

## Leith wide rise



production methods picture series

Diet	Total_Mkg	m2/person	m2/100kg p.A.	Production	Carbs/100g	Protein/100g	Fat/100g	Carbs_kg	Protein_kg	Fat_kg	kCal/100g	Area_m2	total Mkgal floors	height	cm per foot
potatoes	0,4	247,5	33	strip	17	2	0,1	68.000	8.000	400	77	132000	308	1	
carrots	0,25	247,5	33	strip	10	1	0,2	25.000	2.500	500	41	82500	102,5	1	
pepper, cuc.	0,21	93,8	12,5	vertical	6	1	0,3	12.600	2.100	630	289	2625	606,9	10	18m
nuts	0,3	450,0	60	food forest	22	20	50	66.000	60.000	150000	617	180000	1851	1	
berries	0,5	337,5	45	food forest	14	1	0,3	70.000	5.000	1500	33	225000	165	1	
fruit trees	0,8	187,5	25	food forest	13	0,5	0,3	104.000	4.000	2400	52	200000	416	1	
wheat	0,3	1072,5	143	strip	71	13	2	213.000	39.000	6000	339	429000	1017	1	
larvae	1	1072,5	143	vertical	72	13	2	720.000	130.000	20000	340	143000	3400	10	18m
meat	2,5	0,8	0,1	lab	0	20	15	0	160.000	120000	155	280	1240	5	15m
herbs	0,05	750,0	100	food forest	5	3	1	2.500	1.500	500	23	50000	11,5	1	
mushroom	1,65	450,0	60	mono	4	3	0,3	66.000	49.500	4950	22	49500	363	20	30
tram station	0,5	45,0	6	vertical	6	1	0,3	30.000	5.000	1500	18	3000	90	10	18m
Total	9,3	413	55					1.377.100,00	1.116.600,00	683.380,00		1.497.405,00	14.570,90		

<b>Area calculation</b>	
available area	2.250.000m <sup>2</sup>
built area	101.500m <sup>2</sup>
needed streets etc.	103.000m <sup>2</sup>
water	695.900m <sup>2</sup>
feasible food forest	1.350.000m <sup>2</sup>

<b>building</b>	<b>75.200m<sup>2</sup></b>
residential	50.130m <sup>2</sup>
greenhouse	24.870m <sup>2</sup>

### Vertical Farming:

A method of growing crops in stacked layers, often indoors using controlled environments (light, temperature, water). It uses less land and water than traditional farming and is ideal for urban settings.

### Food Forest:

A sustainable, low-maintenance agricultural system that mimics a natural forest. It layers edible plants—trees, shrubs, herbs, and ground cover—to create a self-sustaining ecosystem producing food.

### Larvae (Insect Farming):

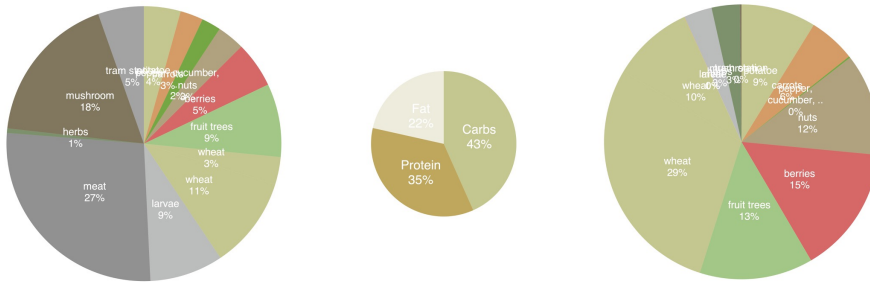
The cultivation of insects like black soldier fly larvae for food or animal feed. It's highly efficient, requires little space, and produces protein with minimal environmental impact.

### Lab-Grown Meat:

Also known as cultured or cell-based meat, this is real animal meat grown from animal cells in a lab, without raising or slaughtering animals. It aims to reduce animal farming's environmental and ethical issues.

### Strip Farming:

A traditional farming method where different crops are grown in alternating strips on the same field. This helps prevent soil erosion, manages pests, and maintains soil fertility.



production locations 1:5.000

### Start a Food Forest

Observe  
Study sunlight, wind, microclimates, wildlife, and water flow. Define goals and observe for a year before permanent planting.  
Design  
Plan water sources first. Choose a sunny location and arrange plants based on care needs.  
Prepare the Soil  
Improve soil early. Use sheet mulching to build fertility.

Create Guilds  
Mimic nature by planting trees with shrubs, herbs, and vines. Prioritize native or climate-suited plants.  
Plant Trees  
Start early. Use compost if needed. Trees stabilize the ecosystem and prevent pests.  
Include Animals  
Attract birds. Use chickens or ducks for pest control, fertilization, and soil tilling. Keep them in controlled areas.

### Crops for Edinburgh's Cool Temperate Climate

1. Fruits: Cold-Hardy Varieties: apples, pears, plums, cherries...
2. Berries: raspberries, blackberries, currants, gooseberries
3. Herbs: medicinal herbs, mediterranean herbs
4. Vegetables & Other Crops: leafy green, root crops, legumes
5. Building material & other:  
Nut oil, timber, syrup, dyes, natural fencing, tea, jam, composting material