Unknown Speaker 0:01

Good morning, everyone. This is going to be a very, very long training. I, I don't know, this is one of the subjects I'm very passionate about. And when I give this training life, it takes me five hours to go through this material. But I try to be mindful for you to record it in two sessions. So two, two and a half hour sessions. Let's see how far we can get with that. Because normally, I prepared these kind of the food for straining prepared him for life settings, and though it is a recording segment, so I hope I am, I don't forget, I also write it down. I hope to break it up into two and a half hour sessions. But then again, this whole chapter, on funfair force is very long. It is one of the more complex kinds of trainings just like the soil training. And I adapted my training a little bit, I collected some more notes on the why, but how does it work? And why is it that way? And how does it look like in scientific terms and terminology, because I know that there are some eager beavers out there who really want to know this kind of like behind the scenes, more material, more designs part. So I collected some more notes on that, because normally in a food forest training, I don't want to overwhelm people who come to these trainings, they want to design their own food forests, or they want to learn a little bit more, within a day. And for you might be interesting to also teach this kind of material. And then you want to know, a little bit more of a backstory. So what we're doing in this Training, we call this within permaculture we call this time stacking. Time stacking is what we do. So we not only design systems that work in our current garden or environment, we design systems that function also for our kids and community, and of course, wildlife. So for the full ecosystem, but also we want to design systems that last us and future generations, maybe 2000 years. So food for systems can work over 2000 years or more at what we know of. And that's what we always want to keep in mind when we make a design, we want to design landscapes that we think of like okay, so how can this last for 2000 years without like wood minimum inputs, of course, minimum inputs. So that we don't only worry about the current and fastly with limitation and fast results, but we create results that will happen over a couple of years. And then they will last for 2000 years. So one of the things I mentioned in a case study about now school, is that let's see what I wanted to mention on that. I forgot, I'm sorry. That's when I talk without notes. So this is forget about it, just look at the case study. And you will understand what I mean with time stacking and designing for future generations. Not only for now, but for 2000 years, or more. So this I came across a really, really cool photo with a perfect explanation of what we're doing within the food forest system. So I talked also, of course, a whole lot about annuals. And now we're talking more about perennials. It's less inputs, more outcomes, which is amazing, of course. So I saw a picture to look like this. This is a mature tree, a tall one. Right? Maybe a little bit like this. This is mature tree. Maybe like 10 years old or something. Maybe what you buy is like four years like this mature This is a tree that you buy for yourself. So what if this is an apple tree you want apples in your garden? This is for you. Or for you? And it's for now, like he was results this year. Then, um, when we think about food, forest gardens And actually,

Unknown Speaker 5:02

I want to invite you, whatever you design for whom ever client, whether they want more like a traditional garden or they don't really want the full permaculture experience, which I can understand. Not everybody wants that. I want you to think and push your clients also on perennials. Here's why. This is the second tree. So maybe that's like a patio three tree, it's a little bit smaller. It's, it's still young. So maybe this is a tree is two years old or something or a year or you bought it us more like seedling. This is of course for community for kin and community. Community. So you won't harvest this year, but maybe like, a couple of years or so for Kin Community and of course, the ecosystem. That one as well. This one. So this is a smaller apple tree. You won't get fruits now, but you get fruits later. Um, and in my business, when I do marketing, I call this legacy gardens. Because they're all not only for now, but for generation after generation. And that is my personal tagline. Please go around winners because it's my own. But that part of legacy is very important. This is maybe a grafted tree, maybe a cutting, you cut from the little tree you made some cuttings, and then you planted the cuttings. This will take maybe four years minimum before bears fruits, but maybe it will be able to last it will take you like seven, eight years. This is for the future. You're planning for the future. Future, you see what we mean by time stacking. We constantly think about not only now, but in a couple of years, how will it look like in 10 years? How will that look like 20 years? And how will it look like that system in 1000 years? Well, it's still last would annuals? Nope. But we're perennials. Yes, if you do it correctly. So this is what I wanted to tell about the case study. For now school. I explained that in traditional orchards, they have to replace our trees every 20 years or so. And it's a great place to get fantastic trees for your system. And they assume that production will go down after 20 years. Yes, a plum tree, for example, in a traditional orchard, within a monoculture system, the production will go down. But within polyculture system, and with all kinds of like guilt around in all kinds of systems that we will dive into these trees will last 200 years, 200 years, 2000 years. Because you constantly think ahead, how can I plan for future generations, not only for now, but for future generations. So that's what we want to talk about today a little bit. Okay, that having said a little bit of context, because you need a little bit of context, before we dive into this. So there is one, but my notes are in Dutch, so I have to translate a little bit as we go. But it will be fine. So I want to look at for forests as a phenomena. We have like about five parts to this training that's hence the five hours, every part can last up to an hour. And I really want to make sure that you understand the food forest as a phenomenon as a concept. Before we dive into more the practicality of it. So how do we design food for systems? How can I integrate the idea and philosophy and the principles of food first into like a traditional urban garden? Because you can there's no limit to a food forest. Maybe like nine square metres or something more or less, it's what you need. And I know this kind of ballpark figure because one of my clients last year only has a garden only a space on nine square metres. It will be fine. No problem.

Unknown Speaker 9:54

I also want you in this Training I want you to start to recognise that differences between a food forest system, traditional forest, just some shrubs and shrubs and trees, a garden agroforestry, I want you to recognise the differences. So as soon as you walk out the door after this training, I want you to visually also recognise what we're talking about. It's not only about the theory, it's also but how does it look like in reality, when I give this training, as of yet, I still don't have a side of my own, where I have my own foot for a system. So I can, when I give this training live, I can never show people how it looks like. Because we don't really have a place where we train. But the good thing is, is that I always training places where there's more traditional gardens and more like traditional orchards. And I remember last year, I wasn't a beautiful location. And this woman, fantastic garden, like really, really good. And she kept on the owner, she kept on pressing us as a training crew. Like, oh, come on, look at my full force system. And I have such a good food for us. And they worked so brilliantly. I couldn't stop her in the process, because she was so proud. But what she had wasn't a food forest. And I'm going to show you why. And it's not that. Well, yes, food forests work better. But if someone is so proud of their orchard, I just, I cannot bear to tell them different unless they're my client. But she kept on telling me what I should teach in my food forest garden training. It was really funny. Um, so the foundational part, what is a food forest? What is it? Is it very important to know what it actually is? What are we talking about? And why was that woman? Why wasn't it a food forest? So a food forest system is a complex system. I want to invite you to close your eyes with me when you watch this training. And I want to do a little bit of a visualisation of what if food forest is. So what we're doing right now, I want you to start walking in this visualisation towards Amazon forest. or walking up towards I don't want Do you hear what kind of sounds are coming towards you? What are you hearing is our birds, monkeys. Otter animals is a critters. And as we enter this amazing Amazon forest, I want you to smell what are you smelling? Right now? What is that? What is that rich smell? And then I want you to use your tech towel. Civilis your tech tell Oregon which are your fingers, of course and also your tongue and your nose as well. What are you feeling? What are you feeling in the air alone? What is that? What are you feeling? In a coal is wet to dry? Is it something else? What are you feeling in the air when we walk into this amazing, amazing Amazon forest. And then I want you to listen to your own footsteps and also feel simultaneously. What are you feeling? You walk on this path that isn't really a pathway. But the guides can tell you where the path is and where difference for us actually begins. Which is of course a crossover. And I really want you to feel with your feet where you're walking. What is that kind of tense feeling that your feet are experiencing? What is that? And then I want you to smell again. Every step that I take what do I smell

Unknown Speaker 14:49

and as we do as we close our eyes and we keep them close. I really want you to take in the experience of this rich Amazon Forest Whole smells and sounds. The guide is stopping you in their track. Because they're saying, wait, wait, wait, you have to see this. And then I want you to open your eyes. What are you seeing? Because keep them closed? That is easier revision realisation. What is the guide showing you? He has this big machete knife, chopping off or something in the air and you don't really know, something drops to the ground? What isn't it? Can you smell it? First before you see it? What is that sweet, sweet smell? Wow. Give me anything, because we're walking in one of the oldest food forests on the planet. And it's the Amazon food forest system. Indigenous people, maybe 10,000 years ago, we're not quite sure, maybe longer ago. They This is a man made food for system. So what's dropping on the ground is something that is edible. And then the guy chops again, I chops again and their leaf falling and other fruits. And the smells are so overwhelming to you because it's this whole collection of animals. And then you open your eyes and you look around. And what do you see?

Unknown Speaker 16:31

Well, you see something on the ground, it's so much diversity, you don't know where one plant. And so when one begins, and they're all over stacking and overlapping each other. And you see all kinds of leaves on the ground and different kinds of bulbs and flowers. And it's so surreal because you haven't experienced this before. And then you look up and you see shrubs of all kinds of varieties, maybe coffee beans, or berries or maybe all all everything in between. Maybe more are nuts and things you cannot really recognise as edibles. But they are they're all animal. Maybe there are some lower herbaceous plants that smell like an Italian herb garden, for example. These are the lower lower stories. And then you have shrubs and all kinds of inter woven plants in between, maybe you recognise a papaya fruit or a passion fruit, maybe there are some grapes in there, and the vines are just curling around these straps. And then when you look up, there are some lower trees. And maybe you can recognise what it is. But maybe you only see the leaves, maybe others are the cities, so there's no leaves on them. And you're really not sure. And that is the fantastic thing about a food forest. You're not sure what is edible and what's not. But the guides tell you everything is edible. And you cannot believe it that this place where you are is a food forest system. And the higher you look up, the more trees you're seeing stacked up on each other, almost having this kind of layered situation and it's almost endless. So the vines are curling up and grapes are hanging within passion fruits and other types of fruits that you don't know the name of, but it's not important. And then there are some coconuts, maybe apples and pears and peaches and whatever you can name it's there. There are some medicinal plants and other edibles and herbes and other culinary lusciousness. And maybe even if you're lucky, you see that there's also hogs or other kind of pigs, walking around, maybe some chickens, maybe a cow, but we're not quite sure in the Amazon. Maybe there's some other edible animals as well. But these animals also have a function within the system. And you see bees and butterflies and birds and everything smaller critters, but you don't even know what's in the soil, because the soil is also a whole system upon itself. And that is the difference between a traditional orchard and this food forest. So that's why I tell you in the beginning it is a complex system, because all these elements work together to create abundance, whether that's in animals whether it is in In herbaceous plants, what it is in ground covers what else you're seeing knots, fruit trees, vines, everything is built and designed for complexity and for for more abundance. And now we did this visualisation, you can open your eyes if you haven't done so. Now we did this visualisation, you can imagine what that will mean not only over time, so not only when we're talking about time stacking, but also in a place of everlasting abundance. And now you understand as well that the systems that were creating we call food forests, or forest gardens doesn't really matter how you call it names are not so important that you think these are layered systems. So they're layered, first of all, they're complex. We're now going from visualisation into Active mode if you haven't done so. They're complex, but they're also layered.

Unknown Speaker 21:15

So what did we see in the visualisation? First we saw groundcovers so this is only when our eyes um, but the whole system, you need to do that with all your senses. Whenever you are in landscape, always make sure that you're not only visually seeing but also experiencing with your touch and smell and taste and you haven't really tasted the fruits that were dropping on the ground. Use your fingers sounds very important. So we have groundcovers in our food forest system, we have her herbaceous plants plants

Unknown Speaker 22:04

we have shrubs we have fines. One second, we have fines. Now we have our understory so are smaller trees. So this is tree layer three layers of trees. So that's three. So it's small trees. So these can be

Unknown Speaker 22:46

sometimes they call them Beto or a patio. So this is a layer after that you have like your middle trees. And then you have your high trees. These are also three layers, can you count how many layers there are in a food forest system with just based on plants 12345567 layers, seven layers and an Amazonian kind of system, seven layers of the minimum. But within urban gardens, we have 1234 maybe five, five years. That's like the minimum. You can do it with three layers even. Um, so you have trouble a tree and maybe ground cover herbaceous one. So that's for wood, you can also do ground covers syrups, and a tree, no problem doesn't really matter. But then the complex when we create these kinds of systems. Of course, as you know by now the better they work together, whether that's on pest management, making sure that everybody has their minerals. There's also places for shading and shade loving plants. Some of the more layers we add to our system. The better this systems, the same systems will function because they all collaborate. And of course there's also something to be said about biodiversity. So the more layers you have, the more biodiverse your system is. So on this nine square metres. You can fit in maybe five layers if you're pushing it. But I want you to really challenge yourself to see. And within an urban garden, how many layers can I get up to seven litres that will be like perfect. Okay, so now we know it's complex, and it's layered. And a food forest system isn't built in a day. And this is what also makes it hard. Just about my team. So it's always, sometimes you are on a call with a client, and they say, Ah, but I don't have time now. And it sounds so overwhelming. It is always when you build these kinds of permaculture gardens or food forests, it is always within faces, you cannot, you cannot do this, like, build it, it's done. So it's always in phases. Phase one, phase two, phase three. And I'm going to tell you later on this training, when the phases are and what do you do, but for now, I just want you to understand the principle of food forests, like we did with all the chapters on ethics and principles. So they're building faces. Um, let's see. So what do they do these food for systems? Well, we just walked into the Amazonian forest, and I want you to let me know how that was for you to do a little bit of a visualisation of this experience that I want you to build for your clients. What these systems do is they mimic a young forest. Young forest that the start of your food force, they mimicking. Um, so a more later on context of how that works, because I know you want to know, um, they are food for systems are usually edible. Edible, usually they're edible. But they're always functional. Always functional. I'm going to tell you more about the functions later. But as you realise within permaculture, everything has to have more than one function. Otherwise, it's not a Permaculture system.

Unknown Speaker 27:41

Um, they're always useful for people, animals, and soil, and the ecosystem. So it's people, animals, soil ecosystem, there, it's always a beneficial system. So if someone just once the experience on food for us, but not really have all these elements in place of a food forest, and it's not really functional, but it's more ornamental, that is not a food forest system. And that's why a traditional orchard isn't the food forest, because they're not really as useful for people, animals, soil, and ecosystem. They're not really so that's why that lovely woman. Ah, bless her heart, but she wasn't right. It is, like we said it is a system for the long term, long term. So it's not for now, not only for now, like I said in the beginning, it's also for tomorrow. And it's also for future generations, you really have to learn to think about how can I do time stacking? How can I make systems that last me longer than 20 years for example. So 20 years is within traditional orchards traditional, that's not not a long time. So practical example. Have a garden as you know, and I have a couple of chickens. I use my garden, mainly for animals. So I had like vegetable gardens and my garden is very small. It is the smallest you've ever seen, but I grow loads of food there. And it used to be only vegetable gardens. only animals until I got a couple of chickens. Last year, I planted so many annuals, and I bought chickens that were marketed as non destructive. Well, they are at my whole annual garden. And annual gardens are not built for a future pay or not. And I'm happy that they ate my whole garden because then I realised shit. Now it is time that I just integrate perennials because I'm just done with my whole art garden being eaten by chickens. So I on like I have 19 square metres. But more or less, I can use 10 of them to grow because of the light. So it's the same as this one. And I am building a perennial system. Now, if I talk about faces, it is indeed in faces. So I now plan to it. And that's because I don't have much space, I found a couple of apple trees, a couple of pear trees. All kinds of shrubs, her herbaceous plans, and my chickens ate the ground cover. So I'm still missing the ground cover. And but I have shrubs, I have vines as well, I have a whole lot of vine plants. But I'm still looking, I'm ordered to grapes to have more vines in my system. And I have a couple of trees, but only the patio trees are very small. And that's all because I want a system that will last me like I cannot blame the chickens for doing our job. Fair enough behind the fence. And yesterday, I was complaining to them, like why do you keep on flying over the fence. But they're chickens. And we talked about this in my training for the love of chickens. We talked about animals and their natural behaviour cannot be mad at chickens for doing their job.

Unknown Speaker 32:20

But they're doing their job a little bit too well. So I still need to have some ground covers. And I need to integrate more layers for the soil. So I'm still missing a cover up for the soil, but I am working on it. And that's why I say it's a it's a faced, you do this in phases. So now the planting time for shrubs and trees is over. Now I can start and planted my ground covers and herb he has plans because it makes more sense to do it now instead of in the winter. And I'm still missing some bulbs in my system. That's also a good one. Maybe add another one bulbs, because that's what I miss also missing. Oh, all right. Um, it is easier is complex, but it's easier than an annual garden. And I want you to take some time right now. Maybe like three minutes or so maybe five minutes to write down why it is easier than annuals. Tell me why. And I'm gonna now to overtop 12. Take your time. Why is it easier? Why is a food forest system easier? Except for my chicken example why is it easier? Tell me why it is complex but it's easier

Unknown Speaker 35:05

give you two more minutes. You can. That's the beauty of video. You can also pause the video if I start talking again then you're not done. Why is it easier when you have annuals vegetable gardens? Why is it easier? Harder, it's hard to think about the differences or maybe my now you think that's easy? It's an easy answer. Because some of you might have followed my, my life would force train, then you know?

Unknown Speaker 36:50

Alright, I'm going to give you the answers. So why is it easier? Well, for example, annuals perennial annuals and perennials. What's the difference? An annual you have to precede most of the time. So indoors because you lengthen your lifespan if you're a garden, if you do with some kind of wood tomatoes. Oh, these kinds of things courgettes, pumpkins, then you have to move the plants outdoors, move outdoors you have to keep on feeding the soil feeding the soil. So twice a year, you have to what we call add a lasagna mulch to your garden. And I think I already mentioned what that is. If you went through the whole permaculture design course and you don't know, my lasagna method, just let me know because then I will record a separate video on mulching. So you have to feed the soil twice a year. A lot of work. Um, you have to let's see. You have to tend your plants a little bit you have to pay attention. Not too much. Not not too much. If you do permaculture, it's still you have to tell your friends, you have to check if they have enough moisture. If you're doing a good deed vulture you don't have a problem. But you still you have to keep an eye on your garden, your annual garden. You have to buy seeds, sometimes less and less. You have to harvest and process. I was with a client in holding on this week. And she bumped up to this part. So she didn't have enough plants in our system with an annual garden. She didn't know knew the path from harvest to processing to storage to keeping vegetables and then replanting her garden in a winter cycle. And I taught her that and she had such a lightbulb moment like oh if I plan also the processing stage so whether that's canning or freezing or drying and all These kinds of things that is more natural to us, maybe, if you're watching this writing, probably, if you plan those stages earlier on, you won't waste your whole harvest. And that's what she did, she wasted most of her harvest because she couldn't eat all the fresh produce and where she can eat up to it. She didn't thought about the processing cycle. And also she didn't thought about a police management. But that aside, so and then, um, the heart, the kilos per plant, let's call it that way. So the up the conference itself, so how much it's not as much as perennial system I can tell you. So one potato is maybe if you're lucky two kilos, for example, we already did this numbers and practical case study. Um, so there's not enough harvest, and then you have to start the cycle again. So restart, after is an every year you have to restart. And if you follow this training, you already are more aware that you have to restart this cycle maybe twice. So that's restart twice a year, twice a year. So you have to restart to cycle twice a year. Yeah.

Unknown Speaker 41:43

Because you want vegetables in summary, you want to have vegetables in fall, and then winter as well. So you restart this cycle twice. That's a lot of work. It's pretty a lot of work. Even though we are doing this in the permaculture way or annual vegetable garden still, it's quite a bit of work. Now, perennials, on the other hand, you plant instead of preceding you plant once, then you're done. So you plant the perennial system. Um, you have to feed the soil, but it's easier. I will show you how. What we call this, and we, when you follow my training, you hear me talk about this all the time, talk chop and drop, chop and drop. Um, so it is nothing else than that machete who chopped the specific trees down, and then you feed the soil that way. And you're also feeding the soil, not by doing anything but planting correctly. Keep everything covered. You don't have to attend your plans. Because the system will develop. You don't have to buy anything from seeds. You can buy more and more plants. But you can also graphed. So make make new trees. Let's keep it let's call it that way make new trees

Unknown Speaker 43:32

Okay, that's my favourite thing to do is going out in nature, or whatever like Park or wherever, wherever I am, and make cuttings for my perennial system. I love making cuttings. It's so fun. You can Okay, so you have to graft, you have to harvest you have to. But if you don't, this is the cool thing. You're feeding your system. And here's why everything that drops as your harvest will do. Your animals will then eat it also with your annual vegetable garden, but it's more wasteful because it's so much work to start the whole cycle and then started again. Everything that you don't harvest will drop on the ground and your pigs and chickens will eat it. And often when I have food scrapes, I give it to my chickens and they love it. Um, what else you have to process of course, but processing with a perennial system more often than not could be storage. So how do I store these things? And it's easier than counting. So it is often it's a wooden crate Apple's not touching each other. For example, I should do like an extra training on like storage and prepping and all these kinds of things because it's very, very useful. And you just store them in an environment that is cool. There's no light, and there's enough air circulation. But that's it on storage. It's not that's as much work as canning and freezing and all these kinds of things. You could, but it's not really necessary. And then the, the harvest is way bigger. So one tree is 20 kilos. For example, one shrub if it's a very, I think, what was it? Two kilos. But it's a perennial, so you don't have to restart the cycle. So this is the difference between an annual system and a perennial system? Um, I'm forgetting something. No, I think that's it. So as you see if we talk about, we talked about this whole lot, right? In, I think it's an ethics, ethics, inputs and outputs. The inputs here are way higher. Whether that's energy resources, time, the inputs are pretty high in this system. And you have to restart this cycle twice. Now, with a perennial, you just have to do it once. And you don't have to restart that cycle, because you plant it in, you have these faces, of course, but they're more spread out. But then you're done. And you see that the outputs in an animal system

Unknown Speaker 47:06

when we measured them, they're far higher than the annual system. This is also way more stable system because they're all more layered. So you're also making better use of your space. So maybe space, space and time. Sounds very abstract with a read down. But space and time.

Unknown Speaker 47:41

Although the system is bigger, it takes up less space, because you can use it more efficient. While this it's all low to the ground. If you do Hugo culture, for example, it's a little bit higher, but still it takes up way more space because you cannot really use it that efficient, not as efficient as this. And we talked about efficiency in annual gardens, you can do a whole lot, but this is more efficient system. So those are the differences. Um, this is what I often hear and I think they already talked about this, we're like hours into this course I think we're now having a new release maybe 20 hours or maybe one this is done it's like 25 to 30 Um, so, this is what I often hear from clients on a sales call or when we do like a questionnaire or all these kind of things, they often say to me like I just want to let nature run its course ah, it's not completely out at works. This is a very carefully designed system from useful perennial plants and that is different than run let nature run its course. So carefully, I want you to write this down. Because this is what you will use designed so it's designed system with useful perennial plants now can you use annuals and if it for system apps if you can, but the base of the system is all perennials. And this is important within permaculture it is by design. It's not nature let nature run its course because then Over time, nature will run its course with this system. But at first, we start with a design in mind. Does that make sense to you? Eventually nature will take over and then it will become a better system. But not in the beginning. Um, let's see, we already talked about this, you already talked about this. Um, so there are different kinds of food forced systems, they're different. And I think I'm going to talk a little bit about this. So you have the food forest. These are like bigger systems, complete forest. Um, there is a beautiful book. I don't think it's useful, but it's beautiful. And that talks about Yes, ah, there is.

Unknown Speaker 51:05

This is a Dutch book. But there is I think there's also translation. So this is my mum, OST files, food forest. And it is an inspiration guide. So I don't want you to buy this to learn more about food forests, I want you to buy it as an inspiration. So she catalogued all kinds of food forests in the Netherlands. Cato book is the bigger example from Valtor. bountiful like bottleneck. So these are like bigger type of food forests, or bigger plots, maybe an acre, or maybe three acres doesn't really matter, sort are bigger. And so that's a food forest. You also have a forest garden. Now this is the system if especially in the beginning, that you will use more forest garden. So this is elements of the food forest, for example, three layers, five layers that you will use in combination maybe with paren with annuals maybe with ornamental gardens

Unknown Speaker 52:24

ornamental annuals maybe like some garden elements. So you use all of this to create a forest garden where a food forest is a pure food forest.

Unknown Speaker 52:50

Now there's also what I'm really obsessing about, what am I what am I what ROI, agro forestry. Look at the case study that I recorded because this is all about agroforestry that is more plantations in rows. It looks like monoculture but it functions as polyculture. So this is used in agriculture. Very cool systems theory very cool. And it can be combined with livestock with annual vegetable vegetables, it can be combined with like more of a nursery kind of situation. It is a very cool system. But these are all different because if you would design a forest system or food forest system for an agricultural landscape, it won't be as efficient. And this is more of an efficient system. When we talk about harvest and processing and attractor needs to drive through it. It needs to be way more efficient. And if we design a food for food forest for an urban garden, where people also want to have leisure, leisure and they want some ornamental plants and annuals, you cannot do that you cannot have a full full force system. Within a garden you can have the idea of principles with agroforestry and forest garden, but it just looks different. So I really want you to keep that in mind. When you're designing for clients. I often choose between one of these so forest garden agroforestry and that's the reality again of our job as consultants, that we rarely, within the Netherlands, it is easier when you work overseas. Because I worked on a forest for one of my clients. In Canada, it is easier when you have a big plot of land. When you have like, these people have 10 acres, and I improved our soil system. I didn't design the food forest itself, but the improved the soil for it. Um, but within like countries such as the Netherlands and Belgium, maybe Germany, but they have a bit better, bigger plots of land, you more often work on forest gardens. Really be sure that you know the difference between these things. Okay. Okay, let's have a sip of coffee. So why do we want it? Why? If we have all these other cool things, when in permaculture, why do we want to stress our clients to at least move to a forest garden situation? Why the effort? Because it's yes, this is more expensive in the beginning. But we also know that the outputs are far greater, but it's an investment. So this is very important that you mentioned this to your clients. Because annuals are cheap, seeds are very cheap. But in the beginning, if you want a fully functioning food forest system, or forest garden or agroforestry, yes, the investment is way higher package of seeds is if you have organic seeds, it's maybe three euros for all us. Whereas a tree can cost you 25 euros to 45 heroes to if you want older trees and oh, like, yeah, old trees. That's what I like. These are 150 euros you even have like nut trees are 200 to 300 euros. So be mindful of it.

Unknown Speaker 57:52

And I prefer that you have clients that can make this investment. But also make sure that you run these numbers with your clients and tell them like hey, this is the investment to to plant this. And it's nothing more than knowing the numbers there is also in the master doc there is a spreadsheet that I made, where you can run these numbers for your clients. Never do that on the spot. Like I said before, never quote on the spot. But let them know more or less what it cost per tree. Yeah, it's very important because it's more an investment. But in the long run is cheaper to maintain. And it will save you a whole lot of money, but you have to invest upfront. Why do we want it? A piece of land always wants to be a forest. If we don't do anything with it. It will turn into a forest. So I'm gonna make you a drawing to exploit this phenomena. When I learned this blew my mind. I was like hey, shit, indeed. That that is way better. Um, yeah, we'll do it here. So this is a forest. I will talk about succession later on, because this is actually what we're talking about. So this is a forest so lower trees, shrubs, luno and fines and herbaceous plants, all these kinds of things. This is a landscape. Now a farmer comes in, right? buys a plot of land. I hope you can see this may buy a plot of land and there's all these like branches sticking out. You will see this in your garden. and you will be annoyed at first but you won't be ever again. And a farmer is annoyed why are these trees popping up? Ah so annoying we call these the pioneers it's the first plants that come up in the landscape after we didn't do anything with for a while. Again I will talk about succession later on for the biologists among us so this is all like natural created and it all like from birds dropped and seeds and twigs and it just the system developed out of itself, more or less. So shortcut but it did. Now if a farmer comes in and wants to farm annuals on this land, what does the former do? Gone? Everything is gone. That's what a farmer does. Which is okay, which is fine. It then ploughs the land. Well, how's the land and clouds of land? The farmer does has so many inputs to recreate the landscape for you guessed it, edibles. Right? If this is someone who bought an orchard, and it first was that system, what do they do? They chop down the whole pioneer system. And then they plant nice neat rows of trees, two metre apart, not very efficient. Because it can be one and a half metre even. So they plant all these trees law. And what do they do? They weed between the low in between and they have so much work to maintain this system. Oh, they look like penises. Let's do it this way. I don't want any penises in my course. If you are men and you're following this or you're represented as a man, I'm sorry. It wasn't offensive, but I want trees not foetuses.

Unknown Speaker 1:02:37

So they, if this is an orchard or farmland, you have to understand at first was a pioneer system, nature run its course all kinds of trees are popping up. And then they chop everything down to create a more traditional monoculture system. And now you understand they have a whole lot of work to maintain this as them after mo they have to weed they have to use maybe herbicides or any kind of other biocides. Oh, you see, that's all a lot of work. But here's the thing. What if this was for mine farmland right. So we now know what the farmer did to that landscape, how it looked before farmland. And that landscape becomes fallow happens way more than you think. Fallow landscape. Hmm. The farmer decides, hey, this is not a functional landscape anymore. I cannot really harvest that much anymore from this landscape. I need to leave it fellow what will happen after maybe a year or so, what will pop up again?

Unknown Speaker 1:04:11

Like this? What is this pioneer species pioneers. Because nothing has been done to the landscape. So these landscapes, what do they always do? You tell me what do they always do? Take a couple of minutes. I want you to take like two minutes to think about this. What are these landscapes doing?

Unknown Speaker 1:04:45

What was it before but what is it doing again? Think about it. Let me give you two minutes.

Unknown Speaker 1:05:17

Again, if I start talking, and you're not done yet, you can pause the video. But my question to you is the ease, whether that's an orchard or federal landscape, what are they returning back to? I really want you to think about it, I want you to think long term what's happening to the landscape right now?

Unknown Speaker 1:06:10

All right, do you know? I'm going to tell you, just in case. Because this is, I understand, but I often forget that this kind of thinking could be new to you. Or maybe you have some elements in place that you're really think these kinds of things. But this could be new information. And I remember when I learned this, if my mind was blown, like, oh, shit, indeed, what are we doing? So what that system is doing a fantasy landscape, it always returns back eventually, to

Unknown Speaker 1:07:05

it always returns back to a forest. Always, whether that's fel landscape, it's a natural landscape, whatever kind of landscape if the conditions are, right, so it's like our soil and borer, there's many birds in the environment and all kinds of other animals that we need to create these forest systems becomes a forest. Now, I want to ask you, isn't that a whole lot of work and maintenance to obstruct the landscape from returning back to its original system, which is a forest. Um, so the more a, an agriculture system, or an orchard or any type of Otter garden, removes itself from that forest system, the more energy is needed to maintain that system because we're, it's almost like we're fighting. We're mopping with the that's, that's a Dutch expression. It's not working. It's almost like we're constantly battling the ocean, because we can't, this system just returns to that original forest system. So I really want you to keep this in mind. If we talk about inputs and outputs, this is like the the cherry on top of inputs and outputs, because we don't want to find systems, we want to work with them. And that's why I say it is by design, we're using the elements of the landscape that we want to return to this system anyway. So what we have seen is that agriculture has a lot of inputs at the moment is biocides, it needs a whole lot of water, it needs to improve the landscape. There's a whole lot of manpower needed to maintain these kinds of systems. And whether that's organic farming, they still if it's organic farming, they still have a whole lot of inputs to the system. And what we want is my clients call it often call it lazy gardening. We want system that barely asked anything of us whether that's like resources, inputs, manpower, we don't want anything. So um, the is it false false vacation of thinking, well, the thinking of this is Oh, it was Be easy. It must be really easy to design these kinds of systems. Because you can just let nature run its course. Can you know, because what we want is a system that mimics the forest, but is also useful. And yes, a forest is always useful. So whether that's like pioneer kind of forest, of course, it's useful. But we as humans, we want to eat from that system. And that is our only obstacle. So if we talk about Yes, buts. The obstacle is that we want to use it as humans as human species, so we want to use it as humans. And that's why do we need to design that's why we need to design the system. And it could be that I'm now preaching to the choir. But I hear this so often, I just want nature like run less runs course, that's amazing. But we also want to eat from it. So that is the only obstacle in this. So the design phase of food forest is a whole lot in more intense. Because you have to think, in long term strategies when you're designing. And also the planting is way more intense in the first phase and the first stages of this design than an annual system, or an ornamental garden. Yes, it is fucking intense. It is so much work in the beginning. But then the outcome is that your maintenance is relatively simple.

Unknown Speaker 1:11:55

And so what we're doing here, so the maintenance, but also harvest and the upkeep of the system is very, very simple. You don't you barely have to do anything. So what we're doing is we're running. We're doing sprint marathons. I don't know that analogy is correct. Yes, I know run. So what we're doing is a massive sprint in the beginning phase. So this is the design. Plenty super intense, because it's also a short amount of time that we can do this short time span. And then, once we reach the finish line, which is the system is planted, and this design has been muddied, then we can just relax a little bit, the only thing that we don't have to do is harvest which is fun, it's once a year, not so intense as an annual vegetable garden to harvest these kinds of systems. Chocolate and drop. And process and food. Not so intense. The rest is taken care of. Because if you've watched all the other trainings, and if you haven't done so, you're probably in the right or the wrong time in the course to watch this training. So you have to watch the rest first. Otherwise, this makes less sense to you. And it's a whole lot more time to understand the complexity of it. So if you're a bad student, I want you to go back past this training. First watch ethics principles, please do so. Otherwise, it's so much work for you. That's just like a food for our system. But if you're a good student, and you want to earn some brownie points, you have watched your best as well. So now you understand why this system is functioning so well. And it's because of the biodiversity. CT layers not just functions as a great system. Look, you know, key M et TT. So the only thing that I don't like about food forest is that it takes a whole lot longer. Your clients will have less of a wind feeling. Because the system just takes a little bit longer to produce and that you can harvest it. And really, it needs to grow over time. So a tree, on average takes about three to five years to give fruits, I now have trees that are three years old, I think, um, two to three years. I'm not expecting any fruits this year, which is fine. But you have to realise that it takes a little bit longer to have success. Okay, so now we understand what it is, what is this food forest. And before we dive into more, how does it function? Because that's what I want to do next, I'm going to take a little bit of a break, I'm going to upload this section for you. I think we did. We did Module One of this training more or less. Okay, I see if I want to add something else. We will dive into how does it work, the functions of it. Maintenance, all these kinds of things. But before I do that, I'm going to take a little bit of a break and upload this section. Okay, I did my work correctly. I'm so happy. Thank you and I see you in the next section of this