

Class Series: *Urban Food Forests*

Can you have a pretty yard and eat it too? **Yes!**

And it's **FREE** to learn how, thanks to a Cuyuhoga Arts & Culture grant and Coit Road Farmer's Market..



Food forests create a landscape that generates food, is easy to maintain for years, and is pleasing to the eye. Using modern science and ancient wisdom we build our Gardens of Eden. Our learning garden, the East Cleveland Food Forest, will be our living classroom where students will get hands-on experience of what is required to build a food forest. This food forest is open to the community.

Although the majority of plants used are native to this region, plants from around the world that help fill our bellies and balance our ecosystem are used. There are opportunities throughout the series for students to **take home plant material to build their own garden.**

Planning before action helps us efficiently make the needed changes to our landscape. This means giving each student ample opportunity to ask questions and design their own food forest.

Classes start March 27 and are open to all. Join us as we discuss and open up more possibilities for the creation of a sustainable future for all of us!



15000 Woodworth Rd near East 152nd and Noble Rd in East Cleveland, OH. 216-249-5455

www.coitmarket.org

About the Teacher:



Melissa Amit Shuck, often called “Amit,” has been working in the field of ecological restoration for 20 years. Inspired by a Ecology professor to switch from Electrical Engineering to Earth Science because of the current ecological decline, she spent the first part of her career educating farmers and ranchers on more sustainable management and the second half working on creating sustainable urban landscapes, with a focus on foodscaping. Her innovative approach of combining ecology, permaculture, and small farm techniques has allowed her to produce hundreds of pounds of food off her own Cleveland Heights property while running 2 businesses, as a single mom. Her goal is to help others live more sustainably by sharing these techniques and the rare plant materials she uses.

Current Class Schedule:

March 27, 4pm: Join us at the East Cleveland Public library to learn about starting spring seeds. We will cover the basics of seed starting, start seeds for the library, and take some home for our own gardens.

April 15, 5:30pm: Join us at the East Cleveland Food Forest adjacent to the Coit Road Farmer’s Market building where we will tidy things up for spring and plant whatever plants are available at the time. Dinner will be provided for helpers of the Food Forest.

May 15, 4pm: We are going back to the East Cleveland Public library to talk about how we can feed our seedlings naturally and help them best thrive for the season. We will be planting out the library’s garden, going to the Food Forest to get hands-on experience with irrigation installation, and taking home some seedlings. Dinner will be provided for helpers of the Food Forest.

And into the Future: June 26, July 22, Aug 27, Sept 24, Oct 27, Nov 17

Sign up to be part of our class mailing list by emailing:
imitatingeden@gmail.com and coit.twitter2@gmail.com



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