



Temperate Climate

North America

Pacific Northwest, USA – Examples: Seattle (Washington), Portland (Oregon)
 Northeast, USA – Examples: New York City (New York), Boston (Massachusetts)
 California Coastline, USA – Examples: San Francisco, Monterey
 Southern Canada – Examples: Vancouver (British Columbia), Toronto (Ontario)

Asia

Eastern China – Examples: Shanghai, Hangzhou
 Japan – Examples: Tokyo, Kyoto, Osaka
 South Korea – Examples: Seoul, Busan

Africa

South Africa – Examples: Cape Town, Stellenbosch (Mediterranean-like temperate)

Europe

Western Europe – Examples: Paris (France), London (United Kingdom), Amsterdam (Netherlands)
 Central Europe – Examples: Berlin (Germany), Vienna (Austria), Zurich (Switzerland)
 Southern Europe – Examples: Milan (Italy), Barcelona (Spain), Marseille (France)

Oceania

New Zealand – Examples: Auckland, Wellington, Christchurch
 Southeast Australia – Examples: Melbourne, Sydney, Adelaide

South America

Southern Chile – Examples: Valdivia, Puerto Montt
 Southern Argentina – Examples: Bariloche, Puerto Madryn



Emergent Strata

Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Japanese Raisin Tree	<i>Hovenia dulcis</i>	Transitional/ Accumulation	Climax	4m	Mid-winter	Pollard	Seed	Good timber
Black Locust	<i>Robinia pseudoacacia</i>	Accumulation	Climax	4m	-	Pollard, coppice	Seed	Nitrogen fixer, Thorny
Honey Locust	<i>Gleditsia triacanthos</i>	Transitional	Climax	4m	Pods for livestock drop all winter	Light	Seed	Fodder, Not a Nitrogen fixer
Alder	<i>Alnus sp.</i>	Transitional/ Accumulation	Climax	2m	-	Staghorn yearly	Seed	Nitrogen fixer
Pecan	<i>Carya illinoensis</i>	Abundance	Climax	6m	Early winter	Staghorn possible	Seed, graft	Produces nuts, long-lived,
Chestnut	<i>Castanea sp.</i>	Abundance	Climax	6m	Nut autumn	Coppice	Seed and graft	Carbohydrates and timber
Walnut	<i>Juglans regia</i>	Abundance	Climax	8m	Nut autumn	Prune deadwood	Seed and graft	Valuable timber

High Strata

Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Poplar	<i>Populus sp.</i>	Transitional/ Accumulation	Secondary	2m	-	Pollard	Slick	Deciduous
Willow	<i>Salix sp.</i>	Transitional/ Accumulation	Secondary	2m	-	Pollard / Coppice	Stick	Deciduous
Pear	<i>Pyrus sp.</i>	Abundance	Climax	5m	Summer/Autumn	Winter pruning	Graft	Deciduous
Apples / pears	<i>Malus /pyrus sp.</i>	Abundance	Climax	5m	Summer/Autumn	Winter pruning	Graft	Deciduous
Asparagus	<i>Asparagus officinalis</i>	Abundance	Secondary	20cm	Spears - early Spring	Coppice dead stalks in winter	Crown and seed	Deciduous
Grape	<i>Vitis sp.</i>	Transitional/ Abundance	Secondary	2m	Summer/Autumn	Prune in winter if needed	Cutting	Climber, Deciduous
Date plum	<i>Diospyros lotus</i>	Transitional/ Abundance	Secondary	5m	Autumn	Self pruning	Seed	Deciduous
Plum	<i>Prunus domestica</i>	Abundance	Climax	5m	Summer	Winter pruning	Seed + Graft	Fresh eating and preserves
Cherry	<i>Prunus avium</i>	Abundance	Climax	6m	Summer	Winter pruning	Seed + Graft	Fresh eating and canning
Peach	<i>Prunus persica</i>	Abundance	Climax	5m	Summer	Winter pruning	Seed +Graft	High in vitamins A and C

Medium Strata

Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Hazelnuts	<i>Corylus sp.</i>	Abundance	Climax	4m	Autumn	Coppice every 2-3 yrs	Seed, grafted	Deciduous
Jerusalem artichokes	<i>Helianthus tuberosus</i>	Accumulation	Placenta	50cm	Tubers - winter	After dieback	Tuber	Winter dormant
Yacon	<i>Smallanthus sonchifolia</i>	Transitional	Placenta	50cm	Tubers - winter	After dieback	Crown	Late Winter dormant
Elderberries	<i>Sambucus sp.</i>	Accumulation/ Abundance	Secondary	3m	Summer/ Autumn	High prunability	Stake	Deciduous
Blueberries	<i>Cyanococcus</i>	Abundance	Climax	2m	Summer	Prune in winter if needed	Cuttings	High in antioxidants
Raspberry	<i>Rubus idaeus</i>	Transitional	Placenta	1m	Summer	Winter pruning	Canes and root suckers	High in fiber and vitamins
Currant	<i>Ribes rubrum</i>	Transitional	Placenta	1m	Summer	Winter pruning	Cuttings	High in vitamin C

Low Strata

Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
American Paw Paw	<i>Asimina triloba</i>	Abundance	Climax	2m	Autumn	Plant as a thicket	Seed	Deer resistant, great fruit
Comfrey	<i>Symphytum officinale</i>	Abundance	Placenta	20cm	-	Coppice before flowering	Crown	Winter dormant
Nasturtium	<i>Tropaeolum majus</i>	Accumulation	Placenta	20cm	Fodder	Cut back once stalks go yellowish	Seed, cutting	Great pollinators
Cocksfoot	<i>Dactylis glomerata</i>	Transitional	Climax	10cm	Good fodder grass	Frequent cutting	Seed, crown	High winter growth
Borage	<i>Borago officinalis</i>	Abundance	Placenta	20cm	Herbal	Cut back after flowering	Seed, crown	Great pollinators
Strawberry	<i>Fragaria x ananassa</i>	Abundance	Placenta	30cm	Summer	Remove runners to focus energy	Runners	Rich in antioxidants
Rhubarb	<i>Rheum rhabarbarum</i>	Transitional	Secondary	1m	Spring	Remove flower stalks	Division	High in vitamin K
Sorrel	<i>Rumex acetosa</i>	Accumulation	Placenta	30cm	Spring to fall	Cut back to rejuvenate	Seed and division	Rich in vitamin C

Mediterranean Climate

North America

California, USA – Examples: Los Angeles, San Francisco, Santa Barbara
Northern Baja California, Mexico – Examples: Ensenada, Tijuana

Africa

North Africa – Examples: Tunis (Tunisia), Algiers (Algeria), Casablanca (Morocco)
South Africa – Examples: Cape Town, Stellenbosch (Mediterranean-like climate)

Oceania

Southwest Australia – Examples: Perth, Margaret River
Adelaide Region, Australia – Examples: Adelaide, Barossa Valley

Europe

Southern Europe – Examples: Rome (Italy), Athens (Greece), Madrid (Spain)
French Riviera – Examples: Nice, Cannes, Marseille (France)
Portugal – Examples: Lisbon, Porto

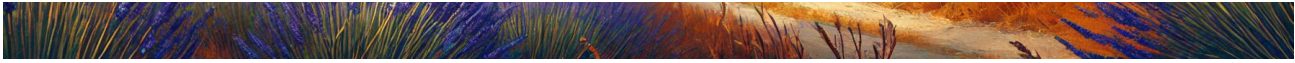
Asia

Eastern Mediterranean – Examples: Tel Aviv (Israel), Beirut (Lebanon), Antalya (Turkey)

South America

Central Chile – Examples: Santiago, Valparaiso, Concepcion





Emergent Strata									
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics	
Olive	<i>Olea europaea</i>	Abundance	Climax	6m	Autumn	Prune for shape	Seed and cuttings	High in healthy fats	
Eucalyptus	<i>Eucalyptus sp</i>	Accumulation	Climax	2m	-	Pollard	Seed	Fast growing	
Carob	<i>Ceratonia siliqua</i>	Transitional	Climax	8m	Autumn	Staghorn	Seed	Chocolate replacement	

High Strata									
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics	
Pomegranate	<i>Punica granatum</i>	Abundance	Secondary	4m	Autumn	Light pruning	Seed and cuttings	High in antioxidants	
Almond	<i>Prunus dulcis</i>	Abundance	Climax	6m	Summer	Winter pruning	Seed and graft	High in healthy fats	
Fig	<i>Ficus carica</i>	Abundance	Secondary	6m	Summer to autumn	Prune for shape	Cuttings	High in fiber	
Citrus	<i>Citrus spp.</i>	Abundance	Climax	4m	Summer to winter	Light pruning	Graft	High in vitamin C	

Medium Strata									
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics	
Bay Laurel	<i>Laurus nobilis</i>	Accumulation	Climax	2m	Spring	Light pruning	Seed and cuttings	Aromatic leaves	
Artichoke	<i>Cynara scolymus</i>	Abundance	Placenta	1m	Summer to autumn	Remove old leaves	Seed	Good winter growth	
Rosemary	<i>Rosmarinus officinalis</i>	Accumulation	Secondary	50cm	Summer	Light pruning	Seed and cuttings	Aromatic leaves	

Low Strata									
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics	
Lavender	<i>Lavandula spp.</i>	Accumulation	Placenta	50cm	Summer	Light pruning	Seed and cuttings	Aromatic flowers	
Oregano	<i>Origanum vulgare</i>	Accumulation	Placenta	50cm	Summer	Cut back after flowering	Seed and cuttings	Aromatic leaves	
Thyme	<i>Thymus vulgaris</i>	Accumulation	Placenta	30cm	Summer	Light pruning	Seed and cuttings	Aromatic leaves	

Subtropical Climate

North America

Southeastern USA – Examples: Miami (Florida), New Orleans (Louisiana)
 Southern California, USA – Examples: San Diego, Palm Springs
 Northern Mexico – Examples: Monterrey, Mazatlán

Europe

Southern Spain – Examples: Malaga, Seville
 Portugal – Examples: Faro, Algarve
 Southern Italy – Examples: Naples, Palermo

Oceania

Eastern Australia – Examples: Brisbane, Gold Coast, Coffs Harbour
 New Zealand – Examples: Northland Region, Bay of Plenty

Middle East

Persian Gulf Coast – Examples: Dubai (UAE), Doha (Qatar)

South America

Southern Brazil – Examples: São Paulo, Florianópolis
 Northern Argentina – Examples: Buenos Aires, Tucumán
 Paraguay – Examples: Asunción, Encarnación

Asia

South China – Examples: Guangzhou, Shenzhen, Hong Kong
 India – Examples: Kolkata, Mumbai
 Japan – Examples: Okinawa, Kagoshima
 Vietnam – Examples: Hanoi, Da Nang

Africa

South Africa – Examples: Durban, Richards Bay
 Mozambique – Examples: Maputo, Beira



Emergent Strata									
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics	
Inga Bean	<i>Inga edulis</i>	Transitional	Secondary	4m	Winter	Staghorn possible	Seed	Nitrogen fixer, edible pods	

Sugarcane	<i>Saccharum officinarum</i>	Accumulation	Placenta	30m	Year-round	Cutting old canes at base	Cuttings	Natural Sugar
Eucalyptus	<i>Eucalyptus sp</i>	Accumulation	Secondary	2m	-	High Pollard	Seed	Fast growing, biomass
Parana Nut	<i>Araucaria angustifolia</i>	Abundance	Climax	8m	Late Spring to Summer	Crown lift	Seed	Large nuts, valuable timber

High Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Macadamia	<i>Macadamia integrifolia</i>	Abundance	Climax	8m	Autumn	Prune to shape	Seed and graft	High in healthy fats
Fig	<i>Ficus carica</i>	Abundance	Climax	5m	Summer to autumn	Prune to control size	Cuttings	High in fiber
Avocado	<i>Persea americana</i>	Abundance	Climax	6m	All year	Prune for size control	Seed and graft	High in healthy fats
Loquat	<i>Eriobotrya japonica</i>	Abundance	Secondary	6m	Spring	Prune for size control	Seed	High in vitamin A
Passion Fruit	<i>Passiflora edulis</i>	Transitional	Secondary	4m	Summer	Prune for shape	Seed and cuttings	High in fiber and vitamin C
Taro	<i>Colocasia esculenta</i>	Abundance	Placenta	1m	Autumn	Remove yellow leaves	Tuber	Rich in starch

Medium Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Feijoa	<i>Acca sellowiana</i>	Abundance	Secondary	4m	Autumn	Light pruning	Seed and cuttings	High in vitamin C
Tamarillo	<i>Solanum betaceum</i>	Transitional/Abundance	Secondary	3m	Winter, Spring	Prune for shape and branching	Seed and cuttings	Fast-growing, frost-sensitive
Cherimoya	<i>Annona cherimola</i>	Abundance	Climax	4m	Winter, Spring	High prunability, restorative	Seed	Flowers as last fruit ripens
Highland Papaya	<i>Vasconcellea sp.</i>	Transitional/Abundance	Secondary	3m	Spring, Summer	Pruning for multi-stem	Cuttings	Sweet & acidic fruit
Banana (lady finger)	<i>Musa sp.</i>	Abundance	Secondary	3m	All year	Remove suckers	Pups	High in potassium

Low Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Monstera	<i>Monstera deliciosa</i>	Transitional	Secondary	4m	Late Spring to early Winter	High prunability	Seed, cuttings	High in oxalic acid, climber
Sweet Potato	<i>Ipomoea batatas</i>	Abundance	Placenta	30cm	Summer to autumn	Prune vines	Slips	High in vitamins A and C
Coffee	<i>Coffea arabica</i>	Abundance	Secondary	3m	Restorative	Selective pruning	Seed	Prefers partial shade
Ginger	<i>Zingiber officinale</i>	Abundance	Placenta	50cm	Autumn	Prune yellow leaves	Rhizome division	Anti-inflammatory properties
Turmeric	<i>Curcuma longa</i>	Abundance	Placenta	50cm	Autumn	Prune yellow leaves	Rhizome division	High in curcumin

Tropical Climate

North America

Caribbean Islands – Examples: Havana (Cuba), Kingston (Jamaica), San Juan (Puerto Rico)
 Central America – Examples: Panama City (Panama), San José (Costa Rica), Managua (Nicaragua)
 Southern Mexico – Examples: Cancún, Mérida, Villahermosa

Africa

West Africa – Examples: Lagos (Nigeria), Accra (Ghana), Abidjan (Côte d'Ivoire)
 Central Africa – Examples: Kinshasa (DR Congo), Libreville (Gabon), Brazzaville (Republic of Congo)
 East Africa – Examples: Dar es Salaam (Tanzania), Mombasa (Kenya), Antananarivo (Madagascar)

Oceania

Pacific Islands – Examples: Suva (Fiji), Apia (Samoa), Papeete (French Polynesia)
 Northern Australia – Examples: Darwin, Cairns, Townsville

Central Pacific and Indian Oceans

Tropical Islands – Examples: Honolulu (Hawaii, USA), Maldives (Indian Ocean), Seychelles (Indian Ocean)

South America

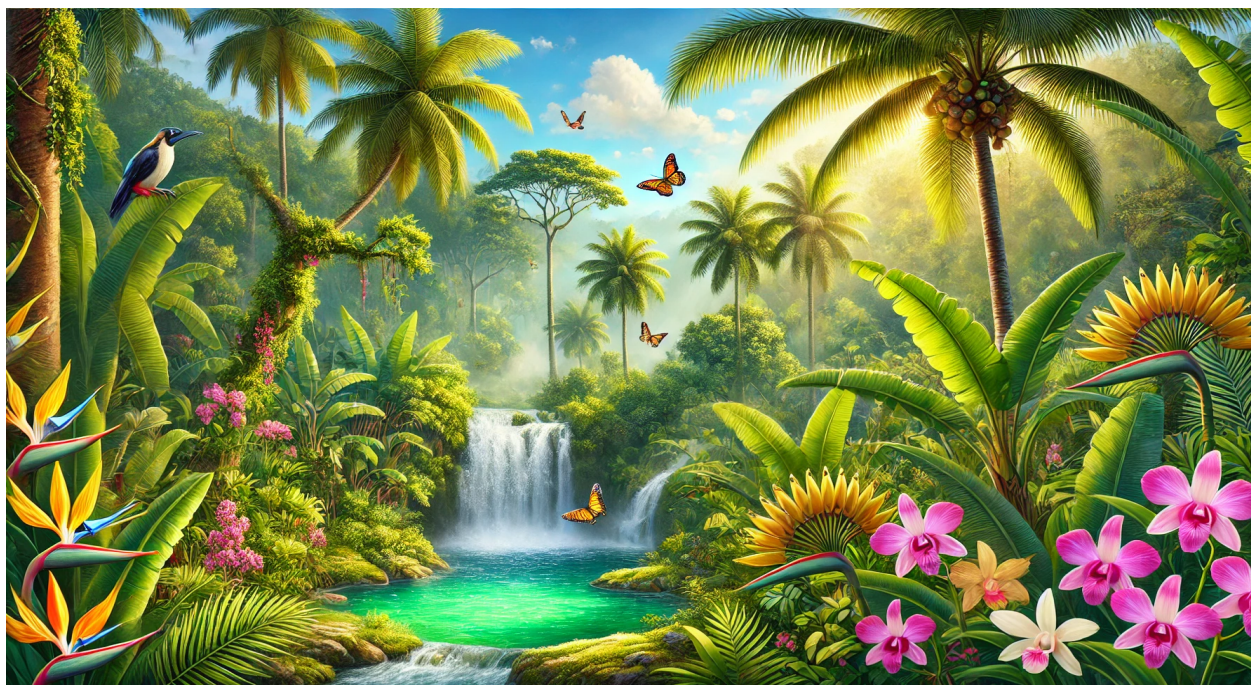
Amazon Basin – Examples: Manaus (Brazil), Iquitos (Peru), Leticia (Colombia)
 Northeast Brazil – Examples: Salvador, Fortaleza, Recife
 Guiana Shield – Examples: Georgetown (Guyana), Cayenne (French Guiana)

Asia

Southeast Asia – Examples: Bangkok (Thailand), Jakarta (Indonesia), Ho Chi Minh City (Vietnam)
 Indian Subcontinent – Examples: Colombo (Sri Lanka), Goa (India)
 Philippines – Examples: Manila, Cebu, Davao

Middle East

Southern Arabian Peninsula – Examples: Salalah (Oman), Aden (Yemen)



Emergent Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Coconut	<i>Cocos nucifera</i>	Abundance	Climax	8m	All year	Self-pruning	Seed	Healthy fats and electrolytes
Papaya	<i>Carica papaya</i>	Abundance	Placenta	2m	All year	Can handle staghorn	Seed	High in vitamins A and C
Jackfruit	<i>Artocarpus heterophyllus</i>	Abundance	Climax	10m	All year	High prunability	Seed	Rich in vitamins and minerals

Durian	<i>Durio zibethinus</i>	Abundance	Climax	10m	Summer	Prune to control size	Seed	High in energy and vitamins
Moringa	<i>Moringa oleifera</i>	Abundance	Placenta	4m	All year	High prunability	Seed	Highly nutritional

High Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Mango	<i>Mangifera indica</i>	Abundance	Climax	10m	Summer	Prune to control height	Seed	High in vitamins A and C
Cassava	<i>Manihot esculenta</i>	Transitional	Placenta	0.5m	Year-round	Light pruning	Stake	High starch, edible tuber
Banana (cavendish)	<i>Musa sp.</i>	Abundance	Secondary	3m	All year	Remove suckers	Pups	High in potassium
Breadfruit	<i>Artocarpus altiiis</i>	Abundance	Secondary	8m	Summer	Prune for size control	Seed and cuttings	High in carbohydrates
Taro	<i>Colocasia esculenta</i>	Abundance	Placenta	1m	Autumn	Remove yellow leaves	Tuber	Rich in starch

Medium Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Cacao	<i>Theobroma cacao</i>	Abundance	Secondary	3-6m	Twice a year	Prune select branches	Seed	Rich in antioxidants
Pineapple	<i>Ananas comosus</i>	Abundance	Placenta	0.5m	Summer	Remove suckers	Offshoots	Drought-tolerant
Guava	<i>Psidium guajava</i>	Abundance	Secondary	4m	Autumn	Heavy pruning	Seed	High in vitamin C
Starfruit	<i>Averrhoa carambola</i>	Abundance	Secondary	5m	Winter to summer	Light pruning	Seed	High in oxalic acid

Low Strata								
Plant	Botanical Name	Succession	Lifecycle	Spacing (min)	Fruiting	Pruning	Propagation	Characteristics
Coffee	<i>Coffea arabica</i>	Abundance	Secondary	3m	Restorative	Selective pruning	Seed	Prefers partial shade
Vanilla	<i>Vanilla planifolia</i>	Abundance	Climax	3m	Pods	Light pruning	Seed and cuttings	Climber best on palms
Peanut	<i>Arachis pintoi</i>	Abundance	Placenta	20cm	Fodder	-	Seed	Nitrogen fixing
Sweet Potato	<i>Ipomoea batatas</i>	Abundance	Placenta	30cm	Summer to autumn	Prune vines	Slips	High in vitamins A and C
Ginger	<i>Zingiber officinale</i>	Abundance	Placenta	50cm	Autumn	Prune yellow leaves	Rhizome division	Anti-inflammatory properties
Turmeric	<i>Curcuma longa</i>	Abundance	Placenta	50cm	Autumn	Prune yellow leaves	Rhizome division	High in curcumin

Terminology:

Succession: Refers to the stages of development in plant communities, from pioneer species that prepare the soil to more demanding plants that thrive in established, fertile environments.

Accumulation: Plants that can tolerate poor soils and encourage fertility but typically produce no fruit or nuts.

Transitional: Hardy plants that tolerate reasonably poor soils and some can produce fruits and nuts.

Abundance: Plants that need rich, abundant soil and often produce a wealth of fruit/nuts.

Lifecycle: Describes the expected lifespan of a plant, from short-lived pioneer species to long-lived mature plants.

Placenta: 1-3 years

Secondary: 2-20 years

Climax: 40+ years

Canopy Strata: Reflects light requirements rather than plant height. The strata determine the plant's position in the vertical structure of the forest:

Emergent: Plants that need full sunlight and grow above the general canopy level.

High: Plants that form the main canopy and require significant sunlight.

Medium: Understory plants that can tolerate partial shade.

Low: Ground layer plants that thrive in shaded conditions.

Spacing: Not a strict rule on how densely you must plant your species but rather a guideline for the ideal distance between mature plants of the same species.

While you can plant more densely during the early stages of your food forest to maximize space and resources, it's important to ensure that as your plants grow to maturity, they are spaced to reflect the provided values.

This helps prevent overcrowding within the same species, which can lead to competition for light, nutrients, and water, and ensures that each plant has enough space to thrive and reach its full potential.

