

# An illustrated guide to agroforestry A short and simple guidebook

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#### GREETINGS!

ON THE FOLLOWING PAGES WE WILL INTRODUCE YOU TO FOREST FARMING. OUR INTENTION WITH THIS MANUAL IN THE FORM OF A COMIC BOOK IS TO TEACH AND CREATE THE JOY. WITH THE MOTTO "FOR EVERY DRAWING A SEED" WE PRESENT IN A SIMPLE AND OBJECTIVE WAY THE FIRST STEPS TOWARDS A WAY TO GROW FOOD WHILE AT THE SAME TIME TAKING CARE OF THE ENVIRONMENT.

MANY HAVE HELPED AND INSPIRED US DURING OUR JOURNEY TO CREATE THIS MANUAL. TO YOU WHO PARTICIPATED IN IT, WE LEAVE OUR GRATITUDE AND ADMIRATION. IN PARTICULAR FABIANA, WHICH GAVE US A SUPER SUPPORT ON SOME TECHNICAL PROBLEMS. A BIG THANK YOU ALSO TO OUR MOST IMPORTANT REFERENCES:

MASTER ERNST GÖSTCH: WE HONOR YOU. THANK YOU FOR DEDICATING YOUR LIFE TO FOREST FARMING AND FOR HAVING DEVELOPED A STRATIFIED SUCCESSION METHOD. WE HAVE TRIED TO EXPLAIN IT IN A SIMPLE WAY, BUT AS EASIER THAN WE WOULD LIKE IN THIS MANUAL. UNDOUBTEDLY, YOUR LIFE AND WORK IS A GREAT INFLUENCE FOR US.

AND TO OUR DEAR PETER WEBB, WHOSE WAY OF CARING FOR PEOPLE THROUGH THE FOREST FASCINATES AND TEACHES US SO MUCH. WE ARE GRATEFUL THAT YOU HAVE PRESENTED FORESTRY FARMING IN SUCH A POETIC AND REGENERATIVE WAY.

FINALLY, WE HOPE THAT THIS READING WILL AWAKEN IN YOU, THE READER, THE DESIRE TO REINTEGRATE INTO A PLANET WHOSE AGRICULTURE IS EXPRESSED IN THE SAME SHAPES AND PATTERNS THAT NATURE USES.

WE WISH YOU AN EDUCATIONAL AND FUN EXPERIENCE,

JOÃO & CÉSAR





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#### INTRODUCTION



PRODUCING FOOD IN THE FORESTS IS AN ANCIENT TRADITION THAT WAS PRACTICED IN SOUTH AMERICA LONG BEFORE THE EUROPEAN OCCUPATION. THIS TRADITIONAL PRACTICE OF PRODUCING FOOD TURNED THE LAND INTO A CONTINUOUS FOREST-AGRICULTURE AREA. THIS POSSIBILITY TO LIVE WITH AND FROM THE FOREST IS ONE OF THE INSPIRATIONS OF AGROFORESTRY.



#### NATURE'S DYNAMICS





SOME SPECIES DISAPPEAR AND OTHERS APPEAR ACCORDING TO THE NEW CHARACTERISTICS OF THE ENVIRONMENT.





IN ORDER TO PRODUCE FOOD AND IMPROVE THE ENVIRONMENT.



07



WHEN WE PLANT A FOODFOREST, WE FOLLOW THE SAME SYSTEM.



This logic can also be applied to the most diverse fields in agriculture and horticulture.



Another important factor in the organization of the forest is time. Every plant has a life cycle with different growth rates, which are also influenced by the characteristics of the site. We call this the organization of time in ecological succession.





By pruning the banana trees, we let the sunlight enter again. In this way we can support the cultivation of plants that need more light.

OVER TIME, THE FARMER CAN MANAGE THE SITE BY SELECTING THE PLANTS HE PREFERS TO GROW BY PRUNING AND PUTTING THE ORGANIC MATTER ON THE GROUND AS MULCH AND FERTILIZER. IN THIS WAY THE ENVIRONMENT WILL IMPROVE AND OTHER PLANTS WILL START TO GROW.



FOR EXAMPLE, WHEN WE START A VEGETABLE GARDEN, WE COMBINE PLANTS WITH DIFFERENT CYCLES (LIFETIMES) AND LAYERS (STRATA) FOR OPTIMAL USE OF THE PLACE.



IN THIS WAY WE PLANT A PLOT OF LAND ONCE AND HAVE FOUR HARVESTS OVER TIME! ANOTHER TIP IS TO REPLANT THE BEDS AT DIFFERENT TIMES. FOR EXAMPLE, ONE BED EVERY WEEK. THIS IS HOW WE ENSURE THAT DIFFERENT CYCLES OCCUR DURING THE SAME PERIOD, WHICH GIVES US A GREATER VARIETY OF FOOD.





\*AGROFORESTRY SYSTEM

Agroforestry can also be used as a technique for soil regeneration in degraded areas. This was THE CASE IN OUR COMMUNITY FARM, WHERE WE USED THE "BUSH" TO HELP TO BUILD THE PLANTATION.

IN THE FIRST YEAR, WE USE OUR OWN WEEDS TO THE ACCUMULATION OF ORGANIC MATERIAL IN THE BUILD UP ORGANIC MATERIAL AT THE SITE OF THE FUTURE BED BEGINS TO ALTER SOIL CHARACTERISTICS FUTURE SEED BEDS. AND ALLOWS THE PLANTING OF FERTILIZER CROPS SUCH AS LEGUMES AND MEXICAN SUNFLOWERS. 1 YEAR 1,5 YEAR had alada MAG



IN THIS WAY, THROUGH PLANNED MANAGEMENT, IT IS POSSIBLE TO USE THE CHARACTERISTICS OF THE PLANTS AND THE ECOLOGY OF THE SITE TO TRANSFORM A DEGRADED AREA INTO A FOOD FOREST.





#### LINES AND INTERCROPPING





If we invest time and energy at the beginning of planting by creating good cradles (planting holes), the small plants will use their energy to grow more vigorously. It is important that the cradle hole is much larger than the root clod and well fed with water, minerals and compost.



For planting we use the placenta method, with which seeds of plants for green manure and cassava cuttings grow together, protecting new seedlings and the seed mix of trees. Therefore, plants from different cycles and strata are planted together to be managed in the future according to the stage of agroforestry.

PLANTING 3 MONTHS





IN THIS WAY, A PIONEER TREE THAT PREFERS THE DIRECT SUN FROM AN EARLY AGE WILL GROW AND CHANGE THE ENVIRONMENT SO THAT A SECONDARY TREE THAT PREFERS A LITTLE MORE SHADE WILL DEVELOP BETTER AND SO ON. IN THE MEANTIME, IT IS OUR JOB TO OBSERVE, TAKE CARE AND PRUNE IF NECESSARY.

To plant the cassava, we cut off the branches, position them with the buds upwards and make some cuts in the lower part to facilitate root formation. We plant the branches by leading the roots out of the bed at an angle of 45 degrees.





IN ADDITION TO PLANTING, PRUNING IS ALSO AN ESSENTIAL PART OF MANAGING AN AGROFORESTRY SYSTEM. IN THIS WAY WE PRODUCE ORGANIC MATTER, ENCOURAGE THE ENTRY OF LIGHT OR ELIMINATE SOMETHING FROM THE SYSTEM.



For each purpose we perform a different form of pruning. For example, when using eucalyptus as an emergent plant, in the first years vertical growth is stimulated by pruning the lower branches ("the skirt") and keeping the upper branches.

WHEN IT HAS REACHED THE DESIRED HEIGHT (8M), THE UPPER PART IS CUT TO BLOCK ITS VERTICAL GROWTH AND STIMULATE ITS "THICKNESS". PRUNING OF SIDE BRANCHES O REGROWTH

6 YEARS

8 YEARS

4 YEARS



Agroforestry is also a good place to breed animals. For example, if we include a chicken coop with permanent pickets in the middle of the SAF farm, the tree and lawn areas will provide a diverse, nutritious and healthy environment for the animals.



The coop with sleeping places and laying nests is located in the center, surrounded by fences. The animals stay only a few days on each plot and then move on to the next. In the meantime, the plants are treated just like the other parts of the SAF farm. In this way, instead of damaging the site the chickens will help to improve the place.

THE STRATEGY FOR ANIMALS TO HELP TO IMPROVE THE ENVIRONMENT IS TO NOT KEEPING THEM STUCK IN ONE PLACE!

Another way to move the animals within the SAF farm is to use mobile electric fences between the lines. In this way, the animals feed intensively in one particular place that changes daily, forcing an intense environmental stress, followed by rest and vigorous regrowth.



#### Sketch



#### CONSORTIUM SUGGESTIONS



### Exercise



#### TABLE OF CYCLES AND LAYERS

	OCCUPIED SPACE	CYCLES/SUCCESSION					[LONG TERM TREES]	
LAYER		45 days	60 days	90 DAYS	6 MONTHS	3 years	BIOMASS / WOOD	FRUITS / NUTS
EMERGENT	20%	Sunn hemp	SUNFLOWER	CORN	OKRA	Castor-Oil Plant	Eucalyptus	BRAZILIAN PINE
				SESAME		PAPAYA	AFRICAN MAHOGANY	PECAN NUT
				AMARANTH			ROBLE	PUPUNHA PALM TREE
							JAPAN GRAPE	
CANOPY			CAULIFLOWER	томато	соwітсн	CASSAVA	BRAZILIAN ORCHID TREE	JACK FRUIT
			BROCCOLI	PEA	EGG PLANT	YACON	MEXICAN LILAC	MANGO
			PEARL MILLET	CHIVES	SWEET BASIL	CONGO BEAN	DWARF BANANA	DWARF BANANA
	4 <b>0%</b>		SORGHUM	CABBAGE	BISHOP'S CROWN PEPPER	SWEET BASIL	Portuguese Plum	JAMBO
	10 %		COW PEA	WHEAT		LEMON BASIL	ICE CREAM BEAN/INGA	INGA AND BARU NUT
			CLIMBER PEA	BELL PEPPER			SOMBREIRO	GUAVA
				ROSELLE			MEXICAN SUNFLOWER	KAKIFRUIT
				GILO			TIGERWOOD	CHERRIES OF RIO GRANDE
				KALE				JUCARA PALM TREE
MEDIUM	60%	RADISH	LETTUCE	POTATO	ONION	TABASCO PEPPER	DWARF BANANA	EGG PLANT TREE
		ROCKET	3 months' Rice	CANADA LETTUCE	PEPPER	ARRACACHA	BLANTAINE	MULBERRY
		LETTUCE	CHICORY	FLAX	RICE	GARLIC		DWARF BANANA
		PURPLE LETTUCE	ALMEIRAO	LEEK	BROAD BEAN	HANGING LOBSTER CLAW		CAMBUCI
		CORIANDER	CHARD	CARROT	PUMPKIN	GREATER BURDOCK		GRUMICHAMA
			TURNIP	BEETROOT				BRAZILIAN CHERRY
				WILD CELERY				UVAIA
				ZUCCHINI				MANDARIN
				RICE				PEACH
	80%		BLACK TURTLE BEANS	JACK BEAN	PEANUTS	GINGER		COFFEE
LOWER			WATERCRESS	WATERMELON	PARSLEY	NIRA AND YAM	1	LEMON
			PINTO BEANS	SWEET POTATO	MINT	OREGANO		PINEAPPLE
			CUCUMBER	MELON		PENNYROYAL		TAHTI LEMON
			GHERKIN	SPINACH		ARROWROOT		LIME
			GREEN BEAN	SOY		MARJORAM		JABUTICABA SABARA
				AZUKI BEAN		BUTTERFLY GINGER		C0C0A
						ARROWLEAF		QUINCE

AGROFLORESTA: APRENDENDO A PRODUZIR COM A NATUREZA / STEENBOCK W., VEZZANI F.M. - CURITIBA, 2013.

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The manual "An illustrated guide to agroforestry" was created to facilitate the introduction to stratified successional agroforestry. The example presented here is just one of the many possibilities for the biomes of the Atlantic forest. Each system is unique. For each place there is a story and a context that must be understood with eyes and ears wide open both towards people and towards nature.





#### SCIENTIFIC NAMES

Abiu	Cauliflower	<b>Guava</b>	Papaya	Sorghum
Pouteria caimito	Brassica oleracea convar	Psidium guajava	Carica papaya	Sorghum bicolor
African mahogany	Chard	Heliconia	Parsley	Soybean
Khaya ivorensis	Beta vulgaris var. cicla	Heliconia rostrata	Petroselinum crispum	Glycine max
Amaranth	Cherries of the Rio Grande	Ice cream bean	Peach	Spinach
Amaranthus spp.	Eugenia involucrata	Inga edulis	Prunus persica	Spinacia oleracea
Arrowleaf	Chives	Jack bean	Peanuts	Sugarloaf
Xanthosoma sagittifolium	Allium schoenoprasum	Canavalia ensiformis	Arachis hypogaea	Cichorium intybus
Arugula, Rocket	<b>Cocoa</b>	Jackfruit	Pearl millet	Sunflowers
Eruca sativa	Theobroma cacao	Artocarpus heterophyllus	Pennisetum glaucum	Helianthus annuus
Azuki bean	Coffee	Japanese raisin tree	Peas	Sunn hemp
Vigna angularis	Coffea sp.	Hovenia dulcis	Pisum sativum	Crotalaria juncea
Baru nut	Congo bean	Java plum	Pecan nut	Sweet basil
Dipteryx alata	<sup>Cajanus</sup> cajan	Syzygium cumini	Carya illinoinensis	Ocimum basilicum
Beat root	Coriander	Jucara palm	Pennyroyal	Sweet potato
Beta vulgaris	Coriandrum sativum	Euterpe edulis	Mentha pulegium	Ipomoea batatas
Bell pepper	Corn	Kakifruit	Pepper	Tabasco pepper
Capsicum annuum	Zea mays	Diospyros kaki	Capsicum baccatum	Capsicum frutescens 'Malagueta'
Black turtle bean Phaseolus vulgaris L. 'Black Turtle'	Cow pea Vigna unguiculata	Kale, Cabbage Brassica oleracea	Pepper 'Bishop's crown' Capsicum baccatum var. pendulum	Tahiti lime Citrus × latifolia (?)
Brazil cherry (Grumichama) Eugenia brasiliensis	Cowich bean Mucuna pruriens	Leek Allium ampeloprasum	Peruvian carrot Arracacia xanthorrhiza	Tigerwood Astronium fraxinifolium
Brazil cherry (Pitanga) Eugenia uniflora	Cucumber Cucumis sativus	Lemon Citrus limon	Pineapple Ananas comosus	Tomato Solanum lycopersicum
Brazilian grapetree	Curled lettuce	Lemon basil	Pinto bean	Turmeric
Plinia peruviana	Lactuca sativa var. crispa	Ocimum × africanum	Phaseolus vulgaris L. Pinto group	Curcuma longa
Brazilian orchid tree	Eggplant	Lettuce	Plantain	Turnip
Bauhinia forficata	Solanum melongena	Lactuca spp.	Musa × paradisiaca	Brassica rapa subsp. rapa
Brazilian pine	Eucalyptus	Lime	Potato	Uvaia
Araucaria angustifolia	Eucalyptus globulus	Citrus aurantiifolia	Solanum tuberosum	Eugenia pyriformis
Broad bean	Flax	Mandarin	Pumpkin	Watercress
Vicia faba	Linum usitatissimum	Citrus reticulata Blanco	<sup>Cucurbita</sup> spp.	Nasturtium officinale
Broccoli Brassica oleracea convar. botrytis var. italica	Garlic Allium sativum	Mango Mangifera indica	Pupunha palm tree Bactris gasipaes	Watermelon Citrullus lanatus
Butterfly ginger	Garlic chives	Marjoram	Quince	Wheat
Hedychium coronarium	Allium tuberosum	Origanum majorana	Cydonia oblonga	Triticum
Cabbage lettuce Lactuca sativa var. capitata	Gherkin Cucumis anguria	Melon Cucumis melo	Radish Raphanus raphanistrum subsp. sativus	Wild celery Apium graveolens
Cabbage, Kale Brassica oleracea convar. capitata	<b>Gilo</b> Solanum aethiopicum var. Gilo	Mexican sunflower Tithonia diversifolia	Rice, 3 months rice Oryza sativa	Wild chicory Cichorium intybus L.
Cambuci	<b>Ginger</b>	Mint	Roble	Yacón
Campomanesia phaea	Zingiber officinale Roscoe	Mentha spp.	Tabebuia spp.	Smallanthus sonchifolius
Canada lettuce	Gliricidia	Mulberry	Rose apple	Yam
Lactuca canadensis	Gliricidia sepium	Morus sp.	Syzygium jambos	Dioscorea spp.
Carrot	Greater Burdock	Okra	Roselle	Zucchini
Daucus carota subsp. sativus	Arctium lappa	Abelmoschus esculentus	Hibiscus sabdariffa	Cucurbita pepo var. cylindrica
Cassava	Green bean (bush bean)	Onion	Sesame	Thanks for the
Manihot esculenta	Phaseolus vulgaris	Allium cepa	Sesamum indicum	update Hans!
Castor-oil plant	Green bean (climber)	<b>Oregano</b>	Sombreiro	Let's plant some trees!
Ricinus communis	Phaseolus vulgaris L.	Origanum vulgare	Clitoria fairchildiana	

When João first showed me Agrofloresta in Quadrinhos at the Food Autonomy Festival in Amsterdam I was an immediate fan. The nice drawings and the detailed information came beautiful together. This is the perfect way to present this hopeful message. So when João asked me to help with the English translation I felt very honored.

As the traditional agriculture with monoculture on a massive scale is exhausting the planet, the need for an alternative system that is building up the soil and enriching biodiversity is felt stronger than ever.

IN THE TIME THAT I SPENT IN BRAZIL I SAW THAT THE EXAMPLES OF SMALLER AND BIGGER AGROFLORESTA FARMS ARE GAINING IMPACT. VIA LOCAL ORGANIC MARKETS THEIR PRODUCTS FIND THEIR WAY TO CONSUMERS WHO ARE SUPPORTIVE AND WILLING TO PAY A FAIR PRICE.

HOPE THIS GUIDE WILL HELP YOU TO PARTICIPATE IN THIS GROWING MONDIAL MOVEMENT TOWARDS ABUNDANCE AND A HEALTHIER WORLD.

HANS BOERSMA

PARTNERS

ORGANIZATION

Bora Permaculturar