



Written by [Rebecca Terrell](#) on July 17, 2024

Jim Gale: Food Forests and Freedom

“Food forests are a pathway to promote natural living and better health, while growing freedom,” says Jim Gale, founder and CEO of [Food Forest Abundance](#).

His organization helps people grow their own food forests. “By leveraging the science of permaculture (permanent agriculture) and by working in harmony with nature, they are able to design and install beautiful edible landscapes at homes, schools, churches, city parks, long-term care homes, corporate campuses, and more, that yield incredible amounts of healthy, poison-free food,” Gale explains.

He has compiled a team of professional permaculture designers and installers around the world who help others establish themselves as food foresters.

Jim describes himself as an outdoor enthusiast, entrepreneur, permaculture expert, financial expert, husband, father and friend. A 4-time All American and National Champion wrestler, Jim has spent his adult life exploring, back-packing through 37 countries, establishing a billion-dollar mortgage company, and finally building villages in Costa Rica where he discovered permaculture.

Jim is a motivational speaker who promotes self-reliance, entrepreneurship, food independence, sovereignty and a “grow freedom” mindset.

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