

I'm none of these.

I am RESILIENCE.  
(Mamma Mia!)



#### Abstract:

The Food Forest as part of Agroforestry approach seems to give convincing results in term of marginal land management, reduction of inputs, sustainable production and ecosystem services, even though it is still little studied and known. It is based on the prevalent use of perennial varieties and the design takes place according to the creation of an ecosystem, based on self-fertilization, the close cycle of nutrients typical of a forest and the constant coverage of the soil. All these factors create a model with very low energy and care needs but highly fertile and biodiverse, and therefore resilient.

This article is an attempt to describe the phenomenon of "Food Forest" and "Forest Garden" in the Italian scenario, researching design methods, purposes and specific characteristic of the forest creation. 6 case studies (3 farms, 1 private initiative, 1 informal group of citizens and 1 association) from 5 Italian regions (Piemonte, Lombardia, Veneto, Emilia Romagna and Umbria) were visited and interviewed in 2017 to registered plant species and varieties, the gastronomic use and potential ecosystem services.

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## FOOD FOREST AND FOREST GARDEN: ITALIAN STUDY CASES

### CATALOGUING VARIETIES AND PRACTICES IN ITALIAN FOOD FORESTS

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