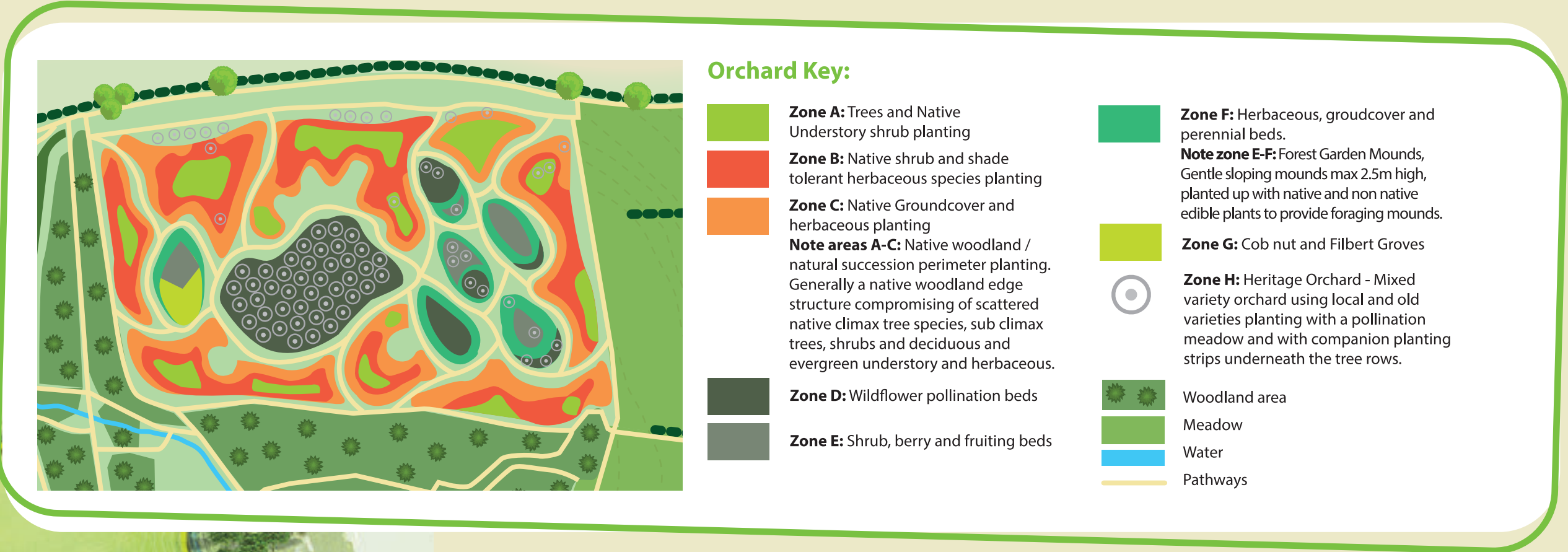
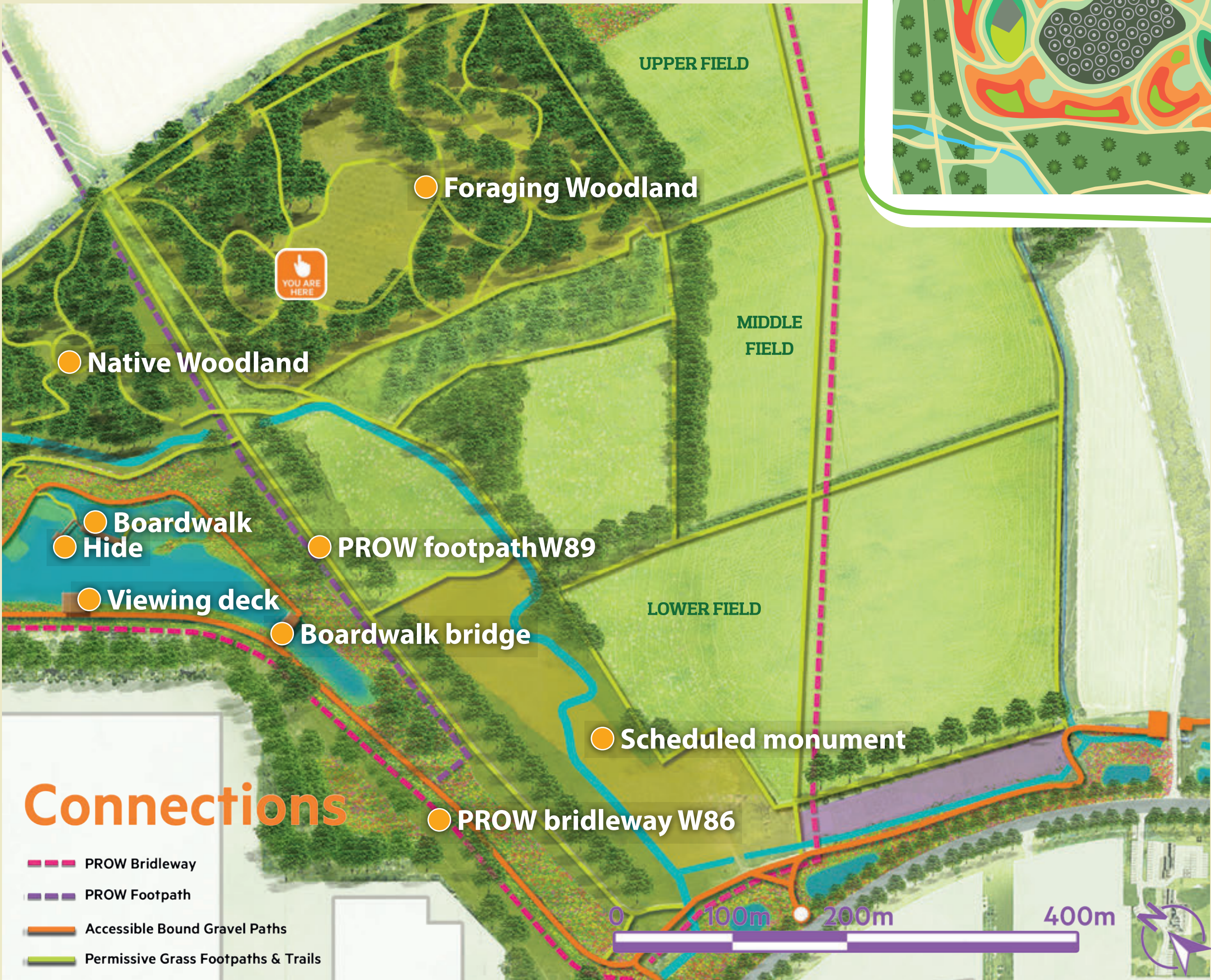


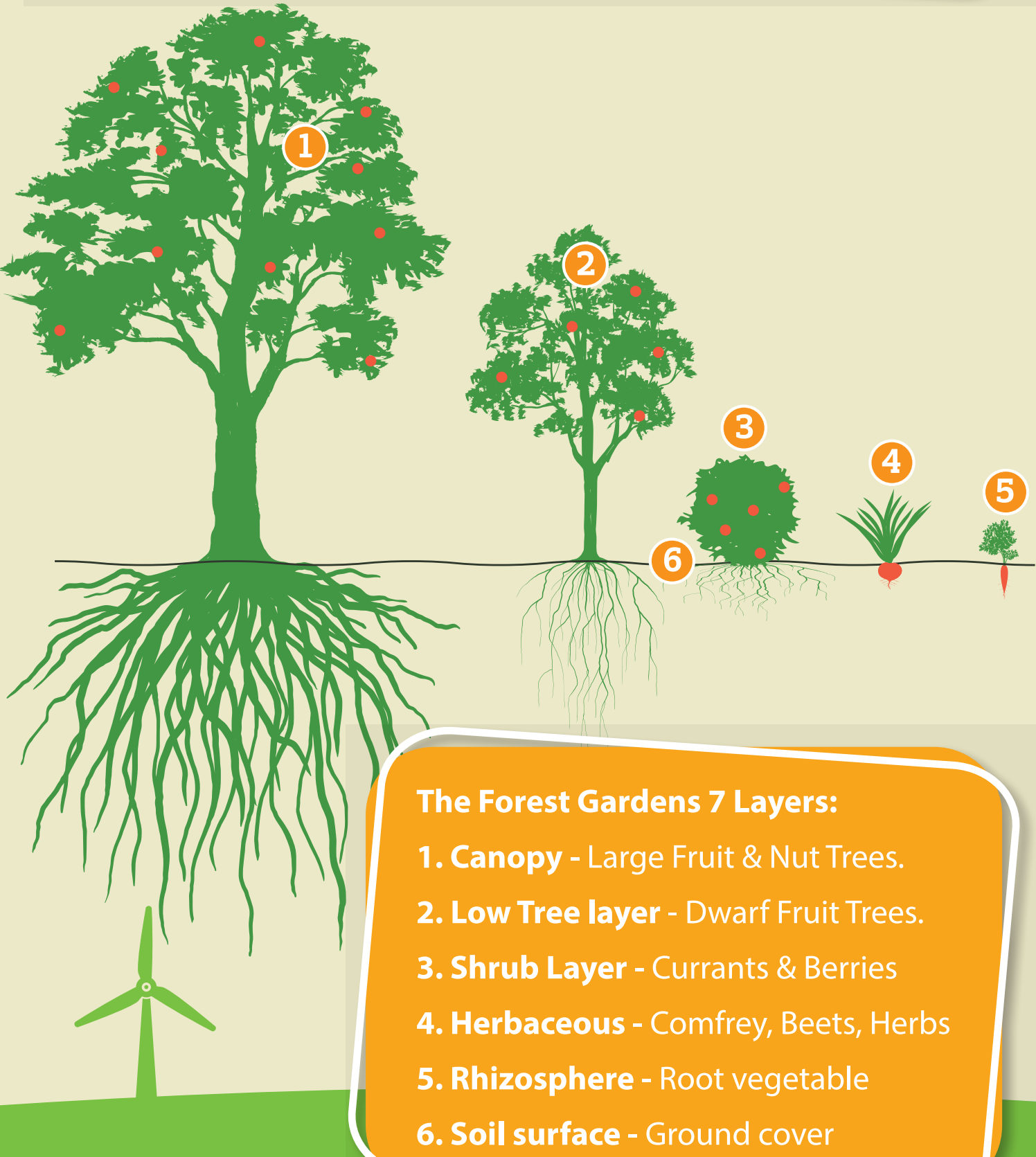
Foraging Woodland

It is often forgotten, as one so easily collects food on a supermarket trip that before the advent of the modern supermarket every single one of the world's vegetables was once a wild plant. What we eat today is the result of generations of plant adaptation and managed plant cross breeding.

The foraging woodland provides a wonderful journey of discovery where a forest garden concept provides food for people and wildlife alike. A forest garden is modelled on a natural woodland. In many ways a foraging or forest garden is the most natural way to garden and provides a natural way to manage food resources while adapting to climate change and providing biodiversity enhancement.



Like a natural woodland it has many layers; trees, shrubs, and herbaceous plants. In this natural foraging woodland, the tree layer contains fruit and nut trees alongside other native trees with multifunctional uses. The shrub layer contains soft fruits, nut bushes and edible leaves while the ground layer comprises wild and cultivated vegetables and herbs. Unlike a managed garden plot the soils are not dug and all plants will be self-seeding or regenerating.



1. Canopy Large Fruit and Nut Trees	2. Low tree layer Trees & Shrub Understorey	3. Shrub layer Trees & Shrub Understorey	4. Herbaceous Herbs and Edible Flowers	5&6. Rhizosphere Ground Cover
 Sweet chestnut <i>Castanea sativa</i>	 Common hazel <i>Corylus avellana</i>	 Native raspberry <i>Rubus idaeus</i>	 Wild angelica <i>Angelica sylvestris</i>	 Wild strawberries <i>Fragula vesca</i>
 Wild cherry <i>Prunus avium</i>	 Kentish cob <i>Corylus av</i> White filbert <i>Corylus</i> Cosford cob <i>Corylus av</i>	 Bramble <i>Rubus fruticosus</i>	 Wild Oregano <i>Origanum vulgare</i>	 Sweet woodruff <i>Gallium odorata</i>
 European Crab Apple <i>Malus sylvestris</i>	 Blackthorn <i>Prunus spinosa</i>		 Sweet Violet <i>Mentha vars</i>	 Garlic mustard <i>Alliaria petiolata</i>
			 Spearmint <i>Mentha vars</i>	