

Markham Regional Arboretum Society and Markham Nature Park & Arboretum Present:

Herb's Garden Cafe - The Edible Garden
Ethnobotany for the Gourmet Cook

Common & Botanical Names	Origin	Suggested Uses
Calamondin, Variegated <i>xCitrofortunella mitis</i>	Hybrid	Flavorful, acidic; unsurpassed for ade drinks. Has many of the same uses as lemon.
Calendula (Pot Marigold) <i>Calendula officinalis</i>	Southern Europe	Petals cooked in rice dishes, puddings, baked goods, egg dishes. Raw petals, as garnish for salads & vegetables. Dried (on paper) for winter soups & stews.
Cardamon <i>Elettaria cardamomum</i>	India	Whole seeds flavor marinades, liqueurs, pickling liquids. Add ground seeds as a spice to coffee, cakes, fruit salads, curries.
Chives <i>Allium schoenoprasum</i>	Europe, Asia	Leaves in salads, cooked dishes. Flowers in salads, cheese & egg dishes, vinegars, compound butters, sauces &, soups, as garnish on cooked vegetables.
Chives, Garlic <i>Allium tuberosum</i>	Southeast Asia	Leaves in cooked dishes & salads. Flowers in salads, cheese & egg dishes, vinegars, butters, soups. Seeds in Oriental dishes.
Crabapple <i>Malus 'Zumi'</i>	Japan	The fruit ranges in size from very tiny to over an inch. The larger ones are best for pickling & baking. High in pectin, they are often combined with other fruits for jams & jellies.
Daisy, English <i>Bellis perennis</i>	Europe, western Asia	Young leaves in salads. Petals as garnish on salads, tea sandwiches, fruit.
Daylily <i>Hemerocallis sp. (& cultivars)</i>	Central Europe to China & Japan	Flower buds stir-fried—with pasta, vegetables, meat; open flowers stuffed for appetizers. Petals used as a garnish on salads or in soups.
Elderberry, Variegated Blue <i>Sambucus mexicana 'Variegata'</i>	California, Oregon	Flowers in jellies, as a wine, or fried in batter. Fruit as a wine, in pie, jellies & syrups (don't eat fruit raw). (Note: the red-fruited native, <i>S. callicarpa</i> , is poisonous.)
Fennel, Bronze <i>Foeniculum vulgare</i>	Southern Europe	Leaves & flowers in vinegars. Stems raw for barbecues; leaves raw, stems cooked to flavor fish, chicken, soups. Seeds in sauces, breads, stews, liqueurs.
Firethorn, Victory <i>Pyracantha koidzumii 'Victory'</i>	S. Europe & Asia Minor	Berries make a great jelly. Add juice from crushed fruit to citrus juices. Make a sauce to complement meat & poultry.
Houttuynia <i>Houttuynia cordata 'Chameleon'</i>	China & Southeast Asia	With robust meats and strong-flavored fish; in mixed salad of young greens; with boiled eggs; with a blend of other herbs dunked in a dipping sauce. A Japanese green selection has the best flavor.
Lavender, English <i>Lavandula angustifolia</i>	Mediterranean region	Leaves in stews & marinades. Flowers in jelly, conserves, vinegar, sorbets, ice cream, cookies, in herb blend Herbes de Provence.
Lavender, Spanish <i>Lavandula stoechas 'Otto Quast'</i>	Mediterranean region, Portugal	Flower heads candied for cake decoration. Foliage & stems for grilling with game & red meats.
Lemon Thyme & Lime Thyme <i>Thymus x citriodorus</i>	Europe	Add leaves to soups, sauces, stuffings & food cooked in wine. Use flowers with salads, soups, vegetables, desserts. Raw leaves & flowers retain their lemony flavor.
Lime, Kaffir <i>Citrus hystrix</i>	Southeast Asia	Aromatic leaves and fruit zest used in Thai—and other SE Asian—cooking: for soups, salads & curries, slow-cooked dishes, and with meat & fish.
Mahonia, Creeping <i>Mahonia repens</i>	British Columbia to Northern California	Ripe berries in sauces, jelly (high pectin content), tea breads, wherever you might use cranberries.
Manzanita <i>Arctostaphylos sp.</i>	California	There are about 43 species of Manzanita throughout California, most of which were used by Indians & early settlers. Green berries are made into jelly & beverages. Ripe berries are also made into jelly and cider.
Myrtle, Variegated <i>Myrtus communis 'Variegata'</i>	Mediterranean and Southwest Europe	Buds & flowers in fruit salad; leaves in vinegar or with roast pork; branches placed on barbecue with pork or lamb; ground dried buds and berries used as spice.
Nasturtium <i>Tropaeolum majus</i>	Andean South America	Leaves & flowers in salads, vinegars, vegetables, sorbets, pizza, pasta, compound butters, meat dishes.
Oregon Grape <i>Mahonia aquifolium</i>	British Columbia to Northern California	Ripe berries in sauces, jelly (high pectin content), tea breads; wherever you might use cranberries.
Pansy <i>Viola wittrockiana</i>	Hybrid—parents from Europe & Asia Minor	Flowers in & on cakes, fruit salads, spring greens salads, compound butters, tea sandwiches, jellies, sorbets, summer drinks.

Common & Botanical Names	Origin	Suggested Uses
Parsley, Triple Curled <i>Petroselinum crispum</i>	Europe, western Asia	Add raw leaves to salads; finely chop and sprinkle on egg dishes, soups, potatoes. Add to cooked dishes near end of cooking time. Use roots in soups & stews.
Peppermint <i>Mentha x piperita</i>	Widely naturalized in Europe	Leaves & flowers with lamb, lemon, chocolate; in salads, cold beverages, tea, custards, jellies, desserts, sorbets, breads.
Pineapple Guava <i>Feijoa sellowiana</i>	S. Brazil, Paraguay, Argentina	Sweet flower petals raw in salads. Fruit in jams & jellies, or baked in pies & cakes.
Pink Buttons <i>Kunzea pomifera</i>	SE Australia	Purplish, berry-like fruits, called muntries, are used for preserves and tarts. They were gathered by both Aborigines and early settlers.
Pinks <i>Dianthus</i> 'Rainbow Loveliness'	Mediterranean region	Petals (bitter white bases removed) in marmalades, vinegars, cordials, syrups, butters, desserts, teas; as garnish for fruit salads, desserts.
Rhubarb <i>Rheum x cultorum</i> 'Victoria' (<i>Rheum Rhabarbarum</i> 'Victoria')	Manchuria	Stalks used in pies, sauces, ice cream, jams, jellies. Often combined with strawberries.
Rhubarb Chard <i>Beta vulgaris</i> var. <i>cicla</i>	S. Europe, Mediterranean region to Iraq	Lightly cooked, chopped stems as salad. Cooked leaves as vegetable, as wrapper for stuffed rolls, cold as salad.
Rose <i>Rosa species</i>	Temperate parts of Northern Hemisphere	Petals (white end removed) of fragrant forms in salads, jelly, candy, compound butters, vinegar, and tea. Hips (fruit) in soups, puddings, jelly, sauce, tea.
Rosemary <i>Rosmarinus officinalis</i>	Mediterranean, Portugal, Spain	Leaves, fresh or dried, with meat, fish, poultry—especially barbecues. Fresh flowers with fruit, in salads, beverages, bread, desserts.
Sage, Pineapple <i>Salvia elegans</i>	Mexico	Slight pineapple flavor. Use leaves in marinade. Add red flowers to jellies, jams, vinegar, sorbets, fruit salads, teas, cold beverages.
Salad Burnet <i>Poterium sanguisorba</i>	Europe, western Asia	Young cucumber-flavored leaves in salads, compound butters, casseroles, creamy soups, vinegars, salad dressings, summer drinks.
Scented Geraniums (many 'flavors') <i>Pelargonium species</i>	South Africa	Leaves & flowers in cakes, fruit salads, sorbets, summer drinks, tea, jelly, ice cream, compound butters.
Spearmint <i>Mentha spicata</i>	Widely naturalized in Europe	Leaves & flowers with lamb, lemon, chocolate; in salads, cold beverages, tea, custards, jellies, desserts, sorbets, breads.
Stevia <i>Stevia rebaudiana</i>	South America	Leaves are many times sweeter than sugar. Use to sweeten tea, lemonade, cookies and other baked goods. Available as ground leaves, green or white powder, or liquid. Leaves have slightly bitter aftertaste.
Strawberry, Alpine <i>Fragaria vesca</i> 'Alpine'	Eurasia	Fruits in spring-greens salads, fruit salads, fruit compotes, vinegar, jams, sorbets. Leaves in tea.
Sumac, Sicilian <i>Rhus coriaria</i>	Mediterranean region	Lemony fruit is dried and used as tasty, colorful topping for rice, in soups & stews, where tartness is desired without adding liquid, in herb blend called zahter.
Sweet Bay (Bay Laurel) <i>Laurus nobilis</i>	Southern Europe	Add leaves to stews, soups, marinades, patés; infuse in milk for puddings & custards.
Tarragon (French) <i>Artemisia dracunculus</i>	Southern Europe; Asia	In herb and vinegar blends; in Bearnaise, tartar & hollandaise sauces; with fish, tomatoes, salad dressings, light soups; egg dishes; with chicken; as an herb butter for grilled meats & vegetables; in pickles & mustards.
Viola <i>Viola cornuta</i>	Spain & Pyrennes	Flowers in & on cakes, fruit salads, spring greens salads, compound butters, tea sandwiches, jellies, sorbets, summer drinks.
Violet <i>Viola odorata</i>	Europe, Africa, Asia	Flowers in & on cakes, fruit salads, spring greens salads, compound butters, tea sandwiches, jellies, sorbets, summer drinks.

Note: Consult reliable references before trying unknown plants. Suggested reading: *Edible and Useful Plants of California*, by Charlotte Bringle Clarke; *Flowers in the Kitchen*, by Susan Belsinger; *Edible Flowers*, by Cathy Wilkinson Barash; *Exotic Herbs*, by Carole Saville.

Visit the 16-acre Markham Nature Park & Arboretum, 1200 La Vista Avenue (off Clayton Road), Concord.
For information call 925 681-2968 or 925 681-1551.

WATER EFFICIENT EDIBLE LANDSCAPING

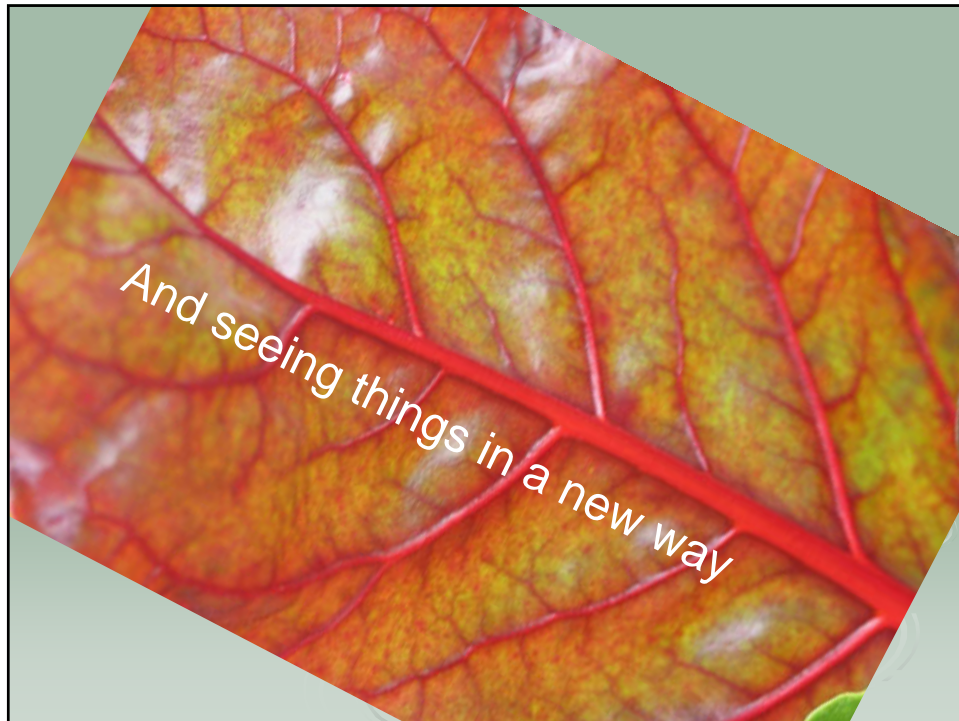
Deva Luna

**Sustainable Landscape Designer
EarthCare Landscaping
408-871-2792**

Why Edible Landscaping?



- ~ Health
- ~ Tastier, fresher, less altered food
- ~ Environmental reasons
- ~ As “Local” as it gets!
- ~ Satisfying way of life, Earth centered



Use the same
design principles
as ornamental plantings



- Unity (relationships)
- Order (overall structure)
- Rhythm (time and movement)



Raised Beds with Copper Strip



Design: Maureen Decombe, Installation: EarthCare Landscaping



Edibles incorporated into the landscaping

Landscaping Functions

- ↗ Creating outdoor “rooms”
- ↗ Screening and directing views
- ↗ Providing focal points
- ↗ Shade, cooling
- ↗ Controlling erosion
- ↗ Directing circulation
- ↗ Beauty







Ornamental edibles
and an herbal
"lawn"

Design: Cheryl Renshaw, Installation: EarthCare Landscaping



Design: Deva Luna Installation: EarthCare Landscaping





Lettuce tucked into tiny side yard



Scarlet Runner Beans and herbs
in a Menlo Park front garden

Palo Alto Front Yard

"We tore out the lawn. One year we grew nothing but corn! The kids loved to play chase games in it."

--Designer Fran Adams





Water Wise Pointers

- ↻ Hydrozones (irrigate 'like with like')
- ↻ Minimize lawns and spraying
- ↻ Drip irrigation and other technologies
- ↻ Winter gardening (rain!!!)
- ↻ Keep water on site
- ↻ Mulch!

Keep water on site



- ↻ Permeable surfaces
decomposed granite, gravel, pervious concrete
- ↻ Grading - swales, dry creeks & drywells
- ↻ Divert downspouts onsite
- ↻ Grey water re-use
- ↻ Rainwater catchment

Favorite Trees



Plant a deciduous shade tree
on the West side of your
home to save energy.



Weeping Mulberry makes a great
playhouse!



Weeping Mulberry



Mulberry Hedge

- Drought tolerant
- Fall color
- Disease and pest free
- Gorgeous edible fruit

Persimmon



Elderberry

- California native
- Excellent habitat plant
- Edible flowers
- Medicinal
- Pancake syrup, too!



Lots to choose from!

- Trees
- Shrubs
- Vines
- Perennials/Annuals
- Tubers
- Ground Covers
- Herbs
- Vegetables
- Weeds



Edible Shrubs



Pineapple Guava

- Edible flowers and fruit
- Evergreen
- Drought tolerant
- Screening shrub
- Small attractive tree



Caper

- Drought tolerant
- Ground cover
- Attractive
- Edible buds



Myrtle

- Evergreen shrub
- Can be hedged
- Variegated or green
- Fragrant leaves
- Edible berries





Bronze Fennel,
Artichoke, and
Pineapple
Guava



Oregon Grape

- Evergreen
- CA native
- Grows in part shade
- Yellow flowers
- Berries can be made into a sauce for meats

Gorgeous Vegetables



Romanesco Broccoli



Orach



Peppers





Kohlrabi



Bright Lights Swiss Chard



Harvest of Squash



Asparagus





Mixed Lettuces



Eggplants

Favorite Edible Flowers

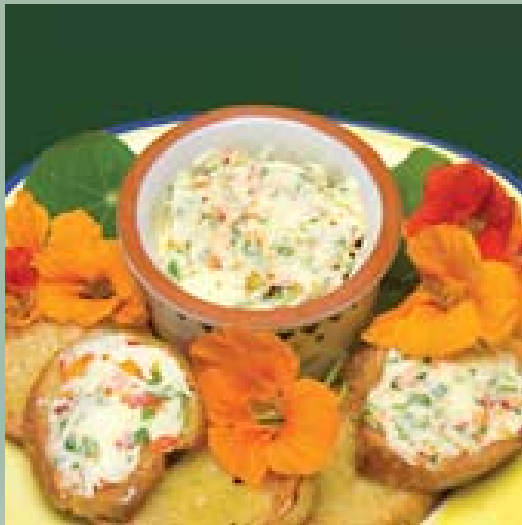
- Pineapple Guava
- Calendula
- Borage
- Nasturtium
- Squash Blossom
- Chive
- Mustard



Alaska Nasturtium



Watercress (*Nasturtium officinale*)



Important!

Only use
proven safe
edible
flowers

Nasturtium Butter



Daylily



Borage



Pansy or Viola



Pineapple Guava



Notable Herbs



Stevia





Lemon Grass

Carrot

makes a
great cut
flower!



Ground Covers



Strawberry as a ground cover or between stepping stones.

Fragaria (F. vesca for shade, F. chiloensis as a ground cover ; both are CA natives).



Strawberries in Drain Pipe

Golden Oregano





Drama in the yard !



Amaranth border

Elephant Head Amaranth



Amaranth is an edible grain



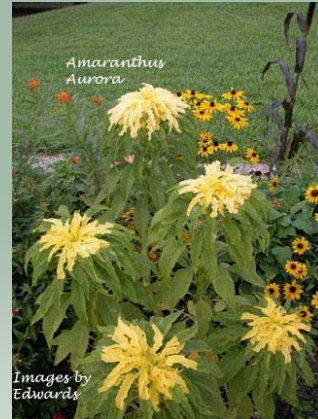
More kinds of Amaranth



Love Lies Bleeding



Joseph's Coat Amaranth



Rhubarb



Brussels Sprouts



Artichoke





Violetto Artichokes



Cardoon

Red Fava Beans





Fava beans also add nitrogen to the soil



Roots & Tubers



Burdock root

Horseradish



Sunchoke



Yacon



Oca- a Peruvian Oxalis



Vines

- ~ Arbor for shade
- ~ Trellis for screening
- ~ Create a 'garden room'
- ~ Archway over a gate



California Grape
***Vitis californica* 'Roger's Red'**

Upo or Cucuzzi



Edible Passion Fruit



Chayote





Espaliered apples and pears form a privacy hedge on a corner lot.

Espalier:
Make a shrub
two-dimensional

Strawberry Guava

A composite image illustrating espalier techniques. On the left, a young Strawberry Guava tree is trained against a wooden frame with a wire mesh on a wall. On the right, a mature espaliered tree is trained along a metal railing in a garden setting.





Design: Maureen Decombe , Installation: EarthCare Landscaping



Custom fence and trellis for vines Design: Maureen Decombe Install: EarthCare Landscape



Design & Installation: Sue Bell



Design: Deva Luna Installation: EarthCare Landscaping

Rainbow Chard, Borage & Calendula





Edibles hidden
everywhere



Some Edible Weeds

- ~ Miner's Lettuce
- ~ Mustard
- ~ Purslane
- ~ Chickweed
- ~ Mallow (young)



Nettles



Purslane

Lamb's Quarters



Eating from the wild weeds!

Mustard
Wild Radish
Mallow
Wild Garlic



More Resources

- *The Complete Book of Edible Landscaping*
by Rosalind Creasy
- *Designing and Maintaining Your Edible
Landscape Naturally* by Robert Kourik
- Common Ground in Palo Alto
- Rare Fruit Grower's Society
- Master Gardeners