EDIBLE LANDSCAPES: REALISTIC IDEAS FOR REAL WORKPLACES

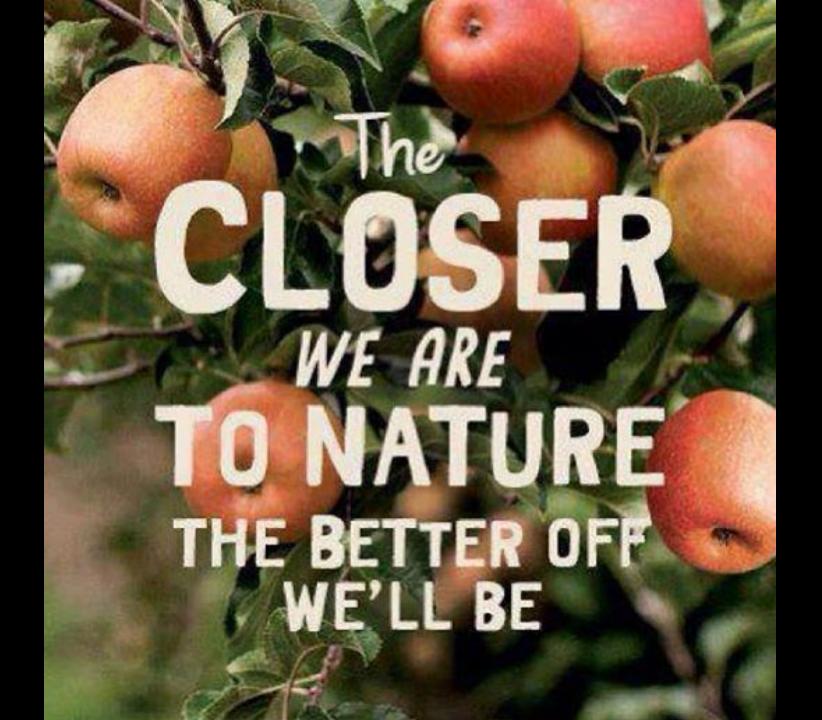
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Grow Food Everywhere

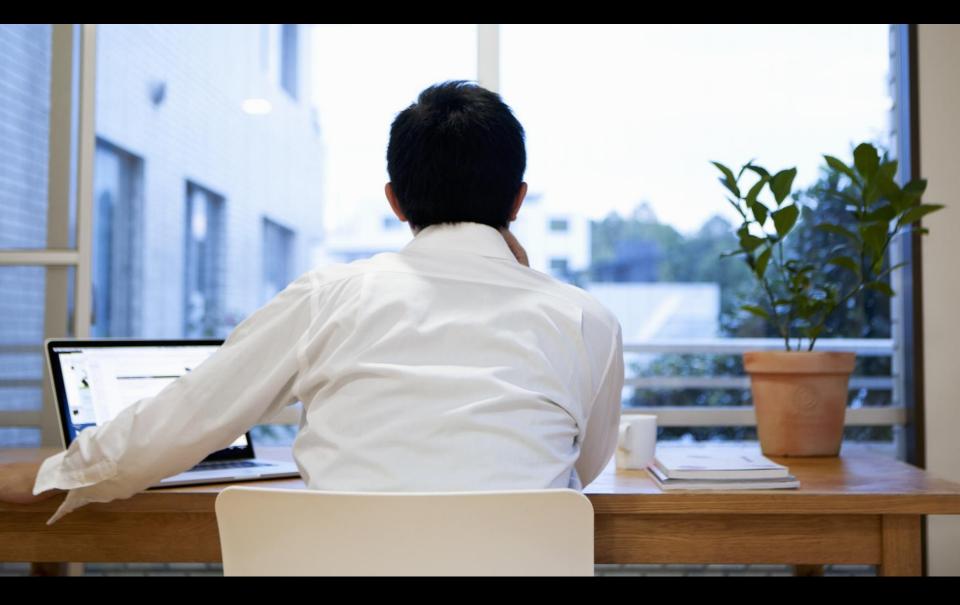


Grow Food Everywhere











Avocado





Persimmon



Herbs

Citrus (lime)



Tamarillo

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.

feijoa, kiwi, tamarillo, avocado, mountain paw paw,



banana, citrus (all), persimmon, figs, cherry guava

Mixed lettuce (cut and come again varieties)

Grow Food Everywhere

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Interesting Further Reading

Berman, M. G., Jonides, J., & Kaplan, S. (2008). The cognitive benefits of interacting with nature. *Psychological Science*, *19*(12), 1207–1212.

Kaplan, R. (1993). The role of nature in the context of the workplace. *Landscape and Urban Planning*, 26(1), 193–201.

Largo-Wight, E., Chen, W. W., Dodd, V., & Weiler, R. (2011). Healthy workplaces: The effects of nature contact at work on employee stress and health. *Public Health Reports*, *126*(Suppl 1), 124.

McCormack, L. A., Laska, M. N., Larson, N. I., & Story, M. (2010). Review of the nutritional implications of farmers' markets and community gardens: a call for evaluation and research efforts. *Journal of the American Dietetic Association*, 110(3), 399–408.

Robinson-O'Brien, R., Story, M., & Heim, S. (2009). Impact of garden-based youth nutrition intervention programs: a review. Journal of the American Dietetic Association, 109(2), 273–280.

Warhurst, P., & Dobson, J. (2014). *Incredible!: plant veg, grow a revolution*. Padstow, UK: Matador.

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The best time to plant a tree was 20 years ago. The second best time, is now. *Chinese proverb*.