



# Book Information

## Plants for a Future Edible & Useful Plants for a Healthier World

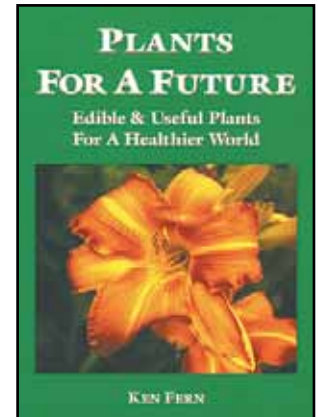
By Ken Fern

The way we currently produce our food is damaging both to ourselves and our planet: we need to create gardens, woodlands and farms which are in harmony with nature. Though all natural ecosystems provide excellent examples to follow, *Plants for a Future* specifically focuses on edible species, suggesting a wide variety of easily grown perennials and self-seeding annuals which produce delicious and healthy food.

Describing edible and other useful plants, both native to Britain and Europe, and from other temperate areas around the world, *Plants for a Future* includes those suitable for: the ornamental garden, the lawn, shady areas, ponds, walls, hedges, agroforestry and conservation. It offers alternative methods of growing these plants in ways that are in harmony with the local environment and can help to improve the overall health of the planet.

In his thoroughly useful book, Ken Fern shares his experiments and successes in growing herbs, vegetables, flowers, shrubs and trees. Packed with information, personal anecdotes and detailed appendices and indexes, this pioneering book takes gardening, conservation and ecology into a new dimension.

It is hoped that *Plants for a Future* will stimulate interest in these plants; help us increase the range of foods in our diet; and encouraging experimentation with well known and unfamiliar species.



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14b/w photographs; 2 line  
drawings

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File:

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## What people are saying about PLANTS FOR THE FUTURE

Ken Fern leads us through a garden of improbable delights – cold climate yams five feet long, edible fuchsia fruits, trees laden with delicious berries all through the winter, leaves and flowers with the most subtle and astonishing flavours. It is hard to over-estimate the importance and likely impact of this book. *Plants for a Future* hugely widens the range of edible species which we can, with confidence, grow in temperate climates. It shows us how to use land more efficiently and sustainably than ever before, and it brings to our sadly limited cuisine a vast new range of remarkable foods, all around the year. It is, in short, the first shot in an impending horticultural revolution. The result of an insatiable curiosity and years of painstaking research, this book is comparable in stature only to the works of Evelyn and Culpeper.

*Professor George Monbiot, environmental campaigner, founder of The Land Is Ours.*

Ken's enthusiasm and pertinent, honest observations make his writing as easily digested as the edible plants he loves. I'm delighted that this treasure trove of information has been marshalled between book covers and so made more accessible and preserved for future generations.

*Joy Larkcom, from the Foreword to Plants For A Future.*

Beyond climatic needs and appearance, plants are described in terms of their taste and, often, highly-specific use. The index is conveniently broken up into edible uses (like condiments and egg and salt substitutes) and non-edible uses (like basketry, disinfectant, and tooth care); for more, check out 100 Other Uses. And actually, the *Plants for a Future* web site offers a searchable database of 7,000 plants. While much of the info from the book is available online, the printed format can be easier to peruse and digest. There are sections on 'green manures' and how to mulch with cardboard boxes or newspaper and straw, as well as how to make a pond. Despite all the ideas and potential outlined in the book, the final chapter, 'Future Possibilities', truly emphasizes the magical allure of cultivation and experimentation.

*Steven Leckart, Cool Tools*

This book is so useful I don't know how I could manage without it. This is a well thought out and researched book. By reading this book I have now generated a hit list of plants that I want to get and try, personally I'd go to extreme lengths to find plants that I've heard or read are good!

*Marsden and Slaithwaite transition towns*

A fantastic guide to useful plants.

*OakhousePermaculture.blogspot.co.uk*

It doesn't take much browsing to realise the kinds of things we are missing out on. How about onion-flavoured leaves that can be harvested all 12 months of the year, broccoli that grows on bushes, or edible yams a metre long? And we're not just talking about food: there are plants for making dyes and inks, rope and string, polish, soap, natural insecticides, or fire retardants. Short of the mythical money tree, there's just about everything you could want here!

*Jeremy Williams, MakeWealthHistory.org*

I should have bought this book ages ago. I find myself dipping into it all the time and coming back to it again and again when other books let me down! Concise, clear, easy to read and understand.

*Amazon customer review*

### **ABOUT THE AUTHOR:**

Ken Fern has always been a plant enthusiast. Over the years he has experimented with and compiled information on a huge number of useful, unusual plants. With an increasing concern for the state of agriculture and the health of our planet, he decided to 'downshift' from his job as a bus driver for London Transport in the early 1990s and move to Cornwall to establish the pioneering charity, Plants For A Future. With the help of Ken's vast experience and encyclopaedic knowledge, Plants For A Future have now been trialing over 2,000 unusual species which are edible or have other uses, with a further 7,000 compiled on their database. This is exciting and pioneering work has important implications to the way in which we look at producing food, both in our gardens and agriculturally.



Plants For A Future (PFAF) is an online not for profit resource for those interested in edible and useful plants, with a focus on temperate regions. The project currently has a site in the South West of England where many of the plants are being grown on a trial basis, and maintains a small mail order catalogue. The organization's emphasis is on perennial plants. The Charity's objectives are to advance the education of the public by the promotion of all aspects of ecologically sustainable vegan-organic horticulture and agriculture with an emphasis on tree, shrub and other perennial species; and the undertaking of research into such horticulture and agriculture, and dissemination of the results of such research.[2].