



Volunteering at Mason

Building community connections
through the Innovation Food Forest



Innovation Food Forest

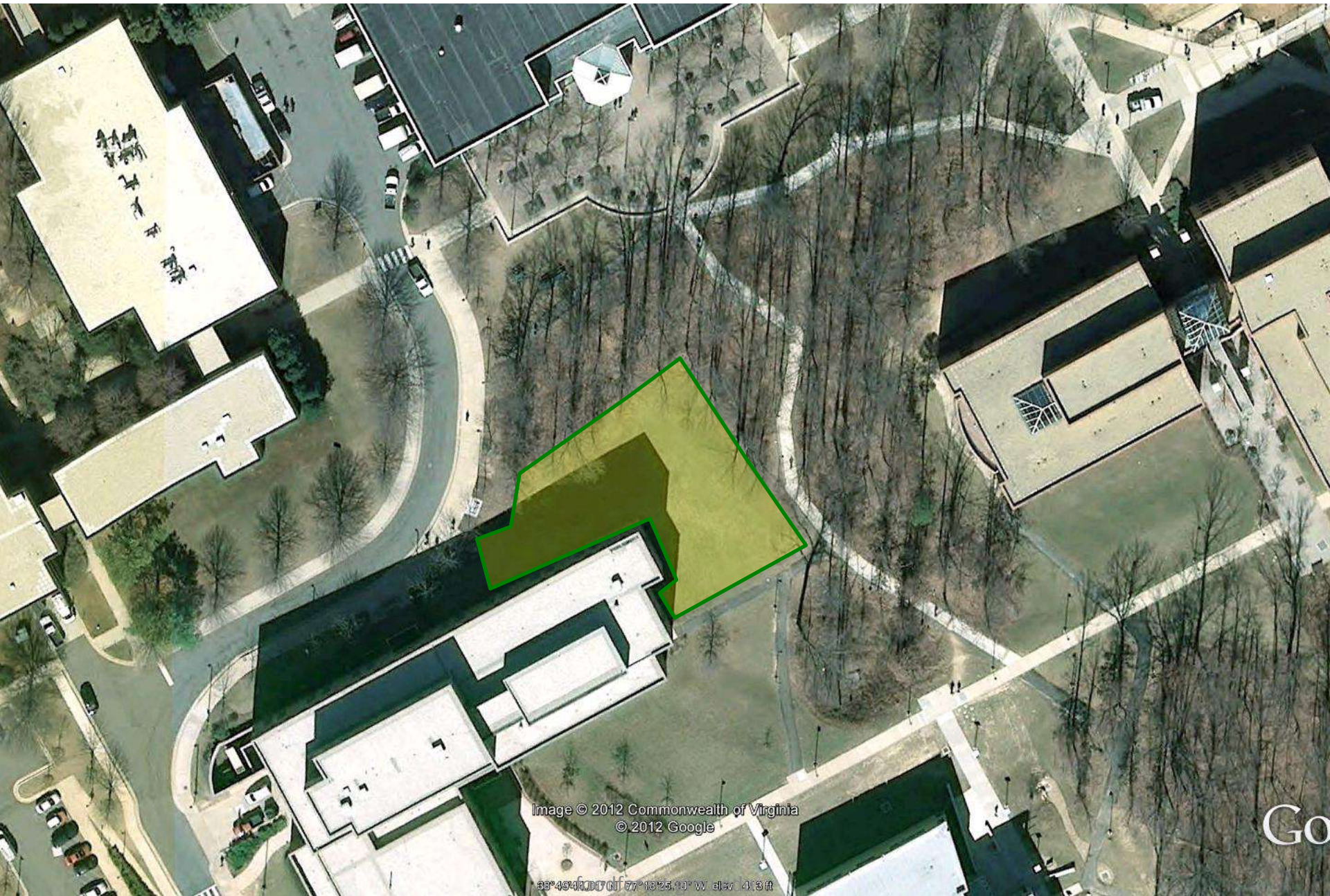
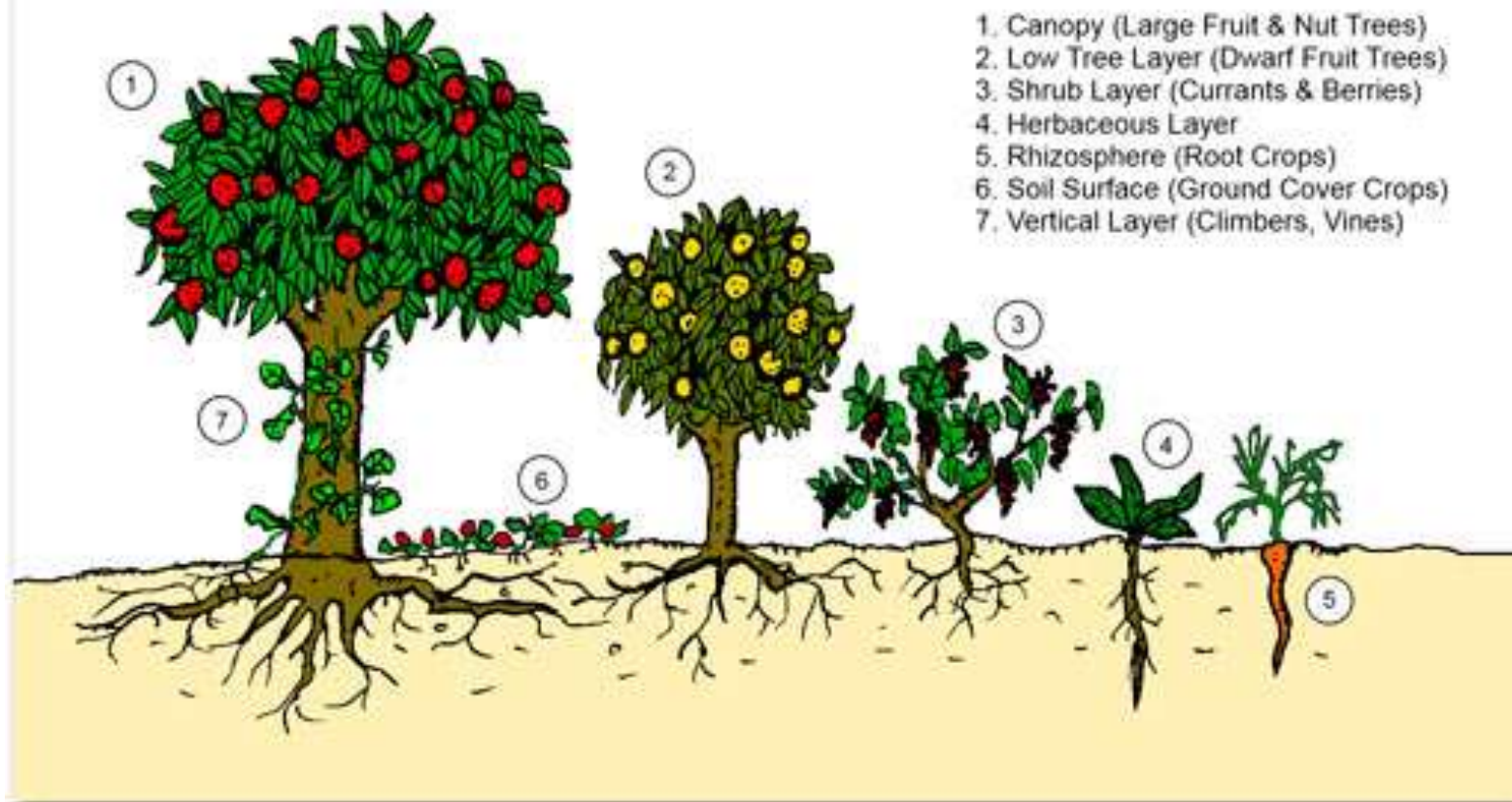


Image © 2012 Commonwealth of Virginia
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33°45'44.00" N 77°13'25.10" W elev. 413 ft

Permaculture and Food Forests

The Seven Layers of a Forest Garden



Creatively Use & Respond to Change
(envision possibilities and
intervene in effective ways)

Use Edges; Value the Marginal
(important things happen
at the intersections)

Observe and Interact
(pay attention)

Use & Value Diversity
(diversity leads to
greater resilience)

Care for the Earth

Catch and Store Energy
(harvest while it's abundant)

Use Small, Slow Solutions
(local resources & responses,
manageable scale)

Obtain a Yield
(make sure you're
getting valuable results)

Integrate
(capitalize on how
things work together)

Fair Share

Care for People

Self-Regulate; Accept Feedback
(be open to modify
dysfunctional behaviours)

Design from Pattern to Detail
(observe natural/social patterns
and apply them to design)

Use & Value Renewables
(reduce dependency
on scarce resources)

Produce No Waste

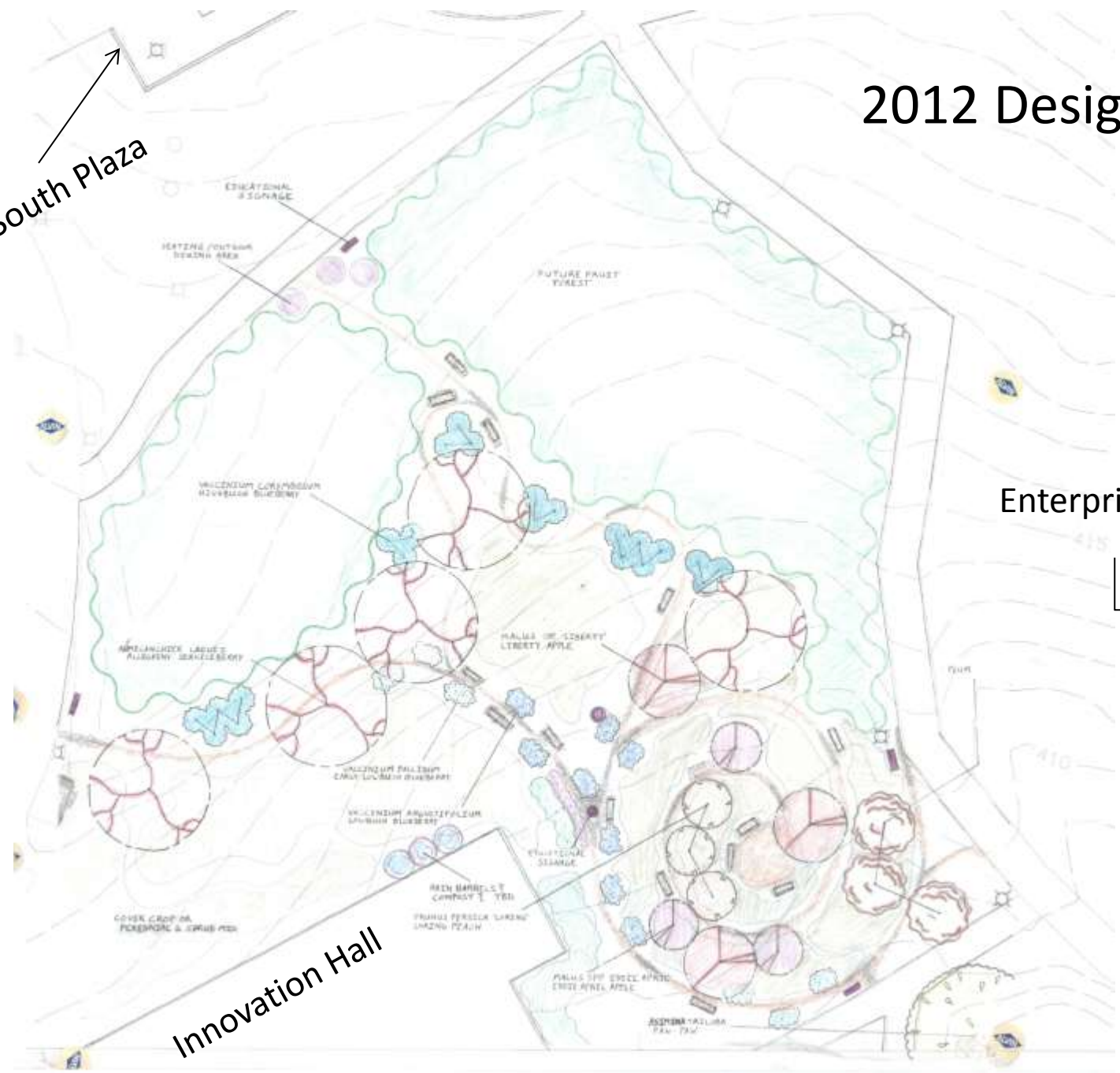
Inspiration and Initial Installation

- Permaculture or permanent agriculture has been gaining traction at Mason for the past few years.
- Mason offered its first [Permaculture Design Course](#) (PDC) during Spring Break 2012 (3rd annual class finished in March).
- The inspiration for this garden came out of this PDC course (and initially funded by the [Patriot Green Fund](#))
- Mason would love to see more Permaculture Gardens and Food Forests installed all over campus but the IFF must become a success first!



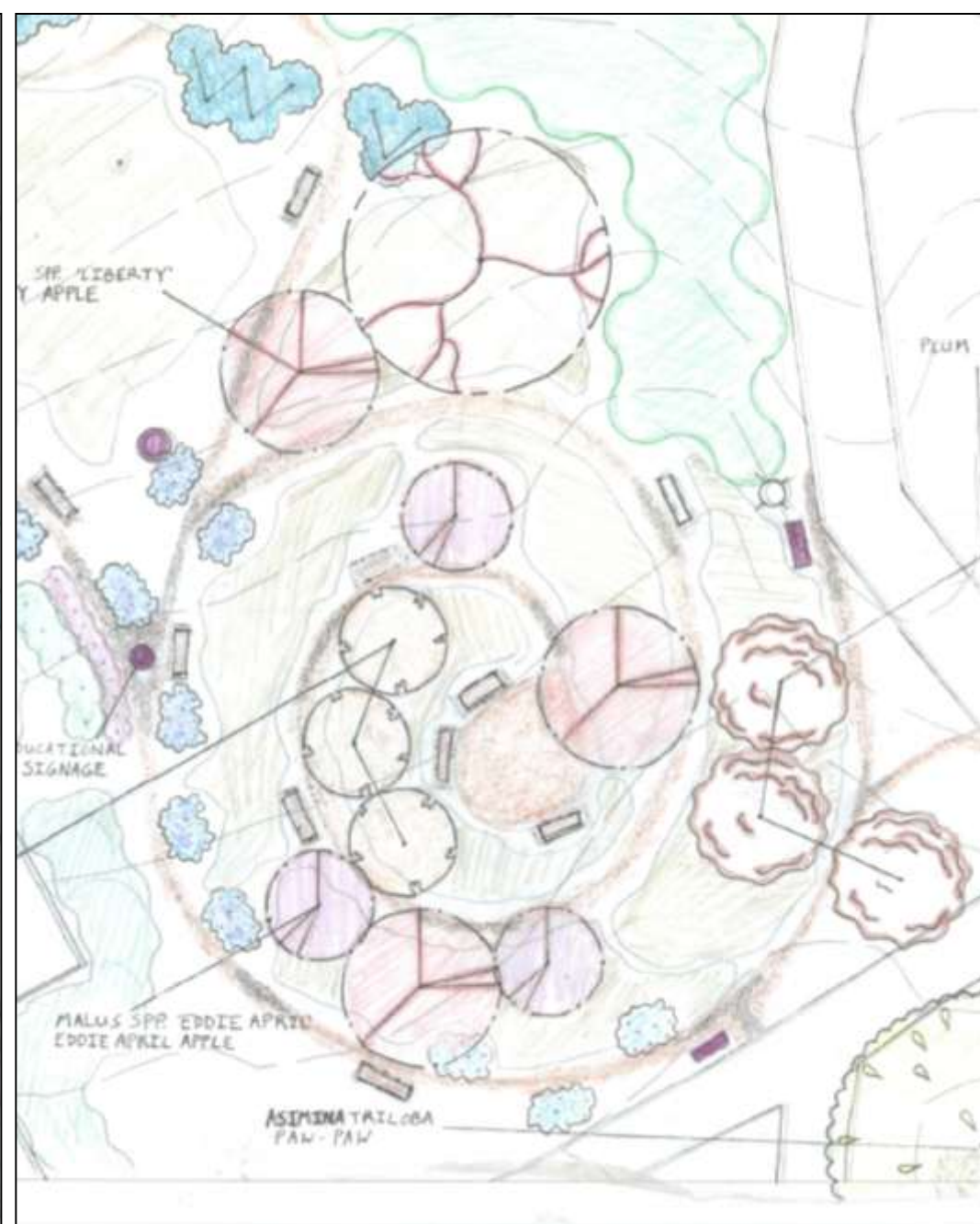
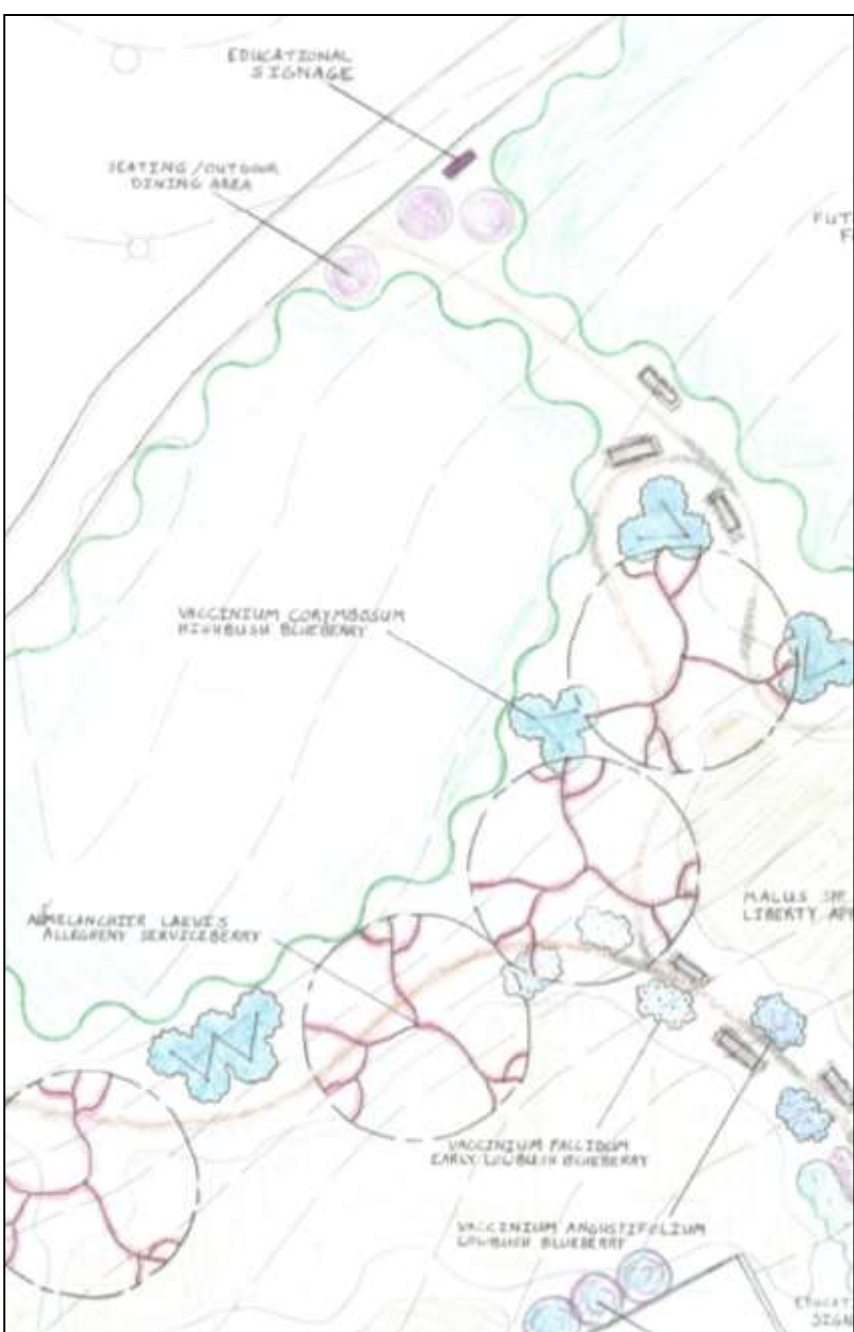
2012 Design

JC South Plaza



Enterprise Hall

Innovation Hall



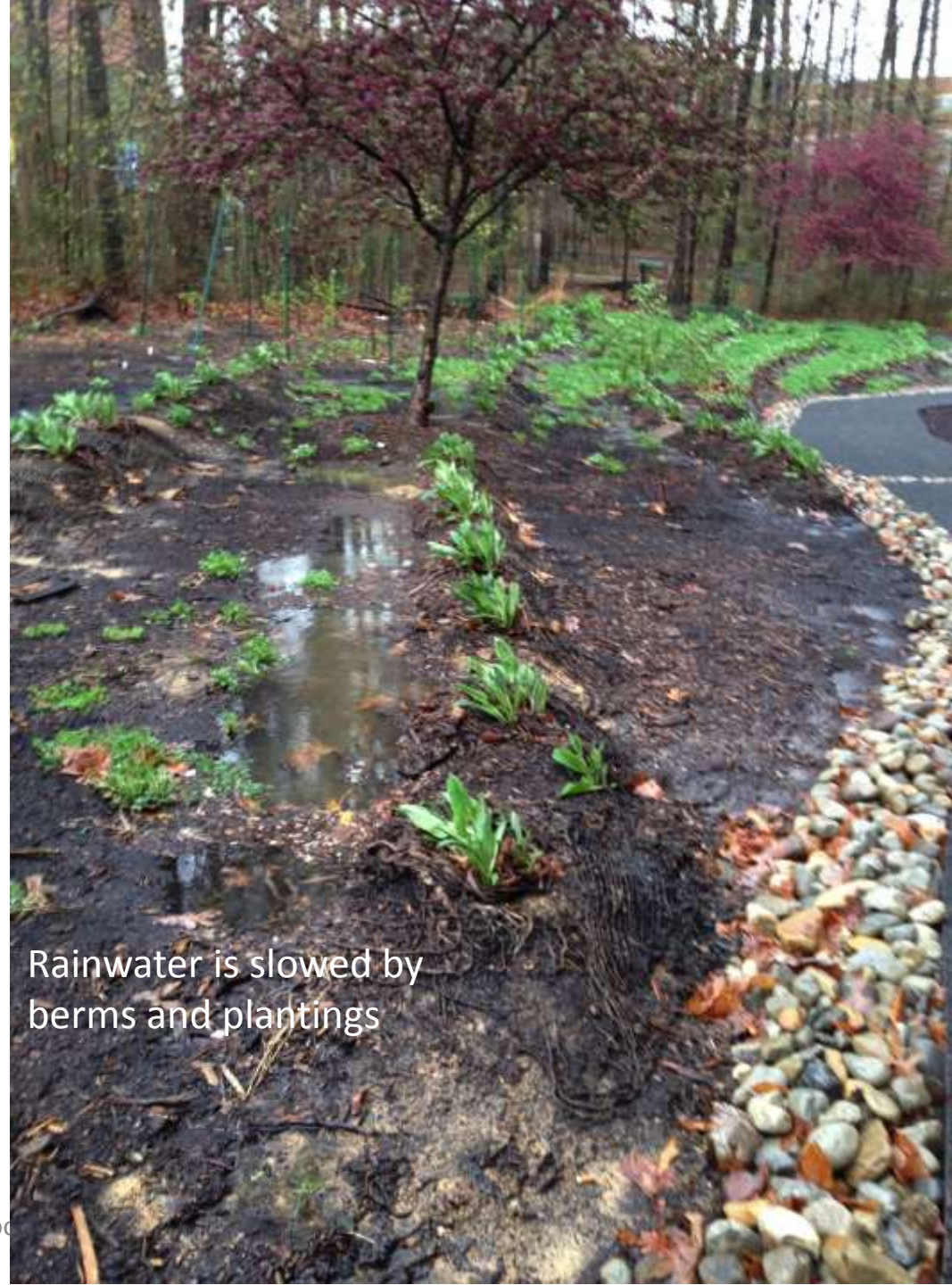
Hands on with nature, 2013 Volunteers



Goals

Earth Care:

- Preserve resources
- Retain & filter storm water
- Improve habitat
- Restore ecosystems
- Reduce waste



Rainwater is slowed by berms and plantings



Russian Comfrey accumulates nutrients unavailable to other plants and breaks up clay soil, Red Clover fixes nitrogen from the air to the soil and provides cover for wildlife



Composted horse manure is broken down by fungi



The leaf bin is for composting weeds and leaves into valuable nutrients for the garden

People Care:

- Build relationships (creating resilience)
- Improves learning (cognitive)
- Fosters recreation
- Provides restorative aesthetic and spiritual experiences (wellness)



Spicebush swallowtail



Woodland Poppy

foodforest.gmu.edu



Innovation Food Forest

How Proxemics Affect The Knowledge of
Participants

Presented by TEAM 3
Caleb, Hoori, Michele, Hasnia, Brianna, Jordan,
Maurice

Engaging students
(Research Methods, Fall 2013)

Fair Share:

- Produce a yield of fruit, vegetables, and herbs (plus plant divisions!)



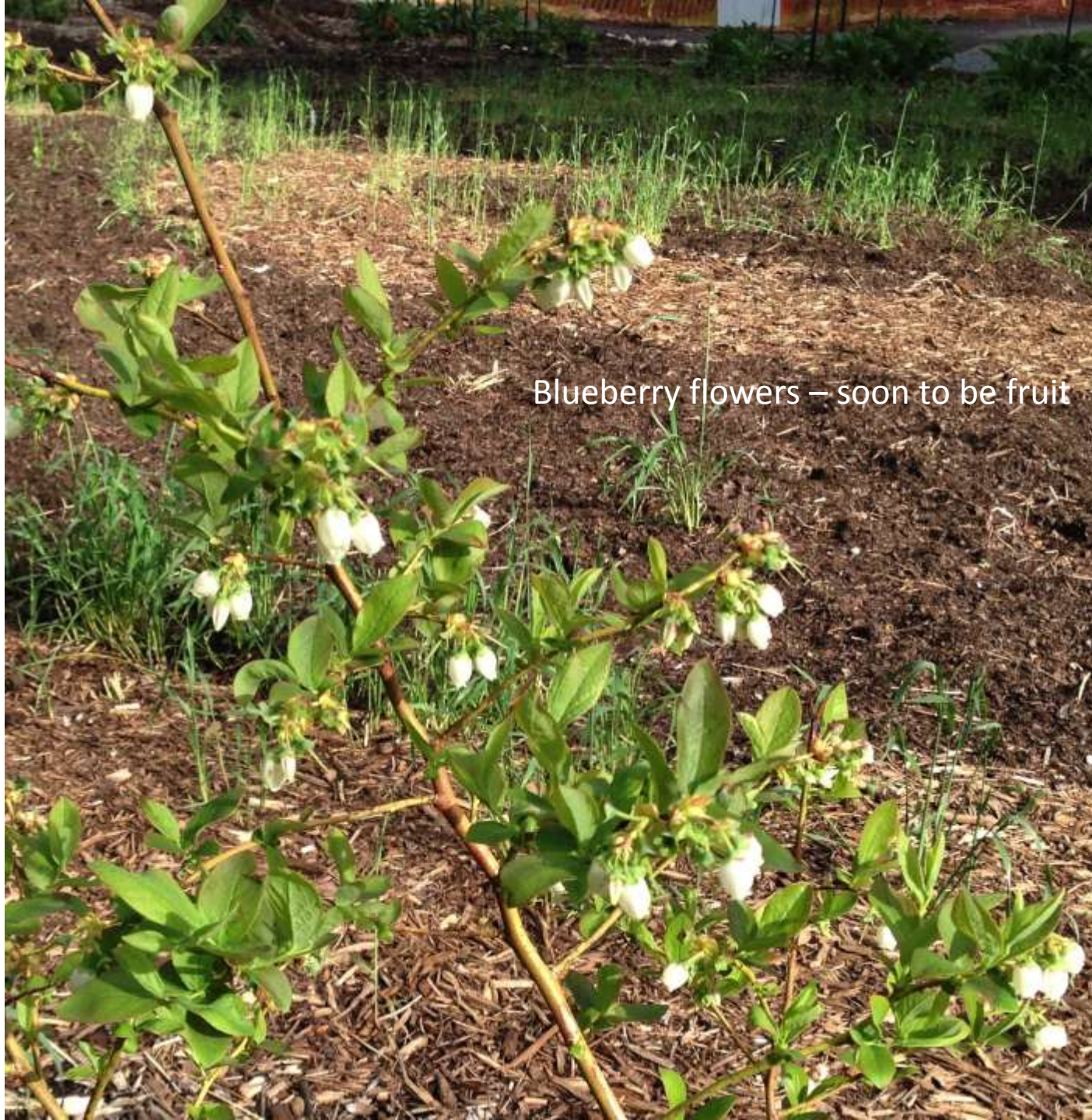
Persimmon



Asparagus in different stages of growth



Native onion



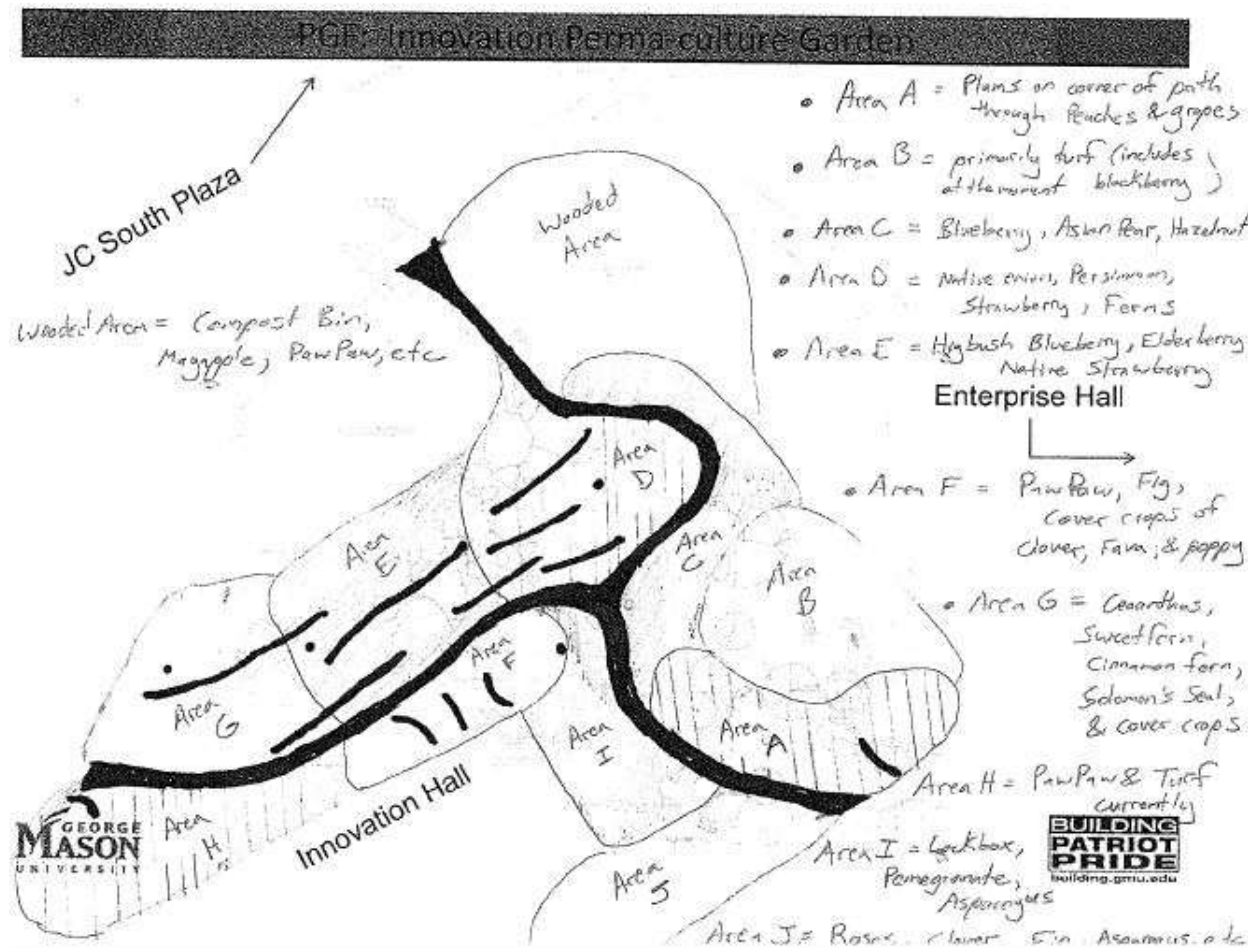
Blueberry flowers – soon to be fruit

Volunteer Opportunities

- Staff may use School Assistance & Volunteer Leave (up to 8 hours per year)
 - Wildlife mapping
 - Monitoring and species surveys
 - Invasive species removal (ex. English ivy)
 - Watering
 - Weeding
 - Coordinating volunteers
 - Educational outreach
 - and much more...
- Complete an HR tracking form for CSL used

Drawing skills needed!

(Help us develop a garden map)





Contact Information

- Email: Elizabeth Torrens, Project Coordinator (it's all volunteer time for me too!), etorren2@gmu.edu if you have questions.
- Website: foodforest.gmu.edu (online reporting of volunteer hours and volunteer information form)
- Photos: [flickr.com/groups/foodforest](https://www.flickr.com/groups/foodforest)
- Sign up for email updates on the [Google Group](#) and like our [Facebook page](#) (both linked on the website).
- Official project email address: iff@gmu.edu

Questions?



Native plant installation in April 2014 around spiral mulch path

The Big Event service day



Path intersection, post repair



Mayapple (don't eat) & Pawpaw (eat)

