

Ornamental Edibles

Instructor: Sue Reinardy

Class Objectives: Edible Landscaping, Where to grow, tips for design; Trees and Shrubs; Perennials and Annuals; Herbs and Weeds

Goal: An edible garden that is attractive and productive.

1. Rosalind Creasy Coined the Term: "Edible landscaping is the practical integration of food plants within an ornamental or decorative setting."
<http://www.rosalindcreasy.com/edible-landscaping-basics/>
2. Why Edible Landscaping? Ornamental vs. edible; History: Ancient Persian gardens, medieval monasteries, Victorian cottage gardens, Victory Gardens; New Trend: Locavore – eat locally grown food; Small space gardens
3. Pros of Landscape Edibles: Freshness of home-grown fruits & vegetables; Control quantity & kind of pesticides and herbicides; Save on grocery bills; Grow unusual varieties; Get outside!
4. Cons of Landscape Edibles: Vegetables require a small amount of increased maintenance; Many require pruning on a yearly basis; Many are more susceptible to diseases & pests
5. Design Ideas: Herb pots on the patio, Cherry tomatoes in a window box, Grape arbor, Fruit tree in your yard, Plant peppers along with flowers, Tuck lettuce, radish, and other greens in flower beds, Replace barberry with gooseberries, Plant basil with coleus in a container, Try yellow or rainbow chard in beds, Grow chives around the mailbox, Train raspberries up a fence
6. MN Landscape Arboretum – Home Demonstration Garden
7. Guidelines for Mixed Beds: Keep border less than 3 feet or provide a path, Combine plants with similar requirements, Use basic foliage color and plant shape as unifying elements, Limit flower colors- too many colors confuse the eye, Keep taller plants at the back and low creepers at the front, Avoid flowering plants that reseed themselves heavily – they will need continual thinning, Avoid flowering plants among edibles that demand pesticides to look good
8. More Tips on Mixing it Up: Don't try to make it all edible, Mix annuals & perennials but group them for ease of maintenance, Keep diversity in mind so beneficial insects can help keep your garden healthy,
Light Rule of Thumb:
 - a. If the part you eat is the fruit – needs 8 or more hours per day sunshine
 - b. If the part is a root – can tolerate a little less
 - c. If the part is the stem or leaf can handle slightly shady conditions
9. Functional Edible Design: Streamline your landscape, Plan to have your vegetables close to the kitchen, Keep the vegetable area small at first, Make the central vegetable area rectangular, At first, choose low care plants

10. Maintenance Schedule: **Planting, harvesting; Fertilizer; Rotation – annuals, vegetables; Pruning; Dividing; Garden journals, calendars, moon phases, almanac**
11. How To Start: Arrange permanent Structure, Establish Focal Points, Position anchor plants, Add plants for beauty & productivity, Fill in with ground covers
12. Spring & Fall Potager and Unified Style
13. Mt. Vernon Kitchen Garden
14. Edible bed Janesville Rotary Gardens
15. Swiss Chard & Pansies - Dallas Botanical Gardens
16. Herb Garden - Olbrich Gardens
17. Cabbage, pansies and grasses - Olbrich Gardens
18. Edibility of Ornamentals: Quality of some ornamentals while edible may not be of eating quality; Caution: if uncertain, don't eat the fruit
19. *Malus* spp (Apples): UW Extension bulletin – “Growing Apples in Wisconsin” A3565; Need a second apple cultivar close by for pollination; Pay attention to location especially if next to drives and walkways
20. *Malus* spp. Flowering Crabapple: Crabapples are defined as varieties with fruit less than 2 inches in diameter, anything larger are apples; All crabapple fruit can be used for jellies and preserves – large-fruited best such as Whitney & Chestnut
21. Small Fruits: Blackberries, Currants, Gooseberries, Elderberry, Strawberry, Juneberry, Grapes, Lingonberries UW Extension A2488 “*Home Fruit Cultivars for Northern Wisconsin*”
22. Chokeberry (*Aronia melanocarpa*): Try ‘Viking’ and ‘Nero’ varieties, The red chokeberry (*Aronia arbutifolio*) is larger and more suckers, the black is more manageable, High in antioxidants, use in jellies, candies, pies
23. *Prunus virginiana* Chokecherry: Small trees with clusters of white flowers followed by 1/3” fruit, Bitter, mature fruit can be used in jams, jellies, and juices, Try: Canada Red and Schubert varieties
24. Elderberry (*Sambucus canadensis*): Attracts birds & butterflies, Large Shrub with showy white flowers in spring, Ripe berries & flowers are edible, Need two or more cultivars for cross-pollination, UW-Extension Bulletin A1960 *Growing Currants, Gooseberries, and Elderberries in Wisconsin* www.learningstore.uwex.edu
25. Grapes: Growing Grapes in Wisconsin – A1656 <http://learningstore.uwex.edu/assets/pdfs/A1656.pdf> One of the many vines for our northern gardens

26. Raspberries: UWEXT A1610 Full sun, pH 6.0 to 6.8, sheltered airy site, Summer-bearing – one large crop between early July and early August; Fall-bearing –(sometimes incorrectly called everbearing) produce a large crop in the fall and a smaller crop the next summer
27. Thornless Raspberry: *Rubus idaeus* ‘Raspberry Shortcake’, Dwarf Raspberry variety with full-size berries, Thrive in containers as well as in your garden, no big garden spaces needed, No thorns, Sends out lots of new canes each , Plants are self-pollinating
28. Vaccinium (Blueberries): Attractive shrub can grow in full to partial shade – needs acidic, moist soil, Recommended cultivars: Patriot, Northcountry, St.Cloud, Polaris, Northblue, Northsky, Chippewa, *UW Extension Bulletin A2488*
29. Edible Flowers: Use flowers that are grown without pesticides, Use at their peak for best flavor, Introduce slowly into diet to pinpoint allergic reactions, May be preserved in oils and vinegars
30. Common Edible Flowers: Apple Blossoms, Bee Balm, Tuberous Begonias, Calendula, Chamomile, Chrysanthemums, Daylilies, Lilacs, Nasturtiums, Dianthus, Roses, Squash Blossoms, Strawberries, Thyme, Tulips, Violas, Pansies, Johnny-Jump-Ups, Violets
31. Bee Balm *Monarda*, *Wild bergamot*: 15-48 inches tall, Flowers bloom early to mid-summer in red, pink, purple or white, Sun to part shade in well-drained, moist soil, Powery mildew can be a problem, Attracts hummingbirds, butterflies, and bees
32. Tuberous Begonia: Start tubers in February to transplant after danger of frost, Need slightly acid soil, filtered sun, constant moisture and feeding, Dig in late fall and store in cool, dry, frost-free space after foliage turns yellow.
33. Calendula: Easy to grow from seed, start indoors (or use the Winter Sown method) about 6 weeks prior to last frost, Make great cut flowers as well, For continued blooms, remove spent flowers
34. Pinks (*Dianthus* spp.): Easy to grow perennials, Full sun, rich, well-drained soil; Start from seeds or as transplants; Best tasting ones are small: *D. caryophyllus*, or *D. Plumarius*; Pleasant spicy taste, sometimes white base is bitter (can remove)
35. Daylilies (*Hemerocallis* spp.): Hardy perennial, easy to grow; Good soil in light shade to full sun; Fertilize occasionally and keep fairly moist; Petals range from sweet floral to slightly metallic flavor; can be used in stir fries, salads, soup, sautéed
36. Nasturtiums: Easy to start from seed after the last frost; Full sun, keep moist; Produce lots of flowers in lean soil and few in rich; Can reseed; Use flowers, leaves and seed pods; harvest flowers just before they open
37. Violas, Pansies, Johnny-Jump Ups: Annuals that can reseed; Best grown in cool weather, moist-rich soil, part shade; can take some frost; Remove spent flowers to keep them blooming; Petals have a slight lettuce-like flavor; use as decoration on desserts or salads or infuse in vinegar

38. Common Poisonous Plants: Anemone, Autumn Crocus, Azalea, Belladonna Lily (Naked Lady), Bird-of-Paradise, Buttercup, Caladium, Clematis, Daffodil, Delphinium, Foxglove, Gloriosa Lily, Hydrangea, Iris, Lantana, Larkspur, Lily of the Valley,
39. Perennial Vegetables: Rhubarb, Chives, Asparagus, Walking onion
40. Rhubarb: Minimum of 3 plants for good yields, Plenty of organic material, Add a shovel of cow manure every year, Leaves are poison to eat, For best production cut the outside stalks off first leaving the inner ones to mature, Water regularly but not over water, they don't like wet feet, Get good rhubarb crisp recipes!
41. Chives: Entire plant is edible, Can grow almost anywhere and harvest all season long, One of the first to emerge in spring,
42. Asparagus: Long-lasting, 15 years or more, Full sun, fertile soil, good moisture, Usually start from purchased crowns planted 6-8" trench, Need three years to develop, <http://www.gardening.cornell.edu/homegardening/scenee3ed.html>
43. Egyptian Walking Onion: Plant bulbs about an inch deep almost anywhere, Harvest as a green scallion, Let some bloom and create more bulbs for the next year
44. Shade-tolerant Annual Edibles: Beans, Beets, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Chard, Cucumbers, Kale, Kohlrabi, Leaf lettuce, Leeks, Nasturtiums, Parsnips,
45. Edibles for Containers: Blueberries, Tomatoes, Kale, lettuces, Swiss Chard, Oregano, Parsley, Peppers, Strawberries, Rosemary, Thyme,
46. Cucumbers: Grow on a trellis, bright yellow flowers and hanging fruit are attractive; When grown vertically vines and leaves receive greater amount of sunlight – more cukes and better air circulation reduces disease and fruit rot
47. Ornamental Kale, Flowering Cabbage: Ornamental same as vegetable, bred for leaves; Both are edible, ornamental may be tough and bitter; A biennial, best grown as a summer annual; Needs at least 6 hours of sunlight, can be grown in pots
48. Peppers: Need warmth to germinate, best to start inside or purchase plants; Full sun in warm location; Try dark mulch in a hot spot; Good additions to containers, plants are neat and bushy
49. Pole Beans: Easy to grow from seed, Best in full sun but will tolerate light afternoon shade, Harvest only when the foliage is dry to avoid spread of disease, Very attractive when grown on trellises and poles
50. Squash & Melons: Vines grow well on trellis, may need extra support; Can grow bush types for large leaves, attractive in containers
51. Swiss Chard: Best leaf production results from full sun, Harvest exterior leaves first by snapping off as low as possible, Continues to grow until hard frost, Heirloom varieties have milder flavor as do newer selections, 'Bright Lights' and 'Rhubarb' have colorful stems

52. Tomatoes: Warm Season, Plant late spring, early summer; thrives 70-75; Fertilize at planting and during the season; Avoid high-nitrogen to encourage fruiting; Mulch to avoid diseases; 1" of water/wk consistently to avoid blossom-end rot and cracking; Benefits from supports
53. Herbs - some good choices: Basil, Borage, Chamomile (annual), Chives, Cilantro, Dill, Fennel, Rosemary, Parsley, Sage, Thyme,
54. Basil: Grow in sun, regular watering; Prune or pinch to continue healthy growth up to ½ of plant; Basil seeds need soil temps of 75-85 degrees to germinate; Start from a cutting, let sit in small glass of water; Wash & drain fresh leaves gently; Can be preserved by freezing or dried; Very tender annual
55. Chives: Perennial, easy to grow; Divide every 3 years; Snip leaves about 2" above the ground; Add to food as last minute; Add to dips, batters, spreads, vegetables, dressings; Edible flowers; Freeze chopped or whole
56. Cilantro (*Coriander sativum*): Younger leafier growth is called 'cilantro'; As it grows and bolts – "coriander"; Leaves, seeds, and roots are edible; Start from seed every two weeks; Harvest fresh leaves before flowering
57. Dill: Sow seeds, will reseed; Leaf referred to as dill weed in recipes; Use flower heads in arrangements, also in pickling ; Substitute dried dill weed for fresh or frozen; Seed: 'Mammoth' or 'Bouquet'; Leaves: 'Hercules' 'Fernleaf'
58. Parsley: High in A, B complex, C, E, Iron, Calcium; 3 Basic types: Flat leaf or Italian, Curly leaf, Parsnip rooted (Hamburg); Hardy biennial, grow as an annual; Support larvae of Swallowtail butterfly
59. Rosemary: Long-lived perennial, hardy to 15 degrees; Winters well in cool, bright sunny room; Common (*R. officinalis*) best for cooking; Grow in container for over-wintering; Allow to dry between waterings, but not wilt; Prune in spring not fall
60. Sage: *Salvia officinalis* – hardy perennial best as culinary sage; Cut back woody growth in spring to encourage new growth, prune often; Fresh sage has a more complex, milder flavor than dried; Start as a plant
61. Thyme: Spreading ground cover; Use clumping type for cooking– *Thymus vulgaris*; All purpose savory herb, can dominate so add only small amounts; Can be added early to cooking; Can be frozen, dried is best
62. Herbs of Different Colors
 - a. Purple & Red: Basil, Fennel 'Bronze', Mint, orange Bergamot; Sage 'Pupurascens', 'Tricolor'; Sorrel 'Red'
 - b. Gold: Lemon Balm, variegated; Mint, ginger; Mint, pineapple; Sage 'Icterina'; Tyme, lemon 'Aureus'
63. Insectary: Intersperse with islands of insectary annuals designed to attract beneficial insects and repel pests; Allow some of your salad and cabbage crops to bloom; Plant: fennel, angelica, coriander, dills, borage, sage, thyme;

64. Plants that Attract Beneficial Insects: Alyssum (not edible), Bachelor Button, Borage, Cosmos (not edible), Dill, Echinacea, Fennel, Monarda/Bee Balm, Rudbeckia (not edible)

65. Edible Weeds: Be sure to correctly ID the plant and know exactly what parts are edible; Avoid eating plants where herbicide or road salts have been used or where pet waste is present; Young leaves are best

66. Some other Edible Weeds: Purslane, Clover, Lamb's Quarters, Mallow, Wild Amaranth, Curly Dock, Milkweed

CAUTION: Be sure to know that you have properly identified these and try very small amounts before using. Also be sure to use the correct part of the plant.

67. Fried Dandelion Blossoms

Using fully opened blossoms (no bitter stems), dip in the batter and fry in hot oil.

1 cup milk

1 egg

1 cup flour

½ t. baking powder

½ t. salt

Resources

- *The Complete Book of Edible Landscaping*, Rosalind Creasy
- *Kitchen Gardens*, Cathy Wilkinson Barash
- *Edible Gardening for the Midwest*, Colleen Vanderlinden & Alison Beck
- *Eat Your Yard, Edible trees, shrubs, vines, herbs and flowers for your Landscape*, Nan K. Chase
- UW Extension bulletin A2488 **Home Fruit Cultivars for Northern Wisconsin** – go to www.learningstore.uwex.edu/Assets/pdfs/A2488.pdf
- *The Edible Landscape*, Emily Tepe
- *The Edible Front Yard*, Ivette Soler
- *Foodscaping*, Charlie Nardozi
- *The Beautiful Edible Garden*, Leslie Bennett and Stefani Bittner
- *Front Yard Gardens*, Liz Primeau
- Wisconsin University Extension Weed Articles: <http://wimastergardener.org/article-categories/weeds/>

Thank You

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