“Adaptive strategies: Suburban lawns into agroecosystems in the American Midwest”
Permaculture and Agroforestry Frameworks
City Density and Watershed Boundary
Farm Site
Ground Cover Establishment

- Comfrey (Symphytum officinale)
- Feverfew (Tanacetum parthenium)
- Sage (Salvia officinalis)
- Mugwort (Artemisia vulgaris)
- Hops
- Valerian (Valeriana officinalis)
- Mentha spp.
- Balms

Prunella vulgaris
Production Bed Layout
USDA Funding
<table>
<thead>
<tr>
<th>Name</th>
<th>Average Production</th>
<th>Price</th>
<th>Expected Yearly Return After Establishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicinal and Tea Herbs</td>
<td>100 lbs. fresh plant material = 20 lbs. dried</td>
<td>$8-10/oz. Dried</td>
<td>$2560 – $3200</td>
</tr>
<tr>
<td>Elder Berry</td>
<td>3-5 lbs. per plant</td>
<td>$21/lb Fresh</td>
<td>$1890 – $3150</td>
</tr>
<tr>
<td>Elder Flower</td>
<td>n/a</td>
<td>$60/lb Dried</td>
<td>n/a</td>
</tr>
<tr>
<td>Honeyberry</td>
<td>5-8 lbs. per plant</td>
<td>$10/lb. Fresh</td>
<td>$2000 – $3200</td>
</tr>
<tr>
<td>Black Currants</td>
<td>10 lbs. per plant</td>
<td>$8/lb. Fresh</td>
<td>$5440</td>
</tr>
</tbody>
</table>
Low Cost/High Labor Urban Farming

- $5000 initial investment
  - Hand Labor
    - LLC
  - Diverse Cropping
  - Cottage Industry Laws
  - Value Added Products
  - Farmer’s Markets, CSA, and Wholesale
    - Drying Capacity
Measuring Returns

- Self-Sufficiency
- Trade with neighbors
- Two $10,000/year jobs
  - Impossible to price externalities
- Farming is a fundamental human right
Thank You

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