

# Edible Landscaping

An often forgotten secret to happiness and good health



By: Cory Suter

Permaculture Farmer & Fairfax Food Council Chair of Urban Ag

# Outline of This Presentation

- Intro to Edible Landscaping
- How to Select Appropriate Plants
- Best Plants for
  - Shady Conditions
  - Clay Soil
  - Evergreens
  - Decorative Annuals
  - Edible flowers
  - Northern Virginia, etc.



- Where to buy Plants
- Cory's mistakes & Gardening success tips
- Edible Plants around Daniels Run Peace Church



© 2009 Rosalind Creasy

Beans 'Spanish Musica' 22.3 pounds  
Collards 'Vates' 11.4 pounds  
Tomato 'Celebrity' & 'Early Girl' 121.8 pounds

Chard 'Rainbow' 10.4 pounds  
Pepper 'Blushing Beauty' 3.5 pounds  
Zucchini 'Raven' 39.7 pounds

For Those with Time and/or Money:



# For Everyone: Replace yard-scaping with edible ornamentals



Most fruiting trees & bushes  
have lovely fragrant flowers



The '**Viking**' Aronia berry bush  
pictured above is an easy to grow  
landscape plant that produces small  
round black fruit with three times  
more antioxidants than blueberries

# Benefits of Edible Landscaping



- Produces the freshest tastiest food possible.
- Adds fragrance and sensual beauty to our home, outdoor spaces, and community.
- More nutritious food that is usually healthier and safer.
- Saves Energy and Money
- Biodiversity creates resilience and avoids pests

Home Landscaping above by Brie Arthur, author of “Foodscape Revolution”

# Costs; How to reduce and avoid them



## Time Consuming Work

- Select appropriate plants for location's microclimate.
- Cover soil with two inches mulch; don't bury root flare
- Use easy-care perennials



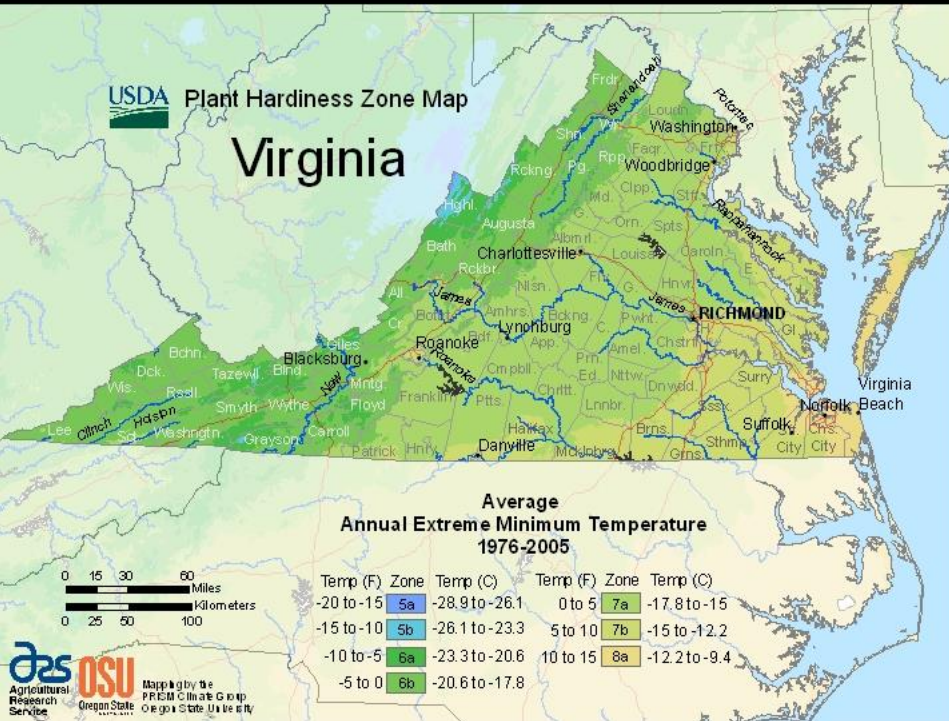
## Money

- Small bare root plants are cheaper and more likely to survive
- Start plants from seeds
- Trade with neighbors





# Cory's Four S's of Plant Selection



## 2. Sunlight

- A. Full Sun (6+ hours of sun)
- B. Part Shade (4 hours of sun; 3 hrs in filtered light)
- C. Prone to sun damage?

## 3. Soil

- A. Well-draining soil?
- B. PH range tolerance?
- C. Is plant a heavy feeder?

## 1. Sultriness (Climate appropriate)

- A. Frost tolerance?  
(Fairfax is Zone 7a)
- B. Heat tolerance?  
- (handles zone 8+)
- C. Drought tolerance?

## 4. Susceptibility

- A. Disease prone?
- B. Pest resistant?
- C. Deer & Herbivore resistant?

# Native Edible; Paw Paw Tree

– *Asimina triloba*

- Produces large sweet nutritious fruit that taste like vanilla custard.
- Pest & Disease free



## Favorite Cultivars

- Allegheny
- Shenandoah
- Susquehannah
- Prolific
- Sunflower



Image Above: <http://www.eattheweeds.com/wp-content/uploads/2011/08/paw-paw-fruits.jpg>

Image Above Right: <http://www.fernhilllandscapes.com/blog/2012/7/14/five-great-native-flowering-trees-for-the-mid-atlantic.html>

Image on Right: <http://www.ohio.com/lifestyle/breckenridge/humble-pawpaw-tree-becoming-hip-landscape-plant-1.524095>

# Native Fruit Tree

## Persimmon

- Some cultivars such as Prairie Star and **Nikita's Gift** are self-fertile
- To avoid astringent taste, leave fruit on tree until ripe



Above: <https://s-media-cache-ak0.pinimg.com/originals/dc/90/11/dc90110c6fa6edfd656848b98da4facf3.jpg>

Right Image: Three year old Persimmon at Suter's Glen

# Asian Persimmon

Image Courtesy of <https://images.fineartamerica.com/images/artworkimages/mediumlarge/1/snow-and-a-persimmon-tree-koichi-watanabe.jpg>





Asian Persimmon

Reliable Delicious Edible:

## White Mulberry

*Morus Alba*

- Black varieties will stain anything underneath them, and berry pickers.
- 'Sweet Lavender' and other white varieties don't stain and are a much better choice for suburbs



Image Above: [Whitman Farms](#);  
[Grower of Unusual Trees & Shrubs](#)

# Native Edible Ornamental

- **Juneberry, Serviceberry, or Shad bush** – *Amelanchier spp.*
- Grows well in clay, acidic, and poor soils
- Grows well in shade, but produces more fruit with part sun
- Sweet, blueberry-like fruit
- Fruit can get cedar rust



- Attractive Branch structure
- Lovely fall color

• Left image:  
([http://media.cleveland.com/insideout\\_impact/photo/serviceberry-tree-coreopsis.jpg-26f706eed7e7cbd0.jpg](http://media.cleveland.com/insideout_impact/photo/serviceberry-tree-coreopsis.jpg-26f706eed7e7cbd0.jpg))

• Above Image: ([http://cdn2.bigcommerce.com/n-biq04i/1dmpk/images/stencil/1024x1024/products/175/1892/SHADBLOW\\_SERVICEBERRY2\\_52316.1442282701.jpg?c=2](http://cdn2.bigcommerce.com/n-biq04i/1dmpk/images/stencil/1024x1024/products/175/1892/SHADBLOW_SERVICEBERRY2_52316.1442282701.jpg?c=2))

• Very far left image:  
([https://fthmb.tqn.com/yUw1\\_7IWP8ea9tda\\_4T5FB6Fzsk=/375x500/about/Canadian-serviceberry-Amelanchier-](https://fthmb.tqn.com/yUw1_7IWP8ea9tda_4T5FB6Fzsk=/375x500/about/Canadian-serviceberry-Amelanchier-)

# Fruiting Dogwood Trees

- Cornelian Cherry Dogwoods – *Cornus Mas*
- Small ornamental trees for part shade; can reach 20 ft in height
- Sweet, cherry-like fruit. Wood is so dense, it won't float.



Image on left Courtesy of: <http://topermaculture.blogspot.com/2012/04/permaculture-plants-cornelian-cherry.html> Right Image: <http://health-tips-123.com/wp-content/uploads/2016/05/Cornelian-Cherry-Dogwood-02.jpg>



# Variegated Cornelian Cherry *Cornus Mas*



Image on Right Courtesy of:  
<http://tcpermaculture.blogspot.com/2012/04/permaculture-plants-cornelian-cherry.html>

# Jujube

- *Zizyphus jujuba*
- A great no-spray fruit tree that is very resistant to pests and diseases, though lower young leaves may be nibbled on by deer.
- Sweet-tart crunchy fruit like an apple and date
- Yellow flowers bloom in June well past frost date and have pleasant grape soda aroma.



# Jujube



Images courtesy of:  
[www.healthbenefitstimes.com/jujube-fruit/](http://www.healthbenefitstimes.com/jujube-fruit/)

# Plants for Shady Conditions

- **Golden Silverberry**  
*Eleagnus Pungens*
- Fragrant fall blossoms turn into tasty red berries in spring
- Fruit is high in vitamin A and E, bioactive compounds, minerals, flavonoids and proteins. Their lycopene content is the highest of any food.
- Evergreen Plant fixes nitrogen, handles clay, and has thorns to resist deer



[http://www.plumjam.com/herbarium/eshrubs-i/images/elaegagnus-pungens-m.jpg](http://www.plumjam.com/herbarium/eshrubs/i/images/elaegagnus-pungens-m.jpg)

Image on left and nutrition information from Burnt Ridge Nursery:

<http://www.burntridgenursery.com/Silverberry-Bushes/products/110/>

# 'Olive Martini' & 'Gilt Edge' Silverberry



# Plants for Shade

- **Oregon Grape-Holly**  
*Mahonia aquifolium*
- Tart purplish black berries make tea or jelly



Evergreen, but has bronzed leaves in fall (left picture). Above, yellow blossoms photographed in March underneath an eighty foot white oak.

# Plants for Shady Conditions

- **Wintergreen** or **Teaberry**  
*Gaultheria procumbens*
- Native Evergreen ground cover 3 to 6 inches tall
- Grows well in full shade, but fruits better with partial sun.
- Prefers high organic acidic forest-like soil



Image above from:

<http://vinesandgroundcovers.blogspot.com/2012/02/gaultheria-procumbens.html>

# Goumi Bush - *Eleagnus multiflora*

- Yellow or fuschia flowers in spring bring plentiful fruit like tart Cherries (fibrous seed is edible) in June or July.
- Plant fixes nitrogen from air
- Thrives on neglect
- Shade tolerant



Pictures courtesy of:  
<http://tcpermaculture.blogspot.com/2012/02/permaculture-plants-goumi.html>



# Flowering Edible Shrub for Clay:

## Rosa Rugosa

- Several heirloom varieties of roses were grown for their fruits.
- Rosa Rugosa Rubra (Red rose) and Alba (White rose), as well as Apple Roses produce a tasty hip
- Do NOT eat the seeds.



Right Image:

<http://friendsofthefarm.ca/roses/rosarugosaalba1.html>

# Edible Shrubs that do well in Clay: Red, White, Black, or 'Clove' Currants



Image above: [Flowering Currant Bush on Pinterest](#)

Image on right:  
<https://www.pomonafruits.co.uk/soft-fruit-bushes-vines/gooseberry-currant-bushes/blackcurrant-bush-ben-hope>

- Low maintenance deciduous plants blend nicely with evergreens in the edible landscape.
- Sweet-tart fruits with double the antioxidants of blueberries and twice the potassium of bananas
- Popular for making jams, sauces, and syrups.
- Red varieties such as 'Jonkheer Van Tets' & 'Rovada' are good fresh



# Plants for Clay and Partial Shade

## Highbush Cranberry — *Viburnum trilobum*

- Low maintenance attractive multi-season shrub that's very tolerant of urban pollution. Tart berries make great jelly



# Edible Plants that thrive in Clay Soils

- **Black Walnuts** - *Juglans nigra*
- **Serviceberries** – *Amelanchier* species
- **Pears** - *Pyrus* species
- **Apples & Edible Crabapples** - *Malus*
- **Black Chokeberries** - *Aronia melanocarpa* (Aronia berries)
- **Silverberry** - *Elaeagnus commutata*
- **Black Currants** - *Ribes odoratum*
- **Rugosa Roses** – *Rosa rugosa*
- **Highbush Cranberries** - *Viburnum trilobum*
- **American Elderberry** - *Sambucus canadensis*



Hewes Crabapple at Monticello

Suitability for Clay Soil verified by Dr. James B. Calkins, University of Minnesota Department of Horticultural Science, and Beth Jarvis, UMN Extension Office.

# Evergreen Landscaping Options:

## Sweet Bay Laurel

- Slow growing bush with aromatic bay leaves used in soups, and European Cuisine.
- Can be pruned and trained
- Susceptible to mold if shaded



Images Courtesy of:

<http://www.plantsrescue.com/tag/sweet-bay/>

# Evergreen Landscaping Options:

## Loquat

- Easy to grow, small evergreen tree that handles wide range of soils and conditions including shade, drought, and clay.
- Juicy sweet fruit ripens February through May and has a flavor like apricot, plum, and cherry with floral overtones.
- Leaves are edible, high in vitamin B, and can be made into a healthy tea, which increases insulin production; approved by Chinese government to treat type 2 Diabetes.

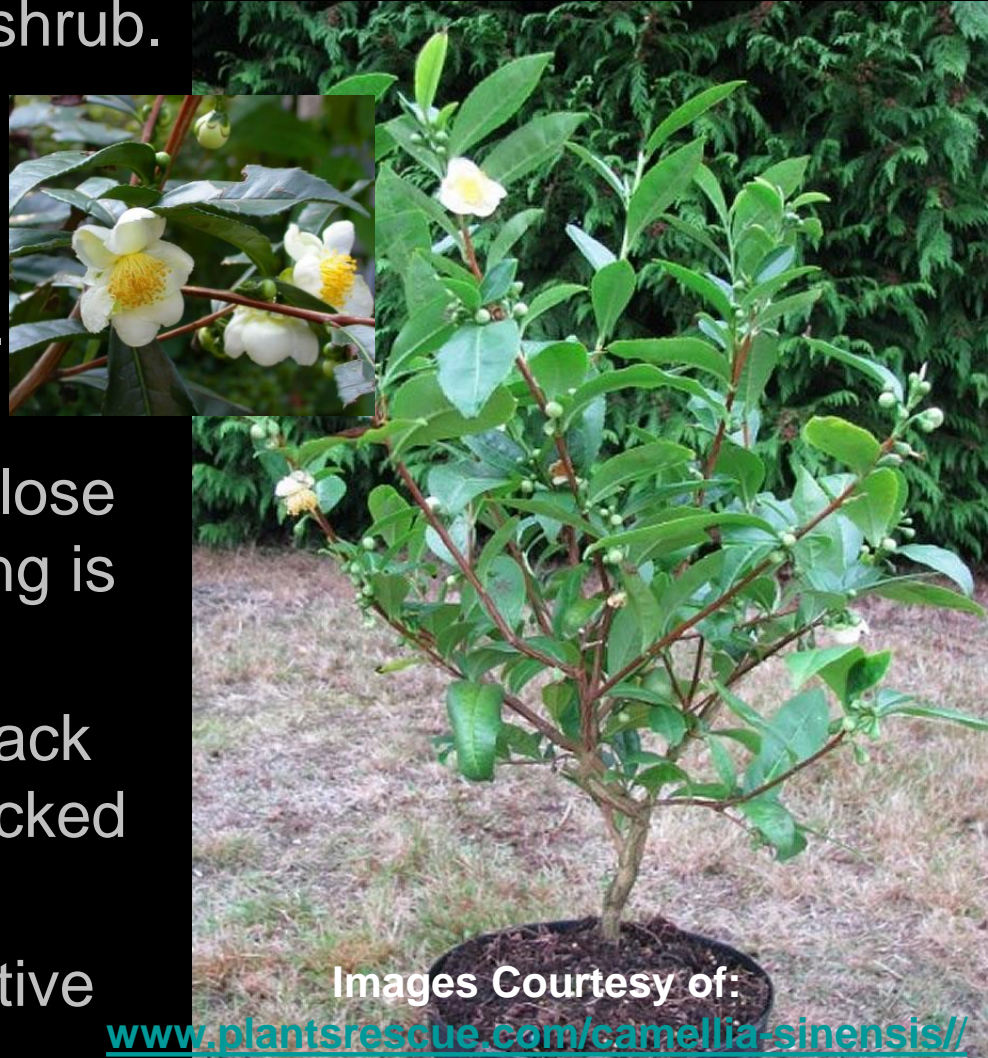


Image above: <https://www.preppergardens.com/Japanese-Plum-Trees-p/md-loquat.htm>

# Evergreen Landscaping Options:

## Tea Camellia

- Profuse white flowers look great on this naturally rounded dark green evergreen ornamental shrub.
- Reaches a height and diameter of six feet.
- Grows best in dappled shade.
- Protect tea plant from strong winter winds that can make it lose its leaves. East side of building is ideal location.
- Leaves are used for green, black and white teas, and can be picked throughout growing season.
- The Franklinia Tea Tree is native



Images Courtesy of:

[www.plantsrescue.com/camellia-sinensis/](http://www.plantsrescue.com/camellia-sinensis/)

# Evergreen Edibles with promise for Fairfax:



- **Strawberry Tree** (*Arbutus Unedo*) can be grown as a 6'-8' bush or as a small tree up to 15' in height. Self-fertile; produces mealy red fruit that ripens in fall and winter. Birds love the fruit.



- **Feijoa** (Pineapple Guava)  
Low maintenance attractive shrub produces delicious pineapple-mint flavored fruit. Showy white flowers are one of the best-tasting edible flowers



# Another Low Maintenance Edible Shrub: Nanking Cherry Bush



- *Prunus tomentosa* produce small tart cherries loved by children
- Deer resistant deciduous bush that prefers full sun, but can handle shade.
- Reliably profuse white or pink flowers in early spring.



Images of Nanking Cherries courtesy of:  
<http://tcpermaculture.blogspot.com/2012/03/permaculture-plants-nanking-cherry.html>

# Favorite Edible Perennials for Fairfax County;

# Blueberry Bushes



<http://www.waysidegardens.com/vacciniu-m-pink-lemonade/p/48255/>

Far Right Image:  
(<http://acountryfarmhouse.blogspot.com/2011/06/our-berry-garden.html>)

Right image: Low bush blueberries  
<http://www.thegardenlady.org/should-blueberries-be-planted-near-a-wall/>



# Strawberries

- ‘**Seascape Strawberry**’ and ‘**Tristar Everbearing**’ best for insect and disease resistance
- Tasty familiar decorative ground cover plant whose fruit are also loved by slugs, ants, and many mammals.
- ‘**Alpine Strawberries**’ have small berries, but fruit well in part shade.
- Most strawberries need at least six hours of sunlight to fruit well.



Picture courtesy of Rosalind Creasy

- Fruit hanging from a pot or surrounded by garlic are protected from slugs
- Poor deer resistance

# Cory's Favorites; Fig Tree 'Brown Turkey', 'LSU Purple' and 'Chicago Hardy'



[http://ediblelandscaping.com/  
products/shrubs/Figs/images  
/site/Fig%20English%20Bro  
wn%20Turkey.jpg](http://ediblelandscaping.com/products/shrubs/Figs/images/site/Fig%20English%20Brown%20Turkey.jpg)



[http://www.ourhappyacres.com/wp-  
content/uploads/2012/09/figfarm.jpg](http://www.ourhappyacres.com/wp-content/uploads/2012/09/figfarm.jpg)

# Fairfax Favorites; 'Purple Passion' Asparagus



<http://www.gardening-guy.com/wp-content/uploads/2012/01/Asparagus-patch.jpg>

# Vines and Climbers

## ‘Golden Sweet’ Peas

- Yellow pods are edible snacks like sugar snap peas, but more decorative
- 6’ climbing plants have beautiful purple flowers
- Dry seeds are good in soup



## ‘Black Satin’ Thornless Blackberry

- Lavender flowers cover the vine in May
- Produces over 8 quarts of tasty berries each year ripening in late June until mid August.
- Leaves turn vibrant yellow in Fall

Used by Permission from Rosalind Creasy (<http://www.motherearthnews.com/-/media/Images/MEN/Editorial/Articles/Magazine-Articles/2010/10-01/Create-an-Edible-Landscape/MEN-ON10-edible-landscape-3.jpg>)

# Other Edible Perennials that have done well here in Fairfax County



## WITH DEER PROTECTION

- Seedless Che
- Native Elderberry
- Illinois Everbearing Mulberry
- Hal's Hardy Almond
  - Beautiful in Spring, but defoliates some by fall. Delicious fresh almonds

## WITHOUT Deer Protection

- Native Blackberries
- (wild) Wine Raspberries
- Black Raspberries
- Nikita's Gift Persimmon
- Chinese Chestnut
- 'Atomic Red Flowering' Nectarine
  - (Squirrels eat fruit before it ripens)
- Combo Cherry, Pluot, Asian Pear and Asian Plum trees from Raintree Nursery
- 'Evereste' Crabapple

# Native Edible Flowering Vine

## Maypop Passion Flower



- *Passiflora Incarnata* is a fast-growing native perennial vine that freezes to the ground each winter. Ideally grown in five gallon pot.
- Lovely scented flowers bloom from July until fall
- Fruit tastes tropical like Passion fruit
- Prefers well-drained soil (mix sand along with compost into planting medium)
- Self-fertile
- Pest-free
- Spreads!
- Butterflies love the Flowers



Image above:

<http://tcpermaculture.blogspot.com/2012/03/permaculture-plants-maypop.html>

Image on Right: [Hala's Hen at Cory's Garden Gate](#)



# Annual Flowers with Edible Flower Petals



➤ Stella D'Oro Daylilly yellow flowers followed by edible pods; both make a great addition to salads. Blooms for months in sun

➤ Nasturtium

➤ Bee balm

➤ most herbs

➤ Clover

➤ Calendula/ Marigold

➤ Borage attracts beneficial pollinators and has flowers that taste similar to Cucumber



Image above: [Stella D'Oro Daylilly](http://www.waysidegardens.com/stella-de-oro-daylily/p/44043-PK-10/)  
<http://www.waysidegardens.com/stella-de-oro-daylily/p/44043-PK-10/>

Image on right: <http://www.wikihow.com/Use-Nasturtiums-in-Food#/Image:Nasturtium-Salad.jpg>

Bottom image: Close up of Borage Flower  
<http://www.homeremediess.com/wp->



# Perennial Flowering plants for Tea



- Purple Coneflower or Echinacea attracts pollinators for most of summer.

Image above: Monarch on Purple Coneflower  
Chamomile: See Image below



Spear Mint (Pineapple and Strawberry Mints do not make tasty tea)

Chamomile (low-growing lawn alternative)

Yarrow attracts pollinators and aphid-eating insects into garden



Image on Right: Swallowtail butterfly on Milkweed  
with Common Yarrow in background

# Well-disguised Annual

- **Okra 'Red Burgundy'**
- *Allium Tuberosum*
- Productive vegetable w/ lovely flowers from July until fall.
- Fresh cooked okra is not slimey.

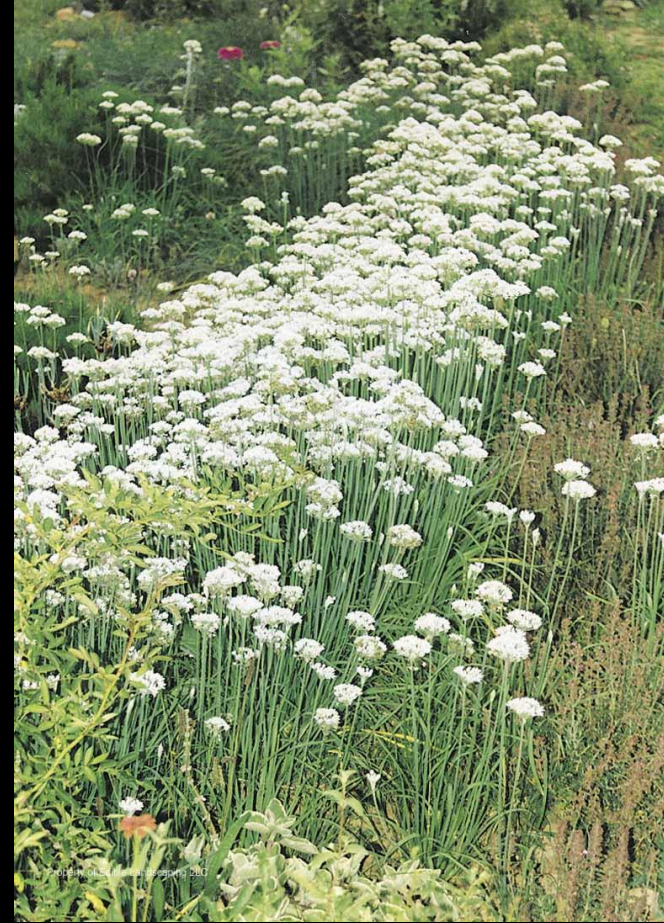


Suters Glen Permaculture Farm

- Okra performs better than tomatoes in hot, humid weather.
- Direct sow seeds in mid May or transplant around four week old plants

# Border Plant for Sun

- **Garlic Chives** *Allium Tuberosum*
- Self-seeding perennial that deer and pests avoid.
- All Parts are edible: Leaves, flowers and bulbs make nice substitute for onions and garlic
- Lovely flowers in August & September



EdibleLandscaping.com

Garlic Chives can be harvested anytime from March until November

# Versatile Border Plant:

- **Red Veined Sorrel** - *Rumex Sanguines*
- Great perennial for salad mixes or cooked as a spinach substitute
- Highly nutritious leaves
- Grows well in shade or sun



Picture once found on Plantlust.com



- Sorrel is resistant to pests and diseases
  - 'French Sorrel' has superior taste, but no decorative red veins
- <- [ediblelandscaping.com](http://ediblelandscaping.com)

# For front yard vegetable Gardens, plant parterres or mix in evergreens

Parterre garden designed by Ian  
Barker Gardens of Melbourne

See: [Gardendrum.com](http://Gardendrum.com)



Organic Salad  
garden by Danna  
Cain, ASLA

See:

[www.homegardendesign.com](http://www.homegardendesign.com)

# Easiest Annuals

- Pole Green Beans
- Potatoes\*
- Indeterminate Tomato varieties
- Kale
- Lettuce
- Okra
- Onions\*
- Peppers
- Sunchokes



Herb Spiral: [https://gardeninggrrl.files.wordpress.com/2010/07/img\\_35051.jpg](https://gardeninggrrl.files.wordpress.com/2010/07/img_35051.jpg)

# Easiest Herbs

- Mint\*
- Thyme\*
- Oregano\*
- Parsley
- Sage\*
- Echinacea (Cone Flower)
- Tarragon\*
- Rosemary\*

\*Indicates Deer Resistance

# Where to Buy Edible Plants

## 1. Local Plant Nurseries

A. DeBaggio's Herb Farm and Nursery  
43494 Mountain View Dr. Chantilly

B. Burke Nursery  
9401 Burke Rd. Burke

C. DePaul's *Urban Farm*  
2599 Chain Bridge Rd *Vienna*

D. Merrifield Garden Center(s)  
12101 Lee Hwy, Fairfax, OR  
8132 Lee Hwy, Falls Church

## 2. Seed Savers Exchange

[www.seedsavers.org](http://www.seedsavers.org)

## 3. Edible Landscaping

361 Spirit Ridge Ln, Afton

[Ediblelandscaping.com](http://Ediblelandscaping.com)

## 4. Raintree Nursery

[www.raintreenursery.com](http://www.raintreenursery.com)

## 5. Burnt Ridge Nursery

[www.burntridgenursery.com](http://www.burntridgenursery.com)

## 6. One Green World

[www.onegreenworld.com](http://www.onegreenworld.com)

## 7. Whitman Farms

[www.whitmanfarms.com](http://www.whitmanfarms.com)



# Gardening In Limited Spaces

- Take advantage of vertical space with trellises & tall plants
- Use deep Containers that echo or compliment plants
- Pictured: 'Hungarian Wax' Peppers, 'Red Flame' Grapes, Cilantro & Geraniums



# Easiest Familiar Fruit Tree for the Beginner:

## Japanese Plums

- Easiest fruit tree for beginner to grow; reliably productive.
- Fruit can be red, yellow or purple.
- Hollywood and Cocheco varieties have red leaves



<https://www.pinterest.com/explore/japanese-plum-tree/>