



What is a Microforest?

Introduction

A microforest is a small, densely planted forest designed to create a mini-ecosystem. A Japanese botanist, **Dr. Akira Miyawaki**, pioneered this approach to rapidly restore biodiversity using native plants, even in small urban spaces.

By planting a dense mix of native trees and shrubs close together, microforests:

- **Grow quickly**
- **Restore biodiversity**
- **Improve soil health**
- **Support biodiversity and create vital habitat for pollinators and wildlife**

Miyawaki's work in urban greening demonstrates that even tiny plots in cities can host thriving, dense forests that:

- **Improve air quality by removing pollutants**
- **Cool urban areas by creating shaded, moist environments that reduce the heat island effect**
- **Enhances mental and physical health by providing green spaces for relaxation, reducing stress and anxiety**
- **They help with water drainage, reducing flood risks, and contribute to carbon sequestration, aiding in climate resilience**

Volunteers Plant hundreds of trees in Alberta O. Jones Park Microforest



Local Impact

In Louisville, volunteers recently planted **over 400 native trees** in the **Alberta O. Jones Park Microforest** in the California neighborhood - creating a living example of how community-driven microforests can transform urban spaces into thriving habitats.

Closing Statement

A microforest may be small in size, but it makes a big impact. These dense patches of native trees and shrubs grow quickly, support wildlife, clean the air and soil, and help cities reconnect with nature-embodiment Dr. Akira Miyawaki's vision of healthy, biodiverse urban landscapes.