

**USEFUL PLANTS NURSERY PLANT CULTURE AND VARIETY DESCRIPTIONS**

*Note: Listings in the catalog do not always reflect availability of plants. Please call us at (828) 669-6517 to establish availability of specific plants and to place an order.*

**Apple, *Malus domestica***

Exposure: Full sun to light shade. Zone 4-7. Prefers slopes, as apple needs good airflow to reduce fungus diseases.

Soil: Soil tolerant but deep, rich soil preferred. Do not plant in low, wet poorly drained soil. PH 6.5

Growth Habit: A small to medium sized single-trunked tree depending on rootstock. Semi dwarf trees generally reach 15-20' tall. Two varieties needed for cross-pollination.

Landscape Uses: Apple blossoms are a beautiful sight in April with their pinkish white flowers covering the tree.

Depending upon the variety, apples produce fruit from mid-summer through the fall. Plant where they can be seen from your house or office. Use as home orchard trees, that, once mature can yield 300 pounds of fruit annually or semi-annually depending upon variety. To produce high quality fruit an organic spray program may be needed. Choose disease resistant fruits where possible.

Edible/Medicinal Properties: Sweet, firm, juicy fruit is a planetary favorite. Use for fresh eating, cooking, canning, apple butter, drying, or cider making. Different varieties have different uses and fruit characteristics.

Available Varieties: All our apple varieties are selected for disease resistance.

'Early Harvest' – Round, medium size, straw yellow fruit. Flesh is crisp, very white, and juicy with a sprightly flavor. Particularly good for applesauce. Ripens over a long period in July.

'Empire' - medium size. Sweet, crispy, juicy flesh with a sprightly flavor. A high-quality dessert and fresh eating variety that stores well. Early-season harvest. Mildew and fireblight resistant. Medium-sized red fruit that has creamy white, crisp, juicy, subacid flesh. The flavor is similar to Mackintosh, but much crisper. Vigorous, upright, early bearing trees that tend toward biennial bearing. Good for desserts, cider and fresh eating. Long storage and refrigerated life.

'Enterprise' - Deep red, flavorful fruit, good for fresh eating and baking. Disease resistant. 'Enterprise' is a slightly tart, very crisp and juicy, large deep red apple that is good for fresh eating and desserts. It keeps well for several months. Mid to late season bloomer.

'Firecracker' semi-dwarf - Dark red apple with deep red sweet-tart flesh. A great apple for salads, desserts, and juice.

'Fuji' - From the Ralls Janet x Delicious family, introduced in Japan in 1962. Midseason bloom. Moderately low chilling.

'Golden Russet' - fresh eating and sweet cider apple

'Goldrush' - Disease resistant variety. Goldrush has a distinctively spicy flavor, a rare combination of intense acidity and high sugar content. This yellow-green with a red blush on the sunward side apple will keep in storage for six months, in fact its flavor improves after a month or so of storage. Goldrush is a multi-purpose apple that makes excellent cider, is ideal for salads or drying because it doesn't brown, maintains its flavor and firmness in pies and is good for fresh eating. Ripens in late October to early November. Comes into production quickly and bears annually. Best in zones 5-7.

'Honey crisp' - Apple has an exceptionally crisp and juicy texture. Its flesh is cream colored and crunchy. Mature apples have strong, spicy aroma. Mid-late season harvest.

'Liberty' - Disease resistant. 'Liberty' is a very productive, annual bearing, deep reddish purple apple that is tart with a wine-like aroma and mild astringency that adds a pleasant finish to ciders. It is an all purpose apple that is well suited to fresh eating, pies, sauces, and processing, though it only is good for fresh eating for a few months of refrigerated storage. 'Liberty' has its best flavor if tree ripened.

'Limbertwig' semi-dwarf - A heritage variety grafted from our neighbor Reed Murphy's favorite tree. He asked us to graft some for him so we grafted some extras for our customers too.

'Sweet Sixteen' - Resistant to scab and fireblight. This is a very cold-hardy, medium-sized apple with red-striped fruit that has cream colored flesh that is very sweet, crisp, and juicy. It stores well and is good for fresh eating, baking and sauces. Mid-season bloom with September harvest.

'William's Pride' semi-dwarf - an early-maturing, attractive, dark red apple (*Malus xdomestica* Borkh.) with excellent fruit quality and field immunity to apple scab from the Purdue breeding program.

'Wealthy' semi-dwarf - An older variety of apple. Fruit produced is a yellowish apple with red stripes and tend to be large and very crsipy. Excellent for pies, sauces and juices. Fruit matures early September.

'Wynooche Early' semi-dwarf - An all purpose delicious mid-summer apple that has many superior qualities, from disease resistance and excellent keeping qualities all the way to the thin skin which almost disappears when cooked. This apple never needs to be peeled. The earliest ripening apple we carry.

'Yates' – Originated with Matthew Yates of Fayette County, GA about 1844. Apples small in size and oblate conic in shape. Pale yellow skin is striped and flushed dark red and covered with small gray dots. Highly suitable for cider making and dessert. Stores exceptionally well and ripens in October. **Out of stock**  
Size and Price: - 3 gal @ \$30, 5 gal @ \$39.00, 7 gal. @ \$49.00, 12 gal @ \$60.00

### **Apricot, *Prunus armeniaca***

Exposure: Full sun, zones 5-9

Soil: Garden soil to acidic

Growth Habit: Tree, 12-15' high, 12-15' high

Landscape uses: Nice accent tree, good nectiary

Edible/Medicinal Properties: Apricot fruit

Available Variety: 'Moorpark'- A large yellow variety that bears from July to late August. Juicy, sweet tasting fruit which are good fresh, or for canning and drying. It is a self-pollinating tree.

Size and price: 7 gal @ \$49.00

### **Aronia berry, *Aronia melanocarpa*, Chokeberry**

Exposure: full sun to part shade. Zones 3-7

Soil: A native species in the southern Appalachians, often found growing with wild blueberries in high elevation balds.

Good for any garden soil. Also does well in wetland situations or poorly drained soil

Growth Habit: Very attractive deciduous shrubs from 4-7' tall. Glossy dark green summer foliage followed by bright red fall color. Beautiful clusters of white flowers in the spring followed by large blue-black fruit clusters in late summer to early fall. **Self-pollinating**

Landscape Uses: Orchard production of the very nutritious berries, Useful in home landscapes for hedging and foundation plantings. Great wetland margin plant. Nectar/pollen source for beneficial insects and bees.

Edible/Medicinal Properties: The blue-black berries are borne in great abundance on plants from an early age. The berries are very popular in Europe for healthy juice production and due to their high pectin content also make very tasty and nutritious jams. The berries are extremely rich in antioxidants and anthocyanins.

Varieties:

'Iroquois Beauty' – Smallest plant at 3', with abundant berries.

'Nero' – 3-4' tall with abundant, jet-black berries.

'Viking' grows to 6', a vigorous and productive plant with large berries. A popular commercial variety in Europe.

Size and Price: 3 gal. \$30.00, 5 gal \$39.00

### **Bamboo, clumping**

Exposure:

Soil:

Growth habits:

Uses

Varieties:

Borinda angustissima – 12-20' tall, ½" diameter. Hardy to 15 degrees. Zones 8 and 9; not for climates with high heat and humidity. Branches have a deep magenta hue. It requires a sheltered area with afternoon shade, in a cool, mild climate to thrive.

Ivory Column – Unique and hard-to-find, this vigorous and very attractive form of clumping Bamboo features glossy, bright green foliage, strong canes that can reach 20 ft. in height, and white culm sheaths that contrast nicely with the dark green canes. Ivory Column Bamboo produces tasty shoots and the canes are used for weaving and walking

sticks in China, where it is also an important source of food for Panda bears. Ivory column Bamboo likes afternoon shade and is hardy to 0°F. USDA Zone 7.

Sunset Glow - Bamboo Sunset Glow *Fargesia rufa* is a favorite diet of the giant panda in Western Sichuan, China. The Bamboo Sunset Glow will be a great addition to your garden. Growing to 8 feet in height the orange-red sheaths and deep green leaves will provide a nice hedge or screen at maturity when planted in groups. The Bamboo Sunset Glow is hardy to -15°F and grows well in Zones 6 - 9 though extremely hot and humid sites should be avoided. Bamboo Sunset Glow is sun tolerant and performs equally well in shade.  
 Sizes and cost: \$30/1 gal, \$39/2 gal

### ***Bamboo, Japanese arrow***

Exposure: full sun

Soil:

Growth habits: slow runner – will expand, but not too far. Grows 12-15' tall

Uses: Good screen, bamboo poles for plant stakes

Sizes and cost: \$30/3 gal, \$39/5 gal

### ***Beach plum, Prunus maritime***

Exposure: Full sun. Zone 3, hardy to -35 degrees

Soil: Prefers slightly acidic, well-drained soil. Does not do well with heavy clay soils.

Growth habit: Beautiful white flowers, compact growing and extremely productive. Can be pruned to attain a small tree to 6 feet or used for an informal hedge up to 10 feet wide. Salt tolerant and cold hardy. Once established, requires little or no maintenance.

Landscape uses: Use as a specimen, patio plant, in small groupings or as a foundation plant.

Edible/Medicinal Properties: Fruit color can vary from black, blue, red or yellow. Beach plums are highly valued for preserves and jelly. Great to eat right off the bush. High in vitamin A; about 1000 IU in a cup and cholesterol-lowering pectin.

Pollination: Two required for pollination

Size and price: 1 gal/\$18.00

### ***Blackberry (thornless), Rubus fruticosus***

Exposure: Full sun to light shade. Zones 5-9.

Soil: Acidic to circumneutral average garden soils.

Growth Habit: Depending upon variety, thornless blackberries are upright to vining, easy to grow herbaceous perennials. They flower late, on the previous season's growth, thus avoiding late frost damage and fruit in mid to late summer. Thornless blackberries are bred for large fruit size.

Landscape Uses: For home use, thornless blackberries are best grown in 6' tall two wire trellised rows on the border of your vegetable garden or along fences. They are also a good choice for berry farming.

Edible/Medicinal Properties: The new shoots are edible. Blackberry leaf and root tea is astringent and is used for diarrhea, coughs, colds, TB, rheumatism, and as an eyewash. The ripe fruit is very high in available antioxidants and high in Vitamin C, b-complex, and folic acid, Blackberries are the highest fruit in LDL (low density lipoprotein) cholesterol inhibition effect, thus helping to prevent stroke, heart disease and arteriosclerosis.

Available Varieties:

'Apache' - Disease resistant, large fruited, high quality, very productive, upright.

'Oachita' - Vigorous, upright growing, yield better than Apache, less than Triple Crown

'Triple Crown' - Highly productive, large sweet fruits. semi-erect canes.

Size and Price: - 2 Gal. @ \$17.00.

### ***Black Haw, Viburnum prunifolium***

Exposure: Sun and filtered shade. Zone 3-9

Soil: Well-drained, dry to average soil. Tolerates drought.

Growth Habits: Small tree or multi-stemmed shrub to 15' tall by 6-8' wide. Pest free. North Carolina native growing throughout the state, but is most common in the Piedmont region.

Landscape uses: Small specimen tree with red fall color. Large rounded heads of pleasantly fragrant white flowers are produced in mid spring, providing nectar for butterflies, native bees and other pollinators.

Edible/Medicinal Properties: Blue-black fruits used for preserves. Black Haw was used by the North American Indians to treat dysentery and to arrest hemorrhage of the uterus. It is now considered to be a specific treatment for the relief of menstrual pain - the bark contains 'scopoletin', a coumarin that has a sedative affect on the uterus and salicin, a painkiller that is used in making aspirin. The bark of the root and stems is abortifacient, anodyne, antispasmodic, astringent, nervine and sedative. A tea is used internally in the treatment of painful or heavy menstruation, prolapse of the uterus, morning sickness, to prevent miscarriage and to relieve spasms after childbirth. It is also used to treat convulsive disorders, colic and other cramping pains that affect the bile ducts, hysteria, asthma and palpitations of a nervous origin. The stem bark is harvested in the autumn before the leaves change color, or in the spring before the leaf buds open. The root bark is only harvested in the autumn. Both barks can be dried for later use.

Size and price: 3 gal @ \$30

### ***Blueberry: Northern Highbush and lowbush, Vaccinium spp.***

Exposure: Full sun to light shade. Late afternoon shade is OK. Zones 2-8.

Soil: Acidic, moist, well drained soil with high organic content. Always mulch plants well and maintain even moisture for best growth and production.

Growth Habit: Blueberry bushes usually begin bearing within 3 years of planting and mature within six years. Varieties vary with respect to cold hardiness, disease resistance, heat and drought resistance. **Self pollinating.** Plant two or more varieties to increase yields and extend the harvest season.

Landscaping Properties: Blueberries can range in size from a groundcover plant to deciduous, mid-size bushes reaching 5-7 feet. Leaves are an attractive green in summer and often turn brilliant yellows, oranges, and reds in the fall. . Plant two or more varieties for cross pollination and berry season extension.

Edible/Medicinal Properties: Mature bush can produce 5-20 pounds of delicious, edible fruit per year, depending on variety. Blueberries are particularly high in antioxidants and have many healing and anti-aging properties.

Northern lowbush and highbush varieties (for zones 6b and cooler):

'Arlen' – Late season. 5-6' tall. High quality medium sized fruit. Disease resistant.

'Blueray' - Early to mid season . Large, firm berries, 4-6 ft., red fall color.

'Blue Gold' -Mid-late season excellent flavor and quality, easy harvest,4-5'.

'Bonus' – Mid season. 5-6' tall. Sweet, high quality fruit. Disease resistant.

'Cara's Choice' – Mid-season. 4' tall. Superior flavored medium sized fruit.

'Elliott' - Late season. good quality fruit, 5-7', orange/red fall color

'Hannah's Choice' - Early. excellent flavor and quality, 4-5 ft, excellent ornamental.

'Hillside'(V. pallidum) 2-4' colony forming plant. Small fruit. Drought resistant.

'Legacy' – Mid-late season. 5-6' tall. Medium size, superior flavored fruit. Disease resistant.

'Little Giant' - Late ripening. Small, fine flavored fruit. 4-5ft. Clumping.

'Lowbush' – Mid-late season. 6-18" tall, spreading. Wild blueberry flavor.

'Northblue' -Midseason. 20-30 in., Attractive small bush, large flavorful fruit.

'Northcountry' - Midseason. 18-24 in. lowbush, sweet, mild fruit, red fall color.

'Patriot'- Early-midseason 4-6 ft. Large tasty berries. Fiery fall color.

Southern lowbush and highbush varieties (for zones 6b and warmer):

'Duke' Early ripening with high yields of excellent quality fruit. 4-6ft.

'O'Neal - Very early ripening of medium large fruit. Among the best flavored of the Southern blueberry varieties.

Gray/green foliage with red stems. 5-6ft. eventual height. From North Carolina.

'Sunshine Blue' – Midseason, 3-4' tall. Good quality fruit. Very ornamental.

Size and price: 1 gal. @ \$18.00, 2 gal. \$24, 3 gal. @ \$30.00.

### ***Rabbiteye Blueberry, Vaccinium ashei***

Exposure: Full sun to part shade. Zone 6b and warmer.

Soil: Acidic, moist, well-drained soil with high organic content. Always mulch plants well and maintain even moisture for best growth and production. More tolerant of clay soils than the highbush varieties.

Growth Habit: Rabbiteye blueberries are native to the southeastern US and are taller, more drought and heat tolerant than lowbush and highbush blueberries.

Landscape Uses: Rabbiteye blueberry bushes range in height from 8-15 feet at maturity, are deciduous, with foliage that turns from greenish grey to yellow or red in autumn. Blueberries do well in berry orchards, edible hedges, foundation plantings and even as landscape specimens with their multiple seasons of interest and good winter form. **Plant two or more varieties for cross-pollination** and berry season extension.

Edible/Medicinal Properties: Mature bush can produce 8-22 pounds of fruit each year, depending on variety. Antioxidant levels of rabbiteye blueberries compare well with that of high and lowbush types.

Available Varieties:

‘Ira’- Early- **Self fertile**, midseason. Medium sized tasty fruit. Upright growth.

‘Onslow’ - **Self fertile**, mid-late season, vigorous, semi-upright large fruit.

‘Powderblue’- Late ripening. Highly productive with dark, sweet fruit. 8-12ft.

‘Premier’- Early-midseason. Large, excellent flavored fruit. 6-10ft.

‘Tifblue’- Early-midseason. Large, tasty fruit. Vigorous upright growth. 8-14ft.

Size and price: 1 gal. @ \$18.00. 2 gal @ 24.00 3 gal. @ \$30.00 5 gal @ \$39.00

### ***Bounty Plum, Prunus nigra ‘Bounty’***

Exposure: Full sun. Zone 2a.

Soil: Average to evenly moist conditions – will not tolerate standing water. Tolerant of soil types and urban pollution – will even thrive in inner city environments.

Growth Habits: Grows to be about 20 feet tall at maturity, with a spread of 15 feet. It has a low canopy with a typical clearance of 3 feet from the ground, and is suitable for planting under power lines. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 30 years. **Two seedlings required for pollination.**

Landscape Uses: Bounty Plum is a deciduous tree with an upright spreading habit of growth. Its average texture blends into the landscape, but can be balanced by one or two finer or coarser trees or shrubs for an effective composition.

Edible Properties: Tart red fruit in summer, good for jam

**Out of stock for 2011**

### ***Bush Cherry, Fall Ripening, Prunus japonica x jacquimonti***

Exposure: Full sun to light shade. Zone 5.

Soil: Average well drained garden soil.

Growth Habit: A small shrubby, fine textured bush cherry that gets 4 to 5 feet in height and width.

Landscape Uses: Hedge, orchard, or foundation planting. Plant two varieties for cross-pollination.

Edible Properties: These delightful bush cherries produce tart cherry sized and flavored, firm bright red fruit in late August through September. This offers growers a second season of cherry yields and the late ripening cherries don’t seem to be bothered by bird predation during their season of ripening. **Plant two varieties for cross-pollination; see below.**

Available Varieties:

‘Jan’- fruit ripens in mid August to early September. Pollinate with Joy

‘Joel’- fruit ripens in early to mid September. Pollinate with Joy

‘Joy’- fruit ripens in mid to late September. Pollinate with Jan

Size and price: 1 gal. @ \$18.00. **Out of stock**

### ***Chaste Tree, see Vitex agnus-castus***

### ***Cherry, Tart or Pie: Prunus cerasus.***

Exposure: Full sun. Zone 5

Soil: Average well-drained soil with circumneutral pH (6.5) is best, but tart cherries will tolerate more acidic soil.

Growth Habit: Spreading, open formed small tree from 10’ to 20’ tall. Tart cherries are attractive, easy to grow small trees with abundant white spring flowers, with attractive dark green leaves, shiny bark, and delicious red fruit in early to

mid June. Tart cherries are well adapted to our region and much more reliable fruit producers than sweet cherries, with fewer disease problems. Self-fertile.

Landscape Uses: Use as small specimen trees or in the home fruit orchard.

Edible/Medicinal Properties: Fruits can be eaten fresh, dried, or put into pies, jams, jellies or juices. Highly nutritious fruit with noted anti-inflammatory properties that are good for arthritis.

Available Varieties: Our Hungarian varieties suggest the best qualities of sweet and pie cherries.

'Mesabi' - Bing x chance seedling. (Sweet x sour cherry) Duluth, MN, 1964. Red skin and lighter red flesh with clear juice. Considered to be a sour cherry, but sweeter flesh than other pie cherries. Recommended for sauce and pies. sweet-tart, long stemmed cherry with sugar content between pie cherries and Bing. Fruit resembles Meteor but pit is smaller. Heavy yielding and extremely hardy. Trees 10-14' tall

'Meteor' - MN 66 (Montmorency x Vladimir) U Minn, 1952. Bright scarlet-red roundish-oval fruit. Clear bright yellow flesh and clear juice. Mildly acid flavor. Has proved to be a consistent producer in some locations but very susceptible to brown rot in others. Very good eating right off the tree. Also good for pies, canning and freezing. Easy to pit. Excellent dried. Reaches 12-16'.

'Jubileum' - Bears abundant dark red sweet/acid, firm fruit. A natural semi-dwarf, disease resistant tree from Hungary.

'North Star' - natural dwarf pie cherry to 10'. Tasty large, bright red juicy fruit.

'Montmorency' - Richly tart, bright red pie cherry. Medium sized tree - 15-20' tall and wide.

Size and Price: - 7 gal. @ \$49.00, 10 gal @ \$60

### ***Cherry, Mazzard or Blackheart: Prunus avium***

Exposure: Full sun. Zone 3.

Soil: Average well drained soil. Circumneutral pH(6.5) is best but will tolerate more acidic soil.

Growth Habit: A large, long-lived tree of conical shape averaging 30-40' high and wide, but can grow taller. White flowers in April are followed by sweet, dark red 1" heart shaped fruit in July. Dark green leaves in summer with yellow to bronze fall foliage. Two needed for pollination; cross-pollinates with sweet cherries.

Landscape Uses: Prunus avium, the parent of all our sweet cherry cultivars, is difficult to find in the nursery trade, but can often be found growing in old homesteads around the mountains. It makes a beautiful, durable medium to large tree that is valuable as a specimen or shade tree or can be used in the home orchard. Whatever you don't harvest, the wildlife will be happy to consume.

Edible properties: The delicious 1" cherries are loaded with beneficial phytonutrients and contain the concentrated essence of cherry flavor.

Size and Price: 1 gal. @ \$18.00, 3 gal. @ \$30.00, 5 gal @ \$39.00

### ***Cherry, Sweet***

Exposure: Full sun. Zone 4 - 8.

Soil: Sweet cherries prefer a light, well drained sandy soil, but will live in well drained, aerated clay soil. All cherries respond well to mulches and compost, though keep the mulch well away from the stem. Avoid heavy applications of nitrogen fertilizer, as this will increase the trees susceptibility to disease. Because of their shallow roots, they prefer a fairly moist soil. Mulch helps with this.

Growth Habit: Sweet cherries can be long lived, spreading to upright trees from 25-35' in height and 20+ in diameter. They bloom in mid spring with masses of small white flowers and are followed by masses of ripe fruit in June. Cherries are among the most beautiful of trees with beautiful dark green serrated leaves and rich, reddish-brown bark. Their fall leaf color is yellow. Sweet cherries are less reliable producers than pie cherries in our region, so don't count on an annual crop, particularly during wet years as the fruit is susceptible to brown rot and fruit crack during those times. Birds also love cherries, so plan on sharing your harvest or planting a Mulberry nearby to distract them.

Landscape Uses: These beautiful trees make nice shade, screen, specimen, and orchard trees with their dense, spreading canopies, and beautiful leaves, flowers, fruit, and bark. Be sure to prune or spread the side branches for wide crotch angles to support heavy fruit loads.

Edible properties:

Available varieties:

'Compact Stella' - A genetic dwarfing form of the self-fertile Stella variety. Only growing to about 8-10 ft. Dark, heart shaped fruit of good quality, similar to Lambert. Not as crack resistant as Lapins. It's low chill, so it can fruit in the South.

'Rainier' - A large golden-yellow fruit with a red blush, 'Rainier' is early bearing, heat tolerant, and produces large crops of sweet, delicious fruit in July. The fruit keeps well after harvest. Cross pollinate with 'Stella'. Zones 5-9

'Stella' - A large dark red to black fruit that has black, juicy flesh with a sweet flavor that is good for fresh eating, jams, and preserves. Vigorous and productive, self fertile, and a good pollinator.

Size and price: 7 gal @ \$49.00, 10 gal @ \$60

### ***American Hybrid Chestnut (Castanea dentata x mollissima)***

Exposure: Full sun. Zone 4-8. Chestnut does well under hot, dry conditions.

Soil: Prefers acid well-drained loamy soil but tolerates clay if well-drained (on a slope or ridge). Tolerates dry soil once established.

Growth habits: A large nut tree of rounded form with attractive leathery leaves averaging 60' tall and 20-50' wide. The nuts are borne in clusters in a spiny husk.

Landscape uses: Plant chestnuts in groves or nut orchards or in large open landscapes as specimens or nut bearing timber trees, depending on variety. Prefers slopes and ridges. Not recommended for lowlands or high humidity areas.

Edible/medicinal properties: The flavor is sweet with no astringency, even when eaten fresh from the tree. The nuts are highly valued for drying, roasting, fresh eating, or grinding into highly nutritious chestnut flour. Good wildlife or livestock food.

Pollination: Need 2 trees for cross-pollination. Most named varieties are pollen sterile, so best to pollinate with a seedling or 'Yoo ma'.

Available types and varieties:

American hybrid – These seedlings come from an orchard of chestnut trees selected for their blight resistance. Each year the most disease-prone trees are removed and seeds are collected from the most vigorous and healthy.

Height to 60 ft with 20-50' width. Hardy to -30 degrees F.

'Bouche de Betizac' – Vigorous, upright tree produces large crops of big nuts that taste good and peel well. A widely adapted tree, resistant to blight and phytophthora root rot and gall wasp. A European X Japanese selection from France. Pollen sterile. Ripens late, yet able to ripen in cooler climates.

Chinese seedlings – Seedling trees for Chinese chestnuts. Smaller, rounded tree. Blight resistant, fine quality, easy peeling, sweet nuts.

'Colossal' – Japanese x European hybrid. Parent tree produces exceptionally big nuts of good quality. Very productive. Early ripening, easy peeling, popular orchard variety. Has survived -28°F. Pollen sterile. Does best in warm summer climate regions. Reports of susceptibility to chestnut blight.

'Connecticut Early' - This probable cross of Allegheny Chinkapin with Chinese Chestnut has produced a tree that is very early.

'Marrisard' – *Castanea crenata* x *Castanea sativa* - Very large nuts, good flavor and peeling quality. Especially good in hot climates, where it produces nuts larger than Colossal. Pollen sterile, late ripening. Very disease resistant to blight and phytophthora.

'Yoo ma' - South Korean selection known for its blight resistance, and is allegedly resistant to Gall wasp as well. Good pollinator.

Size and price: 3 gal @ \$30.00

Chestnut

### ***Chickasaw Plum (Prunus angustifolia)***

Exposure:

Soil:

Growth habits: Grows 15-20 ft tall by 20 ft width. Trees tend to be broad spreading and can be pruned to a single stem. Native from Maryland south to Florida and then west to Texas. Has cleaner foliage than American plum.

Landscape uses: specimen tree, hedge rows

Edible/medicinal properties: Very high yield of bright red 1" tart plums.

Size and price: \$18 for 1 gal, \$30 for 3 gal, \$39 for 5 gal, \$49/7 gal.

**Citrus, see "Hardy Citrus"**

**Comfrey, *Symphytum officinale***

Exposure: Full sun/part shade. Zone 4.

Soil: soil tolerant, though prefers moist, rich, garden soil.

Growth Habits: Extremely vigorous dynamic accumulator plants, comfrey grows up to 2' long leaves from a basal rosette. Russian Comfrey is more vigorous and more medicinal than regular comfrey. Comfrey can regenerate from small root pieces so don't plant it where you don't want it to be in permanent residence.

Landscape Uses: Because comfrey is a heavy feeder, plant it where it will be well nourished, like around the margins of compost piles or poultry or barnyards. It is also an excellent companion plant for fruit trees in the home or commercial orchards.

Edible/Medicinal Properties: Comfrey has a long history as a healing herb. Comfrey roots and leaves make excellent vinegars, tinctures, and teas and comfrey compresses help heal wounds or insect bites. The leaves make high quality compost teas for enhancing garden plant growth.

Size and Price: - \$8.00 for 4" pot

**Cornelian Cherry, *Cornus mas***

Exposure: Full to part sun. Zone 4-8.

Soil: Prefers rich, well-drained soil, but widely adaptable to varying soil and acidity. Add lime for best growth.

Growth Habits: A small tree to 12' high and wide, similar to flowering dogwood or can be pruned into a large multi-stemmed shrub. Exfoliating bark. Cornelian cherry covered with bright yellow flowers in very early March followed by an abundance of large (1-1 1/2") sweet-tart cherry red fruit in mid to late summer. Plant two varieties or seedlings for cross-pollination.

Landscape Uses: Actually an edible fruited dogwood that makes an excellent small landscape tree or large shrub for use as a specimen, or in borders or foundation plantings. Useful in permaculture forest gardens or small home orchards.

Edible/Medicinal Properties: The beautiful flavorful fruit is tart at first but sweetens a few days after harvest. Good for tasty jams or preserves, dried fruit, cooking, or mead or winemaking.

Size and Price: 1 gal @ \$18.00, 2 gal@\$24, 3 gal@\$30

**Crampbark, European Cranberrybush, *Viburnum opulus***

Exposure: full sun, will tolerate part shade but with reduced fruit production. Zone 4.

Soil: Crampbark is tolerant of a wide range of soils including wet, boggy soils.

Growth Habits: *Viburnum opulus* is a medium to 10' to 15' multiple stemmed viburnum with attractive, almost maple like, foliage, attractive clusters of white flowers in the spring, and red, quite tart fruit that ripens in the fall and then shrivels on the plant and holds into the winter.

Landscape Uses: Shrub border, screen, massing, wildlife plant

Edible/Medicinal Properties: Crampbark is used for either muscle or menstrual cramping, the fruit is quite tart and generally not suitable for fresh eating, however it can be processed into preserves or pemmican.

Size and price: 5 gal. @ \$39.00.

**Cranberry, American, *Vaccinium macrocarpon***

Exposure: Full sun/part shade. Zone 3. Will perform better if shaded from late afternoon sun.

Soil: Moist, acidic, well-drained soils with high organic content. Cranberries grow in the same type soils as blueberries and should be well mulched and kept constantly moist.

Growth Habits: American cranberry is a low growing, mat forming, evergreen, groundcover to 10" tall. Its delicate tiny leaves turn an attractive burgundy in winter.

Landscape Uses: Excellent native groundcover plant for mountain home landscapes. Interplant as a groundcover under your blueberries. Tiny evergreen leaves turn burgundy in the winter.

Edible/Medicinal Properties: Cranberry's tart, vitamin-dense fruit that is rich in antioxidants and has traditionally been used to treat urinary tract infections. Make delicious juice or sauces from the fall fruits or eat them raw for a treat.

Available Varieties:

'Stevens' – a leading commercial variety with high quality fruit.

'Ben Lear' – a wild variety with large, early ripening fruit.

'Pilgrim' – brightest red and largest fruited variety – many fruits are larger than a nickel. Berries ripen late in the season, after most varieties are harvested. Plants are vigorous and attractive bushy ground covers.

Size and Price: 4" pot for \$8, 1 gal. @ \$16.00.

### ***Cranberry, High Bush, Viburnum trilobum, American Cranberrybush***

Exposure: Sun to partial shade. Zone 2.

Soil: Prefers moist, well-drained soil

Growth Habits: Similar to crampbark (*Viburnum opulus*), grows 8-12' tall and wide. Beautiful white flowers in early June, red to purple fall color. Plants start producing red fruit at about 5 years of age.

Landscape Uses: Shrub borders, as a small flowering tree, background or border plant, attracts birds and wildlife.

Edible/Medicinal Properties: Berries have a similar flavor to cranberries (Debbie is skeptical about this) and ripen at the same time of year. The fruits are sour and rich in vitamin C, and can be eaten raw or cooked into a sauce. The French Canadian name for the berries is Pembina.

Size and Price: \$30/3 gal, \$39/5 gal ***Elderberry, American, Sambucus canadensis***

Exposure: Full sun/part shade

Soil: Moist, average to rich soils.

Growth Habits: Vigorous, extremely hardy, multiple stem shrubs or small trees reaching 10-12 feet at maturity. **Plant two varieties for cross-pollination.**

Landscape Uses: A great companion plant that provides shade and habitat for many other plants, excellent as a pond or riparian or woods edge plant, large specimen, or hedge plant. Suitable for orchard production or as an orchard interplant. Disease resistant foliage. Beautiful large clusters of ivory white flowers in early summer followed by heavy clusters of black berries in late summer or early fall. Elderberry plants can achieve huge yields of up to 25 gallons of fruit from a mature specimen.

Edible/Medicinal Properties: Dense clusters of fruit have distinct, potent flavor and profound antiviral properties that can reduce the duration of colds and flu, even having prophylactic effects against viral organisms. Elderberries may yet be our first line of defense against a bird flu epidemic. Many natural cough syrups use elderberry syrups as their base. Elderberries also make wonderful meads, wines, and preserves. The flowers are medicinal as well, being noted for reducing fevers.

Available Varieties:

'Adams' - large purple-black berries in wide clusters on beautiful 6-12' tall and wide shrubs.

'Benchmark' – a UPN introduction.

'Forest Garden' – a UPN introduction from the Earthaven Forest Garden. Similar to 'York'.

'Nova' - Early maturing, large, sweet fruit. High yielding. More compact than Adams.

'Marguerite' – a UPN/Firefly Farm introduction. This is a high elevation, cold hardy variety, selected for its fruit production.

'Medicine Wheel' - A UPN introduction. A large fruited heavy bearing Southern variety.

'York' - Very large berries in large fruit clusters. Plant is very large and vigorous.

'Laciniata' - Gorgeous cutleaf foliage on vigorous shrubs. Large, white flower clusters yield blue-black fruit. **Out of stock**

Size and Price: - 1 gal. @ \$18.00. 2 gal for \$24.00 3 gal. @ \$30.00.

### ***Fig, Ficus carica***

Exposure: Full sun. Zone 7-10. Protect figs from winter winds, in a south aspected location.

Soil: For best production, moist and well-drained soils, though figs are quite drought tolerant once established. Avoid poorly draining winter soils.

Growth Habit: figs are heat and drought-tolerant and will reach 10 – 15 feet at maturity, but can be maintained at around 6 feet with regular pruning. Figs are stem hardy to around 10 deg. F and root hardy to –20 deg. F. They grow quite well at lower elevations in the southern Appalachians. **Self fertile.**

**Landscape Uses:** Figs are beautiful shrubs with a distinct leaf pattern, few pests or disease problems and delicious alluring fruit. Because of their preference for warmth, they are excellent plants to put against south-facing walls of every kind. Protect from winter winds.

**Edible/Medicinal Properties:** Figs produce abundant, sweet fruit that can be purplish, dark brown, green or yellow when ripe. After a mild winter fruit production begins in late June, otherwise expect a fall fruit crop.

**Available Varieties:** All our figs are everbearing varieties.

'Black Spanish' – A new variety for UPN. Grown for many years in Oregon, which also has a short fruiting season. This reliable and productive variety bears abundant crops of dark mahogany colored fruit. The very sweet, juicy, and firm fruit is great for fresh eating, preserves, and drying. A naturally dwarf tree, Black Spanish is **well suited for container culture** and can bear two crops a year.

'Brown Turkey', 'Philly Brown Turkey', 'Vern's Brown Turkey' – Reliable producers of large, sweet brown figs. Early.

'Chicago Hardy' – hardy to below 10 degrees F. Purplish brown sweet fruit. Similar to Celeste.

'Danny's Delight' – A good flavored purplish brown fruit.

'Celeste' or 'Tennessee Mountain' – A time-tested sweet and rich-flavored bronze fig.

'Desert King' – A vigorous tree, heavy bearing, green with white flecked fruit, with violet-pink pulp. Ripening in early August. Ideal for eating fresh or preserves. Leaves are 3 or 5 lobed, from 4 to 10 inches long.

'Kadota' – A vigorous and productive variety with yellow, good flavored fruit.

'Lattarulla' – Another new variety for UPN. Also known as Italian Honey Fig, this reliable and hardy variety has been producing delicious figs for many years in the Pacific Northwest. Lattarulla bears good crops of large, greenish yellow fruit with sweet, light amber flesh. Lattarulla can bear two crops in one season, one ripening in late July and the second in mid-September.

'LSU Purple' - Developed at LSU by O'Rourke and produces an attractive small purple fig. This small sized fig has a purple skin with pink flesh and an excellent flavor. It has a closed eye so the fig does very well during wet seasons. It is excellent eaten fresh from the tree.

'Magnolia' – Large reddish brown figs. Ornamental foliage. Most popular canning variety in the south, but prone to fruit splitting in wet weather.

'Negronne' - Naturally dwarf fig grows to 8-10 feet tall (smaller in a container). Full-size fruit with maroon-black skin and bright red flesh. Perfect for preserves or raw eating, it is a sweet treat midsummer until mid-fall.

Size and Price: - 1 gal @ \$18.00, 3 gal. @ \$30.00, 5 gal @ \$39.00. 7 gal @ \$60.00

### ***Gingko biloba, Maidenhair Tree***

**Exposure:** Full sun/part shade. Zone 3-8.

**Soil:** Very tolerant of a wide range of soil types and pH.

**Growth Habits:** Vigorous, large, pollution tolerant, disease resistant trees. Gingko trees can grow 50 to 80 feet in height.

**Landscape Uses:** A distinctly beautiful large tree, gingko's unique fan shaped leaves and golden autumn foliage can be an excellent backdrop for other plants with deeper green or more striking red fall foliage. Gingko is an excellent city tree that is not affected by pollution. Grow as a coppice for medicinal leaf production or in smaller spaces.

**Edible/Medicinal Properties:** Gingko's leaves, when dried and made into teas or tinctures, can aid memory, circulation, and ward off disease. Female plants can have small edible nuts.

Size and Price: 5 gal @ \$39.00.

### ***Goji Berry or Wolfberry, Lycium barbarum***

**Exposure:** Full sun. Goji berry is a great bank plant for south or west facing slopes. Hardy to minus 10 degrees F.

**Soil:** Good well drained soils. Likes a little extra lime/ calcium in the soil.

**Growth Habit:** This is a new plant to North America, so we are still learning its growth patterns. One thing is apparent so far. This can be a very vigorous plant. We don't know how prolific a fruiter it will be in our bioregion. We suggest backing off the fertilizer once your plant is well established to encourage fruit set. Goji Berry is an almost evergreen 5-6' mounding shrub that easily colonizes its site. Once successfully established, capable of robust growth. **Self fertile**

**Landscape Uses:** Ground covering bank or border plant. Purple, bell shaped summer flowers followed by red fall fruit.

Edible/Medicinal Properties: Incredibly nutritious, sweet-tart berries are considered by many to be the world's most nutritious food. Reportedly the main food of ancient Chinese sages, Goji Berry has been called it the plant of eternal life. It certainly is a very important plant both nutritionally and medicinally. The berries are loaded with effective antioxidants, more carotene than carrots, all the essential amino acids, many minerals and beneficial phytonutrients and medicinal compounds. Eat 'em fresh, dried, juiced, or as a delightful addition to your favorite dish.

Size and Price: 1 gal @ \$18

### **Goumi (*Eleagnus multiflora*)**

Exposure: Full sun to light shade. Zone 5-7

Soil: Average garden soil

Growth Habit: A beautiful, multiple-stemmed shrub to 6 feet in height, Goumi is very easy to grow. It is a nitrogen fixing shrub with glossy deep green leaves that are highly disease and insect proof cover the plant till December. Early, delightfully fragrant flowers provide an early spring nectar and pollen source for bees are followed by attractive red fruit that ripens in late May and early June along with Nanking cherries.

Landscape Uses: Makes a reliable shrub for foundation plantings, shrub borders or hedges. It makes an excellent companion plant in the orchard or shrub border due to its ability to fix nitrogen.

Edible/Medicinal Properties: The delicious, sweet/tard red ½ inch fruits are very high in lycopene, a compound that is important for men's prostate health, as well as containing other antioxidant compounds. This is one of our favorite small fruits. The fruits can be dried, canned or used for making fruit wines or meads. The fruits are a favorite for children of all ages.

Pollination: Self fertile; plant two varieties for heavier crops.

Available Varieties:

'Red Gem' - Valued for its productivity and high quality, very flavorful fruit.

'Sweet Scarlet' - A compact-growing, large-fruited, non-invasive variety from Ukraine. Prized for its large, sweet, and tasty fruit.

Size and Price: 3 gal/\$30

### **Grapes (Table Grapes), *Vitis labrusca***

Exposure: Full sun to light shade. Zone 3.

Soil: Average well drained garden soil. pH tolerant. Drought tolerant once established

Growth Habit: Table grapes are climbing or creeping vines with large leaves that produce large clusters of thin-skinned grapes in late summer. Their late blooms generally avoid late spring frosts. Prune annually for best fruit production.

Landscape Uses: Trellises, arbors, fences, or grape trellises in the home landscape. Our easy to grow varieties are suitable for home or commercial vineyards.

Edible/Medicinal Properties: Table grapes' sweet, juicy, thin-skinned fruit has many of the same nutritional and medicinal qualities as do muscadine grapes, but in lower concentrations. Leaves are edible. Use for fresh eating, juices, wines, or fruit jellies or preserves.

Available Varieties:

'Catawba' - Produces red, medium-sized fruits in medium-sized clusters, vigorous vines. A standard American wine and juice variety.

'Concord' – A blue-black, medium to large fruited variety with med to large clusters, vigorous vines, popular juice, wine, and fresh variety.

'Edelweiss' is a white wine grape with excellent disease resistance, which can also be eaten as a table grape. The vines are hardy to -30F. This is the best choice for organic production of a white wine grapes.

'Foch' - This blue French Hybrid wine grape, along with its sister seedling Leon Millot, is rapidly gaining popularity in the Northwest and elsewhere for organic wines. The intense, very dark red-violet wines have a distinct, complex quality in the cool climates and literally need little more than pruning and picking. It's also an excellent grape for uncooked grape juice; the fresh juice tastes much like sweet cherry juice. In the warmer climate of the eastern U.S., Foch wine may have a much lighter color. Quite vigorous. Hardy to about -25 F.

'Mars' - This blue seedless has the largest berries of all American-type seedless grapes in my collection. The vigor of the vine is good, but it's behavior changes over time. On young vines, clusters are loose and straggly, making for a light crop weight. After a few years, as the vine matures, the clusters are more well filled and the vine produces more overall crop weight. The flavor of the fruit is labrusca, like the Island Belle parent, with slightly pulpy flesh. The fruit is actually at its best a day after picking, when acids go down a bit. Better disease resistance than most seedless grapes,

though it still needs as much disease control as Concord. . One of the last to bud out in the spring, which helps it avoid late frost. Ripens about three to four weeks before Concord. **Out of stock**

'Sunbelt' - Fruit are large in size, small clusters, blue color, sweet, good flavor, and early to mid season. Plants are very hardy and have vigorous growth habits. Sunbelt is very similar to Concord but ripens more evenly and has better resistance to mildews. Sunbelt also does better in warmer climates than Concord. Climate Zones 5-8.

Size and Price: 3 gal. @ \$30.00

### ***American Groundnut, Apios americana***

Exposure: Full sun/part shade. Zone 3-9

Soil: Groundnut prefers sandy loam soils, but will grow in any well aerated acidic to circumneutral garden soil.

Growth Habits: A twining, climbing leguminous perennial vine with dark green compound leaves and brownish lavender flowers in early summer.

Landscape Uses: Plant along fence lines or let climb up stakes at the end of a well-tilthed garden bed.

Edible/Medicinal Properties: Groundnut was a staple food for eastern Native American peoples. It produces a string of edible high protein tubers that are delicious either raw or cooked.

Size and Price: - 4" pot @ \$6.00

### ***Hazelnut, European Filbert, Corylus avellana***

Exposure: Full sun/part shade. Zone 3.

Soil: Filbert grows best in well-drained loamy soils with regular moisture.

Growth Habits: Medium to fast growing multiple stemmed shrubs or small trees growing from 12-20 feet tall and often forming a dense thicket. Hazels have quite ornamental catkins through the winter that fill out and color up in early spring. The nuts develop in late summer and can be harvested up to one month before they would be ripe on the plant and ripening indoors to avoid them becoming wildlife food. Hazels are a host plant for the truffle, our most delectable mushroom. **Two matched varieties are needed for nut production.**

Landscape Uses: Small trees or large shrubs, hedges, orchard trees, living fences.

Edible/Medicinal Properties: Produces small to medium sized, flavorful, very nutritional nuts that go so well with chocolate. The wood is highly valued for its craft value being tough, flexible, and durable for use in wattle fencing or basketry.

Pollination: Hazelnut pollination is more complex than most of our Useful Plants. Hazelnuts have both male and female flowers. To keep the tree from pollinating itself, the female flowers will not be pollinated by pollen that is too similar, making the varieties incompatible. In addition, the male and female flowers open at different times, so the pollination can be one sided. Of the varieties we carry, these are the best pollination groups:

- Jefferson, Eta
- Yamhill, Gamma, Delta, Jefferson
- Rosita, Purple Fortin, Red Fortin (all pollinate each other and are more noted for their ornamental value than their nuts)

(The first variety has the best nuts, the second is its best pollinator, additional varieties will pollinate with one or the other of the first two. For best pollination, add varieties in the order listed.)

Available Varieties: All except Rosita and Purple Fortin pollinate with each other.

'Delta' – Newly released variety with complete immunity to Eastern Filbert Blight. Late flowering, pollinates with. Small round nuts.

'Eta' – One of the newest disease-resistant varieties. Pollinator for Jefferson.

'Gamma' - Blight immune. Productive of medium-small nuts. An excellent pollinator for Yamhill, and Lewis.

'Jefferson' - immunity to Eastern Filbert Blight disease and high resistance to big bud mite. Produces a heavy yield of large flavorful nuts that fill their shells well. Similar to the standard Barcelona variety, but with fewer blanks and with a low incidence of shriveled kernels and moldy nuts. A late bloomer. Pollinates best with Eta, and overlaps with Yamhill and Gamma.

'Purple Fortin' - purple catkin flowers in winter and purple foliage in spring and summer fading to bronze. Purple clusters of nuts mid-late summer.

'Rosita' (pollinate with Purple Fortin) - deep red foliage that lasts well into the summer

'Yamhill' - The best kernel variety that is available at this time that has complete immunity to Eastern Filbert Blight. A small tree, productive of nice round nuts that are early ripening. Pollinates with Barcelona, Gem, Halle's Giant, Delta, Gamma and Tonda di Giffoni.

Size and Price: - 5 gal. @ \$49.00.

### ***American Hazelnuts, Corylus americana and Corylus cornuta***

Exposure: Full sun/part shade. Zone 4.

Soil: Hazelnuts prefer well-drained loamy soil.

Growth Habits: Medium to fast growing native multiple stemmed shrubs or small trees growing from 6-12 feet tall and often forming a dense thicket. Hazels have quite ornamental catkins through the winter that fill out and color up in early spring. The small nuts can be eaten and are often quite tasty, but this plant is best considered as a wildlife habitat and food plant that does well as a creek side, water garden, or riparian buffer plant. **Two of the same type required for pollination (Beaked Hazelnut and American Filbert DO NOT pollinate each other).**

Landscape Uses: Shrub border, living fence, riparian buffer species.

Edible/Medicinal Properties: Thick-shelled nuts with small, sweet kernels. Nuts are sweeter and softer in milk stage.

They are native to North America.

Available Varieties:

'Beaked Hazelnut' – a thicket forming native plant that produces edible 1/2" nuts.

'American Filbert' – a clump forming large native shrub with small edible nuts.

Size and Price: - 5 gal. @ \$39.00.

### ***Hardy Citrus, Poncirus trifoliata 'Flying Dragon'***

Exposure: full sun to light shade, Zones 5-9. Our hardiest citrus. Protect from winter wind if possible.

Soil: Soil tolerant, but prefers fertile, well drained soil. Drought tolerant once established.

Growth habits: Variety 'Flying Dragon' is a contorted, semi-dwarfish variety of the species. Grows to 7'ht by 5' wide, but can easily be controlled with pruning. The prunings are nice in dried arrangements. **Self fertile**

Landscape uses: These thorny, contorted plants make excellent specimen plants or additions to a garden border. They have wonderfully fragrant white flowers in the spring, dark green trifoliate leaves and green younger stems for winter interest, and fragrant 2" yellow sour citrus fruits in late summer and fall.

Usefulness: The small, fragrant citrus fruit is quite sour and seedy but makes a good glass of lemonade. The fruit and skin makes good marmalade and the skin can be dried and used for flavoring in cooking. But perhaps most intriguing is its use in oriental medicine. The extensive list of ailments for which poncirus is prescribed includes typhoid, toothache, hemorrhoids, conjunctivitis, colds and itchy skin.

Size and price: 3 gal @ \$39.00 5 gal @ \$49

### ***Hardy Citrus, Citrus junos, 'Yuzu Ichandran'***

Exposure: Full sun. Zone 7-9, though reported hardy to 0 deg. F. Outdoors, plant in a sunny, wind protected place.

We're still learning about this plant, so for surefire fruit production, grow in a container and bring indoors in late fall.

Seems to do fine overwintering in an unheated green house.

Soil: Soil tolerant as long as well drained. Does fine in acidic soil.

Growth habits: Our 'Yuzu Ichandrin' plants are on dwarfing rootstock, so should max out at 5-6' tall. Dark green leaves and new stems. Quite thorny, but we just prune off the thorns. Fragrant white flowers in the spring followed by 3", first green then yellow fragrant fruits in late fall/ early winter.

Landscape uses: We're quite excited about Yuzu Ichandrin's potential as a tasty hardy citrus for our region. In the landscape, due to its dwarf nature, it should be considered an experimental specimen plant or a foundation plant along a south wall. It can also be grown as a container plant on patio or deck and brought indoors or into a greenhouse for the winter.

Usefulness: Yuzu Ichandrin bears abundant easy to peel 3" fruit with a tasty lemon-lime flavor with sweet tones of orange. In Japan it is used in many ways including juices, cooking, cosmetics, added to a refreshing hot bath, and in "Ponzu" which is a tasty citrus flavored soy sauce. We use the dried peel as a delightful citrus flavoring in sauces. The fruit and very pricy juice has become quite trendy in culinary circles

Pollination: Self-fertile.

Size and price: 1 gal seedlings @ \$18, 3 gal grafted @ \$39.00

### **Hardy Kiwi, *Actinidia arguta***

Exposure: Full sun to part shade. Zone 5-7.

Soil: Hardy kiwi will grow in just about any soil type.

Growth Habit: A vigorous, climbing, twining vine, hardy kiwis are low maintenance plants with beautiful foliage that is disease and insect resistant. Female kiwi varieties require a male pollinator for fruit production. While the plant is quite hardy, it is best to plant them in wind and late frost protected locations if possible. Kiwis produce large crops (up to 100 pounds per plant) of grape sized, smooth skinned green to red fruit similar in flavor to fuzzy kiwis. Prune annually for best fruit production.

Landscape Uses: Hardy kiwis are beautiful vines suitable for many landscape uses. Place hardy kiwis on well constructed arbors, fences or high trellises capable of holding the heavy fruit yields. Well suited for home or commercial vineyards in our bioregion.

Edible/Medicinal Properties: Hardy kiwi fruit is an absolutely delicious, nutrient dense fruit that is loaded with vitamin C and is high in other vitamins and minerals, especially folate and potassium. Hardy kiwi fruit is high in anti-oxidant effectiveness, pectin, and fiber. It is great for fresh eating, mixing with other seasonal fresh fruits, fruit pies, as well as being suitable for drying.

Available Varieties:

'Issai' – A compact, somewhat self fertile variety. Early bearing. Tasty fruit.

'Geneva' – A very hardy variety with delicious medium sized fruit. Pollinate with Meader or Hardy.

'Meader' male – pollinates Geneva and Issai

'Hardy' male – pollinates Geneva and Issai

'Cordifolia' – A highly rated very sweet fruit. Prolific and productive. Pollinate with 74-32 male

'74-32' male – pollinates Cordifolia

Size and Price: - 1 gal. @ \$18.00

### **Horseradish, *Armoracia rusticana*, syn. *Cochlearia armoracia***

Exposure: Full sun to light shade, Zone 2 and south

Soil: Good garden soil

Growth habits: horseradish is a perennial vegetable in the mustard family. It can be invasive, so plant it in a permanent location. To contain it, cut the bottom out of a large nursery container, sink the container into the ground, fill with garden soil, and plant the horseradish inside this bottomless container

Landscape uses: Plant horseradish in a permanent location in the vegetable garden. It is a good companion for fruit trees and can be planted under them, near their drip zone.

Usefulness: Culinary: horseradish leaves can be cooked as a green vegetable. The roots are generally finely grated and mixed with vinegar to make horseradish sauce. Medicinal: , horseradish clears sinuses, increases facial circulation, and promotes expulsion of mucus from upper respiratory passages. It has been used as a medicine for centuries.

Horseradish is mildly antibiotic. Herbalists also recommend horseradish for common colds, influenza, and lung congestion.

Size and Price: - 1 Gal. @ \$10.00.

### **Jiaogulan, *Gynostemma pentaphyllum*, Sweet Tea Vine**

Exposure: Filtered sun to part shade. Zone 6b.

Soil: Average garden soil to sandy loam soils.

Growth habits: Jiaogulan is a vigorous perennial groundcover vine with attractive palmate compound leaves that will climb if given the opportunity. It spreads by underground stolons and should be given a location all its own, otherwise it might overcome less dynamic plants. Jiaogulan dies back to the ground every winter. Mulch jiaogulan well for winter protection.

Landscape uses: Jiaogulan makes a beautiful groundcover or can be used in waste spaces where its rambunctious ways won't be a problem.

Edible/Medicinal properties: This plant is one of the world's most important tonic herbs, though barely known in the US, except by Chinese medicine people. Jiaogulan contains twice as many ginsenoid saponins as ginseng. It strengthens the immune and nervous system, improves circulation, stimulates the liver, lowers cholesterol, is anti-aging, and is a valuable herb for both men and women.

Size and Price: \$8.00/4" container

### ***Korean bush cherry, Prunus japonica***

Exposure: Full sun to part shade. Zone 3

Soil: Average garden soil, can be slightly acidic. Well drained.

Growth Habits: Shrub growing to 5-8' tall and wide.

Landscape Uses: Hedge, specimen, orchard, or foundation planting.

Edible/Medicinal Properties: These bush cherries produce average-sized, bright red cherries in mid-summer. The cherries are similar to Nanking cherries, but sweeter. They are great for fresh eating and can be frozen for delicious winter snacks. They also make tasty juice and are high in anthocyanins and other antioxidants.

Size and price: 3 gal @ \$30

### ***Lingonberry, Vaccinium vitis-idaea***

Exposure: Full sun. Zones 3-9.

Soil: Acidic, moist, well-drained soil of high organic content, similar to blueberries.

Growth Habits: Relatively slow and low-spreading, stoloniferous small shrubs from 12"-18" tall and wide. Lingonberry is a widely adapted small evergreen shrub with dainty 1/2" leaves that turn a rich burgundy in winter. Medium sized bright red fruit follows its small white flowers in spring in the fall reminiscent of cranberries.

Landscape Uses: Native evergreen small shrub is well suited to row cultivation or use as pathway edging, at the front of a shrub border, or as an evergreen addition to perennial beds. Does not compete well with grasses or tall weeds.

Edible/Medicinal Properties: Highly nutritious berries make excellent preserves, jellies, and pastries – the plant is nicknamed the "cranberry of the mountains" and the fruit makes an excellent cranberry substitute. Leaves can also be used as a non-caffeinated substitute for tea leaves.

Variety available: "Red Pearl" - a vigorous, productive, disease resistant variety with med-large fruit.

Size and Price: 3-4" @ \$8

### ***Maidenhair Tree, see Gingko biloba***

### ***Mulberry, Morus spp.***

Exposure: Full sun to light shade. Zone 4

Soil: Widely adapted to most soils.

Growth Habits: Mulberry can either be grown as a medium shade tree, as a small tree (with annual pruning) or as a coppiced multi-stemmed large shrub for easy picking. It flowers and fruits on new growth, thus escaping spring frosts. The purple-black fruit is shaped somewhat like a blackberry, but longer and can ripen through most of the summer.

Landscape Uses: Depending on pruning regimen, mulberry can be grown as a shade tree, a small tree, or a multi-stemmed large shrub. Its relatively coarse foliage is best used on the edge in shrub borders, screening trees, or in lawns. Keep these trees away from parked autos, decks, and paved surfaces such as walks, drives, and patios as the falling fruit or purple poop from feasting birds will stain.

Edible Properties: Mulberries are slender, juicy, sweet and delicious purple-black fruit with high phytonutritional and antioxidant content due to their abundant anthocyanins. They are quite delightful to eat fresh on a hot summer day or gather up and make into a sweet and refreshing juice. They also may be dried, fermented into mead or wine, or processed into fresh baked goods.

Available Varieties:

'Illinois Everbearing' – The standard for fruiting mulberries. Extremely precocious, self-fruitful, heavy yielding variety that bears very sweet fruit over much of the summer. 5 gal @ \$39.00

'Oscar's' - An excellent hardy, early-ripening variety. Fruit is edible in the red stage, when it has a raspberry-like flavor, or when black and ripe, when it is among the finest-flavored varieties. **Out of stock for 2011**

'Silk Hope' - Similar to Illinois Everbearing, but superior in size and flavor. Excellent quality with a long fruiting season. Widely adapted, tolerates drought or high humidity. North Carolina selection by A. J. Bullard. Zone 5-9. 5 gal. @ \$45.00

'Weeping' (*Morus alba*) - Very strong weeper, needs to be staked to the desired height, then it will weep to the ground. Small sweet, black fruit in early summer. Makes a wonderful play house. Zone 4-10. 5 gal. @ \$45.00  
Size and Price: (see variety)

### ***Mume Plum, Prunus mume***

Exposure: Full sun. Zone 6-9

Soil: Average to evenly moist conditions – will not tolerate standing water. Tolerant of soil types and urban pollution – will even thrive in inner city environments.

Growth Habits: Grows to be about 20 feet tall at maturity, with a spread of 15 feet.

Landscape Uses: a beautiful, well adapted, though seldom planted tree in our region. Often called a plum, it is really an apricot. **It is self fertile**, though will usually produce more fruit when two are planted. Mume plum's deliciously fragrant bright pink flowers resemble peach flowers, seem to stand some cold weather, and bloom in late winter to early spring. Its apricot-shaped fruit ripens in early summer. It is often depicted as the plum in Japanese and Chinese landscape paintings. There have been many selections for their ornamental flowers, but those varieties usually don't fruit well, so we carry seedling grown trees that should fruit quite well.

Edible and Medicinal Properties: One of the most important herbs for worms and other intestinal parasites. Fruits are small, tart apricot like fruits that can be eaten raw, pickled in salt or made into jam. Buds and flowers are also eaten.

Size and price: 3 gal. @ \$30.00, 5 gal @ \$39.00 **Out of stock for 2011**

### ***Muscadine Grape, Vitis rotundifolia***

Exposure: Full sun. Zone 7.

Soil: Muscadine grapes prefer a well-drained acidic soil. Drought tolerant once established.

Growth Habit: Muscadines are easy to grow climbing or creeping native vines that are largely insect and disease proof. They have attractive leathery green foliage that leaf out and flower late, thus avoiding most late spring frosts. We recommend muscadines for elevations up to 2500'. Prune annually to maintain high production levels.

Landscape Uses: Trellises, arbors, fences or trellises in the home landscape. They are also suitable for home or commercial vineyards.

Edible/Medicinal Properties: Muscadine grapes' purple/black or bronze colored fruit is sweet, musky and delicious. Their thick skins are very high in beneficial antioxidants, Resveratrol, and anthocyanins (in the purple/black varieties) that are valuable for optimal health and disease prevention. Their grapes are wonderful fresh or can be processed into juices, wines, meads, pies, or fruit preserves.

Available Varieties: All our muscadines are self fertile.

'Coward' – Medium sized black fruit ripen early to mid-season with excellent flavor.

'Doreen' - Bronze grapes are medium in size, ripen late, in clusters, and have good flavor. Plants are disease resistant and the growth habit is very vigorous. Sugar Content 17%-18%. Use for wine, juice, jelly, and fresh eating.

'Southland' – black fruit, 17% sugar, medium-large fruit with excellent flavor. It grows vigorously and is disease resistant. Ripens mid-season.

'Sterling' – A high yielding, mid season variety with large, delicious bronze fruit.

Size and Price: - 3 gal. @ \$30.00.

### ***Nanking cherry, Prunus tomentosa***

Exposure: Full sun. Zones 3-7.

Soil: Garden soil.

Growth Habits: Shrub, 6-10' high, 6-8' wide, moderate growth rate. **Two seedlings required for pollination**

Landscape Uses: Beautiful ornamental shrub, pretty pink flowers in early spring

Edible/Medicinal Properties: Good cherries for people and birds, Sarah's favorite

Size and Price: 2 gal @ \$24.00, 3 gal @ \$30.00, 5 gal @ \$39.00

### ***Nirgundi Chaste Tree, see Vitex negundo***

**Passionflower, Maypop, *Passiflora incarnate* (not available in 2010)**

Exposure: Full sun. Zones 6-10.

Soil: Passionflower will grow in a wide range of good draining garden or field soils.

Growth Habit: Passionflower is one of our most beautiful native vines with its large purple flowers and showy dark green lobed leaves. The purple flowers are borne most of the summer and are followed by green, ripening to yellow fruits whose leathery exterior protects the delicious pulpy interior seeds. Passionflower can climb 15 feet in a season only to die to the ground for winter. Often found in old fields, passionflower will spread rapidly through underground stolons if given good garden soil in good tilth, invading your other plantings, so site it with care.

Landscape Uses: Passionflower is such a wonderful fruit and medicine plant; it is worth finding a spot for it in your landscape. Use it to provide summer shade or screening by placing it on a fence, arbor, trellis or shade structure.

Edible/Medicinal Properties: Passionflower fruit is loaded with vitamins and minerals and should be eaten fresh or turned into a refreshing tropical flavored juice. The leaves and flowers are edible, while the leaves and stems are a wonderful, calming medicinal herb that has been used as a gentle sedative to treat insomnia, nervous tension, irritability, neuralgia, and PMS. The roots can treat skin inflammation, boils, cuts, and earaches.

Size and Price: 1 gal. @ \$16.00. (out of stock)

**Pawpaw, *Asimina triloba***

Exposure: Full sun. Tolerates light shade, but expect a reduction in fruit yield. Zone 5-8.

Soil: Moist, well-drained, deep soil along creeks is preferred, but Pawpaw will tolerate a wide range of upland soils. We recommend additional lime if your soil is highly acidic

Growth Habits: This wonderful native tree is a temperate escapee from the otherwise tropical custard apple family, produces the largest native North American fruit. Pawpaw is a disease and insect resistant multi-stemmed large shrub or small tree to 30' tall and 15' wide that often forms colonies from underground suckers. The May blooming flowers produce greenish-yellow late summer fruit 2-6" long. Pawpaws medium-large, drooping leaves give the tree a sultry tropical look during the growing season with yellow fall foliage color. It is difficult to transplant pawpaws so get its location right the first time. Must be cross pollinated with another variety and it is often helpful to pretend to be an insect and hand pollinate for highest yields.

Landscape Uses: Pawpaw is an excellent streamside or creek side tree whose roots are excellent soil stabilizers. In the home landscape, pawpaw makes an excellent small orchard, hedge, or border large shrub or small tree, depending on pruning method.

Edible/Medicinal Properties: Pawpaws, also called the Michigan banana, are a hand sized fruit with pulpy to creamy yellow to ivory colored flesh that many consider to be one of the world's most delicious fruits. The flavor has been described as a cross between a mango and a banana. The fruit is highly nutritious and contains many health-promoting compounds. The branches and buds of the pawpaw tree contain powerful anti-inflammatory and cancer fighting compounds.

Available varieties:

Native seedlings: Seedlings grown from fruit collected in the wild.

Select seedlings: Seedlings grown from fruit in a pawpaw orchard and should produce good fruit. Plant two, or plant one with a grafted variety as a pollinator. (Out of stock)

'Mango' - The most vigorous Pawpaw we grow, Mango quickly becomes a small tree and bears large, tasty fruit with attractive, orange-yellow flesh. (Out of stock)

'Sunflower' - A very reliable and productive variety, Sunflower bears good crops of very large, sweet and delicious fruit with creamy, light yellow flesh. (Out of stock)

'Wells' - Several years ago, competing with fruit from throughout the country, Wells won the award for largest Pawpaw. This sweet and tasty fruit ripens in October. (Out of stock)

'Wilson' - Sweet and aromatic. Wilson bears very large, yellow fruit which ripens in October.

Native seedlings: 1 gal @ \$18.00, 3 gal @ \$30.00

Select Seedlings. Size and Price: 3 gal @ \$36.00

Grafted Varieties: 3 gal @ \$39.00

***Peach, Prunus persica***

Exposure: Full sun. Zone 5

Soil: well drained garden soil.

Growth Habits: Peaches should be grown as an open spreading vase shaped small tree to 15'. Peaches are self-fertile with attractive pink flowers in mid spring followed by large luscious, juicy yellow fruit in mid to late summer. Peaches long pointed dark green leaves give the tree an almost tropical appearance. Choose late blooming varieties to avoid late frost damage. To grow really fine peaches requires focus and attention from their steward. Not for the negligent gardener. Self-fertile.

Landscape Uses: Use peaches as a home orchard tree or as a small, spreading tree in mixed shrub borders.

Edible/Medicinal Properties: Peaches are the finest flavored of all temperate fruits in my opinion. To eat a peach is to approach the divine through the delight of the senses.

Available Varieties:

'Elberta' – A great old compact, late blooming variety with delicious juicy yellow fruit.

'Red Haven' - Heavy-bearing, cold-hardy, and resists leaf spot. Big, luscious peaches that have an almost fuzzless skin over firm, creamy yellow flesh. Fruit is medium to large size and is just right for fresh snacks, canning or freezing.

'Reliance' - Sweet, mild, and flavorful fruit with soft, juicy, yellow flesh. Fruit is round and medium-large. Good for fresh canning and freezing. Very hardy tree with showy, late blooms, and very well adapted to colder climates. Self fertile. **Out of stock**

Patio – small, green leafed peach tree. 3 gal for \$30, 5 gal for \$ 39

Size and Price: 5 gal. @ \$39.00, 7 gal. @ \$49.00

***Pear, Pyrus communis***

Exposure: Full sun. Zone 5-8

Soil: Pears need good garden loam that is on the heavy side. While they prefer good drainage, they can tolerate heavy soil and poor drainage better than most other fruits.

Growth Habits: European pears are long lived trees that have a strongly vertical form and can reach 30-40' in height and 10-15' in width. Annual pruning can help control their size. They have a big show of white flowers in the spring, with fruit ripening in late summer through fall. European pears must be cross-pollinated with another European pear. Pears can be susceptible to late spring frosts, so if possible, avoid planting in frost pockets. For best flavor and keeping qualities, pick pears before they are fully ripe and allow them to ripen in storage. While pears can be susceptible to the same pests and diseases as apples, our pear selections are resistant to fire blight, the most serious disease problem. Thin fruits for best size fruits.

Landscape Uses: Full sized pear trees can be used for shade trees. They do better than most fruit trees in lawns. They can be used in orchards, as small street trees, to line a driveway as accent trees, or for espalier.

Edible/Medicinal Properties: Pears.

Available Varieties:

'Kieffer' - The Kieffer pear is the standard pear cultivar known in antique gardens of early American explorers. The pulp of the Kieffer pear is rather coarse and hard, preferable for pear preserves, and freshly cooked pear sauce. The Kieffer pear is late ripening in October, in time for Thanksgiving.

'Magness' - Excellent dessert quality with medium size fruit. Ripens in August. Highly resistant to fire blight.

'Moonglow' – This upright growing pear, has yellow, medium to large fruit with crisp, sweet, and juicy flesh of excellent flavor that ripens early. Good for fresh eating, canning, and cooking.

'Orient' - These pears are large, with vigorous growth. The fruit is large and yellow with a red blush. The tasty white flesh is sweet and delicious. Ripens early to mid season. Good for fresh eating, canning, and cooking.

'Seckel' - Commonly called Honey Pear or Sugar Pear. The tree bears small, round, oval fruit with rough, dark-brownish russeted skin. The fruit has smooth, juicy, yellow flesh. It is very sweet with an excellent, aromatic flavor. The fruit is ideal for fresh eating, pickling, spicing, and canning whole. The tree is a slow-growing, upright tree that is naturally semi-dwarf. It is self-fertile but benefits from cross-pollination. Best grown in a warm location. Ripens in September.

Size and Price: - 5 gal @ \$39.00, 7 gal. @ \$49.00 12 gal @ \$60

**Asian Pear, *Pyrus pyrifolia***

Exposure: Full sun. Hardy to –25 degrees F. Zones 4-9.

Soil: Prefers rich, deep soil, but can tolerate clay soil better than most fruit trees. Prefers a circumneutral pH.

Growth Habits: A beautiful pyramidal rounded tree to 20' covered in the spring with beautiful white flowers that produce abundant early fall fruit. Asian pears have very ornamental leaves with delightful fall color.

Landscape Uses: An excellent accent tree, Asian pear is large enough to be used as a small shade tree and can produce delicious apple shaped aromatic fruit in abundance. Requires cross-pollination.

Edible Properties: Crisp, juicy, tree ripened fruit is an epicurean delight.

Available Varieties:

'20th Century' or 'Nijisseiki'- A mid-season variety with uniform size, and sweet, slightly tart, firm and very juicy flesh. It has a globular lopsided shape and yellow green color. Good storage -- 4 to 5 months in the refrigerator. Semi-spur habit. Quite susceptible to pear scab and fire blight.

'Chojuro' - The 'Rum' pear with large, juicy, delicious dark golden fruit. Found in 1895 in Japan, chance seedling of *Pyrus pyrifolia*. A brown to orange, russet-skinned early-midseason variety with high sugar content. White flesh; crisp; slightly aromatic; butterscotch flavor. Moderately gritty in some seasons. Fruit medium to large size, often nearly a pound; roundish, somewhat flattened. Good winter keeper. Moderately susceptible to fire blight; apparently resistant to pear scab and *Alternaria* black spot. Tree is precocious and productive.

'Housi' - From Japanese breeding program, introduced in 1972; (Kikusui x Yakumo) x Yakumo. It is an early season, russet type with a round globular shape and yellow to brownish-yellow skin, heavily russeted. It has a long storage life. The tree is vigorous, willowy and spreading. Good resistance to pear scab disease. Susceptible to fire blight. Debbie's favorite Asian pear.

'Shinko' – The "Butterscotch" pear. Seedling of Nijisseiki, selected in Japan. Introduced in 1941. Distinctive rich, sweet flavor. Fruit medium to large size. Attractive golden russet skin; firm, crisp flesh. Fine winter keeper if you manage not to eat them all fresh. Very productive. Much less susceptible to fire blight than most Asian pears. Relatively low chilling -- about 500 chill units. Debbie's other favorite Asian pear. If you don't know what varieties you want, get one of these and something else.

'Shinseiki' - A round, yellow-skinned, firm fruit that is early-maturing (late July) plus it stores well up to three months. One of the most attractive pears. Trees are self-fruitful, but fruit more with another variety. Fruit holds on the tree well. Heavy thinning is necessary for good fruit size. Has some fire blight resistance.

'Yoinashi' - A high quality new variety for the long gap between Hosui and Shinko. Ripens mid to late September. Fruit is large, orange-brown, with a russeted finish. Flesh is crisp, richly aromatic, firm. Tree is upright and medium in vigor. Yoinashi is resistant to *Pseudomonas* and tolerant to fire blight.

Size and Price: - 5 gal @ \$39.00, 7 gal. @ \$49.00 12 gal @ \$60

**American Persimmon, *Diospyros virginiana***

Exposure: Full sun. Zone 4.

Soil: Prefers moist, well-drained loamy soils but will tolerate both drier and wetter conditions. pH adaptable.

Growth Habit: Our native persimmon, though slow growing, can grow 35 to 60' tall with a 20-30' spread over time. Has lustrous dark green summer foliage with yellow to reddish purple fall color. American persimmon is usually dioecious (separate male and female trees).

Landscape Uses: A native tree useful for naturalizing, flood plains, near creeks or grown as naturalized clumps in the home landscape.

Edible/Medicinal Properties: Leaves make a high vitamin C tea. The fall fruit is exotically sweet once ripe. Good for fresh eating, fruit leathers, baking or mead and wine making.

Available Varieties:

'Meader' – A self fertile native persimmon with delicious light orange fruit.

Native seedlings, 1 gal @ \$18, 3 gal @ \$30

5 gal @ \$39.00, 7 gal. @ \$49.00 12 gal @ \$65

**Asian Persimmon, *Diospyros kaki***

Exposure: Full sun to 1/2 shade. Zone 6b with proper siting, to zone 9.

Soil: Can handle a wide range of soils, but good drainage is a must.

Growth Habits: Grows 20-35 feet.

Landscape Uses: Forms an umbrella canopy without pruning. Fall colors are dramatic red and gold.

Edible/Medicinal Properties: Astringent varieties have a soft fruit with a distinct, sweet taste; non-astringent varieties like "Fuyu" may be eaten while firm.

Available Varieties:

'Hana fuyu' - A non-astringent variety with round sweet flesh and good fall color. **Out of stock**

Size and price: 3 gal for \$39, 5 gal. @ \$39.00.

**American Plum, *Prunus americana***

Exposure: Full sun or very light shade. Zone 3.

Soil: Average well drained soil.

Growth Habits: A small native tree up to 25' tall. It can spread into colonies from root shoots.

Landscape Uses: This excellent edge species is a great wildlife food plant that we can also harvest.

Edible/Medicinal Properties: Tart 1" red plums with yellow flesh are best used for fruit preserves.

Size and Price: - 5 gal. @ \$39.00

**Pomegranate, *Punica granatum***

Exposure: Full sun, conditions similar to fig. Partial shade reduces flowering. Hardiness zones 7-10.

Soil: Prefers fertile, moist, well-drained soil.

Growth habits: Shrub or small tree, 6 to 12 feet tall and wide, rounded form with long narrow dark green leaves.

Beautiful orange-red flowers in early-midsummer followed by red, 2 to 3 inch delicious, nutritious fruits in the late fall.

Fruit may not ripen at higher elevations without using season extension.

Landscape uses: A fine, underutilized summer flowering small tree or shrub. Pomegranate is useful as a container plant.

Edible/Medicinal properties: Pomegranate juice is a favorite in the Mediterranean, and dried pomegranate seeds are used as seasonings in India. The fruit is extremely high in vitamins and anti-oxidants.

Available variety:

'Favorite' - Hardy variety from Russia. The pretty, bright orange-red blooms appear in early to mid summer and continue until fall. **Out of stock**

Size and price: 3 gal @ \$36.00

**Quince, *Cydonia oblonga***

Exposure: Full sun to light shade. Zone 4.

Soil: Prefers well-drained, well-limed, yet moist soil but can tolerate drought once established better than most edibles.

Growth habits: Self-fertile quince trees form beautiful small trees to 18 feet high and 10 feet wide. The lovely white to pink blushed 3 inch mid spring blooms will often escape late frost and are sweetly fragrant. Quince's large, fragrant, sour to sweet, juicy fruit ripen in fall and are usually used in cooking or preserves. The leaves and exfoliating bark of the tree quince are quite attractive as well and contribute to what is a well-behaved, much underutilized small fruiting tree.

Landscape uses: Use tree quince as a small specimen tree, in foundation plantings, shrub borders, or home orchards.

Edible/Medicinal properties: Quince's firm, crisp, fragrant, white-fleshed fruit can be quite large and, due to its high pectin content, is used in cooking, often with apples to make pies, preserves or butters. Due to its high pectin count it does have some medicinal qualities as well. The fruit is astringent, cardiac, carminative, digestive, diuretic, emollient, expectorant, pectoral, peptic, refrigerant, restorative, stimulant, and tonic. The unripe fruit is very astringent; a syrup made from it is used in the treatment of diarrhea and is particularly safe for children. The fruit and its juice, can be used as a mouthwash or gargle to treat mouth ulcers, gum problems and sore throats. The leaves contain tannin and pectin. Tannin can be used as an astringent whilst pectin has a beneficial effect on the circulatory system and helps to reduce blood pressure.

Available Variety:

'Kaunching' - A popular variety in orchards throughout Central Asia. Produces abundant crops of lemon yellow, grapefruit-size fruit, sweet enough to be eaten fresh and good for making attractive and delicious preserves and baked goods.

Size and price: 7 gal @ 49.00

### **Raspberry, *Rubus spp.***

Exposure: Full sun to light shade. Zones 3-9.

Soil: Average to moist, rich, well-drained garden soil. Prefers acidic to circumneutral garden soil.

Growth Habits: Raspberries are spreading brambles that develop sprawling semi-woody canes to 6'.

Landscape Uses: Raspberries are best planted in trellised beds or along fences for easy harvest. Raspberry beds are often located adjacent to vegetable gardens as they have similar soil requirements. They are excellent subjects for berry farming. Raspberry beds will need periodic renovation to maintain their productivity.

Edible/Medicinal Properties: Whichever raspberry variety you choose, their fruit is delicious and highly nutritious.

Raspberries are best fresh, but can be juiced, made into fruit preserves or desserts, frozen or dried.

Available Varieties:

'Caroline' – The tastiest of all raspberries. An everbearing variety with large, firm red fruit.

'Autumn Britten' – a sister seedling of Autumn Bliss that has much better fruit firmness and is also a better producer. It ripens 3 weeks before Heritage. The berries are long, conical shaped, with bright red color and good flavor. Autumn Britten has a good upright growth habit.

'Fall Gold' - This everbearing yellow-gold raspberry is extremely sweet and excellent for fresh eating, canning and preserves. Similar to red raspberries in all respects but color. They are vigorous and extremely hardy. Fall Gold is very similar to the Heritage Red Raspberry in growth habits, fruiting times and maintenance.

'Jewell' – a disease resistant black raspberry with early ripening, high quality berries.

Size and Price: - 2 gal. @ \$17.00.

### **Rosa rugosa**

Exposure: Full sun. Zones 2-7.

Soil: Easy to grow, prefers well-drained organic soils but is quite tolerant of a variety of soils.

Growth Habit: A sturdy multiple stemmed species rose 4'-6' tall and wide with bristly stems and fragrant, single 3" rose flowers in early summer followed by bright orange large rose hips dramatically displayed against the dark green foliage.

Landscape Uses: Shrub borders, privacy or security hedges, forest gardens.

Edible/Medicinal Properties: The fruits, highly nutritious with loads of vitamin C, are eaten fresh, stewed, pureed, and can make the finest jelly. Flowers can be used for teas and syrups.

Size and Price: 1 gal @ \$18, 2 gal @ \$24, 3 gal @ \$30, 5 gal. @ \$39.00.

### **Seaberry**

Male and female required for pollination

Size and Price: 2 gal or 3 gal for \$30 **Out of stock**

### **Serviceberry Shrub, *Amelanchier alnifolia*, Saskatoon,**

Exposure: Full sun to partial shade. Zone 3.

Soil: Moist, well-drained, acidic soil is preferred though quite tolerant of a range of soils.

Growth Habits: Vigorous, rounded multiple stemmed shrub from 6' to 15', depending upon cultural practices. Delightful white flowers in early spring followed by abundant magenta to blue-black small fruit in July. Tends to form colonies as it ages.

Landscape Uses: Shrub, shrub border, foundation plant, orchard.

Edible/Medicinal Properties: Saskatoon's sweet, blueberry sized blue black fruit is loaded with anthocyanins and other antioxidant compounds on par with blueberry. The fruit is delightful for fresh eating, pie making, and making the finest of preserves. Saskatoons are grown as a commercial orchard crop in western Canada and deserve more use in our region.

Size and Price: - 5 gal. @ \$39.00, 7 gal for \$75

***Serviceberry Shrub, Amelanchier canadensis, Shadblow, Downy Serviceberry***

Exposure: Full sun to partial shade. Zone 3.

Soil: Prefers wet sites. Plant this type if you have clay soil.

Growth Habits: A large shrub or small tree, usually pruned to reveal the bark. 6-20' tall. Sweet, red changing to black fruit. Fall foliage is yellow and falls early.

Landscape Uses: Shrub, shrub border, foundation plant.

Edible/Medicinal Properties: Sweet, blueberry sized blue black fruit is loaded with anthocyanins and other antioxidant compounds on par with blueberry. The fruit is delightful for fresh eating, pie making, and making the finest of preserves.

Size and Price: 3 gal @ \$30.00, 5 gal. @ \$39.00

***Serviceberry Tree, Juneberry, A. laevis, A. lamarckii***

Exposure: Full sun to partial shade. Zone 4.

Soil: Moist, well-drained, acidic soil is preferred though quite tolerant of a range of soils, including poor quality urban soils.

Growth Habits: Vigorous, multiple or single stemmed small trees from 10' to 20' tall and 10' wide, depending upon cultural practices. Delightful white flowers in early spring are followed by abundant magenta to blue-black blueberry sized fruit in July. Tree serviceberries fall foliage color is often spectacular, varying from yellow to orange and red. The tree serviceberry's interesting winter branch architecture, combined with the aforementioned seasonal qualities, and its relative disease and insect resistance, makes it a top choice for any home landscape.

Landscape Uses: Specimen tree, or as a small accent tree to complement foundation or massed plantings.

Edible/Medicinal Properties: Serviceberry's sweet, blueberry sized blue black fruit is loaded with anthocyanins and other antioxidant compounds on par with blueberry. The fruit is delightful for fresh eating, pie making, and making the finest of preserves.

Available Varieties:

'Allegheny Serviceberry' (*Amelanchier laevis*) – A narrow, open native tree with delicious sweet fruit.

June berry (*Amelanchier lamarckii*) - A large shrub or small tree, this serviceberry bears clusters of star-shaped white flowers in spring followed by purple to black fruits. Fall foliage is yellow to red. Makes a good under story tree. 20-30' tall by 10-15' wide.

Size and Price: - 3 gal. @ \$30.00, 5 gal. @ \$39.00

***Strawberries, Fragaria spp.***

Exposure: Full sun. Zones 3-10.

Soil: Well-drained, acidic to circumneutral garden soils. Grow in well-mulched beds.

Growth Habits: The first fruit of the season to ripen, strawberries are low growing perennials that spread by runners, often forming a solid ground covering mat of plants and plantlets. Strawberry beds will need to be renovated periodically to maintain optimum productivity. There are three basic types of garden strawberries: June bearing varieties that bear heavy crops of berries in late may and June and are the best varieties for processing, everbearing varieties produce fewer berries at a time, but bear consistently from June through September and are a good choice for home gardeners who desire a steady supply of fresh berries, and day neutral varieties that produce nice crops about every 6 weeks throughout the summer and early fall and are also a good choice for home gardeners who want to extend their production season.

Landscape Uses: With their dark green, attractive foliage, pretty white flowers and bright red fruits, strawberries make one of the finest edible, ornamental groundcover plants for use in the home landscape. The everbearing varieties also make good hanging basket or pyramidal planter plants. In the garden they should be grown in mulched raised beds. Do not interplant strawberries with blueberries. They don't make good companions.

Edible/Medicinal Properties: Strawberry fruit is highly nutritious and delicious. The fruit has refrigerant qualities, so will cool you off on a hot summer day. Leaves are astringent and can make a nice tea.

Available Varieties:

'Allstar' – June bearing. the LARGEST STRAWBERRY that has that sweet, good-ol' strawberry flavor! With an almost perfect strawberry shape, Allstar has become a major variety during the late mid-season time.

'Earliglow' - Early June bearing. good for dessert or freezing. Disease resistant

'Fort Laramie' – Everbearing, good for planters

'Surecrop' - Disease resistant. June bearing. Large crops of fine, slightly tart, bright red berries.

'Tribute' - Day neutral. Large sweet and acidic high quality fruit. Disease resistant.

'Tri-Star' – Day neutral. Fruit has sweet, aromatic flavor. Disease resistant.

Size and Price: - 4" containers @ \$2.75 each

### ***Tea Camellia, Camellia sinensis var. sinensis***

Exposure: Full sun to light shade. Protect from winter wind. Zones 6-8.

Soil: Tea camellias prefer acidic (pH 4.5-6.5) well drained garden soil.

Growth habits: Tea camellia makes a pretty evergreen bush from 3-6' tall and wide, though they can grow larger if left unpruned.

Landscape uses: Hedges, specimen plants, foundation plantings and shrub borders. Tea camellia is a beautiful evergreen shrub with shiny dark green leaves with 1" fragrant white flowers in November and December.

Usefulness: Leaves. This is the tea of commerce and can produce green, white, or black tea depending on how it is processed. We generally pick the tender tips and most recent 3 or 4 leaves when they have fully developed and just dry them at room temperature out of the sun. This is technically white tea and they make a delightful aromatic cup of tea this way. Tea contains many medicinal compounds besides caffeine and is loaded with anti-oxidant and cancer fighting compounds.

Pollination: Self fertile

Size and Price: 1 gal @ \$18.00, 3 gal @ \$30, 5 gal @ \$39.00

### ***Viburnum prunifolium, see "Black Haw"***

### ***Vitex agnus-castus, Chaste tree***

Exposure: Full sun. Zone 7.

Soil: Plant Vitex in any well-drained garden soil

Growth Habit: Vitex is a multiple stemmed summer flowering shrub to 12' with palmately compound, aromatic leaves and fragrant white to blue flower spikes in summer. Vitex has a fine textured appeal in the landscape.

Landscape Uses: Hedge, mass plantings, foundation plant, or small specimen tree.

Edible/Medicinal Properties: The seedpods are a popular women's hormone regulator that can help normalize difficult menstruation and menopausal symptoms.

Size and Price: 3 gal. @ \$30.00.

### ***Vitex negundo, Nirgundi Chaste tree***

Exposure: Full sun, Zones 6-9

Soil: well drained loamy soil

Growth habits: a deciduous shrub to 10'ht. and 10' spread. Can be kept smaller with annual pruning.

Landscape uses: Specimen or large foundation plant or shrub borders. Very ornamental with delightfully aromatic foliage and lavender colored mid-summer flowers.

Usefulness: A veritable medicine cabinet of a plant. The leaves are anti-inflammatory, anti-bacterial, and analgesic and are applied externally for rheumatic conditions, bruises, injuries, sprains, sores, and skin infections. The seeds and leaves contain valuable medicinal compounds are used internally for chronic bronchitis, all emaciating conditions, to improve memory and eyesight, rejuvenate hair, alleviate loss of appetite, and to manage skin diseases and excessive bleeding during menstruation. The young stems are used for basketmaking. The leaves are insecticidal and used to repel insects in grain stores. The fresh leaves are burned with grass to repel mosquitoes.

Pollination: Self fertile

Size and Price: 3 gal @ \$30.00

**WILLOW, *Salix spp.***

Exposure: part shade to full sun

Soil: thrives in wet conditions; grows in a range of soil types

Available Varieties:

*S. alba* Vitellina – Golden Willow - large tree; 65'; rich yellow or orange new growth; strong and vigorous. 'Vitellina' is not found in the wild, however, it has been cultivated since Roman times and is still widely used today. The strong flexible rods are excellent for basketry, but most outstanding is the rich egg-yolk colored stems providing winter color. Coppicing yields 6' long stems with very little branching.

Flame Willow (*Salix* x 'Flame')

Exposure: Full sun to light shade. Zones 4.

Soil: Moist soil. Tolerates a wide range of soils.

Growth habits: Can be pruned, coppiced, or left to grow in its natural form to 13'.

Landscape uses: Flame willow is grown for its ornamental qualities. Both in summer and in winter, the branches of the red form retain a bright orangey-red glow. Coppice for enhanced color. Especially striking against evergreens.

Useful properties: Provide outstanding fall color.

*S. hagensis* - large wide-spreading shrub; 17-20'; brown new growth; leaves are spoon shaped, glossy green above and grey underneath. Uses: basketry, ornamental - large gardens, living willow structures, furniture, fall color, catkins, biomass, windbreaks.

*S. koriyangi* 'Rubykins' - Exposure: Full sun to part shade. Zones 3

Soil: Moist with ample water.

Growth habits: Medium sized, many branched shrub to 13' in height; reddish-green annual growth; young leaves pale pink, turning to dark green and grey beneath; sways nicely in a breeze.

Landscape uses: Medium shrub, screening.

Useful properties: Used extensively in Japan for fine basketry. Naturally grows long, very flexible rods. Highly suited for use in wattle fences.

*S. petiolaris* - large shrub with many stems; 13-25'; purplish new growth; large 10 cm long leaves; leaves are dark green above and grey underneath. Uses: basketry, living willow structures, furniture, steambank erosion control

*S. purpurea* 'Eugenii' – Purple Willow - small pyramidal tree; 10-16' in height; decorative narrow leaves; showy catkins; highly ornamental throughout the year. A male clone with ornamental qualities that match its many uses as a basket willow. Very hardy and vigorous, it has a striking presence when used as a specimen. A noticeable feature is the color change of the catkins going from purple to red and ending with a pale yellow. Due to its very flexible branches, it is highly suited to use in wattle fences.

*S. purpurea* 'Green Dicks' - medium shrub; 6-16'; bright olive green new growth; vigorous, especially with an annual pruning. This is a small and slender shrub suitable for fine baskets. Coppicing will enable it to be used in a border where the many fine branches can serve as an anchor. After the leaves drop off in the autumn, the stems intensify to a very bright green color. Bitter and unpalatable to livestock and rabbits

*S. purpurea* ssp. *lambertiana* - large shrub or small tree; 20'; rich brown new growth; wide oval leaves; vigorous and hardy. *Salix purpurea* can be broadly divided into two distinct leaf forms. Broad leaves and is one of Britain's best ornamental willows and is also excellent for basket-making. Very similar to *S. purpurea* 'Eugenii'.

*S. purpurea* 'Streamco'

Exposure: Full sun to light shade. Zones 3-6.

Soil: Very moist, poorly drained soils.

Growth habits: Medium shrub 13-16' tall. Stems are puplish; leaves are narrow and grey-green. Bitter and unpalatable to livestock and rabbits.

Landscape uses: Stream bank erosion control, screening.

Useful properties: Basketry willow also used for erosion control along streambanks. The density of stems also makes it useful as a living snow fence. Dormant rods are excellent for wattle fences.

*S. triandra* 'Black Maul' –large shrub; 35'; dark maroon-black new growth; very bright fall colors; highly ornamental. Probably the most widely used willow for baskets with varieties growing throughout Europe, Britain, the Middle East and into central Asia. Related species are also found in Japan and China. 'Black Maul' breaks dormancy well after most other willows have bloomed. Throws 7' rods, which makes it an excellent choice for living willow structures. A good willow for butterflies and bees.

*S. triandra* 'Noir de Villane' - large shrub; 26'; dark maroon-black new growth; very bright fall colours; highly ornamental. A popular willow for basketry in Europe. Like 'Black Maul', *S. triandra* 'Noir de Villane' breaks dormancy well after most other willows have bloomed. Throws 7' rods, which makes it an excellent choice for living willow structures. A good willow for butterflies and bees.

*S. viminalis* - Common osier, Basket willow - large shrub or small tree; 10-20' tall; deep yellow to reddish brown new growth; numerous yellow catkins in early spring; highly ornamental. Most basket-type willows are highly ornamental and the common osier is no exception. The three most frequently used willows for basketry are *Salix purpurea*, *Salix triandra* and *Salix viminalis*. When these three are interplanted in a border, the variety of stem color in the winter garden rivals any other season. There are two ways to grow this plant - pruned or left to grow to its natural form. A good willow for butterflies and bees.

Size and Price: \$5/4", \$18.00/gal, \$30.00/3gal

### ***Wintergreen,***

Exposure: Shade, partial shade, or full sun. Zones 4-7.

Soil: Acidic, moist, well-drained soil of high organic content, similar to blueberries. 4.0-6.0 pH

Growth habits: Creeping groundcover with lustrous evergreen leaves and white bell-shaped flowers, followed by bright red berries that persist into winter. 4" high by 2' wide at maturity. Self fertile.

Landscape uses: Ground cover or path edging.

Useful properties: Berries are edible and have the wintergreen flavoring.

Size and price: 1 gal @ \$16 (out of stock)

### ***Yellowhorn, Shiny Leaf Yellowhorn (Xanthoceras sorbilolium)***

Exposure: Full and afternoon sun. Zones 4 to 8.

Soil: Enriched garden soils. Tolerates alkaline soils. Drought tolerant.

Growth habits: A large shrub or small tree 10-15' tall and 8' wide. Protect from wind and avoid overhead watering from sprinklers.

Landscape uses: Showy specimen plant. Underplant with smaller shrubs.

Edible/medicinal properties: One of the top species for bio-diesel oil. The root provides yellow dye. Its pericarp contains 12.2% furfural; it is a good material for producing furfural. The oil of its seed can be used for food or other industries. Its seed also contains abundant protein and Starch can be served as feedstuff. Its fruit can be eaten directly with a special flavor, it can be served as a special healthy fruit. Yellowhorn has been used in medicine for the treatment of rheumatoid arthritis, rheumatic calor internus, and dermal rheumatism.

### ***Yuzu Ichandran , see Hardy Citrus***