



Center for an Ecology-Based Economy

Resilient Communities Restoring the Earth

MISSION

To engage the community in developing practical, ecological solutions in the areas of food, shelter, energy, and transportation.

Our goal is local community sustainability, health, and resilience in response to climate instability and resource depletion.





C O M M U N I T Y

BikeShare

CENTER FOR AN ECOLOGY-BASED ECONOMY
447 MAIN STREET, NORWAY

CALL 739-2101
TO REGISTER
AND BORROW
A BIKE FOR
FREE









EDIBLE



MAIN STREET

Pick a little. Leave a lot.

FMI: Visit CEBE or call 739-2101

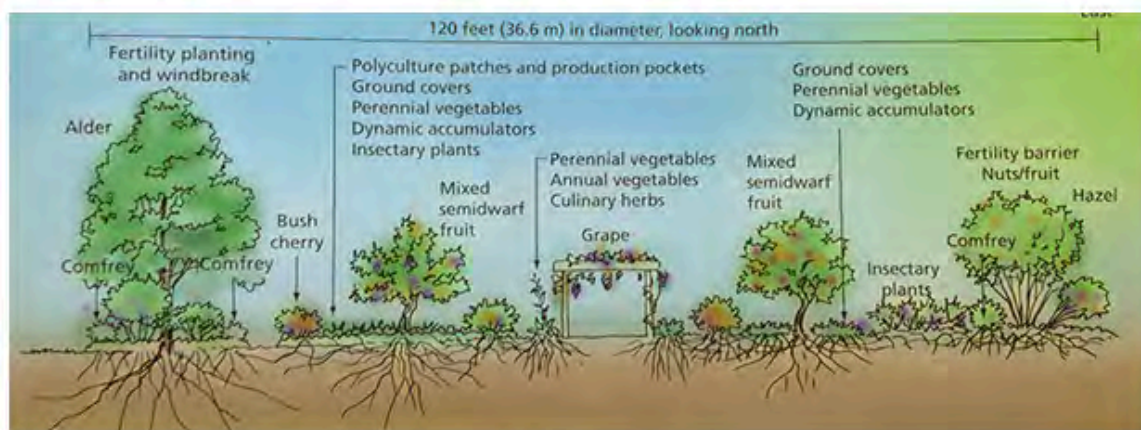




[ABOUT](#)[PROJECTS](#)[BLOG](#)[THE COMMONS](#)[JOIN US!](#)[DONATE](#)[FOOD](#)[SHELTER](#)[ENERGY](#)[TRANSPORT](#)

Norway, Maine

FOOD FOREST



Food Forest Plants, Functionality and Future

October 27th, 2014, 6pm-8pm

How do we want our Community Food Forest to function and what are some potential pitfalls and challenges?

- f(x)=Providing, as a planned system, food as efficiently as possible
- Demonstration/Education
- Well labeled/signage
- Seed Library
- Serves as a model
- Shelter for humans and wild animals



Quick Facts

WHAT IS IT?

Think of an edible forest garden, containing a diverse mix of plants like fungi, herbaceous ground covers, perennial vegetables, fruit and nut bearing vines, shrubs, and trees.

FUNDING

Maine Local Foods Grant funded by Harvard Pilgrim Health Care and Maine Sunday Telegram.

BUDGET

\$5000 Food Forest Design,

ADCG/CEBE Collaboration

Initial funding from a SOURCE Grant from
Maine Media and Harvard Pilgrim
Healthcare Foundation

Three Introduction/Visioning Sessions
included approx. 70 people.

Perennial Polyculture

(Food Forest or Forest Garden)

- Create “guilds” specific to bioregion and microclimate
- 2-7+ species that work together
- Reduce inputs: materials and labor
- High up-front energy inputs.
- Perennials maximize solstice sun
- Sequester Carbon in plants and soil

Perennial Polyculture

Plant functions

- Human food, medicine. Fuel and fiber?
- Host beneficial insects.
- Pollinator forage
- Soil building, biomass and nutrients
- Erosion control
- Weed suppression/shade
- Trap crops



SCALING UP

Mark Shepard – 100-acres – 15 years of Establishment



- Roberts Institute for
Regenerative Agriculture
- John Longley MakerSpace
for Appropriate Technology