



# the **Foodscape** Revolution

*Finding a Better Way  
to Make Space for  
Food and Beauty  
in Your Garden*

Foodscaping in the Northern Neck

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*The Foodscape Revolution*

*Gardening with Grains*



BRIE GR<sup>OWS</sup>

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# Let's START a conversation



# EVERYONE EATS!

What is a  
Foodscape?





## A large, mature cabbage plant with broad, green, slightly crinkled leaves is growing in a large, ornate, weathered metal planter. A wooden label with the word "CABBAGE" is stuck in the soil. The planter sits on a stone ledge in a garden setting with various other plants and trees in the background.





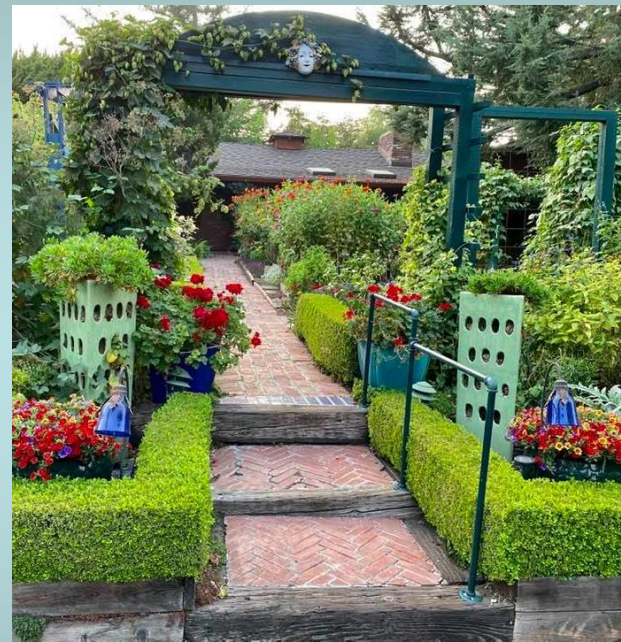
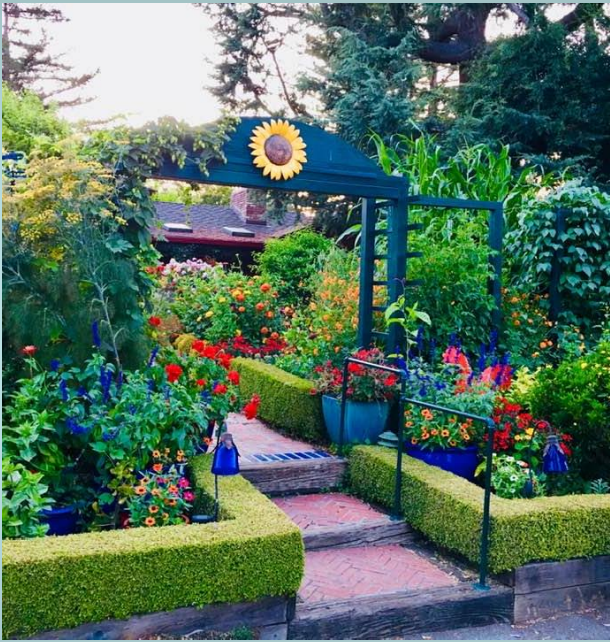


Rosalind Creasy

'The Edible  
Landscape'

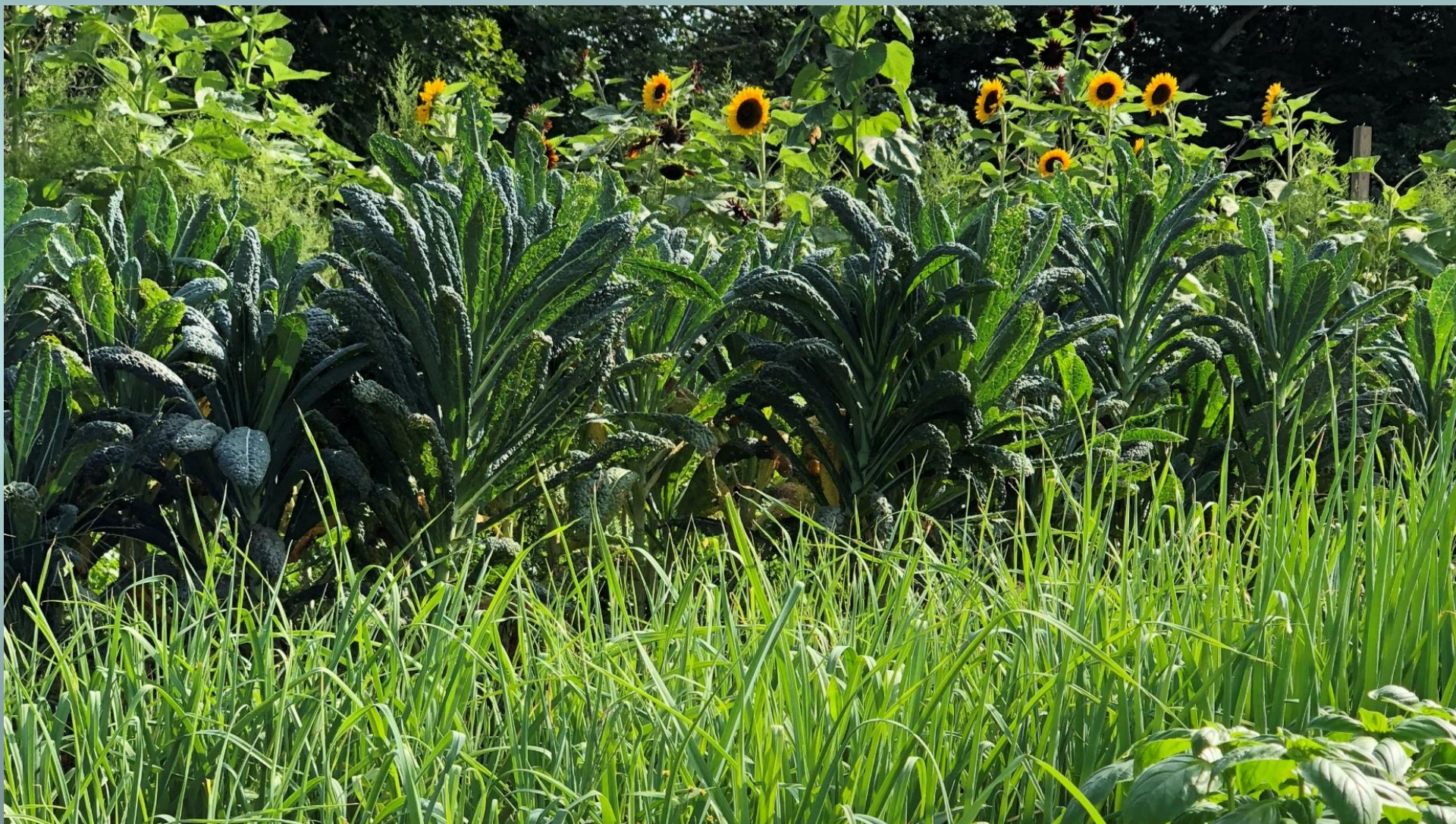


# Ros Creasy's Edible Landscape





You don't have to grow in straight lines





# Foodscape Design Basics

- Draw a plan to scale
- Select trees, shrubs and perennials for structure
- Focus on open, sunny areas in existing landscape
- Rotate crops seasonally
- Utilize cover crops
- Focus on diversity not monoculture planting
- Devote budget to quality compost seasonally



# Utilize the open mulch space



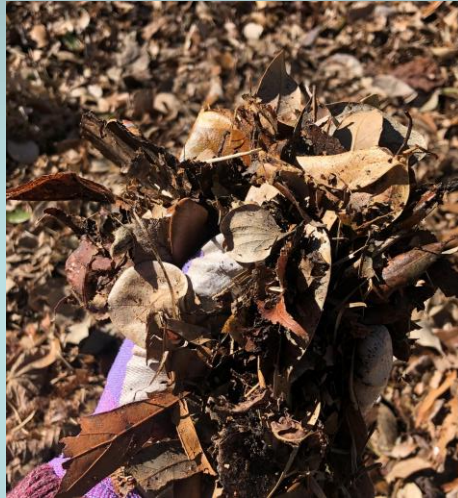


Once see it, you can't STOP seeing it!  
Americans are obsessed with mulch!





# What is the best mulch?



How to “fix” your soil in ONE easy step  
without spending any money...

**LEAVE the LEAVES**



# Think about what you eat ALL of the time

Focus on growing PRACTICAL food crops that you like to cook with

Grow A LOT of them to help change your buying habits

Cultivate extra to share with friends and family



# How to Foodscape?





# Match cultural needs

Sunlight:

FULL SUN= 8+ hours

PART SUN = 4-6 hours

SHADE= 4 hours or less

Water:

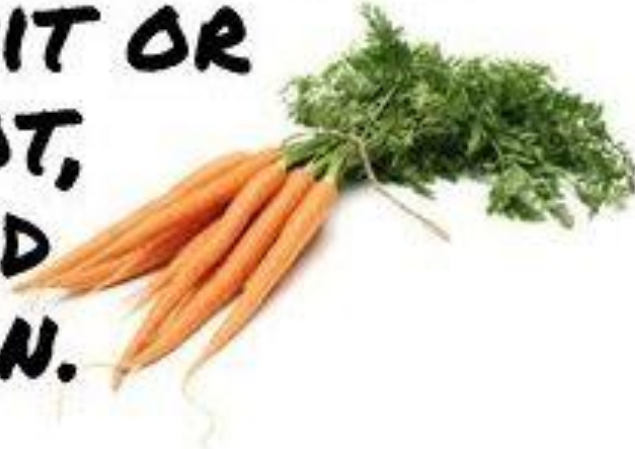
DAILY = site close to hose!

WEEKLY = once established





**IF YOU GROW IT FOR  
THE FRUIT OR  
THE ROOT,  
YOU NEED  
FULL SUN.**



**IF YOU GROW IT FOR  
THE LEAVES,  
PARTIAL SHADE  
IS ALL YOU NEED.**





# Edibles need water





# Foodscaping Plant Palette

NATIVES

EDIBLES

BEST from all  
categories!

ECOLOGICAL

ORNAMENTALS





# Ornamentals offer Biological Diversity

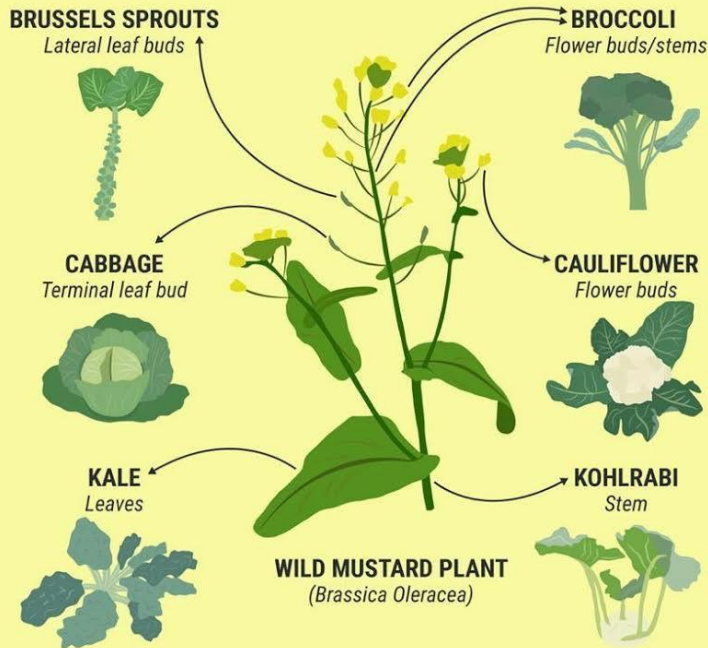




# Food Crops LACK Diversity

## 6 vegetables that are the same plant

Over hundreds of years farmers have been breeding one plant — called *Brassica Oleracea* — into dozens of different varieties. These six vegetables you can find in the grocery store are actually all the same plant.



SOURCE: Botanist in the Kitchen

TECH INSIDER

## Solanaceous Crops

- Family: Solanaceae
  - Warm Season Perennials
  - Naturally self pollinating
    - Tomato (*Lycopersicon esculentum*)
    - Pepper (*Capsicum annuum*, *C. frutescens*, *C. chinense*)
- Other Solanaceous crops:
- Potato (*Solanum tuberosum*)
  - Eggplant (*Solanum melongena*)
  - Tomatillo (*Physalis ixocarpa*)





Is it “Deer Proof”?

Chapter 9  
*Gardening with  
Grains*

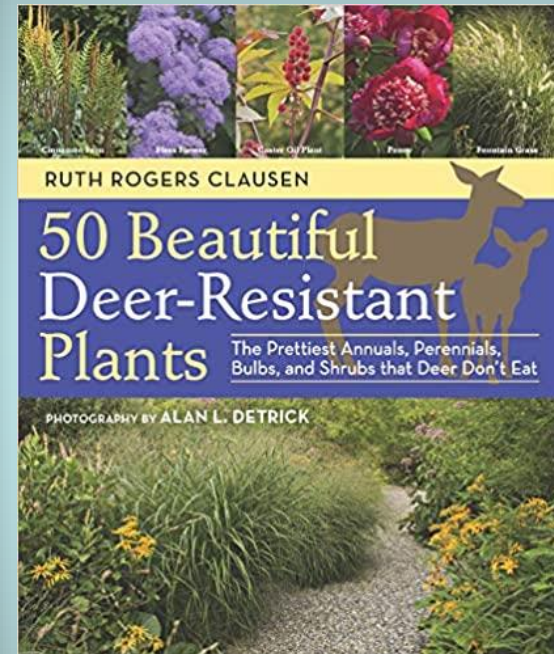
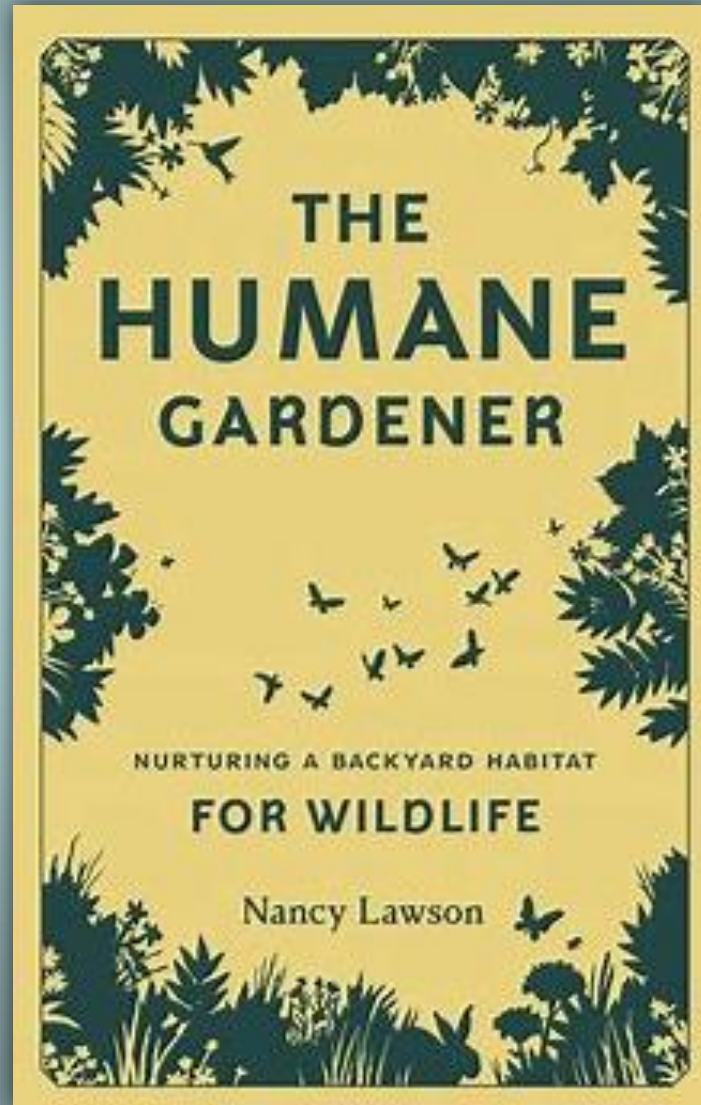
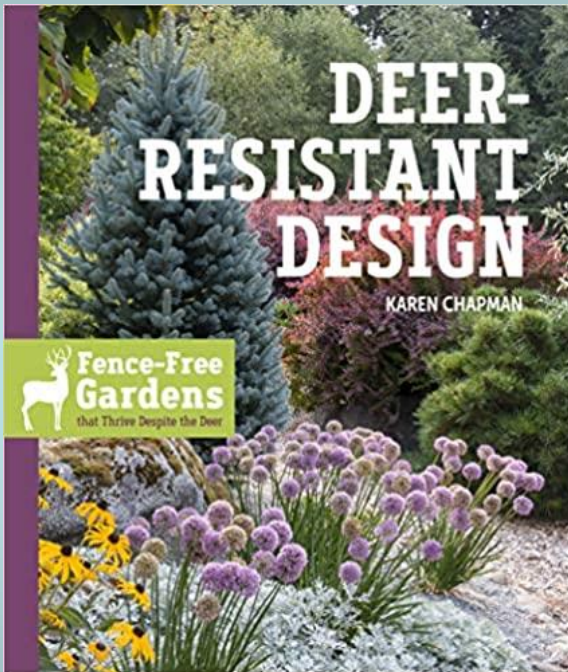


# No such thing as animal proof





# Great resources for dealing with animals





4 PACK



I have a 2-hour webinar on THIS subject!  
Visit [BrieGrows.com](http://BrieGrows.com) to register

Fencing  
Reflective tape  
Motion censored irrigation

Repellents  
Vole King Bags





What about  
plant  
selection?





A circular inset image showing a branch of a Lespedeza plant with numerous small, vibrant pink flowers hanging from green leaves.

Lespedeza

A circular inset image showing a dense cluster of small, purple aster flowers with yellow centers.

Aster

Zone 6-8 Full Sun  
perennials that deer  
steer clear from

A circular inset image showing a cluster of Gaillardia flowers with bright yellow petals and dark brown centers.

Gaillardia

A circular inset image showing a cluster of bright yellow Solidago flowers.

Solidago

A circular inset image showing a dense clump of Pink Muhly Grass with fine, feathery pink flowers.

Pink Muhly Grass



Salvia



Rattle Snake Master



Zone 6-8 Sun perennials that  
deer steer clear from

Nepeta



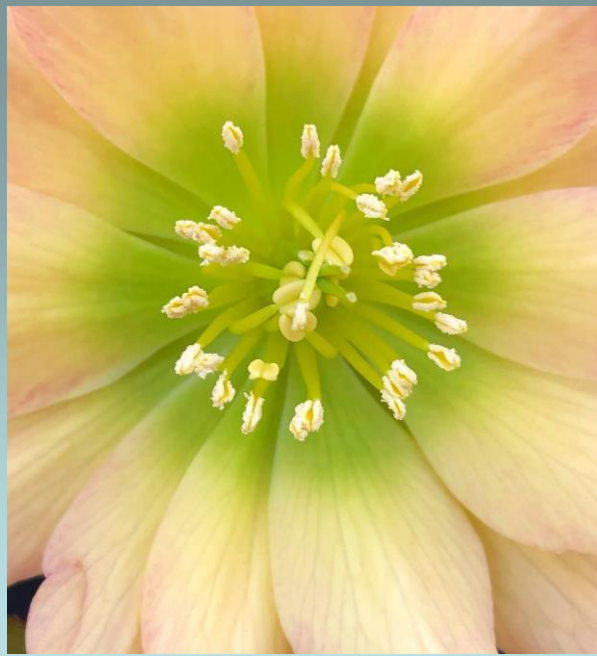
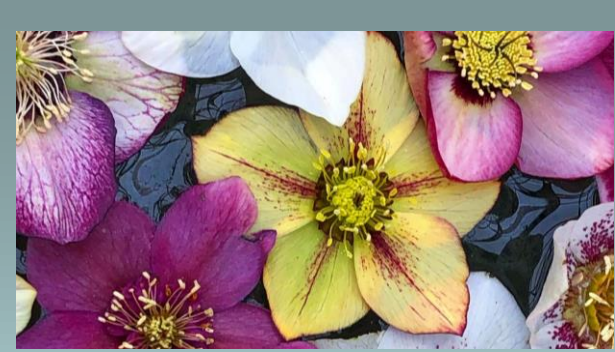
Crinum



Calamintha







Hellebores- dry shade

Visit Pine Knot Farm





Ferns- wet  
shade



# Foodscaping Solutions

Plants that deter animals:

Spicy Greens

Basil

Garlic

Herbs

Onions

Potatoes





# Green Thumb Advice

Focus on planting  
along bed edges to  
deter animals





# Great perennial foodscape pairings

*Phlox paniculata*  
'Bright Eyes'





# *Allium* 'Millennium'



Spicy Greens





# Spicy Greens Edible Groundcovers

Mix Arugula, Chard,  
Lettuce, Kale,  
Mustard & Spinach  
seed together

Broadcast over  
compost



# Arugula

Bitter leaf flavor  
deters deer & rabbits





# Mustard



‘Southern Giant Curled’



‘Miz America’





'Crimson Red'



'Garnet Giant'







# *Asclepias tuberosa* 'Hello Yellow'



Basil





## Brie's Favorite Basil Varieties:

‘Everleaf Emerald Towers’  
“Spicy Globe”





# Spicy Globe Basil



Plant in May along edge

Space 8-12" apart

Water as needed

Best in full- part sun

Strong scent deters rabbits & groundhogs





*Baptisia* DECADENCE®

'Lemon Meringue'

PP24280 CPBR5097



Onion



# Egyptian Walking Onion





*Heliopsis helianthoides*  
'Tuscan Sun' PP18763



Herbs



# Oregano, Rosemary & Thyme





# Use sun loving flowering shrubs as “living stakes” for tomatoes

Beauty Berry

Butterfly Bush

Hydrangea

Viburnum

Lilac

Forsythia

Hibiscus

Weigela



*Hydrangea paniculata*  
'Sweet Summer' & 'Black Krim' Tomato





# ALL TIME Favorite Tomato: 'Cream Sausage'



70-75 days  
Semi-determinate



BAKER CREEK HEIRLOOM SEEDS

rareseeds





*Phlox paniculata*  
'Glamour Girl'  
PP25778

Potatoes



# The Potato Story





Solanaceae plants have poisonous foliage





Harvest “new” potatoes when they flower





# Plant NOW in March

## Harvest in mid June

60' long bed edge resulted in 80 lbs!





Cooked and served those potatoes  
Now he knows exactly where french fries come from!





*Salvia nemorosa*  
COLOR SPIRES® 'Violet Riot'



Garlic



# Grow Garlic!



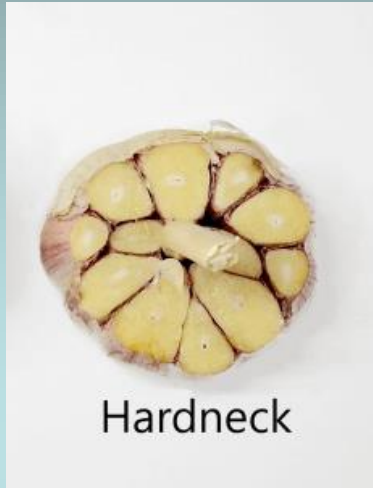


Plant in fall, but you can plant in spring





# Hard neck vs Soft neck Garlic



## Hard neck Garlic

Has a hard stem

Impossible to braid

Bulbs are regular in shaped

Has a powerful flavor

## Soft neck Garlic

Has a soft stalk

Easy to cut and braid

Bulbs are imperfectly shaped

Has a mild flavor



# Great Garlic Varieties

Asiatic: Aomori, Asian  
Tempest, Japanese, Korean Mt,  
Korean Red, Pyongyang &  
Tibetan

Creole: Rose de Lautrec &  
Pescadero Red

Turban: Basque, Chengdu,  
China Stripe, Chinese Purple,  
Early Portugese, Lotus, Maiskij,  
Morado Gigante, Shandong,  
Thai Purple, Tzan, Uzbek & Xian





# Porcelain Garlic Varieties

Armenian

Calabria

Georgian Crystal

Georgian Fire

German Extra Hardy

Italian Red

Majestic

Music

Polish





Thumb garlic cloves  
into the bed edge







Garlic Chives are delicious





In spring,  
pluck flower  
scape off to  
increase bulb  
production



# Garlic Scape Pesto





12' bed edge produced 18 bulbs...  
6 months worth of garlic!







Harvest the bulbs when foliage dies



Want to make a difference in the world?



Just grow your own garlic!



# The Food Miles Crisis

As of 2012, China is the largest producer of garlic

59 million metric tons annually

66% world production

90% US

7,000 miles away

Average food miles in US  
2200 miles PER PRODUCT





# Foodscaping provides solutions





# Where to Foodscape?





# EVERYWHERE!!

Residential Landscapes

Neighborhood Entries

Municipal Buildings

Churches

Office Parks

Schools





# Why Foodscape?





Foodscaping is an  
opportunity...





# To teach everyone!






DREAM  
BIG!

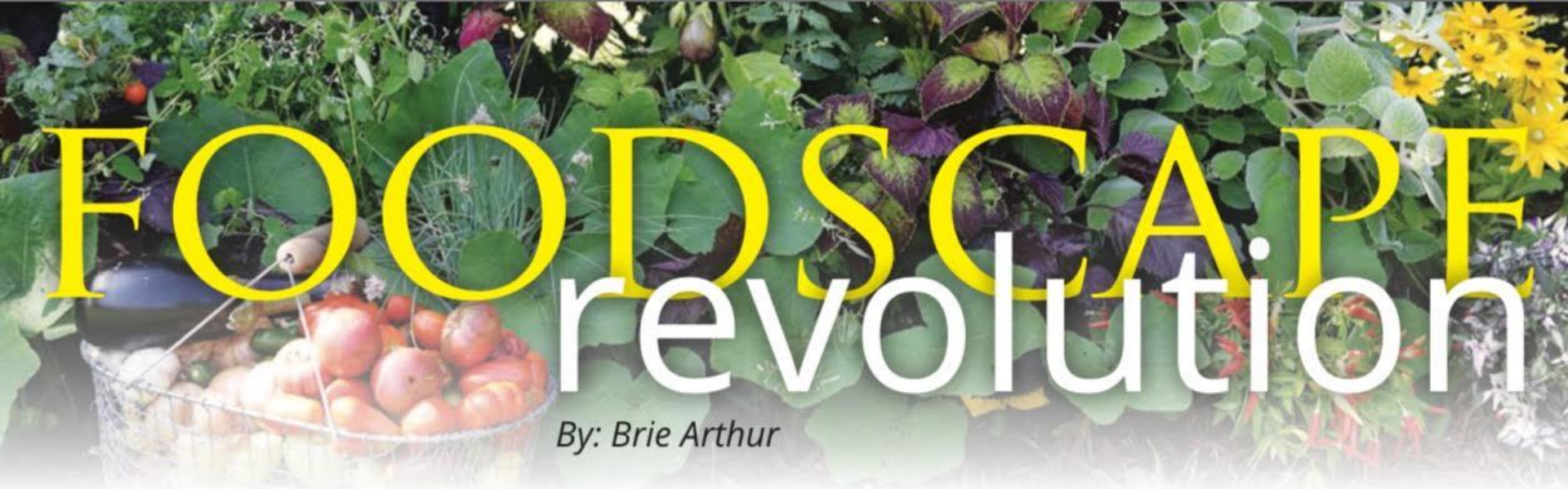




An aerial photograph of a suburban neighborhood with many houses and winding streets. A semi-transparent green rectangular overlay is placed in the center of the image, containing white text. The text reads: "Imagine if every landscape grew SOME food".

Imagine if every  
landscape grew  
SOME food



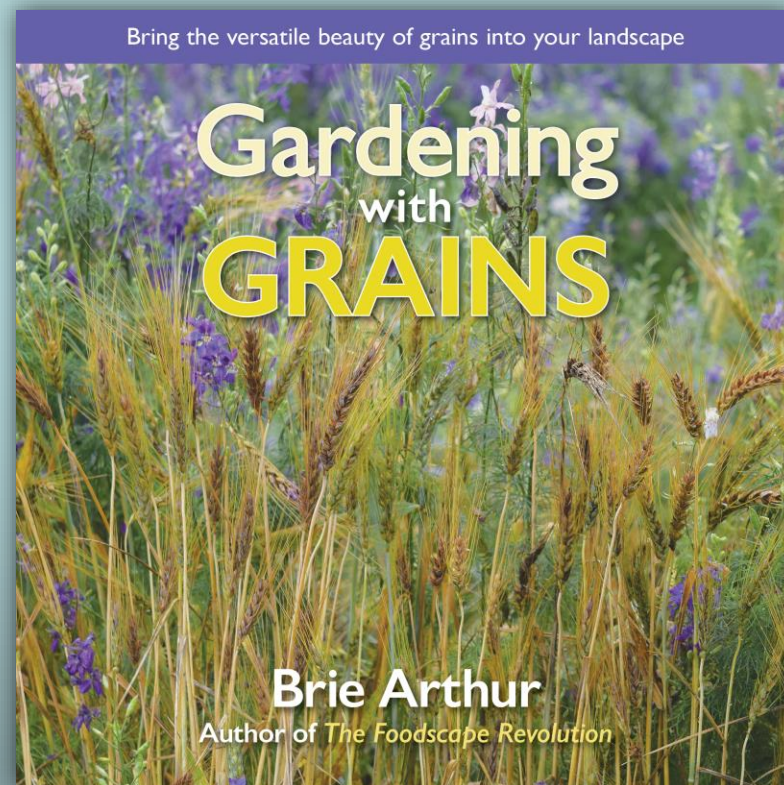
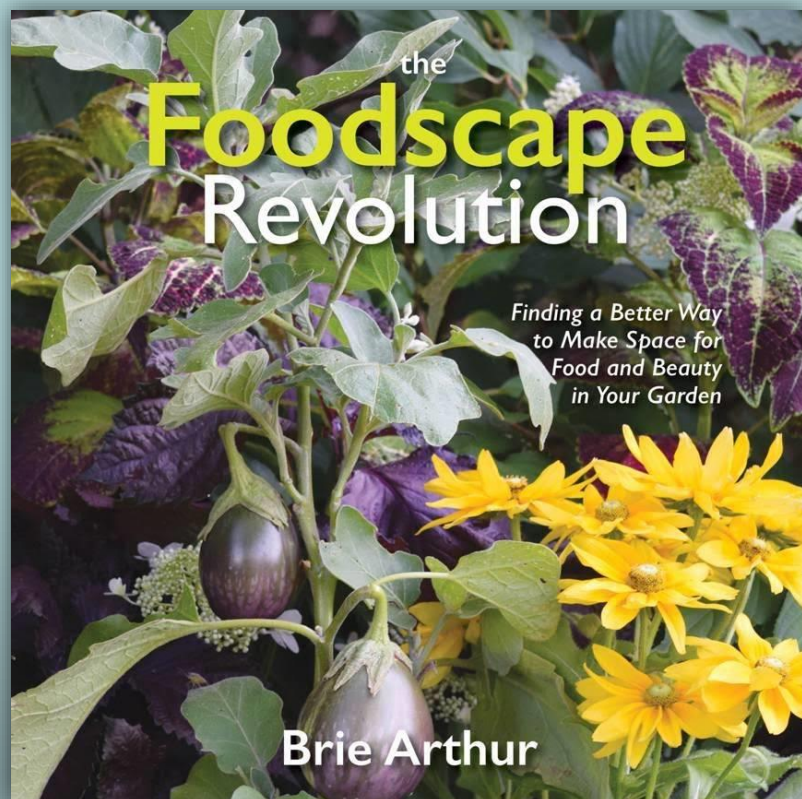


*By: Brie Arthur*

Thank you  
for your time



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Sign up for my monthly newsletter!





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