

Why Edible Landscaping?

Growing even a small portion of your food ...

- Land use: Edible landscaping puts the city footprint to use.
- Your landscape water performs dual duty - aesthetic AND food production.
- Cuts oil use / pollution / greenhouse gas emissions of importing food
- Health: You control the amount of chemicals in your food. Eating with the seasons means eating vegetables at maximum freshness, peak of ripeness, and maximum nutrition. Gardening is movement, weight-bearing exercise, stretching, fresh air.
- Culture: Growing food preserves the food-producing skill base, educates future generations, and explores urban solutions for the future of society.
- Land stewardship: Fewer chemicals on land and in storm drains sends fewer chemicals to the ocean.
- You can foster nature's biodiversity through heirloom vegetable varieties.
- Polycropping provides habitat and food for nature's pollinators and other living species.
- Composting means waste diversion from landfills, it saves oil use/pollution/greenhouse gas emissions of hauling away green trash, and it builds rich soil life.
- Spirit: It's fun. It's relaxing. Purposeful action is fulfilling. And edible landscaping reconnects us to the cycles of the planet.

At the Community Garden at Holy Nativity, we understand that in tough economic times -- and in these times of massive societal change brought on by peak oil and global warming -- food security is vital to community stability. During World War II over 40% of our nation's produce was grown in home gardens. Our society has forgotten these skills. At the Community Garden at Holy Nativity, we're growing far more than a few vegetables: we're growing a local skill base, and we're growing an interconnected community. Come join us!



The Community Garden

At Holy Nativity

6700 W. 83rd, Westchester (310) 670-4777

<http://holynativityparish.org/wordpress/>

Community Garden at Holy Nativity

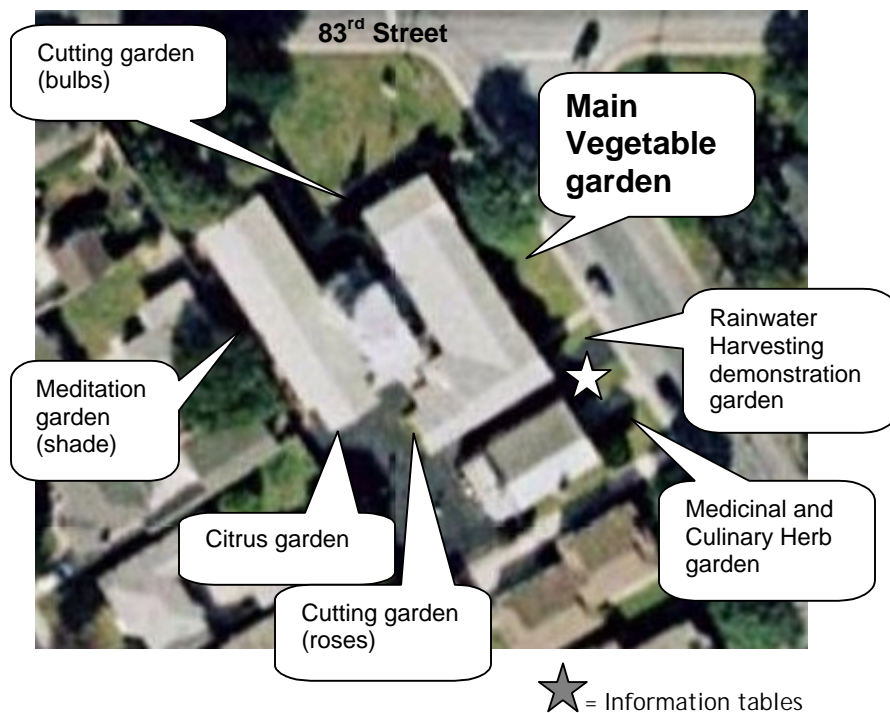
feeding the hungry

Garden Tour - May 3, 2009

The Community Garden at Holy Nativity is a functional garden and a demonstration and learning garden.

A functional garden is always a work-in-process, so you will see seedlings, plants past their prime, and plants going to seed, as well as flowering beauties in their best display.

Map of the Community Garden at Holy Nativity



About the Community Garden

- ❖ The functional garden is more than 2,700 square feet and includes 16 fruit trees. The main garden area was previously unused lawn and junipers.
- ❖ Food grown in the garden is given to needy local families through distribution charities such as LAX Food Pantry.
- ❖ The Community Garden is a community-building project uniting local neighbors, the Environmental Change-Makers group, Holy Nativity parish, other local parishes, area environmentalists, and people who simply love to garden.
- ❖ The garden is maintained using organic growing techniques. Existing soil was enriched with compost, worm castings, and beneficial microorganisms. Mulch in the growing areas retains soil moisture. The garden is planted using intensive plant spacing to maximize yield for the square footage.
- ❖ Integrated beds of beneficial flowers attract pollinating insects and natural predator insects.
- ❖ The rainwater harvesting tanks have a 1,240 gallon capacity; these were installed in March, after our final rain for the season. The rainwater harvesting demonstration garden channels roof water into a connected series of infiltration pits.
- ❖ On-site composting of garden clippings and community hall food waste provides ongoing soil nutrition.



Other Projects

The Community Garden has inspired several other projects in the area:

- The Harvest Westchester community fruit harvesting program shares backyard fruit, with the excess going to needy families via LAX Food Pantry.
www.HarvestWestchester.org
- Free Organic Vegetable Gardening Classes are offered

by the Environmental Change-Makers on selected Saturdays to grow our local skill base in a variety of gardening topics.
[www. EnviroChangeMakers.org](http://www.EnviroChangeMakers.org)

- Fun community events such as Vegetable/Herb Seed Swaps. Joint purchases of bareroot fruit trees.
- Other churches and organizations in the area are considering installing similar gardens.

Partial Plant List (as of Spring 2009)

Vegetables: Amaranth**, Artichokes, Blackeyed peas**, Beans, Carrots, Chard, Chayote squash, Cucumbers**, Fennel, Leeks*, Lettuces, Mustard, Fava beans*, Runner beans, Snowpeas and sugar snap peas*, Sunflowers, Tomatoes, Tomatillos**, Peppers, Potatoes*, Zucchini**

Herbs: Aloe vera, Basil**, Calendula, Cilantro*, Cotton**, Dill, Echinacea**, English daisy**, Fennel, Feverfew, Garlic, Horehound**, Lemon balm**, Monarda, Parsley, Pennyroyal**, Plantain**, Oregano, Rosemary, Sage (culinary), Self heal (Prunella)**, Thyme, White Sage, Yarrow

Trees: Tangerine, Orange, Lemon, Apple (Anna low-chill), Pineapple Guava (Feijoa), Pomegranate

*cool season (now phasing out)

**warm season (seedlings or newly planted April 2009)

Sustainable Gardening

- Chemical-free
 - Insect Pest Management (cultivating natural predators)
 - Compost (natural plant nutrition)
- Functional Landscaping
 - Edible plants, herbs
 - Wildlife habitats
 - Use shade trees to reduce air conditioning needs
- Plant choices
 - Select plants that match your micro-climate
 - Remove invasive species, reduce lawn areas
 - Restore native plants (cultivate habitat)
 - For edibles, try heirlooms (preserve biodiversity)
- Water wisdom
 - Xeriscape/drought-tolerant plants
 - Mulch
 - Harvest rainwater
 - Use Greywater
- Ecosystem management
 - Treat the garden as an integrated whole



Edible Landscaping resources for Los Angeles

www.LegacyLA.net/EdibleLandscape.htm

resources on layout, Permaculture, container gardening, vegetable selection, and much more.