

#preservation

#species

#tree

## CREATING A FOREST GARDEN

Structure : Cap Héol

Difficulté : facile



Occitanie

The association's purpose is to "foster, promote, and implement:

- ° harmonious human relationships;
- ° practices that contribute to the well-being, balance, and overall health of ecosystems;
- ° lifestyles that are more communal and supportive, more ecological, and more respectful of living things,
- ° all activities related to creation, transition, awareness-raising, support, knowledge transfer, vocational training, and other initiatives, with a focus on sustainable development and environmental preservation that follow the principles and ethics of permaculture..."

**History:** Founded in 2005 in Brittany, the association moved to the Upper Aude Valley in the spring of 2017.

**Activity: the creation of a Forest-Garden in Montazels (Aude)**

**What is a FOREST-GARDEN?** On a plot of nearly 5 hectares that it acquired in January 2018, the association is implementing an experimental and educational project based on the ethics and principles of vegan permaculture. In 2018, it joined the Oasis Nature network, which encompasses 923 sites across 3,299 hectares, and in 2020, the Arches de Nature (One Voice) network

**This is the mature stage of a permaculture edible ecosystem. Its characteristics are as follows:**

- the integration of forest species, orchards, vegetable gardens, flowers, aromatic, medicinal, and dye plants, etc.
- a multi-layered forest structure
- maximum diversity in the mix
- wild, self-fertile soil that is not tilled and is always covered
- priority given to self-perpetuating plants: trees, shrubs, perennials, wild vegetables

Over 600 fruit trees and shrubs have been planted since late 2017.  
Just as many aromatic and medicinal plants.

Clearing and brush chipping are carried out regularly to open and maintain trails, and to clear walls and trees: fig, walnut, hazelnut, medlar, plum, quince, olive, and cherry trees...

Participatory work projects are planned depending on the weather.

## Liens

<https://cap-heol.fr/la-foret-jardin/>