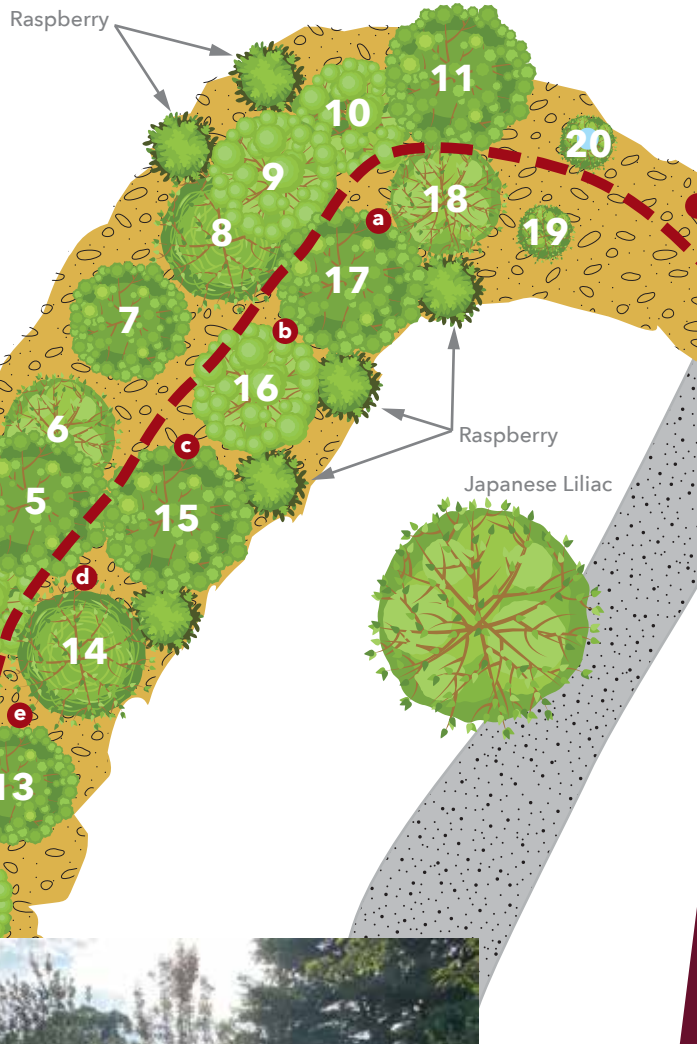


COMMUNITY CONTEMPLATIVE FOOD FOREST

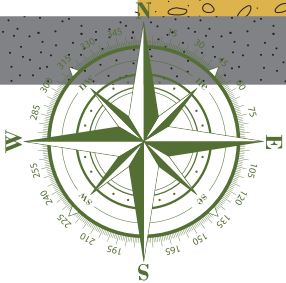
Grace Episcopal Church
150 Chapel St, Norwood, MA 02062

A food forest is an edible landscape that mimics a natural forest. It utilizes permaculture (permanent agriculture) concepts that are designed by nature and create a self-sustaining, food-producing environment. The Community Contemplative Food Forest offers a refuge for those seeking peace in our natural surroundings and an invitation to contemplate nature-centered aphorisms from many cultures and religions scattered along the forest path. It also produces food for anyone in the community, as well as the on-site Norwood Food Pantry that distributes it free of charge to those in need.



The trees planted in the original orchard include the oldest heirloom apples in the North America. The Roxbury Russet was first cultivated in the Town of Roxbury, Massachusetts in 1635. Father John Brockman, the pastor of Grace Episcopal Church, curated these trees and planted them in 2010. After almost a decade of struggling, the pruning and conversion of the orchard into a food forest began in 2019, and it began to thrive the very next season.

Name	Cultivated	Country	Ripens	Best Use
1. Yarlington Mill	1800	England	Late	Cider
2. Santa Rosa Plum <i>Prunus salicina</i> 'Santa Rosa'				
3. Kidd's Orange Red	1924	New Zealand	Bittersweet Late	Fresh, Cider
4. Black Twig	1868	Arkansas	Very Late	Fresh, Cooking, Baking, Cider
5. Ashmead's Kernel	1700	England	Tart Late	Fresh, Baking, Cider
6. Bavay's Green Gage	1832	Belgium	Very Late	Cooked, Canned, Preserved
7. Snow Apple, Fameuse	1824	Canada	Early	Fresh, Cooking
8. Roxbury Russet	1635	Massachusetts	Late	Fresh, Cooking, Baking, Cider
9. Red Astrachan	1816	England	Very Early	Fresh, Baking, Dried Apples
10. Grime's Golden	1832	Virginia	Late	Fresh, Cooking, Baking, Cider
11. Cox Orange Pippin	1850	England	Midseason	Fresh, Cooking, Baking, Cider
12. Newtown Pippin	1759	New York	Late	Fresh, Cooking, Baking, Cider
13. Baldwin	1784	Massachusetts	Late	Fresh, Cooking, Baking, Cider
14. Belle de Boskoop	1856	Holland	Late	Fresh, Cooking, Baking, Cider
15. Stella Cherry <i>Prunus avium</i> 'Stella'				
16. Northern Spy	1800	New York	Late	Fresh, Cooking, Baking, Cider
17. Snow Apple, Fameuse	1824	Canada	Early	Fresh, Cooking
18. Bartlett Pear <i>Pyrus communis</i> 'Williams'				
19. Asian Pear Hosui <i>Pyrus pyrifolia</i> 'Hosui'				
20. Asian Pear Shinseiki <i>Pyrus serotina</i> 'Shinseiki'				



- a Keep a tree in your heart and perhaps the singing bird will come. - Sufi
- b When all the trees have been cut down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money. - Cree
- c Whoever plants a tree and looks after it with care, until it matures and becomes productive, will be rewarded in the Hereafter. - Hadith, Bukhari & Muslim
- d A society grows great when old men plant trees whose shade they know they will never sit in - Greek proverb
- e You will know the tree by the fruit it bears. - Gospel of Matthew
- f If I knew that tomorrow was the end of the world, I would plant an apple tree today - Martin Luther

