

# FOODSCAPING: Grow Food, Save Water



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Our basic mission is to  
help people get started  
growing food.

Foodscaping is the way  
we bring not only  
beauty to our  
surroundings, but also  
affordability, flavor and  
nutrition back to our  
food.

Foodscaping is how we  
can weave healthy food  
into our surroundings  
and sustainability into  
our daily lives.

Sustainability is us.

# Survey of experience and interests

- What's your favorite vegetable?
- Do you grow some of your own food?  
a) no      b) a little      c) a lot
- Experience with gardening?  
a) no      b) a little      c) a lot
- Do you know what edible landscaping is?  
a) no      b) I've heard of it      c) I've done it
- What are you excited to grow this year?



# Foodscaping

- Introduction
- What is foodscaping?
  - ...transforming landscapes to grow food
  - ...transforming landscapes to save water
  - ...transforming landscapes for health
- Foodscaping is sustainable living
- How do I get started?
- Edible ornamentals



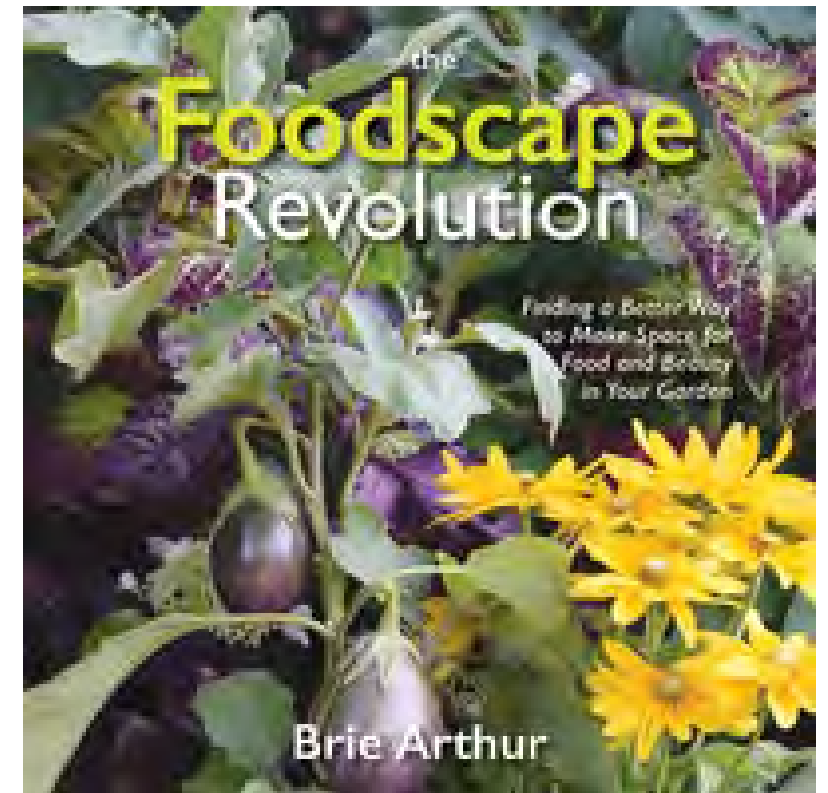
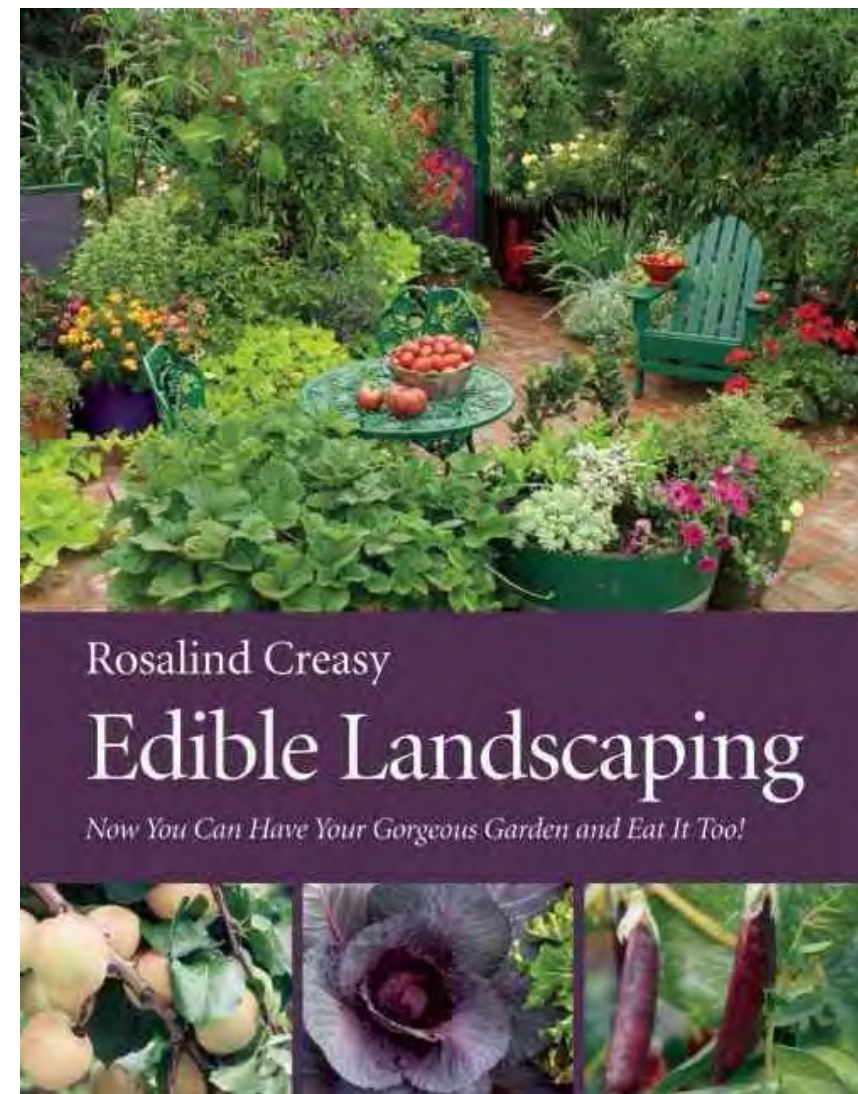
# What is foodscaping?

- ...transforming landscapes to grow food
- Edible landscaping versus foodscaping
- Foodscaping puts front and center



# Edible landscaping

- Rosalind Creasey *Edible Landscaping* (1982, 2010)
- Charlie Nardozzi *Foodscaping* (2015)
- Brie Arthur *The Foodscape Revolution* (2017)



# What is foodscaping?

- ...transforming landscapes to grow food
- Food front and center
- For beauty
- Grow a lot of food



# What is foodscaping?

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# What is foodscaping?



Vegetables with flowers



# What is foodscaping?



Vegetables in raised beds

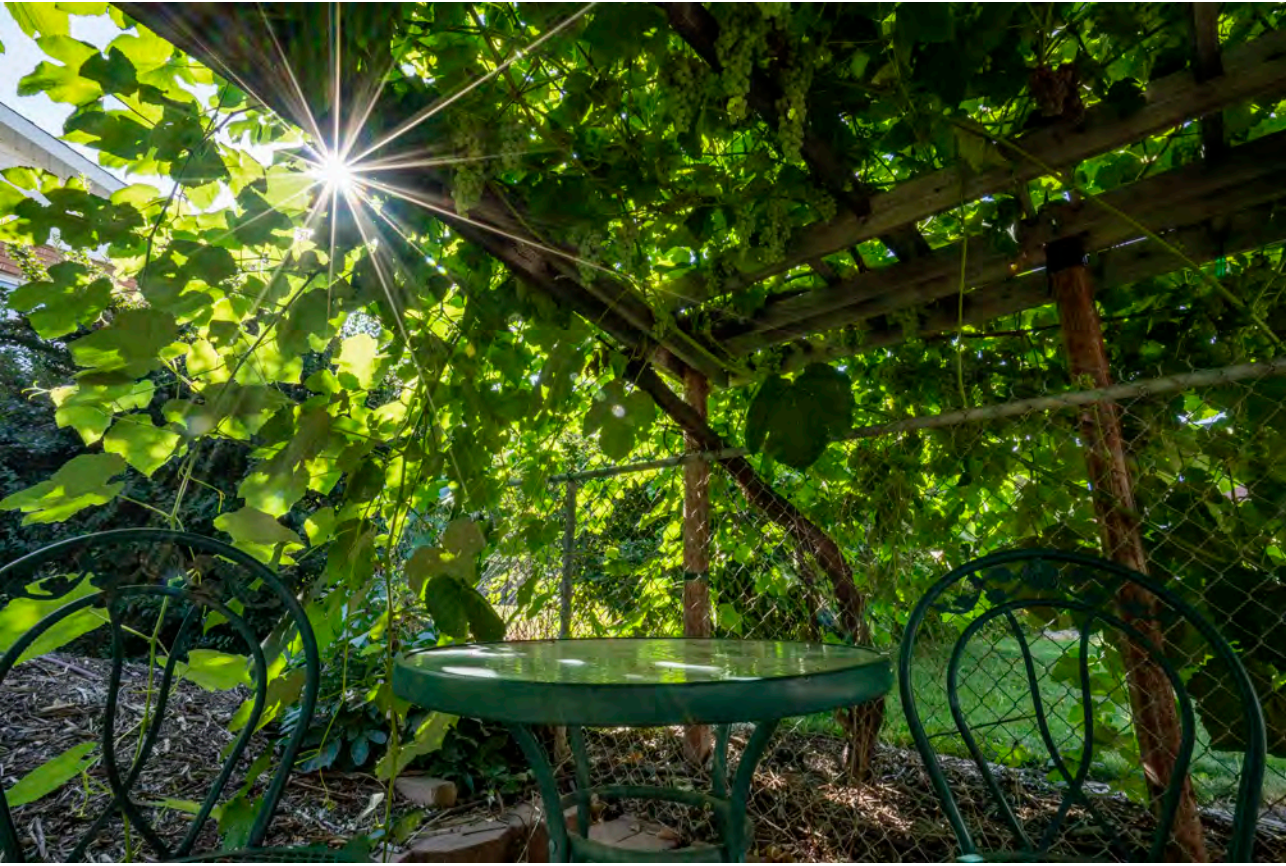
# What is foodscaping?



Squash arbor (pie pumpkins)



# What is foodscaping?



Grape arbor





# Espalier fruit trees







# What is foodscaping?

- ...transforming landscapes to save water







# Save Water



Phase 2 uses 75% less water than grass



# Save Water



Phase 1 uses 25% less water than grass

# What is foodscaping?

- ...transforming landscapes to save water
- Video
- <https://foodscapingutah.org/2021/06/26/water-savings-in-foodscaping/>



# Foodscape design

- Foodscape designs
  - a. Food bearing plants front and center --think espalier fruit trees, vegetables climbing over arch trellises, grape arbors
  - b. Negative space with hardscapes, clear paths
  - c. A plethora of beautiful flowers.
  - d. View our foodscape as an ecosystem of abundant life and beauty.



# What is foodscaping?

- *Transforming our landscapes to transform our **health** and our world*



HEALTHY SOIL  
HEALTHY PLANTS  
HEALTHY FOOD  
HEALTHY PEOPLE

*John C Trimble,  
TEDxOgden 2020*



# Foodscaping as sustainable living



- Reconnecting
  - With real, healthy food
  - Food production
  
- Participating in sustainability
  - Steward of the land
  - Ecosystems
  - Water conservation
  - Soil regeneration / Carbon sequestration (regenerative gardening)
  - Reduction of emissions
  - ❖ Reduce carbon footprint



# How do I get started?

- What do you like to eat?
- FOCUS ON HEALTH
- What three things to all plants need to be healthy?
- Soil, sun and water
- Plan for biodiversity
- Make a list of favorite foods





# How to grow healthy edibles

- What three things to all plants need to be healthy?
- Soil, sun and water

## SOIL

- Soil test
- Add organic matter
- For raised vegetable beds, we prefer 50/50 mix of native soil and compost
- For fruit trees, bushes, perennials, etc, native soil topped with an inch of compost and then 3-4 inches of wood chip mulch on top



# Soil Mixes for Vegetables

Soil (sand/silt/clay) is better at holding water and nutrients than peat moss and other soil media

- **Left** = Mel's Mix (1/3 vermiculite, 1/3 peat moss, 1/3 compost)
- **Right** = gardener's mix (30% mixed compost, 20% peat, 50% local alkaline sandy soil)



# How to grow healthy edibles

- What three things to all plants need to be healthy?
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## SUN

- How many hours are ideal?
- At least 6-8 hours
- More from fruiting crops than leaf crops



# How to grow healthy edibles

- What three things to all plants need to be healthy?
- Soil, sun and water

## WATER

- Avoid spraying leaves
- We use Netafim dripline in vegetable beds (12" spacing)
- How do we know how much to water?



# Be Waterwise

- How much to water?
- Use Drip irrigation
- Use Mulch
  - Compost, leaves and grass clippings in vegetable beds
  - Woodchips/bark (4 inches) everywhere else
- For vegetables
  - During establishment/after planting
    - Every 1-2 days
  - After establishment (~2 weeks)
    - Every 3-10 days depending on soil type and use of mulches



# Edible ornamentals

- Edible ornamentals
  - a. Artichoke
  - b. Amaranth
  - c. Honeyberry
  - d. Eggplant and peppers
  - e. Garlic
  - f. Leafy edibles:
    - a. Rainbow chard
    - b. Multicolored lettuces
    - c. Collards and kale



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Frontyard foodscapes:  
Save Water  
Look Beautiful  
Improve Air Quality  
Build Community  
Provide Delicious & Healthy Food  
Relieve Stress

# What is Foodscaping Utah?

- Nonprofit organization 501(c)(3)
- Volunteers
  - Foodscaping days in Ogden
- Education
  - Website
  - YouTube
  - Classes



[foodscapingutah.org](http://foodscapingutah.org)



# Questions at the end

## Thank you!

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## Follow us



## Volunteer!

### Start a volunteer foodscaping group!



TEDxOgden 2020  
Feature on Modern Gardener  
*Find them both on YouTube*