**Rakesh’s Description Of The Project**

Imagine a beautiful wild looking woodland edge. Imagine your surprise when you notice the wild apples, and wild plums are replaced with bigger more appealing fruit. Imagine you notice that this woodland  
edge produces an abundance of nutrient dense food which like a natural woodland edge needs very little digging, weeding, manual watering or pest control - all in harmony with animals, insects and other beings  
(eco friendly and vegan). This is ‘an edible forest garden’.  
  
Forest gardening is a way of growing food where nature does most of the work for you. Modelled on a natural woodland, but tweaked to give us more edible yield, as well as medicine, building and crafting  
materials, dyes, soaps, and much much more.  
  
Through careful planning plants are chosen which have beneficial effects on each other, attract beneficial insects and create a healthy biodiverse rich system that maintains its own fertility. Once established, your main task will be harvesting!  
  
Imagine this is designed by you, under the guidance from a world renowned forest garden designer and teacher, who due to covid is now living in Goodmayes, Ilford and passionately wants to create several  
community forest gardens initially in the Goodmayes, Seven Kings, Ilford region.  
  
In creating community forest gardens, we can:  
- Create the farms for the future, where nature and human food  
 production enrich each other  
- Reverse the damage done to the environment, including biodiversity & habitat loss; soil, air & water

pollution; etc  
- Provide food security at a local level  
- Provide healthy nutritionally dense foods  
- Educate and inspire each other to make similar projects in our back gardens  
- Create beautiful spaces where people can relax and enjoy  
  
First step is to see who is interested. I propose we have a film and discussion night where we gather (in person or online) to see who is really interested in making this happen.  
  
We will need to look for spaces, and train a group of people in how to design, so we can then engage many people in the design process.  
  
If you are interested please contact Rakesh [rakeshaji@gmail.com](mailto:rakeshaji@gmail.com)

**SEE BELOW FOR FURTHER INFORMATION ABOUT FOREST GARDENING**

Watch the following documentaries

A farm for the future (48 mins)

. <https://vimeo.com/136857929>

. This explains why forest gardens are necessary as well as introduces us to one of the best forest gardens in the UK

Martin Crawfords forest garden (13 minutes)

. <https://www.youtube.com/watch?v=GFbcn06h8w4>

 . A brief walk around Martin Crawfords forest garden

links to forest gardening

<https://www.lowimpact.org/lowimpact-topic/forest-gardening/>