

Angel Land Food Forest

a 501 (c)3 Public Charity

Vision Plan for

851 Indiana Avenue - Englewood, Florida



Farm. Forest. Food.

Come Walk With Us

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Angel Land Food Forest

Our mission is to join with our community and teach children and adults how to grow healthy organic foods, as part of our feeding people program. Farm. Forest. Food.

We are a Florida 501(c)3 Public Charity as Designated by the IRS

Federal Tax ID: 82-3674793

Let us tell you what we do now and have been doing for the last 5 years.

- We deliver free breads, bagels, muffins and cakes that a Bakery depot donates to us every Monday night.
- We deliver it to people, Angel Ministries Church and businesses (they act as hubs) in the community in Venice, Englewood and North Port on Tuesdays.
- Some Realtors in Englewood feed the homeless and others the Boys and Girls Club.
- We have fruits and vegetables donated from Jacob Rhoads Produce in Englewood which we also deliver.
- We have a lady who has free ranging chickens who donates her fresh chicken eggs.
- We have given away tomato plants, Moringa seeds, lemons and papaya, collards from friends.
- We are teaching children and adults to grow Easy Nutrient rich Microgreens.

Many people looked in wonder at the idea of our Food Forest. In 2017 we started the charity as an off shoot of Angel Ministries church in Venice Florida. Our Community Volunteers are excited and already teaching.

Reverend Pat Doyle and her husband Bob, have taken up this Food Forest idea and have worked with us tirelessly on this project, as have many people in the church and local community.

Our Directors Reverend Pat Doyle (26 year resident), Bob Doyle, Sam Derosé Jr, Jan McSween and “English” Jan Leather, RN (33 year resident) are all eager to expand and continue to teach children and adults to grow healthy organic foods.

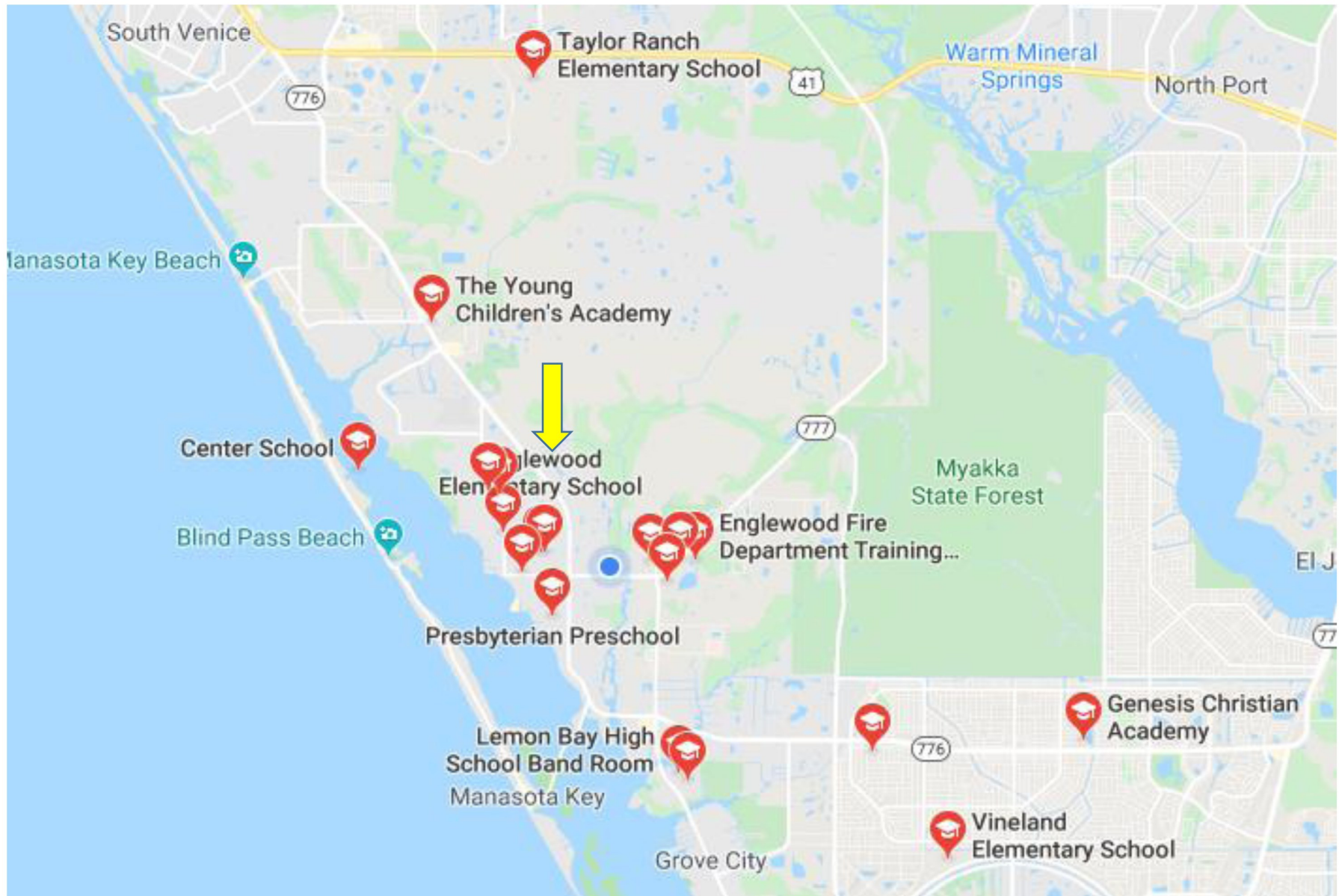
Come Walk With Us

Through Angel Land Food Forest
Englewood, Florida in Sarasota County

Look - Taste - Smell - Touch - Listen

The Land marked by **RED** line and the Land with **YELLOW** lines and **WHITE** background marked Bees and Bananas are the **3 Properties Sarasota County** have.





The ↓ above indicates where the property is in relation to our local schools.
THINK School Field Trips. Great for Home Schoolers. SCAT bus 0.2 miles Northbound.

Oak Park School, Sarasota County special needs school, will utilize our facility for community based instruction (CBI field trips) as part of their horticultural curriculum. One of our directors, Jan McSween is a job coach at Oak Park School.

IMAGINE your children and grandchildren walking in wonder through our Angel Land Food Forest at 851 Indiana Avenue in Englewood, Florida.

All the trees in our forest have majestic colors, sizes and fruits. An edible landscape, with many plants both nutritious and medicinal, growing locally.



Rainbow Eucalyptus tree's main feature is the bark, it should be grown as a specimen in the open or at the edge of other trees so that it can be seen and admired right to the ground.

This is a real tree - NOT painted.

It is an excellent choice for planting beside a stream or pond as it will get all the water it needs and grow luxuriantly as well as reflecting its stunning trunk in the water to be enjoyed twice over.

Imagine the rainbow bark reflecting in the retention ponds on the land next door. The trunk is thick and the bark is constantly shedding in large strips, revealing new color patterns of green, blue, grey, purple and shades of red.

Flowering occurs at different times depending on the age of the tree and the local climate. The tree is attractive when in flower, covered with white fluffy clouds of bloom.



This amazing fruit tree is a Jaboticaba.

What's that? Pronounced "jah-bo-tih-CAH-bah," the fruit looks like big, dark purple, round grapes, but it's in the same family as guava. Wildly popular in Brazil, the jaboticaba is little known outside that country, with a heavenly flavor that tastes a bit like a really good grape with a hint of spice.

The flavor has been compared to the exotic mangosteen with a bit of melon. The skin has a slight pine-like flavor with faint resinous quality, so you can eat them skin and all, but some people prefer to spit out the skins. There's a small seed or two in the center, which you can either chew and swallow or spit out (you also can save the seeds for planting - jaboticaba grows well in the South Florida area.

Especially in soil like at 851 Indiana Avenue

A mature jaboticaba tree loaded with fruit is a **bizarre sight**. Instead of growing on the outside of the tree on small twigs like most fruits do, jaboticaba fruits sprout directly out of the tree's trunk. Bigger trees sometimes have so much fruit you can't even see the tree trunk; all you see is a column of black "grapes" packed shoulder to shoulder up and down the tree trunk.

It's a vision of exotic tropical splendor.

Hear the children's laughter

Jujube was domesticated in south Asia by 9000 BC.

Over 400 varieties have been selected. Some taste like mini Granny Smith Apples ...crisp and sweet/tart.



Minds will be blown seeing Jackfruit

The mighty jackfruit also known as jack tree, is a species of tree in the fig, mulberry, and breadfruit family. Its origin is in the region between the Western Ghats of southern India and the rainforests of Malaysia.

The jack tree is well-suited to tropical lowlands, and it bears the largest fruit of all trees; reaching as much as 120 pounds in weight, 35 inches in length, and 20 inches in diameter. A mature jack tree can produce about 100–200 fruits in a year.

The jackfruit is a multiple fruit composed of hundreds to thousands of individual flowers, and the fleshy petals of the unripe fruit are eaten. The immature fruit has a mild taste and meat-like texture that lends itself to being a meat substitute for vegetarians and vegans. The ripe fruit can be much sweeter (*depending on variety*) and is more often used for desserts.

Jackfruit is commonly used in South and Southeast Asian cuisines. Both the ripe seeds and the unripe fruit are consumed.



Wrap your head around Monstera Deliciosa

The *deliciosa* means "delicious", referring to the edible fruit, while *monstera* means "monstrous", in reference to the size that this vine/plant can grow to, over 9 meters (30 feet) in many cases.

The smell has been compared to a combination of pineapples and bananas. The fruit is edible, delicious and safe for humans.

Grow with us...



Sapodilla

Sapodilla fruit is a large berry, 4 – 8 cm (1.6 – 3.1 in) in diameter. Inside, its flesh ranges from a pale yellow to an earthy brown color with a grainy texture akin to that of a well-ripened pear. The fruit has an exceptionally sweet, malty flavor.



Black Sapote is nature's chocolate pudding

Chocolate pudding that grows on a tree? Black sapote, is actually a tropical species of persimmon that's native to Mexico. It's full of black, sweet, creamy pulp with a flavor and texture reminiscent of chocolate pudding.

The fruits are medium to large, 3 to 5 inches in diameter, round to slightly flattened like a tomato. Like other persimmons, they have a small leafy crown around the stem and smooth green skin.

You need to wait for this fruit to get extremely ripe to get the full chocolate pudding experience. When the fruit is ready to eat, the skin color changes from light green to dark green and indents at the slightest touch. To the uninitiated, a fully ripe fruit might look like it is past peak, but this is when it's perfection.



The Longan

With its light brown smooth outer skin and is also called the dragon eye fruit. The flesh is white and there is a black seed in the middle, hence the name, Dragon Eye fruit.

While they (Lychee, Longan and Rambutan) all have a black seed in the middle, the ratio of seed to fruit is almost perfect in a Longan and looks like an eyeball when cut in half. This fruit has a more tart and distinctive flavor.

Easier and more reliable to grow than Lychee and Rambutan which are impossible to grow in our area.



Mangos

Mango is a juicy stone fruit produced from numerous species of tropical trees belonging to the flowering plant. There are over 500 different kinds of mango.

They vary in color, shape, flavor, texture and seed size. Although mango skin can be green, red, yellow, or orange, its inner flesh is mostly golden yellow.

They bear fruit depending on variety at different times of the year with names like "Coconut Cream", "Fruit Punch", "Lemon Sherbet" and so many more.



Smell the intoxicating citrus flowers

Many citrus fruits, such as oranges, tangerines, grapefruits, and clementines, are generally eaten fresh. They are typically peeled and can be easily split into segments. Grapefruit is more commonly halved and eaten out of the skin with a spoon.

Orange and grapefruit juices are also popular breakfast beverages. More acidic citrus, such as lemons and limes, are generally not eaten on their own.

Meyer lemons can be eaten out of hand with the fragrant skin; they are both sweet and sour.

Lemonade or limeade are popular beverages prepared by diluting the juices of these fruits and adding sugar. Lemons and limes are also used as garnishes or in cooked dishes. Their juice is used as an ingredient in a variety of dishes; it can commonly be found in salad dressings and squeezed over cooked fish, meat, or vegetables.



Starfruit or Carambola

The entire fruit is edible, including the slightly waxy skin. The flesh is crunchy, firm, and extremely juicy. It does not contain fibers and has a texture similar in consistency to that of grapes. Carambolas are best consumed shortly after they ripen, when they are yellow with a light shade of green or just after all traces of green have disappeared.

Ripe sweet type carambolas are sweet without being overwhelming as they rarely have more than 4% sugar content. They have a sweet and tart, sour undertone.

Walk through fruit trees of the world...



Cherry of the Rio Grande

This cherry is an evergreen shrub native to Brazil which bears small fruits that are dark red to purple in color and have a sweet cherry-like flavor.

Moringa...the Miracle tree

Moringa leaves are 25% protein and contain 9 essential amino acids.

They're also a great source of fiber and plant-based iron. But that's not all!

Gram for gram, moringa leaves have:

- *7 times more vitamin C than oranges*
- *4 times more vitamin A than carrots*
- *4 times more calcium than milk*
- *3 times more potassium than bananas*

Like most superfoods, moringa leaves are packed with antioxidants. It has an ORAC value of 157,000 — that's 6 times the antioxidants of goji berries!

Put in salads, dehydrate for teas, use leaves like spinach.

Many parts of moringa are edible, with regional uses varying widely. Edible parts include:

- *Immature seed pods, taste like asparagus or green beans*
- *Leaves*
- *Oil pressed from seeds*
- *Flowers*





Coco Plums

The clustered flowers are small, greenish-white, and appear intermittently throughout the year but more abundantly in late spring. The fruit that follows (a drupe) is variable, with that of the coastal form being round, up to 5 cm in diameter, white, pale-yellow with a rose blush or dark-purple in color, while that of the inland form is oval, up to 2.5 cm long, and dark-purple.

The fruit is edible, with an almost tasteless to mildly sweet flavor, and is sometimes used for jam. It contains a five or six-ridged brown stone with an edible white seed.



Wax Jambu

A number of varieties with larger fruit have been selected. In general, the paler or darker the color, the sweeter it is. In Southeast Asia, the black ones are nicknamed "Black Pearl" or "Black Diamond", while the very pale greenish-white ones, called "Pearl", are among the highest priced ones in fruit markets.

The fruit is often served uncut, but with the core removed, to preserve the unique bell-shaped presentation. In the cuisine of Indian Ocean islands, the fruit is frequently used in salads, as well as in lightly sautéed dishes.

It is mainly eaten as a fruit and also used to make pickles.

Our Farm. Forest. Food.



Avocado

Avocado comes in Hundreds of Varieties, although we see only a few commercial types.

The avocado is a good source of healthy fat, as well as about 20 different vitamins and minerals. It is high in potassium, vitamins C, E, and K, lutein, and beta-carotene.

Eating foods that contain healthy fats may help increase fullness. Eating fat slows the digestion of carbohydrates, which helps to keep blood sugar levels more stable.

Avocado is high in fiber too, with half a fruit containing 6–7 grams. Scientists have linked a high fiber intake with a significantly lower risk of diabetes and its complications.



Bananas and Plantains

Fruits can be divided into "bananas" and "plantains", based on their intended use as food. Thus the banana producer and distributor Chiquita produces publicity material for the American market which says that "a plantain is not a banana".

The stated differences plantains are more starchy and less sweet; they are eaten cooked rather than raw; they have thicker skin, which may be green, yellow or black; and they can be used at any stage of ripeness.



Papaya

Christopher Columbus, an Italian voyager once referred to papayas as the fruit of the angels. The fruit which is extremely rich in Vitamin C has a wide range of health benefits making it a great fruit option to include in your diet.

Two kinds of papayas are commonly grown. One has sweet, red or orange flesh, and the other has yellow flesh; in Australia, these are called "red papaya" and "yellow papaw", respectively. Either kind, picked green, is called a "green papaya".

The large-fruited, red-fleshed 'Maradol', 'Sunrise', and 'Caribbean Red' papayas often sold in U.S. markets are commonly grown in Mexico and Belize.



Loquat

The fruits, growing in clusters, are oval, rounded or pear-shaped, 3–5 centimeters (1–2 in) long, with a smooth or downy, yellow or orange, sometimes red-blushed skin. The succulent, tangy flesh is white, yellow or orange and sweet to subacid or acid, depending on the variety.

Each fruit contains from one to ten ovules, with three to five being most common. A variable number of the ovules mature into large brown seeds (with different numbers of seeds appearing in each fruit on the same tree, usually between one and four). The flavour is a mixture of peach, citrus and mild mango.

These fruits are just some of what we will grow, there are so many more.

Taste these wondrous fruits

Now What About Vegetables?



Katuk anyone?

Katuk has a tasty leaf with a pea-like or nutty flavor. It's also half protein, an amazing amount for a vegetable. More so, the leaves can be quickly stripped from the stem by pulling it between your fingers. Tender tips, leaves, flowers, small fruits and seeds of the Katuk are eaten raw or cooked, from soup to salad. Also known as the Sweetleaf Bush.

Just one of the many vegetables we will grow.



Let's not forget the Bats, Worms, Birds, Butterflies, Bees, and Flies...

- Flies pollinate Mangos, not bees.
- Bats eat the extra bugs at night.
- Birds eat them during the day.
- Bees pollinate everything else and produce amazing honey.
- Worms enrich the soil with their castings.
- Butterflies make a difference and make everyone feel better.
- Poultry for eggs...children will know where eggs and chicks come from.

We love Nature in all her forms.

Benefits

Food Forests don't disturb the soil regularly like annual gardens do. Rather, they continually enrich soil with organic matter as leaves fall and plants die back for the winter.

Consequently, the food forest model can help to restore land, biodiversity, and habitat while creating an edible yield.

A forest is one of earth's most stable ecosystems. In fact, when we mimic it in food production, we get all the ecological benefits of a forest PLUS food!

A biodiverse ecosystem instead of a monoculture. As a result, you've lessened the threat of pests, reduced the need for fertilizer, lowered the amount of maintenance required, and potentially increased and diversified the yield. This diversity encourages more stability in the system.

- *Educational classes for children and adults.*
- *Under employed will have a chance to develop life skills from working at Angel Land Food Forest.*
- *Community service workers can help.*
- *Children at local schools can volunteer hours before graduating.*
- *Landscapers will not have to go to the Landfill, their mulch can be used by us.*
- *Local Food banks will benefit.*
- *Food, healthy and organic, and lots of it!*

A Beautiful Asset and Joyous Eco-friendly place in Englewood!

Now Imagine that piece of land without this haven.
Just another strip mall or storage unit or private house?

Yikes!!

You can have foresight and future vision,
and not JU\$T A MONEY NUMBER\$ GAME!

There is so much value in Community Magic
where we can all dance in Nature's Presence.

Farm. Forest. Food.

Remember Angel Land Food Forest!

Opportunities for Naming Rights

YOU CAN LEAVE A LASTING LEGACY AND FURTHER OUR MISSION
BY PLEDGING YOUR SUPPORT TO OUR CAPITAL CAMPAIGN.

We have many options for you to help us realize our dream for Angel Land Food Forest.

The Biggest and First...Land Naming!
Your name will be a prominent landmark in the community!

A tremendous option for a business that wants its name connected to the Angel Land Food Forest,
or a fantastic opportunity to honor someone in the community.

Total Opportunities: 1

Required Contribution: \$250,000 (Five-year naming rights) or \$500,000 (Perpetual naming rights)

You can't take it with you - but you can send it on ahead with joy.

Once we have purchased the land, other areas of the forest will become available for naming rights.



Farm. Forest. Food.

Help Us TODAY!

Angel Land Food Forest



Our vision is shared - Donate and receive Lifetime Membership!

Call 941-909-0500

Learn more at our website: www.AngelLandFoodForest.org

Send us an email: Support@AngelLandFoodForest.org

Make checks payable to Angel Land Food Forest
and mail to 2269 S. Tamiami Trail, Venice, FL 34293

Donate online: www.gofundme.com/f/angel-land-food-forest

Choose us as your charity on Amazon Smile

Start a Campaign on Facebook as a Birthday Challenge

Tell everyone you know about the forest and ask them to help!