWLEDGMENT

We gratefully acknowledge that we are on the unseeded territory of the xʷməθkʷəyʷəm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətał (Tseil-Waututh) peoples



AGENDA

What is a food forest

Where it will it be

Who it will it benefit

How you can get involved

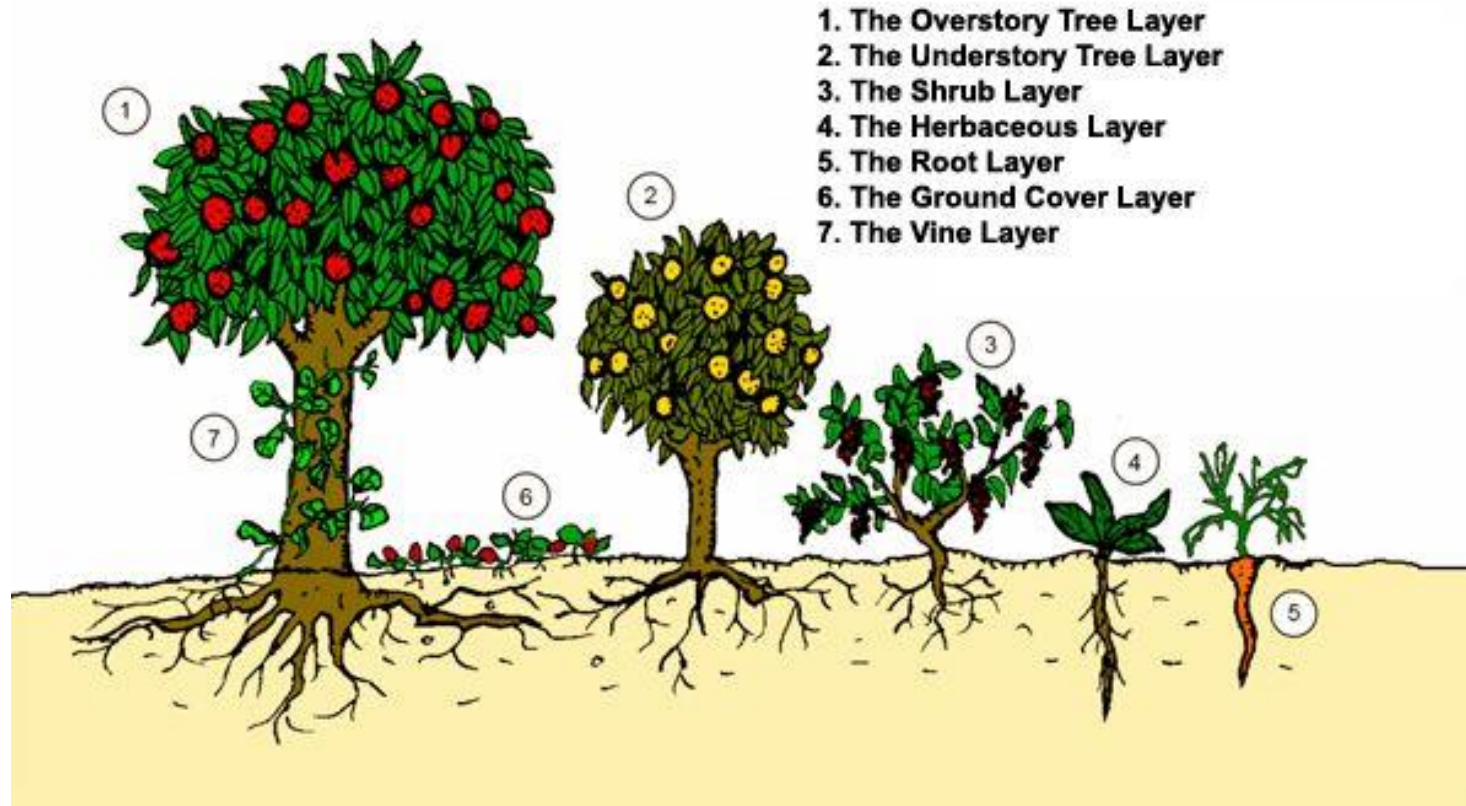
Questions?

WHAT IS A NATIVE FOOD FOREST?

<https://freethefern.ca/what-is-a-native-food-forest/>



The Seven Layers of Every Forest



DESIGN

Based on the science of permaculture, a **food forest is a nature-inspired multifunctional agricultural system** with native fruits, berries, and other edibles. Edible plants are planted up, down and around in a [multidimensional design](#).

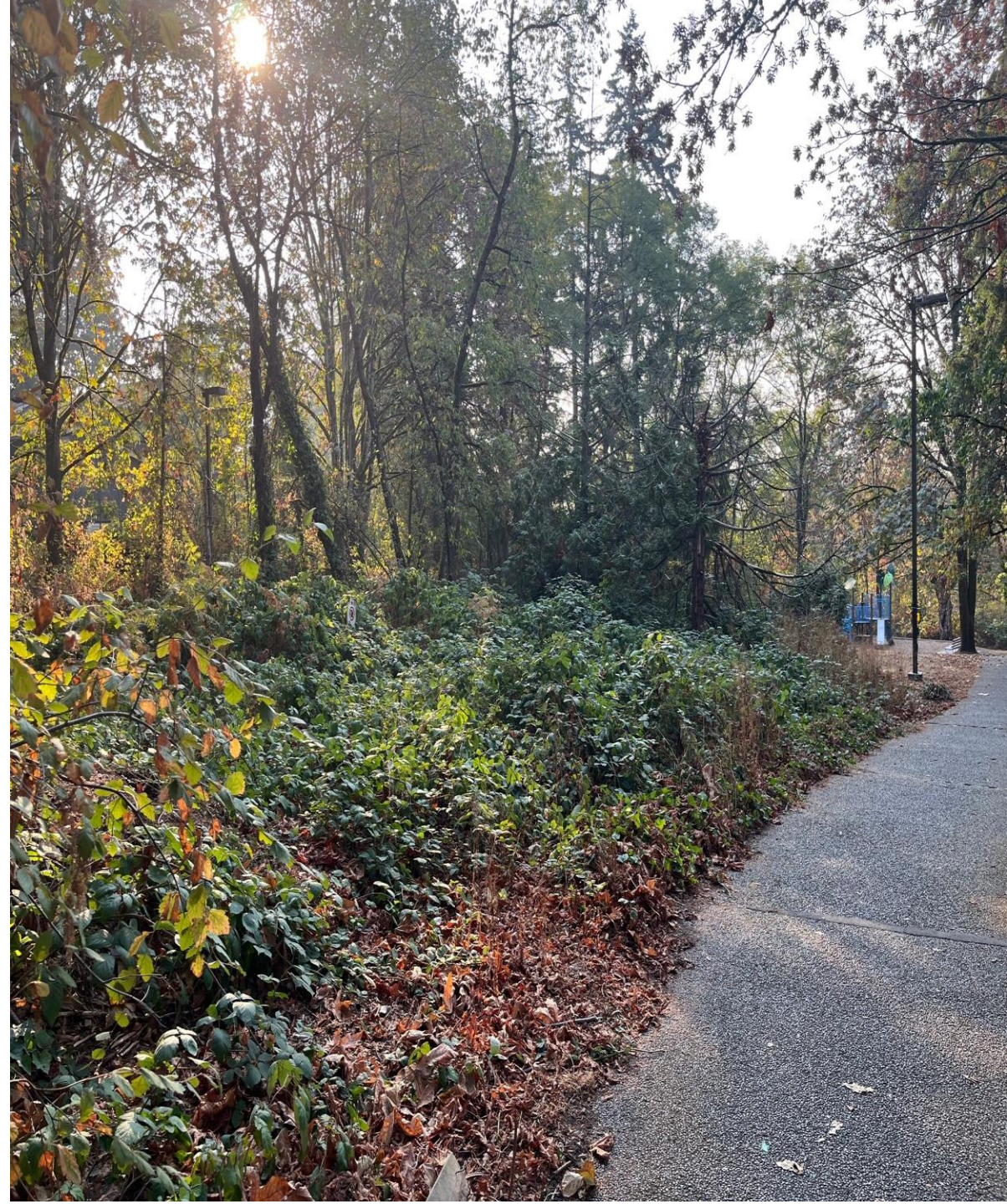


INDIGENOUS

According to Simon Fraser University researchers, ancient forests gardens were once tended by Ts'msyen and Coast Salish peoples living along the north and south Pacific coast. These forest gardens continue to grow at remote archaeological villages on Canada's northwest coast and are composed of native fruit and nut trees and shrubs such as crabapple, hazelnut, cranberry, wild plum, and wild cherries. Important medicinal plants and root foods like wild ginger and wild rice root grow in the understory layers.

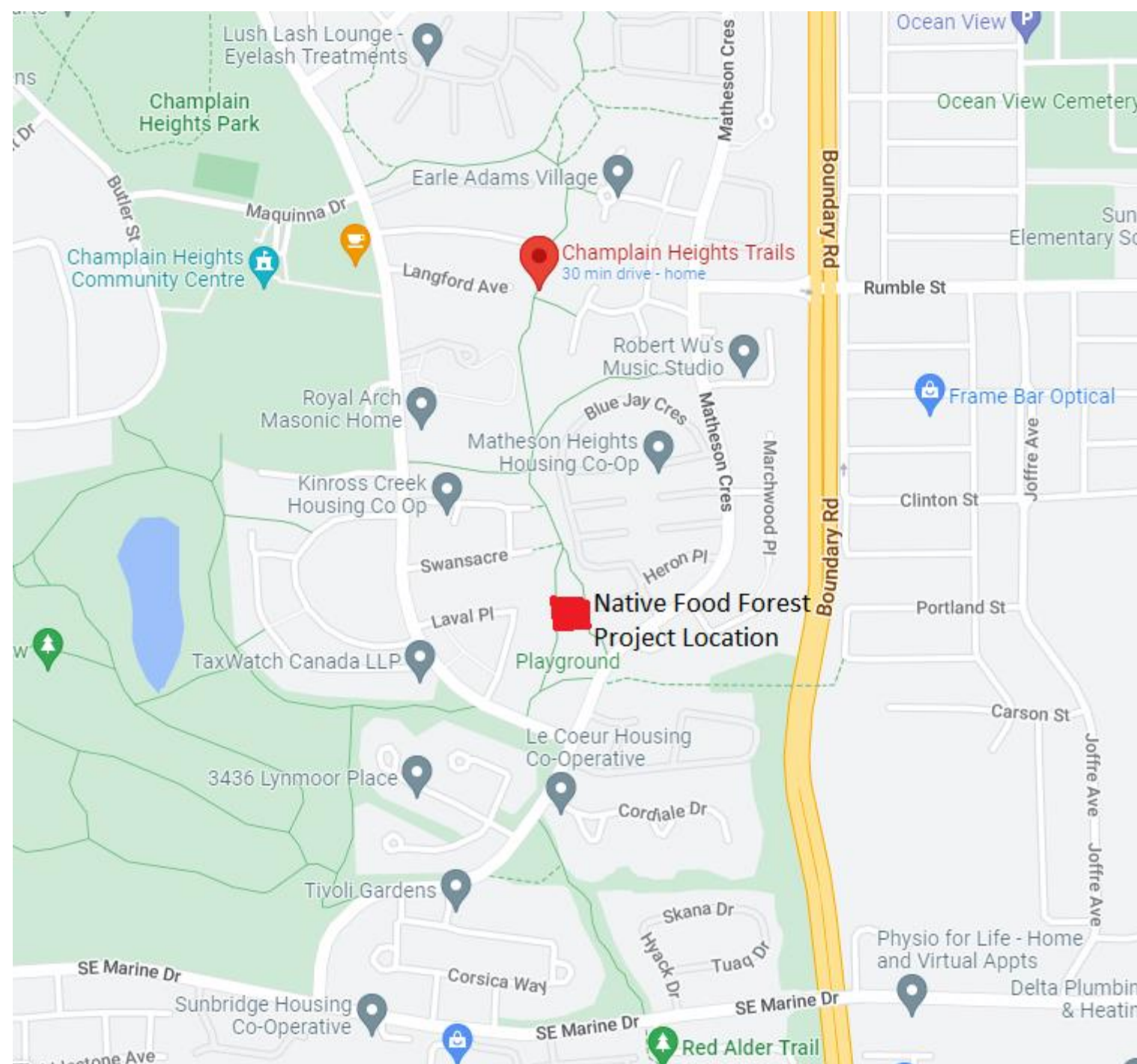
WHERE WILL IT BE?

<https://freethefern.ca/location/>



RED ALDER TRAIL

Our Native Food Forest will be planted on city land, in a 360m² (18mx20m) area, adjacent to the Red Alder Trail, which is part of the [Champlain Heights Trail System](#) in South Vancouver.



INVASIVES

Currently the site is a thicket of invasive Himalayan blackberry and English ivy.

To prepare the site to become a Native Food Forest, Free the Fern will be organizing invasive pulls on the first Saturday of each month in 2023.

WHO WILL IT BENEFIT?





PEOPLE

All kinds of people, from children to seniors, who frequent the trails will benefit from learning and tasting of native edible plants.



BIRDS

Invasive Himalayan blackberry "is bad for birds," said Andy Ferguson, stewardship coordinator with Stanley Park Ecology Society.

"Birds need food all through the summer [but] the blackberry only berries pretty late in nesting season, whereas indigenous plum, thimbleberry, and salmonberry, they berry at different times, so the birds have a more consistent food supply."

POLLINATORS



Art by [Valentina Pagetto](#)

“Food Forests managed by Indigenous peoples in the past (more than 150 years ago) **still provide diverse resources and habitat for animals and other pollinators** and are more rich than natural conifer forested ecosystems”

- *Ecology & Society* Vol 26 No 2

HOW CAN I GET INVOLVED?



<https://freethefern.ca/native-food-forest-events/>



STEWARDSHIP



Monthly Invasive Pulls

Sat, March 4; April 1; May 6; Sept 2
10am-12pm



Native Food Forest Planting & Coastal Wolf Pack

Sat, Oct 21
10am-12pm



ECO-ART



Ivy Weaving Workshop
Sat, March 11 - 10am-12pm & 1-3pm
Joe Boyd



Bird Nesting Cages Workshop
Sat, April 15 – 10am-12pm & 1-3pm
Joshua Ralph

OUTREACH



Native Plant Walk
Sat, May 13 - 10am-12pm
Matthew Williams (Skwxwú7mesh)



Collaborative Planning Event Zoom
Thurs, June 8 - 7-8pm

OTHER ITEMS BUDGETED

- *Accessible tools, including: Fiskars loppers, extendable trowels, and ergonomic hand tools*
- *Truck of topsoil from South West Garden supply*
- *[Dainel Akinshola](#), award winning filmmaker, will film Bird Nesting Cage workshop, Native Plant Walk, and Planting Event.*
- *Refreshments & snacks for volunteers*



TIMELINE

Invasive Removal	Art	Planning	Regrowth	Planting
February	March & April	June	September	October
Begin invasive removal	Use invasive plants to create art at public workshops	Help plan & order native plants	Invasive regrowth removal	Native Food Forest planting event



Questions?

WHERE CAN I BUY NATIVE PLANTS?

Local native plant nurseries



Gardenworks at Mandeville

4746 Marine Dr, Burnaby, BC V5J 3G6



Mike's Edible Oasis

New Westminster, BC V3L 3X1

By appointment only



Coast Salish Plant Nursery

2649 Dollarton Hwy, North Vancouver, BC V7H 1B1



PlanBee Native Plants

22196 61 Ave, Langley, BC V2Y 2P1

By appointment only



Nats Nursery

24555 32 Ave, Langley, BC V2Z 2J5

Wholesale orders only (minimum \$700)



Satinflower Nurseries

741 Haliburton Rd, Victoria, BC V8Y 1H7



SUMMARY

Thank you for your interest in our Native Food Forest project.

You may sign up for any of our upcoming events on our website.

<https://freethefern.ca/native-food-forest-events/>



FREE THE FERN

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