



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.




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/>



gardentruenorth.com/classes.html

- Welcome to...  Gmail  Hayward, WI Weather...  Titus Salon  TanglePatterns  Craftsy - Logged out  Dictionary and Thes...  Pandora Radio  ravelry  TheWheel

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Classes & Handouts

WITC Classes ([click here for registration information](#))

All are on Thursday, 10:00 to Noon Webinars

- Feb 11, 2021- Intensive Gardening

Handouts (click on the title for the PDF file):

[Intensive Gardening PowerPoint Notes](#), [Intensive Gardening Comparisons](#), [Crop Rotations and Plants for Small Gardens](#), [Square Foot Gardening Basics](#)

- Mar 4-Mixed Borders
- Mar 25-Ornamental Edibles

My First Two Homes



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



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!

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



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



MN Landscape Arboretum – Home Demonstration Garden





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

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
 - If the part you eat is the fruit – needs 8 or more hours per day sunshine
 - If the part is a root – can tolerate a little less
 - If the part is the stem or leaf can handle slightly shady conditions









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





Maintenance Schedule

- **Planting, harvesting**
 - **Fertilizer**
 - **Rotation – annuals, vegetables**
 - **Pruning**
 - **Dividing**
-
- **Garden journals, calendars, moon phases, almanac**

How To Start

1. Arrange permanent Structure
2. Establish Focal Points
3. Position anchor plants
4. Add plants for beauty & productivity
5. Fill in with ground covers



Spring & Fall Potager



Unified Style











Mt. Vernon Kitchen Garden





Edible bed Janesville Rotary Gardens

Swiss Chard & Pansies

Dallas
Botanical
Gardens





Herb Garden Olbrich Gardens



Cabbage, pansies and grasses

Olbrich Gardens

Trees and Shrubs



Edibility of Ornamentals

- Quality of some ornamentals while edible may not be of eating quality
- Caution: if uncertain, don't eat the fruit



American Cranberry

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



Malus spp. Flowering Crabapple



Malus spp.
'Morning Sun' 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

Small Fruits

- Blackberries
- Currants
- Gooseberries
- Elderberry
- Strawberry
- Juneberry
- Grapes
- Lingonberries

UW Extension A2488
“Home Fruit
Cultivars for
Northern Wisconsin

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



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



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

Grapes

- Growing Grapes in Wisconsin – A1656
<http://learningstore.uwe.edu/assets/pdfs/A1656.pdf>



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



Thornless Raspberry

Rubus idaeus 'Raspberry Shortcake'



Photo: White Flower Farm

- Dwarf Raspberry variety with full-size berries
- Thrive in containers as well as in your garden, no big garden spaces are
- No thorns
- Sends out lots of new canes each
- Plants are self-pollinating

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*

Perennials & Annuals



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



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



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



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.

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



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)

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, sauteed

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



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

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
- Lupine
- Monkshood
- Poinsetta
- Rhododendron
- Sweet Pea
- Tansy
- Wisteria

Perennial Vegetables

- Rhubarb
- Chives
- Asparagus
- Walking onion



Rhubarb

- Minimum of 3 plants for good yields
- Plenty of organic material
- Add a shovel of well composted 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!



Chives



- Entire plant is edible
- Can grow almost anywhere and harvest all season long
- One of the first to emerge in spring

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/sceneezed.html>



Image: Cornell University

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

Shade-tolerant Annual Edibles

- Beans
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Chard
- Cucumbers
- Kale
- Kohlrabi
- Leaf lettuce
- Leeks
- Nasturtiums
- Parsnips
- Peas
- Potatoes
- Pumpkins
- Radishes
- Spinach
- Squash
- Rutabagas
- Turnips

Edibles for Containers

- Blueberries
- Tomatoes
- Kale, lettuces, Swiss Chard
- Oregano
- Parsley
- Peppers
- Strawberries
- Rosemary, Thyme





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



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



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

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





Squash & Melons



- Vines grow well on trellis, may need extra support
- Can grow bush types for large leaves, attractive in containers

Image by [PermaCultured](#)

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

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



Herbs & Weeds



Herbs - some good choices

- Basil
- Borage
- Chamomile (annual)
- Chives
- Cilantro
- Dill
- Fennel
- Rosemary
- Parsley
- Sage
- Thyme





Basil



- Grow in sun, regular watering
- Prune or pinch to continue healthy growth up to $\frac{1}{2}$ 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

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

Cilantro (*Coriander sativam*)

- 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



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'

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

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



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



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

Herbs of Different Colors

- Purple & Red

- Basil
- Fennel 'Bronze'
- Mint, orange Bergamot
- Sage 'Pupurascens', 'Tricolor'
- Sorrel 'Re

- Gold

- Lemon Balm, variegated
- Mint, ginger
- Mint, pineapple
- Sage 'Icterina'
- Tyme, lemon 'Aureus'





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



Plants that Attract Beneficial Insects

- Alyssum (not edible)
- Bachelor Button
- Borage
- Cosmos (not edible)
- Dill
- Echinacea
- Fennel
- Monarda/Bee Balm
- Rudbeckia (not edible)



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

Some other Edible Weeds

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.

- Purslane
- Clover
- Lamb's Quarters
- Mallow
- Wild Amaranth
- Curly Dock
- Milkweed

Dandelion

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

More Resources

- *The Edible Landscape*, Emily Tepe
- *The Edible Front Yard*, Ivette Soler
- *Foodscaping*, Charlie Nardozzi
- *The Beautiful Edible Garden*, Leslie Bennett and Stefani Bittner
- *Front Yard Gardens*, Liz Primeau

Thank You

- Sue Reinardy
sreinardy@centurytel.net
- NorthCountryMGV.org

