

## Plants for a Food Forest

**Key:** P = perennial B = biennial SSA = self-seeding annual

F = fruit S = seed N = nut R = root

☐ = should be steamed \*\* = should be cooked

**Plant Jobs** M= Mulch NuAc = Nutrient Accumulators NF = nitrogen fixer NemaR= Nematode Repellent

IP=Insectary Plant FP= Fortress Plant SR=Spike Roots Soilbusters WildN=Wildlife Nurturer

Z = hardiness zone, example: Z5 = hardy to zone 5

### 1. Tall Canopy- generally nut

Beech *Fagus grandifolia* Nuts

Black Locust -- *Robinia pseudoacacia* (N,Z3) NF

Black Walnut -- *Juglans nigra* (N,Z4) nut

Chestnut species *Castanea ssp.* (N,Z4-5)

Heartnut -- *Juglans ailanthifolia c.* (N,Z4) nut

Monkey Puzzle -- *Araucaria araucana* (S,Z8)

Shagbark Hickory *Carya ovata* Nuts

Sugar Maple *Acer saccharum* Syrup

White Oak *Quercus alba* Nuts

Walnut -- *Juglans regia* (N,Z5) nut

### 2. Understory Trees --smaller fruit, nut trees

Alder NF

California bayberry NF

Almond *Prunus dulcis* (N,Z3)

American Persimmon *Diospyros virginiana* (F,Z5)

Fruit

Persimmon -- *Diospyros kaki* (F,Z8)

Apple *Malus pumila* Fruit, flowers (F,Z5)

Apricot *Prunus armeniaca* (F,Z4)

Autumn olive -- *Elaeagnus umbellata* (F,M, NF,Z3)

Black Elderberry -- *Sambucus nigra* (F,Z5) WN

Cherry *Prunus* spp. Fruit, flowers

Chinese Dogwood -- *Cornus kuosa* (F,Z5) WildN

Sochi Green Tea *Camellia sinensis* Z8

Cornelian Cherry *Cornus mas* Fruit (F,Z5)

Crabapple *Malus* spp. Fruit, flowers

Fig -- *Ficus carica* (F,Z7)

Persimmon *Diospyros kaki*

Hardy Orange\*\* -- *Poncirus trifoliata* (F,Z5)

Chokeberry WildN

Wild cherry WildN

Hazelnut,,Filbert *Corylus* spp. Nuts (N,Z4)

Japanese Quince -- *Chaenomeles speciosa* (F,Z5)

Jujube -- *Ziziphus ziziphus* (F,Z5)

Kentucky Coffee Tree *Gymnocladus dioica* N-fixer

Medlar -- *Mespilus germanica* (F,Z6)

Paw Paw *Asimina triloba* Fruit, flowers, medicinal (F,Z6)

Peach -- *Prunus persica* (F,Z6)

Pear *Pyrus communis* Fruit, flowers

Plum *Prunus domestica* Fruit, flowers

Serviceberry -- *Amelanchier* spp. (F,Z4)

Witch Hazel *Hamamelis virginiana* Medicinal, flowers

Hawthorn WildN

### 3. Shrub Layer - generally small fruits

Autumn olive NF

Blackberry *Rubus occidentalis* Fruit, flowers

Blueberry -- *Vaccinium corymbosom* (F,Z2) WildN

Buffalobery NF

Cattails All parts are edible, NuAc

Ceanothus NF, WildN

Chilean Teaberries

Currant *Ribes sativum* Fruit

Elderberry *Sambucas nigra* Fruit, flowers

False indigo *Baptisia australis* N-fixer

Gooseberry *Ribes uva-crispa* Fruit

Goumi -- *Elaeagnus multiflora* (F,Z6) NF

Green tea -- *Camellia sinensis* (P,Z8)

Himalayan Honeysuckle , Chocolate Berry, *Leycesteria formosa*

Huckleberry

Lupine NF

Mountain Mahogany NF

Maximillian Sunflower FP

Nanking Cherry

Native Rose WildN

T

Raspberry -- *Rubus idaeus* (F,Z3)

Rose *Rosa Rugosa* spp. Medicinal, flowers, hips

Russian Olive NF

Serviceberry *Amelanchor* spp

Siberian pea shrub NF

Sunflower IP

Thimbleberry

### 4. Herbaceous Layer

Comfrey *Symphytum uplandicum* NuAc, M, FP, SR

Rhubarb *Rheum rhabarbarum* M

Chickweed NuAc

African marigold *Tagetes erecta* NemaR

French Marigold *Tagetes patula* "Single Gold" NemaR

French Marigold "Nema-gone" NemaR

Clover Nu,Ac, NF, M, IP

Vetch M

Artichoke P M SR

Asparagus -- *Asparagus officinalis* (P,Z4)

### Medicinals

Alfalfa NuAc, SR

Wormwood

Valerian

Lavendar IP

Yarrow NuAc, IP

Yellow Dock NuAc

### Spices

Dill *Anethum graveolens* IP

Coriander IP

Fennel *Foeniculum vulgare* IP

Licorice NF

Lemon Grass FP

### Herbal Teas

Peppermint -- *Mentha piperita* (P,Z3)

Mint *Mentha* spp. Edible

Anise Hyssop -- *Agastache foeniculum* (P)

Lemon balm *Melissa officinalis* Tea

Mint IP

Korean Mint -- *Agastache rugosa* (P)

Bee Balm -- *Monarda didyma* (P,Z4) IP

Rose hips -- *Rosa rugosa* (P,Z2)

Chamomile *Chamaemelum nobile* Tea, flowers NuAc

Chicory SR

Stinging Nettle *Urtica dioica* Edible, mulch

Horsetail NuAc

Oats NuAc, NF

Salad and Greens

Arugula *Eruca vesicaria* Edible  
 Buckwheat  
 Kale *Brassica oleracea* (B)  
 Carrots NuAc, IP  
 Dandelion -- *Taraxacum officinale* (P,Z5) NuAc,SR  
 Lettuce *Latuca sativa* Edible  
 Lovage *Levisticum officinale* Edible  
 New Zealand Spinach *Tetragonia expansa* Edible  
 Parsley *Petroselinum crispum* Edible  
 Salad burnet *Sanguisorba minor* Edible  
 Sorrel *Rumex scutatus* Edible  
 Spinach *Spinacea oleracea* Edible  
 Cornsalad *Valerianella locusta* Edible  
 Musk Mallow -- *Malva moschata* (P,Z3)  
 High Mallow -- *Malva sylvestris* (P,Z5)  
 Perennial Arugula -- *Diplotaxis eruroides* (P)  
 Good King Henry -- *Chenopodium bonus-henricus* (P,Z5,\*)  
 Salad Burnett -- *Sanguisorba minor* (P,Z5)  
 Chicory -- *Cichorium intybus* (B,3)  
 Earth Chestnut -- *Bunium bulbocastanum* (P,Z5)  
 Miner's Lettuce -- *Claytonia perfoliata* (SSA)  
 Corn Salad -- *Valerianella locusta* (SSA,Z5)  
 Parsley -- *Petroselinum crispum* (B)  
 Bellflower -- *Campanula glomerata* (P,Z2)  
 \Fennel -- *Foeniculum vulgare* (P,Z5)  
 Japanese Forest Parsley -- *Cryptotaenia japonica* (P,Z5)  
 Nasturtium M  
 Mustard M NuAc, SR  
 Lamb'squarter NuAc  
 Borage NuAc  
 Frye Grass NuAc

5. Roots and BulbsPerennial Roots

Edible Canna *Canna edulise*  
 Salsify  
 Parsnip -- *Pastinaca sativa* (B,Z5)  
 Horseradish  
 Shallots and Garlic  
 Burdock  
 Daikonj Radish SR  
 Jerusalem Artichoke *tuberosus* (P,Z4) FP  
 Skirret -- *Sium Sisarum* (P,Z6)  
 Gobo -- *Arctium Lappa* (B,Z3)  
 Groundnut -- *Apios Americana* (P,Z3)

Bulbs

Chives *Allium schoenoprasum* Edible  
 Garlic -- *Allium sativum* (P,Z5)  
 Onion *Allium cepa* IP  
 Welsh Onion -- *Allium fistulosum* (P,Z6)

Peruvian tubers

Ahipa *Pachyrhizus ahipa*  
 Arracacha *Arracacia xanthorrhiza*  
 Oca *Oxalis tuberosatuberosa*  
 Ulluco *Ullucustuberosustuberosus*  
 Mauka or Chago *Mirabilis expansa*  
 Maca *Lepidium meyenii*  
 Yacun *Smallanthus sonchifolius*

Seasonal Roots

Potato -- *Solanum tuberosum* (P, Z7?)  
 Sweet Potatoes  
 Yams

6. Ground Covers

Strawberry *Fragaria* spp. Fruit, flowers  
 Nasturtium *Tropaeolum minus* Edible lowers  
 Violet *Viola* spp. Edible flowers

Edible Shoots

Asparagus -- *Asparagus officinalis* (P,Z4)  
 Aralia -- *Aralia spinosa* (P,Z5,\*)  
 Aralia -- *Aralia chinensis* (P,\*)  
 Aralia -- *Aralia elata* (P,Z4,\*)  
 Udo -- *Aralia cordifolia* (P,\*)

Edible Flowers

Daylily -- *Hemerocallis fulva* (P,Z4)  
 Dianthus spp.(P,Z4)  
 Balloon flower -- *Platycodon* (P,Z4)

7. Climbers and Vines

Wisteria NF  
 Scarlet Runner Beans NF  
 Cinammon Vine  
 Passion fruits *Passiflora* spp  
 Scarlet Runner Bean *Phaseolus coccineus*  
 Edible, N-fixer, flowers  
 Seasonal squashes, cucumbers and melon

Perennial Vines

Grape *Vitis vinifera* Fruit  
 Hardy Kiwi -- *Actinidia arguta* (F,Z4)  
 Akebia -- *Akebia quinata* (F,Z5)  
 Hops *Humulus lupulus* MedicinalMashua  
 Tuberous Mountain Yam -- *Dioscorea batatas* (R,F,Z4)  
 Nasturtium *Tropaeolum tuberosum* R,Z8)  
 Schizandra -- *Schizandra* spp. (F,Z4)  
 Wisteria *Wisteria floribunda* N-fixer, flowers

**Cathe' Fish, Permaculture Designer and  
 Teacher since 1988  
 Practical Permaculture  
[www.practicalpermaculture.com](http://www.practicalpermaculture.com)  
 530-478-1852**