

# GETTING STARTED...

**STEP 1:** Schedule a garden design visit. A certified permaculture designer will work with you to map designated garden areas.

**STEP 2:** In early Spring, we install a low-cost, low-effort garden.

**STEP 3:** We care for the garden and share the harvest.



## BE PART-OF THE- NACOGDOCHES FOOD FOREST

*WE PLANT FOOD IN YOUR YARD FOR FREE.*

*WE COME REGULARLY TO GARDEN.*

*WE LEAVE ENOUGH FOR YOUR FAMILY AND  
TAKE THE REST TO THE MARKET.*

### CONTACT INFO:

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# FACTS ABOUT OUR PLANTS



## Moringa

The basis of our food forest, Moringa Oleifera is part of all our gardens.

Why? Moringa is drought & pest resistant, highly nutritious, and fast growing.

Eat leaves, young shoots, and seeds raw or cooked  
Used to treat diabetes, hypertension, arthritis inflammation and more!

Superfood! Leaves are a complete protein. High in Calcium, Iron, Vitamin E, C, A, Beta Caratene, Potassium, Magnesium.

## Tree Collards

Collard green variety which lives several years.  
Can reach 6+ ft. in height.

## Sweet Potato

In addition to the tuber, leaves are edible and nutritious.  
Vines spread fast and come back every year.

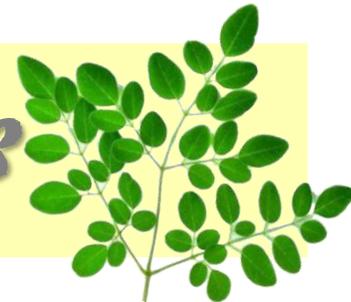
## Peanut

Peanuts are nitrogen-fixing plants, which means they improve soil fertility.  
Not perennial; must be re-planted every year.

## Other

We also plant Figs and other fruit trees, edible flowers such as Nasturtium, sweet and hot peppers, flowering Bush Morning Glory to attract pollinators, herbs such as Rosemary and Lavender, and more. What we can grow depends on soil type, sunlight, and other factors.

# ABOUT THE NACOGDOCHES FOOD FOREST!



- We're just getting started. The first gardens are being planted by volunteers.
- We will operate as a worker co-op: Equal pay. No bosses. Horizontal structure.
- Our goals: 1) Create a lasting food resource for our community, 2) Spread knowledge and share skills, 3) Sustainable jobs with a living wage.

## FAQ

### Q: Is it really FREE?

A: YES! If you're happy with our garden and can help grow our project, we do accept donations.

### Q: How often will you come by?

A: Probably once a week, but possibly more (or less) depending on the season.

### Q: Can you plant my favorite vegetable, \_\_\_\_\_?

A: We currently only grow certain plants. We're working to grow our list of plants and can work on a case-by-case basis to plant different crops.

### Q: Is there a formal contract?

A: No.

### Q: Do I have to take care of the garden?

A: No, we do everything! If you'd like to help, we can definitely work together to grow a better garden.