The purpose of this garden is to be an educational tool for our community to learn about the vast array of foods from all over the world that can be grown locally. Together, we can redefine what it means to live in South Florida by understanding the potential we have in our own back yards.

The Food Forest also includes non-edible native species, which harbor a full array of native fauna and help to maintain the eco-system. The species diversity is exceptional, and a testament to the potential we have in South Florida for a plentiful and sustainable lifestyle.

To give to the FGCU Food Forest visit - [http://fgcu.edu/foundation](http://fgcu.edu/foundation)
Note: Undergraduate Studies/Food Forest

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**Superfood Moringa Smoothie**

1 cup | Coconut milk (or any other non dairy milk)
1 tsp  | Moringa powder or dried leaves
1/2 cup | Strawberries (or your favorite kind of berry)
1/2 tsp | Cinnamon
1/8 tsp | Nutmeg
1/2 tsp | Turmeric
1/4 tsp | Cardamom ~ 2 cardamom seed pods

Blend until smooth and enjoy. Feel free to modify the recipe with other spices, herbs and super foods!

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Florida Gulf Coast University Food Forest
10501 FGCU Blvd. South Fort Myers, FL 33965

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A student-run botanical garden currently growing tropical & subtropical edible species that flourish
If you are interested in volunteering for service-learning hours:
Email: foodforest@fgcu.edu
Website: http://fgcufoodforest.weebly.com/

The RSO, Food Foresters, meet weekly!
Want to know more?
FGCU Food Forest

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Food Forest Edibles

The food forest has dozens of edible plants, fruits, and vegetables. Here is an abridged list of edibles and beneficials.

- **Tropical fruits**
  - Atemoya (Annona x Atemoya)
  - Avocado (Persea americana)
  - Banana (Musa)
  - Barbados Cherry (Malpighia emarginata)
  - Cocoplum (Chrysobalanus icaco)
  - Grumichama (Eugenia brasiliensis)
  - Jujube (Ziziphus zizyphus)
  - Kumquat (Citrus japonica)
  - Loquat (Eriobotrya japonica)
  - Natal Plum (Carissa macrocarpa)
  - Papaya (Carica papaya)
  - Sugarcane (Saccharum)

- **Native Beneficials**
  - Coco plum
  - Natal plum
  - Simpson Stopper
  - Stone Breaker
  - Lycium
  - Firebush
  - Beauty Berry

- **Perennial Vegetables**
  - Moringa
  - Katuk
  - Edible Hibiscus
  - Cranberry Hibiscus
  - Chaya
  - Nopales
  - Pigeon Pea

*The FGCU Food Forest is a botanical collection of over 200 species*

*Beauty Berry can be made into a natural bug repellent*

*The Barbados Cherry has 25% of your daily intake of Vitamin-C in one cherry!*

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*The RSO, Food Foresters, meet weekly!*

Want to know more?
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